

The Tiffin Tin Allergen Reference table

last update: August 2023

C = Contains

Note: The making of food is such that we cannot guarantee that trace amounts of this ingredient will never show up

	Dairy	Eggs	Tree Nuts	Molluscs	Soya	Gluten	Crustaceans	Fish	Mustard	Peanuts	Sesame Seeds	sulphur dioxide/sulphites	Lupin	Celery
STARTERS														
1a. Onion pakora	-	C	-	-	-	-	-	-	-	-	-	-	-	-
1c. Vegetable samosa	-	-	-	-	C	C	-	-	C	-	-	-	-	-
Vegetable Roll	-	-	-	-	C	C	-	-	C	-	-	-	-	-
1d. Lamb Samosa	-	-	-	-	C	C	-	-	C	-	-	-	-	-
1f. Chilli Tofu	-	-	-	-	C	-	-	-	C	-	-	-	-	-
1g. Mogo (Cassava) Fries	-	-	-	-	C	-	-	-	C	-	-	-	-	-
TANDOORI														
2a. Sekuwa murgh kebab	C	-	-	-	-	-	-	-	C	-	-	-	-	-
2b. Murga shish kebab	C	-	-	-	-	-	-	-	-	-	-	-	-	-
2c. Tandoori mixed grill	C	-	-	-	-	-	C	-	C	-	-	-	-	-
2d. Mixed kebab chhoyela	C	-	-	-	-	-	-	-	C	-	-	-	-	-
2e. Puchchre prawns	C	-	-	-	C	C	C	-	C	-	-	-	-	-
2f. Tandoori salom kebab	C	-	-	-	-	-	-	C	C	-	-	-	-	-
2g. Lamb shish kebab	C	-	-	-	-	-	-	-	-	-	-	-	-	-
2h. Sekuwa lamb kebab	C	-	-	-	-	-	-	-	C	-	-	-	-	-
2i. Paneer kebab	C	-	-	-	-	-	-	-	C	-	-	-	-	-
2j. Mini Mixed Grill	C	-	-	-	-	-	-	-	C	-	-	-	-	-
SEAFOOD														
4b. Goan Salmon fish	C	-	-	-	-	-	-	C	C	-	-	-	-	-
4d. King prawn pathia	C	-	-	-	-	-	C	-	C	-	-	-	-	-

VEGETARIAN														
6a. Mixed vegetable korma	C	-	C	-	-	-	-	-	C	-	-	-	-	-
6b. Paloong chana	C	-	-	-	-	-	-	-	C	-	-	-	-	-
6c. Mixed Vegetable Curry	C	-	-	-	-	-	-	-	C	-	-	-	-	-
6d. Paneer Saag	C	-	-	-	-	-	-	-	C	-	-	-	-	-
LAMB														
8a. Gosht Tikka Masala	C	-	C	-	-	-	-	-	C	-	-	-	-	-
8d. Paloong Gosht	C	-	-	-	-	-	-	-	C	-	-	-	-	-
8e. Bhuna Gosht	C	-	-	-	-	-	-	-	C	-	-	-	-	-
8f. Rogan Gosht Josh	C	-	-	-	-	-	-	-	C	-	-	-	-	-

WEEKLY SPECIAL

10. Weekly Special

Please ask member of staff

BIRYANI

5a. Vegetable biryani	C	-	-	-	-	-	-	-	C	-	-	-	-	-
5b. Lamb biryani	C	-	-	-	-	-	-	-	C	-	-	-	-	-
5c. Chicken biryani	C	-	-	-	-	-	-	-	C	-	-	-	-	-
5d. King Prawn biryani	C	-	-	-	-	-	C	-	C	-	-	-	-	-

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	Dairy	Eggs	Tree Nuts	Molluscs	Soya	Gluten	Crustaceans	Fish	Mustard	Peanuts	Sesame Seeds	sulphur dioxide/ sulphites	Lupin	Celery
VEGETABLE SIDES														
9a. Tarka daal	C	-	-	-	-	-	-	-	-	-	-	-	-	-
9b. Hariyali daal	C	-	-	-	-	-	-	-	C	-	-	-	-	-
9c. Aloo chat-pat	C	-	-	-	-	-	-	-	C	-	-	-	-	-
9d. Channa chat masala	C	-	-	-	-	-	-	-	C	-	-	-	-	-
9e. Bhindi sabzi	C	-	-	-	-	-	-	-	C	-	-	-	-	-

