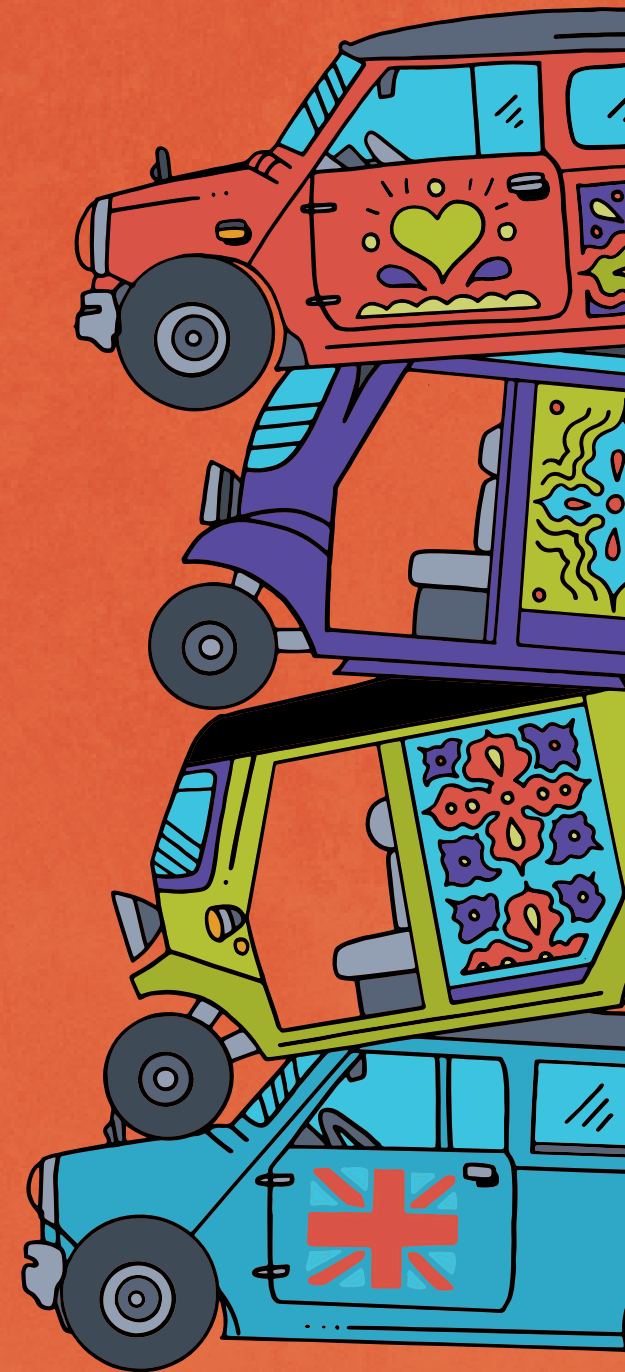


ALLERGEN INFORMATION















*my*lahore
BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE



Food & Drink Allergen Matrix: 21/07/25

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APPETISERS Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
Cheesy Garlic Naan														WHEAT
Chilli Cheesy Nuggets		MAY CONTAIN												WHEAT
Chicken Tortilla Strips														WHEAT
Cheesy Garlic Bread														WHEAT
Breaded King Prawns		MAY CONTAIN		MAY CONTAIN										WHEAT
Combo Platter		MAY CONTAIN		MAY CONTAIN										WHEAT
Sweet & Crispy Chicken		MAY CONTAIN		MAY CONTAIN										WHEAT
Meat Seekh Kebab														
Chicken Seekh Kebab														
Onion Pakora		MAY CONTAIN												WHEAT
Fish Pakora		MAY CONTAIN		MAY CONTAIN										WHEAT
Plain Paratha								MAY CONTAIN						WHEAT
Potato Paratha								MAY CONTAIN						WHEAT
Meat Samosa					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					WHEAT
Veg Samosa							MAY CONTAIN		MAY CONTAIN					WHEAT
Cheesy Keema Samosa		MAY CONTAIN												WHEAT
Meat Samosa Chaat					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN							WHEAT
Veg Samosa Chaat					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN							WHEAT
Papri Chaat														WHEAT
Dynamite Prawns									MAY CONTAIN					WHEAT
Dynamite Chicken									MAY CONTAIN					WHEAT
Chicken Seekh Kebab Roll Puff														WHEAT















Food & Drink Allergen Matrix: 21/07/25















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[illegible]

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SIDES Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
SAUCES														
BBQ Sauce		MAY CONTAIN												BARLEY
MyLahore House Sauce		MAY CONTAIN												
Creamy Pepper Sauce														
Sweet Chilli Sauce														
Garlic Mayo														
Mint Sauce														MAY CONTAIN
Chilli Sauce														
House Mayonnaise														
Tomato Ketchup														

