FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.
Thank you.

The majority of our dishes can be altered by our Chef to cater for Vegan/ Vegetarian/ Dairy and Gluten Free needs and allergies. We use gluten free basmati rice and do not use any nuts in any of our cooking. However, all of the dishes in our menu **may contain traces of nuts and/or other allergens**. This notice applies to our dining in, takeaway and catering service, unless advised otherwise.

Please note that the information in this Allergen Chart is subject to change, due to a change of recipe, suppliers, dishes etc. We aim to regularly update the Allergen Chart to keep information up to date, however we cannot guarantee this. Therefore, we strongly recommend that you contact us in the first instance for any allergen and dietary queries.

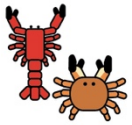
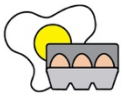
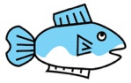
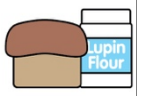
Contact: 0208 332 1339 | jaflongtandoori@outlook.com

Review date:
27 Dec 2018

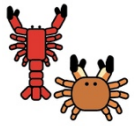
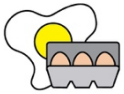
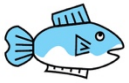
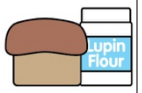
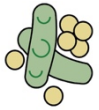
Reviewed by:
Syed Bashar

Food Standards Agency
food.gov.uk

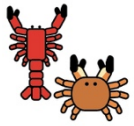
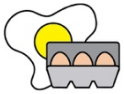
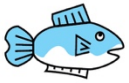
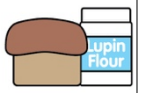
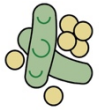
STARTER DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Mixed Platter (**yoghurt**, Samosa: **egg** wash, Filo pastry: **wheat**)		✓		✓			✓							
Poppadom (**wheat**)		✓												
Mint Sauce (**yoghurt**)							✓							
Mango Chutney (may contain traces of **peanuts** or **Tree nut**)										✓	✓			
Mixed Pickle (**mustard powder** and **seeds** and may contain traces of **peanuts** and **nuts**)									✓	✓	✓			
Onion Salad														
Plain / Mixed Raita (**yoghurt**)							✓							
Green Salad														
Onion Bhajis (**eggs**)				✓										

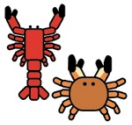
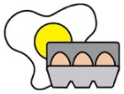
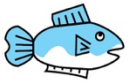
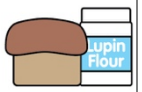
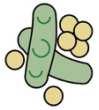
STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegetable Samosa (**egg** wash, Filo pastry: **wheat**)		✓		✓										
Tuna Samosa (**egg** wash, pastry: **wheat**, **tuna**)		✓		✓	✓									
Chicken Samosa (**egg** wash, pastry: **wheat**)		✓		✓										
Meat Samosa (**egg** wash, pastry: **wheat**)		✓		✓										
Chicken Shamee Kebab (**egg**)				✓										
Chicken Tikka (**yoghurt**, Tikka paste: **mustard**, may contain **nuts and peanuts**)							✓		✓	✓	✓			
Tandoori Chicken (**yoghurt**, Tikka paste: **mustard**, may contain **nuts and peanuts**)							✓		✓	✓	✓			
Seekh Kebab (**egg**)				✓										
Chot Poti PLEASE ENQUIRE														

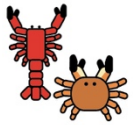
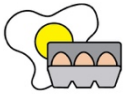
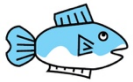
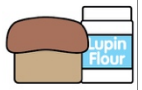
STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Tikka Wrap (**yoghurt**, Tikka paste: **mustard**, may contain **nuts and peanuts**, chapatti: **wheat**, **optional** ketchup may contain **celery**)	✓	✓					✓		✓	✓	✓			
Seekh Kebab Wrap (**egg**, chapatti: **wheat**, **optional** ketchup may contain **celery**)	✓	✓		✓										
Chicken Pathia Puri (puri: **wheat**)		✓												
Prawn Puri (**prawns**, puri: **wheat**)		✓	✓											
King Prawn Puri (**prawns**, puri: **wheat**)		✓	✓											
Paneer Shashlik (cheese: **milk**, **yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
Lamb Tikka (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			

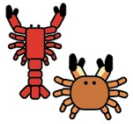
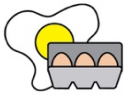
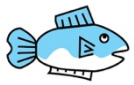
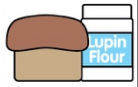
STARTER DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Salmon Tikka (**salmon**, **yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)					✓		✓		✓	✓	✓			
Lamb Chops (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			

