

ALLERGEN INFORMATION

Mylahore BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE





| APPETISERS Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher 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 |

| SIDES Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | () • () Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher | Lupin | Gluten |
|-----------------------|-------------------------|-------------|----------|-----------------|----------------------|------|------|------|------|--------|---------|---------|-------|--------|
| RICE | Ground Wat | | | 30003 | | | | | | | | Dioxide | | |
| Seasoned Rice | | | | | | | | | | | | | | |
| Steamed White Rice | | | | | | | | | | | | | | |
| Pilau Rice | | | | | | | | | | | | | | |
| Egg Rice with Peppers | | | | | | | | | | | | | | |
| DESI BREAD | | | | | | | | | | | | | | |
| Naan Bread | | | | | | | | | | | | | | WHEAT |
| Garlic Naan | | | | | | | | | | | | | | WHEAT |
| Tandoori Roti | | | | | | | | | | | | | | WHEAT |
| Chappati | | | | | | | | | | | | | | WHEAT |
| Popadom | | | | | | | | | | | | | | WHEAT |
| POTATO, VEG & FRIES | | | | | | | | | | | | | | |
| Fries | | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| Piri Piri Fries | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| Steak Cut Chips | | MAY CONTAIN | | | | | | | | | | | | |
| Sweet Chilli Chips | | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| Potato Wedges | | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| Mash Potato | | | | | | | | | | | | | | |
| Salad Bowl | | | | | | | | | | | | | | |
| Onion Rings | | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| Noodles | | | | | | | | | | | | | | WHEAT |
| Mixed Vegetables | | | | | | | | | | | | | | |
| Sweet Chilli Pops | | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| SAUCES | | | | | | | | | | | | | | |
| Curry Sauce | | | | | | | | | | | | | | |
| Raita | | | | | | | | | | | | | | |
| Red Onion Dip | | | | | | | | | | | | | | |
| Mango Chutney | | | | | | | | | | | | | | |

Whilst we seek to control cross-contamination, our ingredients and dishes are prepared in environments where allergens are present. Therefore, we cannot guarantee that any item on our menu is allergen free. If you have any food allergies or intolerances, please let your server know before ordering.

| SIDES Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher 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 | Sulpher Dioxide | Lupin | Gluten |
| HEALTHY BITES | | | | | | | | | | | | | | |
| Baked Salmon with Avo | | | | | | | MAY CONTAIN | | | | | | | WHEAT |
| ULTIMATE FLAME GRILLS | | | | | | | | | | | | | | |
| Chicken Fillet Steak | | | | | | | | | | | | | | WHEAT |
| Special Mixed Grill | | | | | | | | | | | | | | |
| CLASSIC BURGERS | | | | | | | | | | | | | | |
| | | | I | MAY CONTAIN | | | | | | | | | | WHEAT |
| Smash Burger | | | | | | | | | | | | | | |
| Smash Burger Chicken Burger | | | | MAY CONTAIN | | | | | | | | | | WHEAT |
| | | | | MAY CONTAIN | | | | | | | | | | WHEAT |
| Chicken Burger | | | | | | MAY CONTAIN | | | | | | | | |

ALLERGEN MATRIX KEY

- CONTAINS FULL ALLERGEN

- MAY CONTAIN

| FLAME GRILLS, BURGERS & STEAKS Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher Dioxide | Lupin | Gluten |
|--|-------------------------|-----------|----------|-----------------|-----------|------|------|------|------|--------|---------|--------------------|-------|--------|
| FLAME GRILLS | | | | | | | | | | | | | | |
| Chicken Breast Grill | | | | | | | | | | | | | | WHEAT |
| Flaming Mutton Chops | | | | | | | | | | | | | | WHEAT |
| Chicken Wings | | | | | | | | | | | | | | WHEAT |
| Grilled Paneer Tikka | | | | | | | | | | | | | | WHEAT |
| Malai Tikka | | | | | | | | | | | | | | |
| SEAFOOD | | | | | | | | | | | | | | |
| Grilled Sea Bass | | | | | | | | | | | | | | WHEAT |
| Fish Grill | | | | | | | | | | | | | | WHEAT |

