















DISHES AND THEIR ALLERGEN CONTENT - Indi-Yang

DISHES														
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Tuna Salad [example]	✓			✓	✓		✓		✓					
Kimchi	Y	May Contain	Y		Y	May Contain		Y	Y	May Contain	May Contain	Y	Y	
Manchurian Mango Chutney						May Contain				May Contain	May Contain	Y	Y	
Sambal Salsa	Y	May Contain								May Contain	May Contain	Y	Y	
Crispy Chilli Oil		May Contain				May Contain				May Contain	May Contain	Y	Y	
Indian Chips & Far East Dips	Y	Y				Y				May Contain	May Contain	Y	Y	
Indi-Yoza	Y	Y	Y		Y	Y			Y	May Contain	May Contain	Y	Y	
Thai Prawn Skewers			Y							May Contain	May Contain	Y	Y	
Thai Chicken Fillet Skewers										May Contain	May Contain	Y	Y	
Manchurian Bao	Y	Y				Y				May Contain	May Contain	Y	Y	

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Reviewed by:

Rehan Uddin & Tom Watson



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Tuna Salad [example]	✓			✓	✓		✓		✓					
Kofta Kebab	Y	Y		Y		Y			Y	May Contain	May Contain	Y	Y	
K.Manis Goan Fish	Y	Y	Y		Y	Y			Y	May Contain	May Contain	Y	Y	
Thai Tandoori Chilli Chicken	Y	Y				Y			Y	May Contain	May Contain	Y	Y	
Rawalpindi Paneer	Y	Y					Y			May Contain	May Contain	Y	Y	
Thai Fish Cake	Y	Y	Y		Y	Y				May Contain	May Contain	Y	Y	
Samosa Chaat		May contain			Y					May Contain	May Contain		Y	
Spring Rolls Veg	Y	Y			Y					May Contain	May Contain	Y	Y	
Spring Rolls Duck	Y	Y					Y			May Contain	May Contain	Y	Y	
The Malay-Yang	Y	Y	Y		Y	Y		Y	Y	Y	Y	Y	Y	









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Tuna Salad [example]	✓			✓	✓		✓		✓					
Kashmiri Kofta	Y	Y	Y	Y	Y	Y			Y	Y	Y	Y	Y	
Ramen	Y	Y	Y	Y	Y	Y		Y	Y	Y	Y	Y	Y	Y
Cardamom Korma	Y	Y				Y				May Contain	May Contain	May Contain	Y	
Plant based Makani Massala	Y	Y				Y				May Contain	May Contain	May Contain	Y	
North Indian Veg	Y	Y				Y			Y	May Contain	May Contain		Y	
Beigan Kathraki Achar	Y	Y				Y			Y	May Contain	May Contain	May Contain	Y	
Cardamom Chicken Korma	Y	Y				Y				May Contain	May Contain	May Contain	Y	
Makani Tikka Massala	Y	Y				Y			Y	May Contain	May Contain	May Contain	Y	

North Indian Chicken	Y	Y				Y			Y	May Contain	May Contain	May Contain	Y	
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Tuna Salad [example]	✓			✓	✓		✓		✓					
Bengali Chicken Curry	Y	Y							Y	May Contain	May Contain	May Contain	Y	
North Indian Lamb Fry	Y	Y							Y	May Contain	May Contain	May Contain	Y	
Chicken Tamil Nadu Madras	Y	Y							Y	May Contain	May Contain	May Contain	Y	
Sir Lankan Prawn Curry	Y	Y	Y						Y	May Contain	May Contain	May Contain	Y	
Stir Fry Vegetables	Y	Y								May Contain	May Contain	May Contain	Y	
Bombay Bao		Y								May Contain	May Contain	May Contain	Y	
Saag Paneer		Y					Y		Y	May Contain	May Contain	May Contain	Y	

South Indian Dal		Y							Y	May Contain	May Contain	May Contain	Y	
Oriental Mushroom Bhaji		Y							Y	May Contain	May Contain	May Contain	Y	

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Tuna Salad [example]	✓			✓	✓		✓		✓					
Basmati Rice		Y				Y							Y	
Pilau Rice		Y				Y							Y	
Mushroom Rice		Y				Y							Y	
Plain Noodles		Y				Y							Y	
Spiced Noodles	Y	Y				Y				May contain	May contain	Y	Y	
Plain Naan		Y								May Contain	May Contain	May Contain	Y	