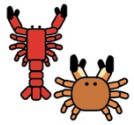
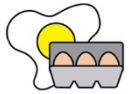
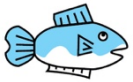
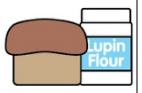
CHEF'S SPECIALS AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Achanak (**yoghurt**, **almonds**, cocktail sauce: **egg**, **mustard**, **celery**)	✓			✓			✓		✓	✓				
King Prawn Lajabab (**prawns**, **mustard seeds**)			✓						✓					
Jaflong Special														
Mughlai Fish (**cream**, **almonds**, cocktail sauce: **egg**, **mustard**, **celery**)	✓			✓			✓			✓				
Tandoori Chops Bhuna PLEASE ENQUIRE														
Lamb Chops Bhuna PLEASE ENQUIRE														

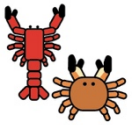
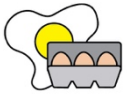
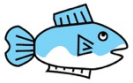
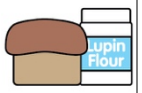
TANDOORI DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Tikka Main (**yoghurt**, Tikka paste: **mustard**, may contain **nuts and peanuts**)		✓		✓										
Half Tandoori Chicken (**yoghurt**, Tikka paste: **mustard**, may contain **nuts and peanuts**)		✓		✓	✓									
Chicken Shashlik (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)		✓		✓										
Paneer Shashlik (cheese: **milk**, **yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)		✓		✓										
Lamb Shashlik (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)				✓										
King Prawn Shashlik (**prawns**, **yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)			✓				✓		✓	✓	✓			
Lamb Chops Main (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
Mixed Grill (**prawns**, **yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)			✓				✓		✓	✓	✓			

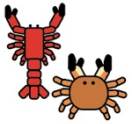
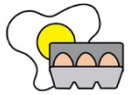
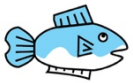
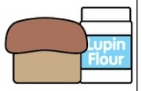
VEGETARIAN DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Paneer Tikka Masala (cheese: **milk**, **cream**, **yoghurt**, **almonds**, Kashmiri paste**:** traces of **mustard** and **nuts**)	✓	✓					✓		✓	✓				
Vegetable Masala Main (**cream**, **yoghurt**, **almonds**, Kashmiri paste**:** traces of **mustard** and **nuts**)							✓		✓	✓				
Egg Bhuna				✓										
Vegetable Curry Main														
Vegetable Korma Main (**cream**)							✓							
Vegetable Bhuna Main														
Vegetable Dhansak Main (lentils: **wheat**)		✓												

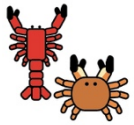
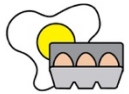
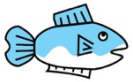
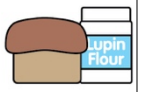
VEGETARIAN DISHES AND THEIR ALLERGEN CONTENT CONTD.- JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegetable Jalfrezi Main (**yoghurt**)							✓							
Vegetable Madras Main														
Vegetable Vindaloo Main														
Vegetable Balti Main (Balti paste: may contain **mustard**, **nuts** and **peanuts**)									✓	✓	✓			

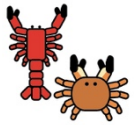
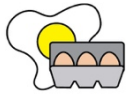
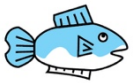
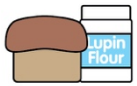
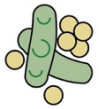
CHICKEN DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Curry														
Chicken Korma (**cream**)							✓							
Chicken Bhuna														
Chicken Dupiaza														
Chicken Dhansak (lentils: **wheat**)		✓												
Chicken Rogan Josh														
Chicken Jalfrezi (**yoghurt**)							✓							
Chicken Madras														
Chicken Vindaloo														
Chicken Balti (Balti paste: may contain **mustard**, **nuts** and **peanuts**)									✓	✓	✓			

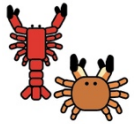
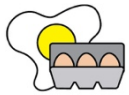
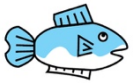
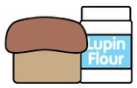
LAMB DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Lamb Curry														
Lamb Korma (**cream**)							✓							
Lamb Bhuna														
Lamb Dupiaza														
Lamb Dhansak (lentils: **wheat**)		✓												
Lamb Rogan Josh														
Lamb Jalfrezi (**yoghurt**)							✓							
Lamb Madras														
Lamb Vindaloo														
Lamb Balti (Balti paste: may contain **mustard**, **nuts** and **peanuts**)									✓	✓	✓			
Lamb Sag														

