



14 Allergens



The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

1		Celery This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.
	Cereals containing gluten Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.	2
3		Crustaceans Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.
	Eggs Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.	4
5		Fish You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.
	Lupin Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.	6
7		Milk Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.
	Molluscs These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish steaks	8
9		Mustard Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.
	Nuts Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.	10
11		Peanuts Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.
	Sesame seeds These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.	12
13		Soya Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.
	Sulphur dioxide (sometimes known as sulphites) This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.	14

For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies
 Sign up to our allergy alerts on food.gov.uk/allergy-alerts, or follow #AllergyAlert on Twitter and Facebook Let's keep connected at food.gov.uk/facebook
 Join our conversation @foodgov
 Watch us on food.gov.uk/youtube

All items inclusive of V.A.T. We levy a 12.5% service charge.

Nibbles

Fried / Roasted Papad	£1.10
Masala Papad 🌶️	£1.75
Plain / Spicy or Mixed Prawn Crackers	£4.95
Plain Peanuts	£3.95
Masala Peanuts	£4.95
Cheese Masala Peanuts	£6.45

Soup

Veg. or Chicken Hot & Sour Soup 🌶️🌶️🌶️	£6.95
As the name suggests hot with chilli oil, sour with vinegar & flavoured with soy.	
Veg. or Chicken Man Chow Soup 🌶️	£6.95
Hot with garlic flavour garnished with crispy noodles.	
Veg. or Chicken Sweet Corn Soup	£6.95
Arguably the most popular Chinese soup in India.	
Veg. or Chicken Wonton Soup	£6.95
Strong clear stock of chicken or vegetables with Chinese leaf & plump wontons	
Seafood Clear Soup	£6.95
A light & subtly ginger flavoured seafood stock with shrimps, squid & fish.	
Tom Yum Thong (Your choice of Chicken/Prawns/Veg) 🌶️🌶️	£6.95
Clear soup with a wonderfully elating balance of lemon grass, lime juice, fresh hot red chilli and coriander leaves.	

Vegetarians Starters

Pani Puri 🌶️🌶️	£7.95
Aloo Papri Chaat or Samosa Chaat	£8.95
Cheesy Corn Rolls	£8.95
Veg. Shanghai Papri Chaat 🌶️🌶️	£10.95
Vegetable Springrolls	£7.95
Steamed Vegetable Wontons	£8.95
Vegetable Samosa (3 Pcs) 🌶️	£7.25
Triangular pastries filled with vegetable	
Onion Bhaji 🌶️	£6.95
Spiced onions fried in sunflower oil	
Mixed Pakora 🌶️	£8.95
Potato, onion and chillies spiced and coated in batter	

🌶️ - Mild 🌶️🌶️ - Spicy 🌶️🌶️🌶️ - Very Spicy 🍃 - Suitable for Vegans

Paneer Tikka 🌶️	£9.95
Cubes of cottage cheese marinated in yogurt and grilled	
Tandoori Soya 🌶️	£14.95
Juicy soya chunks subtly spiced and grilled	
Chow Chu Cauliflower 🌶️ (V)	£9.95
Crisp, batter fried small florets of cauliflower topped with fried sliced fresh chillies.	
Kung Pao Potatoes 🌶️🌶️ (V)	£9.95
Potato finger chips, cracked golden fried cashews flash fried with hot red chillies, sweet chilli garlic sauce.	
Pepper Chilli Paneer 🌶️🌶️	£9.95
A combination of Asian & Oriental spices & ingredients – cottage cheese with pepper and chilli.	
Mongolian Vegetable Crispies 🌶️ (V)	£9.95
Crispy fried fritters of match-stick cuts of mixed vegetables tossed in Szechuan spices.	
Crispy Okra 🌶️ (V)	£9.95
Light batter fried okra, tossed with pepper & chillies.	
Kung Pao Veg 🌶️🌶️ (V)	£9.95
Crispy diced veg. fried with hot red chilli, sweet chilli garlic & cashew nuts	
Mogo: (Cassava) Cooked to your taste	£9.95
Pepper chilli Mogo 🌶️ or Garlic chilli Mogo 🌶️🌶️ or Kung Pao style Mogo 🌶️🌶️	
Jeera Paneer 🌶️🌶️🌶️	£10.95
Indian cottage cheese, lightly fried tossed with freshly chopped chillies, garlic, onions & finely ground pepper & cumin.	
Vegetable Lettuce Wraps 🌶️	£11.95
Tiny chopped vegetables and water chestnuts cooked in tamarind cumin sauce. Served in crisp iceberg lettuces.	
Tai Pai Paneer / Tofu 🌶️🌶️🌶️	£11.95
Finger size paneer OR tofu tossed with fiery red chilli flakes, peppers and finished with chef's special sauce.	
Tai Pai Soya 🌶️🌶️🌶️	£14.95
Soya tossed with fiery red chilli flakes, peppers and finished with chef's special sauce.	
Crispy Mix Vegetable Pepper Salt 🌶️	£11.95
Tempura style mix vegetables, tossed with onion, chillies & pepper salt.	
Vegetable Mixed Platter 🌶️🌶️	£23.95
2pcs Panner Tikka, 2pc Cheesy Rolls, 2pc Veg Samosa, 2pc Tandoori Soya, 2pc Onion Bhajia	