| CURRIES & SPICE Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk Milk | Celery | Mustard | Sulpher Dioxide | Lupin | Gluten |
|-----------------------------|-------------------------|-----------|----------|-----------------|-----------|------|------|------|--------------|--------|---------|--------------------|-------|--------|
| BIRYANI | | | | | | | | | | | | | | |
| Dum Biryani | | | | | | | | | | | | | | |
| Chicken Biryani | | | | | | | | | | | | | | |
| Vegetable Biryani | | | | | | | | | | | | | | |
| Meat/Keema Biryani | | | | | | | | | | | | | | |
| Prawn Biryani | | | | | | | | | | | | | | |
| HOME FAVOURITE CURRIES | | | | | | | | | | | | | | |
| Butter Chicken | | | | | | | | | | | | | | |
| Chicken Tikka Masala | | | | | | | | | | | | | | |
| Lamb Handi | | | | | | | | | | | | | | |
| Chicken Achari Karahi | | | | | | | | | | | | | | |
| Meat/Keema Achari Karahi | | | | | | | | | | | | | | |
| Methi Malai | | | | | | | | | | | | | | |
| Flaming Chops Masala | | | | | | | | | | | | | | WHEAT |

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| CURRIES & SPICE Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher Dioxide | Lupin | Gluten |
| CLASSIC CURRIES | | | | | | | | | | | | | | |
| Chicken Korma | | | | | | | | | | | | | | |
| Meat,Keema or Fish Korma | | | | | | | | | | | | | | |
| Prawn Korma | | | | | | | | | | | | | | |
| Chicken Dopiaza | | | | | | | | | | | | | | |
| Meat, Keema or Fish Dopiaza | | | | | | | | | | | | | | |
| Prawn Dopiaza | | 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 / Dopiaza / Masala / Jalfrezi | | | | | | | | | | | | | | |
| Veg Korma | | | | | | | | | | | | | | |

ALLERGEN MATRIX KEY

- CONTAINS FULL ALLERGEN
- MAY CONTAIN

| CURRIES & SPICE Dish name | | | | 00 | () • · () | | | Ø | MILK | | (3) ³ | | 0 | _@Z |
|---|-------------------------|-------------|----------|-----------------|-----------|-------------|-------------|------|--------------|-------------|------------------|--------------------|-------|--------|
| | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher 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 Milk | Celery | Mustard | Sulpher 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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|------------------------------------|-------------------------|-------------|----------|-----------------|-----------|-------------|-----------------|------|--------------|--------|----------------|--------------------|-------|--------|
| & LIGHTER BITES Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher 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 Milk | Celery | (3) Mustard | Sulpher 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 |

| DEGGEDTO | | | | 1 _ | l | | | | | 0.0 | 1 | | 1 | |
|-----------------------------|-------------------------|-------------|----------|-----------------|-----------|------|------|------|------|--------|------------------|--------------------|-------|--------|
| DESSERTS Dish name | | | | 00 | () e () | | | Ø. | MILK | | (3) ³ | | 00 | -000 |
| | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher Dioxide | Lupin | Gluten |
| OLD SCHOOL PUDDINGS | | | | | | | | | | | | | | |
| Cornflake Tart | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | WHEAT |
| Jam Roly Poly | MAY CONTAIN | | | | | | | | | | | | | WHEAT |
| Chocolate Sponge Pudding | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Jam Coconut Sponge | MAY CONTAIN | | | | | | | | | | | | | |
| Gainbourgh Tart | MAY CONTAIN | | | | | | | | | | | | | |
| HOME FLAVOURITES | | | | | | | | | | | | | | |
| Fresh Waffles | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Red Velvet Cake | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Molten Cake | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Chocolate Fudge Cake | MAY CONTAIN | | | | | | | | | | | | | |
| Chocolate Fudge Brownie | MAY CONTAIN | | | | | | | | | | | | | |
| Peanut Caramel Sensation | | | | | | | | | | | | | | |
| San, Sebastian cheesecake | | | | | | | | | | | | | | |
| Cheesecake | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Chocolate Ganache | MAY CONTAIN | | | | | | | | | | | | | |
| Cake | | | | | | | | | | | | | | |
| Dream Cake | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Tiramisu | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Cookie Dough | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |
| Milk Cake | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |