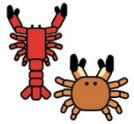
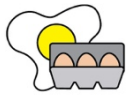
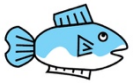
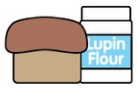
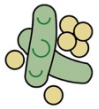
SEAFOOD DISHES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Prawn Curry (**prawns**)			✓											
Prawn Korma (**prawns**, **cream**)			✓				✓							
Prawn Bhuna (**prawns**)			✓											
Prawn Sag (**prawns**)			✓											
Prawn Jalfrezi (**prawns**, **yoghurt**)			✓				✓							
Prawn Madras (**prawns**)			✓											
Prawn Vindaloo (**prawns**)			✓											
Prawn Masala (**prawns**, **cream**, **yoghurt**, **almonds**, Kashmiri paste**:** traces of **mustard** and **nuts**			✓				✓		✓	✓				
Prawn Makhani (**prawns**, **butter**, **cream**, **almonds**)			✓				✓			✓				
Fish Bhuna					✓									

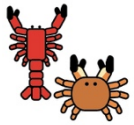
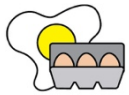
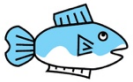
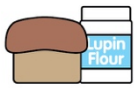
SEAFOOD DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Fish Achari (mixed pickle: (**mustard powder** and **seeds** and may contain traces of **peanuts** and **nuts**)					✓				✓	✓	✓			
Prawn Puri Main (**prawns,** puri: **wheat**)		✓	✓											

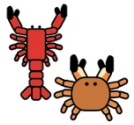
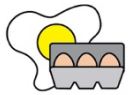
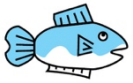
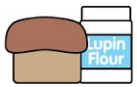
HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Tikka Masala (**cream**, **yoghurt**, **almonds**, Kashmiri paste**:** traces of **mustard** and **nuts**)							✓		✓	✓				
Lamb Tikka Masala (**cream**, **yoghurt**, **almonds**, Kashmiri paste**:** traces of **mustard** and **nuts**)							✓		✓	✓				
Butter Chicken (**butter**, **cream** and **almonds**)							✓			✓				
Garlic Chilli Chicken														
Chicken Tikka Methi (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
Chicken Rezalla														
Chicken Rezoti			✓											

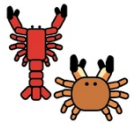
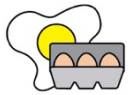
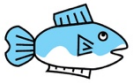
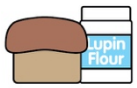
HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chicken Tikka Sag (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)			✓				✓		✓	✓	✓			
Achari Chicken (mixed pickle: **mustard powder** and **seeds** and may contain traces of **peanuts** and **nuts**)									✓	✓	✓			
Lamb/ Chicken Pasanda (**cream** and **almonds**)							✓			✓				
Lamb Tikka Bhuna (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
Lamb Tikka Sag (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
Lamb/ Chicken Karahi														
Tropical (**prawns**, Balti paste: may contain **mustard**, **nuts** and **peanuts**)			✓						✓	✓	✓			

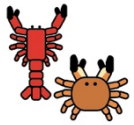
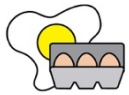
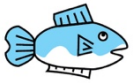
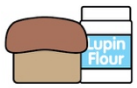
HOUSE DISHES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Tandoori King Prawn Masala (**prawns**, **cream**, **yoghurt, almonds**, Kashmiri paste: traces of **mustard** and **nuts**)			✓				✓		✓	✓				
Tandoori King Prawn Makhani (**prawns**, **butter**, **cream**, **almonds**)			✓				✓			✓				
Tandoori King Prawn Rezalla (**prawns**)			✓											
Tandoori King Prawn Dhansak (**prawns**, lentils: **wheat)**		✓												
Tandoori King Prawn Jalfrezi (**prawns** and **yoghurt**)					✓									
Tandoori King Prawn Bhuna (**prawns**)		✓												
Tandoori King Prawn Sag (**prawns**)		✓												