🌶️ – Mild 🌶️🌶️ – Spicy 🌶️🌶️🌶️ – Very Spicy (V) – Suitable for Vegans

Non-Veg. Starters

Steamed Chicken Wontons £8.95

Butterfly Prawns £10.95

Well marinated, large fan-tailed prawns fried encased in crisp pastry skin like a butterfly. Tastes as good as it looks.

Sesame Prawn Toast £10.95

Crisp and crunchy fried triangles of white bread spread with minced prawns and topped with white sesame seeds.

Fish Pepper Salt 🌶️🌶️ £10.95

Light batter fried fish topped with tossed garlic, chillies & freshly crushed aromatic black pepper.

Sliced Fish with Burnt Ginger 🌶️ £10.95

Fillet of red Tilapia cooked with soya infused with seared ginger root

Hakka Fried Chicken 🌶️🌶️ £10.95

Fried succulent boneless chicken flavoured in true Hakka style with chillies, garlic and soya sauce.

Chicken Springroll £8.95

An old favourite which needs no introduction.

Chicken Lollipops 🌶️ £10.95

Succulent, slow fried, marinated spring chicken wings dusted with chef's spice mix.

Chicken Szechuan Lollipops 🌶️🌶️ £11.95

Succulent, slow fried, marinated spring chicken wings dusted with chef's spice mix and topped with szechuan sauce.

Pepper Chicken 🌶️ £10.95

Boneless chicken, marinated with special spice (Tangy & Spicy)

BBQ Baby Lamb Ribs 🌶️ £10.95

Finger licking good smoky lamb breast in rich marinade – very popular with the young and old.

Pepper Chilli Shredded Lamb 🌶️🌶️ £11.95

Strips of lean lamb stir fried with fiery chopped fresh chillies & crushed peppercorns.

Jeera Chicken 🌶️🌶️ £10.95

Boneless Chicken Breast, stir fried with chopped chillies, garlic, onions & finely ground pepper and cumin.

Chow Chu Calamari (Squid) 🌶️ £13.95

Young tender squid crispy fried tossed With fresh slice chillies & salt.

Tai Pai (Chicken/ Prawn) 🌶️🌶️ £11.95 / £14.95

Breast of chicken / prawn tossed with fiery red hot chilli flakes, peppers and finished with chefs special sauce

Chicken Lettuce Wraps 🌶️ £12.95

Minced Chicken Cooked with chopped mushroom and water chestnuts in tamarind cumin sauce, served in crisp iceberg lettuce.