FLAME GRILLS, BURGERS & STEAKS Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
HEALTHY BITES														
Baked Salmon with Avo							MAY CONTAIN							WHEAT
ULTIMATE FLAME GRILLS														
Chicken Fillet Steak														WHEAT
Special Mixed Grill														
CLASSIC BURGERS														
Smash Burger				MAY CONTAIN										WHEAT
Chicken Burger				MAY CONTAIN										WHEAT
Grilled Fish Burger														WHEAT
Thai Vegetable Burger				MAY CONTAIN										WHEAT
Crispy Chicken Sandwich						MAY CONTAIN	MAY CONTAIN				MAY CONTAIN			WHEAT

ALLERGEN MATRIX KEY

- CONTAINS FULL ALLERGEN

- MAY CONTAIN















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[illegible][illegible]

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CURRIES & SPICE Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
CLASSIC CURRIES														
Chicken Korma														
Meat, Keema or Fish Korma														
Prawn Korma														
Chicken Dopiazza														
Meat, Keema or Fish Dopiazza														
Prawn Dopiazza		MAY CONTAIN												
Chicken Karahi														
Meat, Keema or Fish Karahi														
Prawn Karahi		MAY CONTAIN												
Chicken Jalfrezi														
Meat, Keema or Fish Jalfrezi														
Prawn Jalfrezi		MAY CONTAIN												
Chicken Masala														
Meat, Keema or Fish Masala														
Prawn Masala		MAY CONTAIN												
Lamb Nihari														WHEAT
Lahori Chicken Karahi														
Veg Karahi / Achari / Dopiazza / Masala / Jalfrezi														
Veg Korma														





























ALLERGEN MATRIX KEY

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- MAY CONTAIN















Food & Drink Allergen Matrix: 21/07/25















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CURRIES & SPICE Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
VEGETARIAN CURRIES														
Channa Karahi														
Daal Tarka										MAY CONTAIN				
Aloo Palak														
Palak Paneer		MAY CONTAIN												WHEAT
Vegan Karahi									MAY CONTAIN					WHEAT
GLOBAL FLAVOURS & LIGHTER BITES Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
PLANT BASED														
Vegan Stir Fry														WHEAT
HOME FAVOURITES														
Chicken Manchurian		MAY CONTAIN												WHEAT
Chicken Szechuan		MAY CONTAIN												WHEAT
PASTA, LASANGE & MORE														
Baked Parmesan														WHEAT
Chicken Pasta							MAY CONTAIN							WHEAT
Keema Pasta							MAY CONTAIN							WHEAT
Vegetable Pasta							MAY CONTAIN							WHEAT
Chicken Crispers		MAY CONTAIN												WHEAT
Meat Lasagne							MAY CONTAIN							WHEAT
Chicken Lasagne							MAY CONTAIN							WHEAT
Cheesy Keema & Chips		MAY CONTAIN		MAY CONTAIN										WHEAT
Creamy Chicken Mushroom Pasta							MAY CONTAIN							WHEAT
Chicken Pot Pie														
Grilled Chicken Tikka Steak & Chips						MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					WHEAT
BBQ Grilled Chicken Steak & Chips						MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					WHEAT

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GLOBAL FLAVOURS & LIGHTER BITES Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
PANINIS, WRAPS & SALADS														
Pepper Chicken Panini														WHEAT
Chicken Tortilla Panini														WHEAT
Chicken Baguette														WHEAT
Grilled Fish Salad														WHEAT
Grilled Chicken Salad														WHEAT
Chicken and Mango Avocado Salad														
Chicken Grill Naan Wrap														WHEAT
Chicken Malai Naan Wrap														WHEAT
Meat Seekh Naan Wrap														WHEAT
Chicken Seekh Naan Wrap														WHEAT
Flaming Chops Naan Wrap						MAY CONTAIN								WHEAT
Fish Pakora Naan Wrap														WHEAT
STIR-FRY														
Chicken Stir-Fry														WHEAT
Desi Chicken Stir-Fry														WHEAT
King Prawn Stir-Fry		MAY CONTAIN												WHEAT

KIDS MEALS Dish name	 (Peanuts) Ground Nut	 Tree Nuts	 Molluscs	 Sesame Seeds	 Crustacea	 Fish	 Eggs	 Soya	 Milk	 Celery	 Mustard	 Sulphur Dioxide	 Lupin	 Gluten
Mini Chicken Burger		MAY CONTAIN												WHEAT
Kids Pizza Baguette		MAY CONTAIN												WHEAT
Fish Fingers		MAY CONTAIN												WHEAT
Chicken Nuggets		MAY CONTAIN												WHEAT
Kids Mac 'n' Cheese							MAY CONTAIN							WHEAT

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[illegible]



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