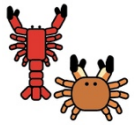
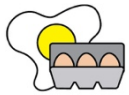
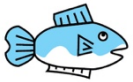
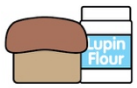
BIRYANI'S AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegetable Biryani														
Chicken Biryani														
Chicken Tikka Biryani (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
Lamb Biryani														
Lamb Tikka Biryani (**yoghurt**, Tikka paste: **mustard**, may contain **nuts** and **peanuts**)							✓		✓	✓	✓			
King Prawn Biryani (**prawns**)			✓											
Mixed Biryani (**prawns**)			✓											

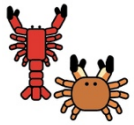
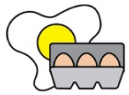
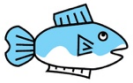
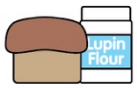
VEGETABLE SIDES AND THEIR ALLERGEN CONTENT - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Vegetable Curry														
Vegetable Jalfrezi (**yoghurt**)							✓							
Bombay Aloo														
Aloo Gobi														
Brinjal Bhaji														
Bindi Bhaji														
Chana Bhaji														
Mushroom Bhaji														
Sag Bhaji														
Tarka Daal														

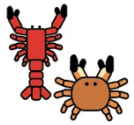
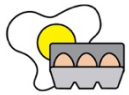
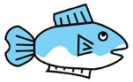
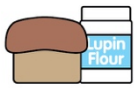
VEGETABLE SIDES AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Sag Paneer (**cream**)							✓							
Mutter Paneer (cheese: **milk**)							✓							
Garlic Mushroom														

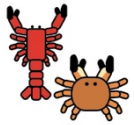
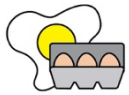
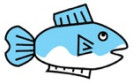
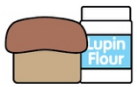
BREADS AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Plain Naan (**wheat**, **milk**)		✓					✓							
Peshwari Naan (**wheat**, **milk**, **sesame seeds**)		✓					✓					✓		
Keema Naan (**wheat**, **milk**)		✓					✓							
Cheese Naan (**wheat**, **milk**, cheese: **milk**)		✓					✓							
Garlic Naan (**wheat**, **milk**)		✓					✓							
Chilli Naan (**wheat**, **milk**)		✓					✓							
Paratha/ Vegetable Paratha Naan (**wheat**)		✓												
Chapatti/ Puri (**wheat**)		✓												
Tandoori Roti (**wheat**)		✓												

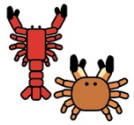
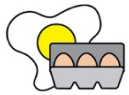
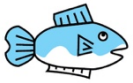
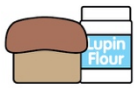
RICE AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Plain Rice														
Pilau Rice														
Mushroom Rice														
Coconut Rice														
Lemon Rice														
Keema Rice														
Egg Fried Rice (**eggs**)				✓										
Vegetable Rice														

RICE AND THEIR ALLERGEN CONTENT CONTD. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Chips														
Masala Chips														
Chicken Burger and Chips PLEASE ENQUIRE														
Beef Burger and Chips PLEASE ENQUIRE														
Chicken Nuggets and Chips PLEASE ENQUIRE														
Chicken Wings and Chips PLEASE ENQUIRE														

DESSERTS, DRINKS AND THEIR ALLERGEN CONTENT. - JAFLONG TANDOORI

DISHES														
	Celery	**Cereals containing gluten**	**Crustaceans**	**Eggs**	**Fish**	**Lupin**	**Milk**	**Mollusc**	**Mustard**	**Nuts**	**Peanuts**	**Sesame seeds**	**Soya**	**Sulphur Dioxide**
Kulfi Ice Cream Mango/ Pistachio (**milk**, **nuts**)							✓			✓				
Lassi Plain/ Mango (**yoghurt**, **cream**)							✓							

Please speak to our staff about the ingredients in your meal, when making your order.
Thank you

The majority of our dishes can be altered by our Chef to cater for Vegan/ Vegetarian/ Dairy and Gluten Free needs and allergies.

We use gluten free basmati rice and do not use any nuts in any of our cooking. However, all of the dishes in our menu **may contain traces of nuts and/or other allergens**. This notice applies to our dining in, takeaway and catering service, unless advised otherwise.

Please note that the information in this Allergen Chart is subject to change, due to a change of recipe, suppliers, dishes etc. We aim to regularly update the Allergen Chart to keep information up to date, however we cannot guarantee this. Therefore, we strongly recommend that you contact us in the first instance for any allergen and dietary queries.

Contact: 0208 332 1339 | jaflongtandoori@outlook.com

Review date:
27 Dec 2018

Reviewed by:
Syed Bashar

Food Standards Agency
food.gov.uk

You can find this template, including more information at www.food.gov.uk/allergy