🌶️ – Mild 🌶️🌶️ – Spicy 🌶️🌶️🌶️ – Very Spicy 🍃 – Suitable for Vegans

Pepper Garlic Prawn	£14.95
Light crispy medium prawns, tossed with burnt garlic & crushed pepper corn.	
Santung Prawns 🌶️	£14.95
Crispy fried medium prawns tossed in chopped chillies, spring onion & crushed peppercorn.	
Prawns Red Pepper 🌶️🌶️	£14.95
Medium prawns cooked with fiery hot red pepper sauce.	
Chicken Shanghai Papri Chaat 🌶️🌶️	£11.95
Spice N Ice Tawa Fish 🌶️🌶️	£14.95
Tandoori Chicken (Half / Full) 🌶️	£10.95 / £18.95
Chicken marinated overnight and charcoal roasted in the tandoor	
Chicken Tikka 🌶️	£10.95
Chicken pieces marinated in yoghurt and spices	
Chicken Malai Kebab	£10.95
Chicken breast in cardamom mace and soft cheese	
Sheek Kebab 🌶️🌶️	£10.95
Minced lamb delicately seasoned and grilled	
Lamb Chops 🌶️🌶️	£14.95
Juicy lamb cutlets marinated in fennel pepper and yoghurt	
Tandoori Tilapia 🌶️🌶️	£13.95
Tilapia marinated in traditional Indian spice	
Grilled Platter	£28.95
2pcs Chicken Tikka, 2pc Lamp Chops, 2pc Sheek Kebab, 2pc Tandoori Tilapia, 2pc Chicken Malai Kabab	

Vegetarian

Vegetable Delight	£10.95
Stir Fried Broccoli 🌶️🌶️🌱	£10.95
Hakka Aubergine 🌶️🌶️🌱	£10.95
Baby purple aubergines cooked soft with chilli, garlic & soya.	
Okra & Potato with Dry Red Chilli 🌶️🌱	£10.95
A firm favourite in India. Crisp fried slivers of okra & potato fingers tossed with seared crushed red chilli and sweet sauce.	
Mixed Vegetable Sapo 🌶️🌶️🌶️🌱	£10.95
Mixed fresh vegetables cooked with crushed red chilli & ginger in chef's special devilish red pepper sauce.	
Paneer Szechuan 🌶️🌶️	£10.95
Batons of Indian cottage cheese & green peas cooked in a szechuan sauce	
Vegetable Manchurian 🌶️🌱	£10.95
A wonderful Indian creation of mixed vegetable fritters topped with a robust ginger, garlic, chilli and coriander sauce.	

🌶️ - Mild 🌶️🌶️ - Spicy 🌶️🌶️🌶️ - Very Spicy 🌱 - Suitable for Vegans

Veg Chop Suey		£12.95
Yet another 'must have' on any Chinese restaurant menu in India. Sweet & sour vegetable on a bed of crispy noodles.		
Cauliflower Manchurian	🌶️ 🌱	£10.95
Tofu Black Bean Sauce	🌶️ 🌱	£10.95
Soya Tikka Masala		£15.95
Paneer Makhani	🌶️	£11.95
Cubes of fresh cottage cheese cooked in home made spices with tomato & cream gravy		
Paneer Tikka Masala		£11.95
The most famous dish of the nation. A dish which needs no explanation		
Kadai Paneer		£11.95
Paneer cooked with dry masala, ginger and green chillies		
Mutter Paneer	🌶️	£11.95
Green peas and cottage cheese cooked and spiced in a thin gravy		
Palak Paneer	🌶️	£11.95
Homemade cottage cheese with spinach		
Malai Kofta		£12.95
A gourmet delight of koftas made of cottage cheese stuffed with dry fruits and cooked in a rich gravy		
Baingan Ka Bharta	🌶️🌶️	£12.95
Baked aubergine mashed and cooked with tomatoes & onions		
Mixed Vegetables	🌶️🌶️	£11.95
A colourful mixture of beans, carrots, potatoes, cabbage & button mushrooms, tossed with cumin seeds & salted in exquisitely spiced gravy		
Chana Masala	🌶️	£11.95
Chickpeas cooked & spiced in the North Indian style		
Methi Aloo	🌶️	£11.95
Potatoes cooked with fresh fenugreek and herbs		
Saag Aloo	🌶️	£11.95
Bombay Aloo	🌶️	£11.95
Aloo Gobi	🌶️	£11.95
Spicy stir fried potato, cauliflower and lots of ginger		
Bhindi Masala	🌶️🌶️	£11.95
Okra cooked with onion herbs and spices		
Dal Makhani		£10.95
Black lentils simmered overnight on a tandoor in a creamy gravy sauce		
Tarka Dal	🌶️	£9.95
Yellow lentils tempered with chopped onions, ginger & garlic		

🌶️ - Mild 🌶️🌶️ - Spicy 🌶️🌶️🌶️ - Very Spicy 🌱 - Suitable for Vegans

Chicken & Duck

Aromatic Crispy Quarter Duck with 6 Pancakes £15.95

Half Duck with 12 Pancakes £25.95

American Chicken Chop Suey £13.95

Yet another 'must have' on any Chinese restaurant menu in India. Sweet & sour chicken on a bed of crispy egg noodles topped with a fried egg Bombay style.

