

ALLERGEN INFORMATION

mylahore
BRITISH ASIAN KITCHEN

RESTAURANTS / EVENTS / ONLINE

mylahore
BRITISH ASIAN KITCHEN

Food & Drink Allergen Matrix: 18/11/26

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.

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
Meat Seekh Kebab														
Chicken Seekh Kebab														
Onion Pakora		MAY CONTAIN												WHEAT
Fish Pakora		MAY CONTAIN		MAY CONTAIN										WHEAT
Chicken Pakora		MAY CONTAIN												
Plain Paratha								MAY CONTAIN						WHEAT
Potato Paratha								MAY CONTAIN						WHEAT
Meat Samosa		MAY CONTAIN		MAY CONTAIN										WHEAT
Veg Samosa		MAY CONTAIN												WHEAT
Cheesy Keema Samosa		MAY CONTAIN												WHEAT
Meat Samosa Chaat		MAY CONTAIN		MAY CONTAIN										WHEAT
Veg Samosa Chaat		MAY CONTAIN		MAY CONTAIN										WHEAT
Papri Chaat														WHEAT
Seekh Kebab Roll		MAY CONTAIN												
Dynamite Chicken	MAY CONTAIN	MAY CONTAIN			MAY CONTAIN	MAY CONTAIN			MAY CONTAIN	MAY CONTAIN				
Dynamite Prawns	MAY CONTAIN	MAY CONTAIN							MAY CONTAIN					

ALLERGEN MATRIX KEY

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

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SAUCES														
BBQ Sauce														
MyLahore House Sauce														
Creamy Pepper Sauce														
Sweet Chilli Sauce	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN										
Garlic Mayo	MAY CONTAIN	MAY CONTAIN						MAY CONTAIN	MAY CONTAIN					MAY CONTAIN
Mint Sauce														
Chilli Sauce	MAY CONTAIN	MAY CONTAIN					MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN
House Mayonnaise														
Tomato Ketchup										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
HEALTHY BITES														
Baked Salmon with Avo	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN										WHEAT
ULTIMATE FLAME GRILLS														
Chicken Fillet Steak														WHEAT
Special Mixed Grill	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN							
CLASSIC BURGERS														
Smash Burger										MAY CONTAIN				
Chicken Burger	MAY CONTAIN	MAY CONTAIN												
Grilled Fish Burger	MAY CONTAIN	MAY CONTAIN												
Thai Vegetable Burger										MAY CONTAIN				
Crispy Chicken Burger	MAY CONTAIN	MAY CONTAIN								MAY CONTAIN				

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FLAME GRILLS														
Chicken Breast Grill	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN					
Flaming Mutton Chops	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					
Signature Lamb Chops	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					
Chicken Wings	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN					
Grilled Paneer Tikka	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN	MAY CONTAIN					MAY CONTAIN		
Malai Tikka		MAY CONTAIN		MAY CONTAIN				MAY CONTAIN						MAY CONTAIN
Grilled King Prawns		MAY CONTAIN		MAY CONTAIN				MAY CONTAIN						MAY CONTAIN
SEAFOOD														
Grilled Sea Bass	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN					MAY CONTAIN		WHEAT
Fish Grill	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		

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

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CLASSIC CURRIES														
Chicken Korma	MAY CONTAIN			MAY CONTAIN						MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN
Meat,Keema or Fish Korma	MAY CONTAIN			MAY CONTAIN			MAY CONTAIN					MAY CONTAIN		
Prawn Korma	MAY CONTAIN			MAY CONTAIN								MAY CONTAIN		MAY CONTAIN
Chicken Dopiaza	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Meat, Keema or Fish Dopiaza	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		
Prawn Dopiaza	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN
Chicken Karahi	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Meat, Keema or Fish Karahi	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		
Prawn Karahi	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN
Chicken Jalfrezi	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Meat, Keema or Fish Jalfrezi	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN			MAY CONTAIN		
Prawn Jalfrezi	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN
Chicken Masala	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Meat, Keema or Fish Masala	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		
Prawn Masala	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN
Lamb Nihari	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				
Lahori Chicken Karahi		MAY CONTAIN		MAY CONTAIN						MAY CONTAIN	MAY CONTAIN			MAY CONTAIN

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VEGETARIAN CURRIES														
Channa Karahi		MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Daal Tarka		MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Aloo Palak	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN	MAY CONTAIN				MAY CONTAIN
Palak Paneer		MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN
Vegan Karahi		MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				MAY CONTAIN