| DESSERTS Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | OO Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk Milk | Celery | Mustard | Sulpher Dioxide | Lupin | Gluten |
|--------------------------------------|-------------------------|-------------|----------|-----------------------|-----------|------|------|------|--------------|--------|---------|--------------------|-------|--------|
| DESI CLASSICS | | | | | | | | | | | | | | |
| Falooda | MAY CONTAIN | | | | | | | | | | | | | |
| Gajrela with Ice Cream | MAY CONTAIN | | | | | | | | | | | | | |
| SUNDAES & ICE CREAM | | | | | | | | | | | | | | |
| Daddy Crunch | MAY CONTAIN | | | | | | | | | | | | | |
| Oreo Cookie | MAY CONTAIN | | | | | | | | | | | | | |
| Chocolate & Vanilla Fudge Brownie | MAY CONTAIN | | | | | | | | | | | | | |
| Strawberry Delight | MAY CONTAIN | | | | | | | | | | | | | |
| Ice Cream (All) | MAY CONTAIN | | · | | | | | | | · | | | | |
| Raspberry Sorbet | MAY CONTAIN | MAY CONTAIN | | | | | | | | | | | | |

| DRINKS Dish name | (Peanuts) Ground Nut | Tree Nuts | Molluscs | Sesame Seeds | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher Dioxide | Lupin | Gluten |
|-------------------------|-------------------------|-----------|----------|-----------------|-----------|------|------|------|------|--------|---------|--------------------|-------|--------|
| MOCKTAILS | | | | | | | | | | | | | | |
| Strawberry Heaven | | | | | | | | | | | | | | |
| Passiontastic | | | | | | | | | | | | | | |
| Virgin Mojito | | | | | | | | | | | | | | |
| Mango Mist | | | | | | | | | | | | | | |
| LASSI | | | | | | | | | | | | | | |
| Mango Lassi | | | | | | | | | | | | | | |

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| DRINKS Dish name | | | | 00 | () . () () . () | | (Y) | Ø. | MILK | | (3) ³ | | | -000 |
| | (Peanuts) | Tree Nuts | Molluscs | Sesame | Crustacea | Fish | Eggs | Soya | Milk | Celery | Mustard | Sulpher | Lupin | Gluten |
| | Ground Nut | | | Seeds | | | 33 | , | | , | | Dioxide | ' | |
| MILKSHAKES | | | | | | | | | | | | | | |
| Hazelnut Treat (Ferrero Rocher) | | | | | | | | | | | | | | |
| Vanilla | | | | | | | | | | | | | | |
| Chocolate | | | | | | | | | | | | | | |
| Mango | | | | | | | | | | | | | | |
| Daddy Crunch (Oreo) | | | | | | | | | | | | | | |
| Creamy Hazelnut (Kinder Bueno) | | | | | | | | | | | | | | |
| Bubblegum | | | | | | | | | | | | | | |
| Strawberry | | | | | | | | | | | | | | |
| Kulfi | | | | | | | | | | | | | | |
| HOT DRINKS | | | | | | | | | | | | | | |
| Cappuccino | | | | | | | | | | | | | | |
| Espresso | | | | | | | | | | | | | | |
| Latte | | | | | | | | | | | | | | |
| Americano Coffee | | | | | | | | | | | | | | |
| Fresh Mint Tea | | | | | | | | | | | | | | |
| English Tea | | | | | | | | | | | | | | |
| Green Tea | | | | | | | | | | | | | | |
| Dood Patti Chai | | | | | | | | | | | | | | |
| Hot Chocolate | | | | | | | | | | | | | | |

FIND US

BRADFORD FLAGSHIP

BRADFORD DELIVERY

LEEDS

MANCHESTER

BIRMINGHAM

BLACKBURN

MYLAHORE EVENTS

MYLAHORE MARQUEE

MYLAHORE GLASS MARQUEE







MYLAHORE.CO.UK