Chilli Chicken 🌶️🌶️ £12.95

India's most infamous chicken dish, the equivalent of the British Chicken Tikka Masala status. Tender boneless chicken stir fried with fresh hot green chillies, spring onion, garlic in soy sauce.

Ginger Chicken 🌶️ £12.95

Diced chicken tossed with the Chef's special spicy aromatic & tender root ginger sauce.

Kung Pao Chicken 🌶️ £12.95

Diced chicken tossed with a sweet & spicy tomato and garlic sauce and toasted cashews.

Manchurian Chicken 🌶️🌶️ £12.95

A first choice of many, a true Indian style Chinese cuisine guru, Boneless chicken tossed in soya sauce flavoured with minced garlic, onions & green chilli.

Chicken Black Bean Sauce 🌶️🌶️ £12.95

Chicken Teppan Yaki £13.95

Boneless chicken cooked with herbs, served on a hot sizzling platter

Sapo Chicken 🌶️🌶️🌶️ £12.95

For the spicy lovers, diced chicken, cooked in chefs fiery spicy sauce

Chicken Vindaloo 🌶️🌶️🌶️ £13.95

Boneless chicken cooked with potatoes in a hot sauce

Karai Chicken 🌶️🌶️ £13.95

Chicken cooked with dry masala, ginger & green chillies

Chicken Makhani 🌶️ £13.95

Boneless chicken pieces partially grilled over charcoal & finished in tomato gravy with butter and cream

Chicken Methi 🌶️🌶️ £13.95

Pieces of boneless chicken cooked in fenugreek and spring onion using Punjabi spices

Chicken Curry £13.95

Traditional north Indian chicken curry which is the speciality from Punjab

Chicken Tikka Masala 🌶️ £13.95

The most famous dish of the Nation. A dish which needs no explanation

Dhaba Murgh (On Bone) £16.95

Lamb

Lamb with Dry Red Chilli 🌶️🌶️ £13.95

Szechuan style quick fried lamb tossed with spring onions, crunchy water chestnuts, garlic & hot red chilli in soy sauce.

Sapo Lamb 🌶️🌶️🌶️ £13.95

Lean slices of lamb cooked in chef's fiery red peppers sauce.

Shredded Lamb with Red & Green Peppers £13.95

A simple dish with perfectly balanced flavours of lamb with red / green capsicum & soy sauce.

Sliced Lamb in Black Bean Sauce 🌶️ £13.95

Lamb quick fried with chopped green chilli, black bean, onions & capsicums. Best enjoyed with steamed rice.

Sliced Lamb in Oyster Sauce 🌶️ £13.95

A perfect marriage of two strong yet different flavours. Sliced lamb with fresh mushrooms in oyster sauce.

Lamb Teppan Yaki £14.95

Lamb cooked with herbs. Served sizzling on hot platter.

Lamb Rara 🌶️🌶️🌶️ £12.95

Minced lamb with lamb pieces

Lamb Rogan Josh 🌶️ £14.95

The classic lamb curry of Kashmir is one of India's best known curries & the chef's all time favourite. The title means red curry cooked medium hot

Methi Lamb 🌶️🌶️ £14.95

Tender cubes of spring lamb, gently cooked with fresh Fenugreek leaves, herbs, spices with a hint of butter.

Bhuna Lamb 🌶️🌶️ £14.95

Spring lamb, cooked in coarsely ground spices, tomatoes, onions & capsicum.

Keema Peas 🌶️🌶️ £13.95

Spicy minced lamb with fresh peas, onions, tomatoes & chillies

Lamb Vindaloo 🌶️🌶️🌶️ £13.95

Very spicy lamb dish with cumin, chillies and potatoes in hot sauce

Seafood

Manchurian (Fish / Prawn) 🌶️ £14.95

Indian style of Chinese cooking! Fish or prawns cooked with green chillies, fresh coriander, onions, ginger & garlic.