GLOBAL FLAVOURS & LIGHTER BITES Dish name	(Peanuts) Ground Nut	Tree Nuts	Molluscs	Sesame Seeds	Crustacea	Fish	Eggs	Soya	Milk	Celery	Mustard	Sulpher Dioxide	Lupin	Gluten
PLANT BASED														
Vegan Stir Fry		MAY CONTAIN		MAY CONTAIN			MAY CONTAIN			MAY CONTAIN	MAY CONTAIN			
HOME FAVOURITES														
Chicken Manchurian		MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN			MAY CONTAIN	MAY CONTAIN	MAY CONTAIN			
Chicken Szechuan		MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	MAY CONTAIN			MAY CONTAIN	MAY CONTAIN	MAY CONTAIN			
PASTA, LASANGE & MORE														
Baked Parmesan	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				
Chimichurri Steak Med														
Chicken Pasta	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN					MAY CONTAIN		
Keema Pasta		MAY CONTAIN		MAY CONTAIN						MAY CONTAIN	MAY CONTAIN			
Vegetable Pasta							MAY CONTAIN							
Chicken Crispers	MAY CONTAIN	MAY CONTAIN			MAY CONTAIN				MAY CONTAIN	MAY CONTAIN				
Meat Lasagne	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				
Chicken Lasagne	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN						MAY CONTAIN				
Cheesy Keema & Chips		MAY CONTAIN		MAY CONTAIN										WHEAT

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PASTA, LASANGE & MORE														
Cheesy Keema & Chips		MAY CONTAIN		MAY CONTAIN			MAY CONTAIN			MAY CONTAIN	MAY CONTAIN			MAY CONTAIN
Chicken Mushroom Pasta							MAY CONTAIN				MAY CONTAIN			
Grilled Chicken Tikka Steak & Chips	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN								MAY CONTAIN		
BBQ Grilled Chicken Tikka Steak & Chips	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN								MAY CONTAIN		
PANINIS, WRAPS & SALADS														
Pepper Chicken Panini	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN								
Chicken Tortilla Panini	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN		MAY CONTAIN								
Chicken Baguette	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN					
Grilled Fish Salad	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN					
Grilled Chicken Salad	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN					MAY CONTAIN					
STIR-FRY														
Chicken Stir-Fry		MAY CONTAIN		MAY CONTAIN			MAY CONTAIN			MAY CONTAIN	MAY CONTAIN			
Desi Chicken Stir-Fry	MAY CONTAIN	MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		MAY CONTAIN			MAY CONTAIN		
King Prawn Stir-Fry		MAY CONTAIN		MAY CONTAIN			MAY CONTAIN			MAY CONTAIN	MAY CONTAIN			

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

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Mini Crispy Burger	MAY CONTAIN	MAY CONTAIN												
DESSERTS Dish name	(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						MAY CONTAIN				MAY CONTAIN		
Jam Roly Poly	MAY CONTAIN	MAY CONTAIN					MAY CONTAIN					MAY CONTAIN		
Chocolate Sponge Pudding	MAY CONTAIN	MAY CONTAIN												
Apple Crumble & Custard	MAY CONTAIN	MAY CONTAIN						MAY CONTAIN				MAY CONTAIN		
Jam Coconut Sponge	MAY CONTAIN	MAY CONTAIN						MAY CONTAIN						
HOME FLAVOURITES														
Fresh Waffles	MAY CONTAIN													
Red Velvet Cake	MAY CONTAIN													
Molten Cake														
Chocolate Fudge Cake														
Chocolate Fudge Brownie	MAY CONTAIN													
Peanut Caramel Sensation														
San Sebastian Cheese-cake	MAY CONTAIN	MAY CONTAIN												MAY CONTAIN
Dream Cake		MAY CONTAIN												
Tiramisu	MAY CONTAIN	MAY CONTAIN												
Cookie Dough	MAY CONTAIN	MAY CONTAIN												

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DESI CLASSICS														
Falooda				MAY CONTAIN				MAY CONTAIN		MAY CONTAIN	MAY CONTAIN			MAY CONTAIN
Gajrela with Ice Cream	MAY CONTAIN			MAY CONTAIN							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	MAY CONTAIN												MAY CONTAIN
Raspberry Sorbet	MAY CONTAIN	MAY CONTAIN					MAY CONTAIN		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														
LASSI														
Mango Lassi														

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MILKSHAKES														
Hazelnut Treat (Ferrero Rocher)	MAY CONTAIN													
Vanilla	MAY CONTAIN													
Chocolate	MAY CONTAIN													
Mango	MAY CONTAIN													
Daddy Crunch (Oreo)	MAY CONTAIN													
Creamy Hazelnut (Kinder Bueno)	MAY CONTAIN													
Bubblegum	MAY CONTAIN													
Strawberry	MAY CONTAIN													
Kulfi	MAY CONTAIN													
HOT DRINKS														
Cappuccino														
Espresso														
Latte														
Americano Coffee														
Fresh Mint Tea														
English Tea														
Green Tea														
Dood Patti Chai	MAY CONTAIN	MAY CONTAIN						MAY CONTAIN			MAY CONTAIN			MAY CONTAIN
Hot Chocolate														


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