Szechuan Style (Fish / Prawn) 🌶️🌶️ £14.95

The Szechuan region of China produces some hot food which would turn fiery South Indian food & Thai food green with envy. The daring can try this celery and crushed hot red chilli flavoured dish.

Prawn Teppan Yaki £15.95

Medium size prawns cooked with herbs served sizzling hot on platter.

🌶️ - Mild 🌶️🌶️ - Spicy 🌶️🌶️🌶️ - Very Spicy 🍃 - Suitable for Vegans

Prawns Masala 🌶️🌶️	£16.95
Beauties tossed in a masala of garlic, tomatoes, chillies & onions	
Prawns Vindaloo 🌶️🌶️🌶️	£16.95
Chef's version of classic hot prawns with potatoes in a hot sauce	
Goan Fish Curry	£14.95
Fish Masala 🌶️🌶️	£15.95
Barbecued fish pieces cooked in our special fresh chilli & onion	

Rice & Biryani Feasts

Steamed Rice	£5.95
Fried Rice (Vegetable / Egg)	£8.45
Fried Rice (Chicken / Prawn)	£9.45
Burnt Ginger Rice 🍃	£8.45
Burnt Ginger Rice (Chicken / Prawn)	£9.45
Rice fried with scorched ginger. Chef's favourite.	
Veg. Singapore Fried Rice 🌶️🍃	£8.45
Singapore Fried Rice (Chicken / Prawn)	£9.45
Fried rice flavoured with chef's special curry powder.	
Veg. Szechuan Fried Rice 🌶️🌶️	£8.45
Szechuan Fried Rice (Chicken / Prawn) 🌶️🌶️	£9.45
Pilau Rice	£6.95
Long grain basmati rice flavoured with cardamom & saffron	
Jeera Rice	£6.95
Cumin fragrance rice	
Vegetable Biryani 🌶️	£12.95
Pilau rice tossed with season mixed vegetables garnished with brown onions and aromatic rose water, accompanied with raita	
Chicken Biryani 🌶️	£13.95
Tender chicken pieces in basmati flavoured rice	
Prawn Biryani 🌶️	£15.95
Prawn marinated in traditional Bombay style cooked, with pure basmati rice accompanied with raita	
Lamb Biryani 🌶️	£14.95
The finest rice cooked with spring lamb & authentic spices	
Hyderabadi Dum Biryani (On Bone) 🌶️	£16.95
Soya Tikka Biryani 🌶️	£14.95

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Noodles

Vegetable Hakka Noodles £9.95

Hakka Noodles (Chicken / Prawn) £10.95

Traditional quick stir fried noodles with mixed vegetables

Singapore Rice Noodles 🌿🌱 £9.95

Singapore Rice Noodles (Chicken / Prawn) 🌿 £10.95

Stir fried rice noodles and vegetables flavoured with turmeric & spices in traditional Singapore fashion.

Szechuan Noodles 🌿🌿 £9.95

Szechuan Noodles (Chicken / Prawn) 🌿🌿 £10.95

Stir fried noodles in spicy Szechuan sauce and vegetables

Sizzling Noodles £10.95

Sizzling Noodles (Chicken / Prawn) £11.95

Noodles cooked with herbs & vegetables. Served on a sizzling hot platter.

The Bread Essentials

Tandoori Roti (Plain / Butter) £3.95

Whole wheat baked to perfection

Roomali Roti £4.95

Paper thin bread ideal to eat with kebabs.

Tandoori Naan (Plain / Butter) £ 3.95

Tandoori baked bread, made from plain flour & milk in a style of your choice

Lacha Paratha £4.95

Rich bread with soft flaky layers

Garlic Naan / Chilli Naan / Chilli Garlic Naan £4.95

Peshwari Naan / Onion Kulcha / Aloo Paratha £4.95

Cheese Butter Naan / Keema Naan £5.95

Man Thau – Steamed Bread £5.95

Fried Man Thau £5.95

Yogurt / Salad / Pickles

Mango Chutney £1.95

Mix Achar 🌿🌿 £1.95

Raita £3.95

Yogurt dip with tomato & cucumber

Fresh Green Salad £4.95

Onion, Chilli & Lemon £2.95

Fried Green Chillies £2.95

🌿 – Mild 🌿🌿 – Spicy 🌿🌿🌿 – Very Spicy 🌱 – Suitable for Vegans

