

Allergens

General Guidance:

At Ashoka Westend all the starter & main courses with paneer contain Milk product and all the starter and main courses with chicken tikka, lamb tikka, tandoori chicken, tandoori king prawns, lamb chops and salmon tikka contain mustard, nuts and peanuts.

FOOD TYPE

ALLERGENS

MEATS FOR CURRIES

PAN FRIED CHICKEN BREAST	FREE
CHICKEN TIKKA	MILK, MUSTARD, PEANUTS AND NUTS
LAMB	FREE
LAMB TIKKA	MILK, MUSTARD, PEANUTS AND NUTS
SALMON	FISH
PRAWNS	CRUSTACEANS
KING PRAWNS	MILK, MUSTARD, NUTS, PEANUTS, CRUSTACEANS

VEGETARIAN OPTION CURRIES

PANEER	MILK
INDIAN VEGETABLES	FREE
EUROPEAN VEGETABLES	FREE

STARTERS

CAULIFLOWER PAKORA	FREE
HAGGIS PAKORA	GLUTEN
CHICKEN PAKORA	GLUTEN, MUSTARD, NUTS AND PEANUTS
MUSHROOM PAKORA	GLUTEN
FISH PAKORA	FISH
FISH AMRITSARI	FISH, MUSTARD, NUTS AND PEANUTS
PANEER PAKORA	GLUTEN AND MILK
ONION BHAJI ORIGINAL OR RINGS	FREE
CHICKEN CHAAT	GLUTEN AND MILK
TAVA MACHI	FISH AND GLUTEN
POORI	GLUTEN AND MILK
VEGETABLE OR KEEMA SAMOSA	GLUTEN
ALOO AND VEGETABLE TIKKI	GLUTEN AND EGG
CHILLI CHICKEN	GLUTEN AND EGG
MALAI PANEER TIKKA	NUT AND MILK
BUTTERFLY KING PRAWN	MILK AND CRUSTACEANS
MANCHURIAN	GLUTEN
LAMB MINT KEBAB	MILK AND GLUTEN
SAFFRON SALMON TIKKA	FISH AND MILK
PRAWN PAKORA	GLUTEN AND CRUSTACEANS
CHICKEN & CORIANDER KEBAB	GLUTEN
TRIO OF PANEER TIKKA	MILK, NUTS AND PEANUTS
TANDOORI LAMB CHOPS	MILK, MUSTARD, NUTS AND PEANUTS
FISH & PRAWN PUFFS	CRUSTACEANS AND MILK
MALABARI KATHI ROLL	GLUTEN
CHEF'S PLATTER	GLUTEN
TANDOORI PLATTER	CRUSTACEANS, MUSTARD, NUTS AND PEANUTS

EUROPEAN CHOICE

GARLIC & HERB ROASTED CHICKEN	GLUTEN
HADDOCK AND CHIPS	FISH AND GLUTEN

DESSERTS

MANGO KULFI	MILK
PISTACHIO KULFI	MILK, PEANUTS AND NUTS
MALAI KULFI	MILK
MANGO TROPICAL	SOYA, GLUTEN AND EGG
GULAB JAMUN	MILK AND GLUTEN
PINEAPPLE SORBET	MILK & SULPHITE
COCONUT ICE	MILK
STICKY CHOCOLATE PUDDING	GLUTEN, EGG, MILK AND SULPHITE
VANILLA ICE CREAM	MILK, PEANUTS & NUTS
CHOCOLATE BROWNIE	NUTS, GLUTEN, EGG, MILK AND SULPHITE

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SAUCES FOR MAIN COURSE CURRIES

CHASNI SAUCE	MILK AND GLUTEN
MASALA SAUCE	MILK,MUSTARD,NUTS AND PEANUTS
ROGAN JOSH SAUCE	MILK AND NUTS
KASHMIRI KORMA SAUCE	MILK
MUGALI KORMA SAUCE	MILK
CEYLONESE KORMA SAUCE	MILK
KARAH BHOONA SAUCE	FREE
CREAMY JALFREZI SAUCE	MILK, MUSTARD,NUTS AND PEANUTS
SOUTH INDIAN GARLIC CHILLI SAUCE	FREE
ASHOKA MALAIDAR SAUCE	MILK
SHAKUTI SAUCE	MILK
JAIPURI SAUCE	MUSTARD, NUTS, MUSTARD AND PEANUTS
JALANDHRI SAUCE	GLUTEN, MILK,MUSTARD,NUTS,PEANUTS & SOYA
BHOONA SAUCE	FREE
TRADITIONAL CURRY SAUCE	FREE
KEEMA MUTTER	FREE
HIMALAYAN HOT POT SAUCE	MUSTARD, NUTS AND PEANUTS
JALFREZI (SPICY) SAUCE	FREE
PARDESI SAUCE	MILK
PASANDA SAUCE	NUTS AND MILK
BALTI SAUCE	MILK, MUSTARD,NUTS AND PEANUTS
ACHARI SAUCE	NUTS AND SOYA
SIKANDRI LAMB	MILK
NIHARI LAMB	FREE
MAKHANWALA SAUCE	NUTS AND MILK
KANDHARI SAUCE	MILK
ASHOKA MALWA SAUCE	MILK AND GLUTEN
SATRANGI SAUCE	MILK,MUSTARD,PEANUTS,NUTS AND SOYA
CHILLI GARLIC CHICKEN MASALA	SOYA AND NUTS
ASHOKA PISTACHIO KORMA SAUCE	MILK AND NUTS
SHARABI SAUCE	EGG, MILK, MUSTARD, PEANUTS & NUTS
BENGALI KING PRAWN CURRY	MILK, MUSTARD, PEANUTS & NUTS
BENGALI FISH CURRY	MILK, MUSTARD, PEANUTS & NUTS
SEEKH KEBAB MASALA	MILK, MUSTARD, PEANUTS & NUTS
ROAST LEG OF LAMB	MILK,MUSTARD,PEANUTS & NUTS

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Continued

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TANDOORI CUISINE

CHICKEN TIKKA TANDOORI	MILK, MUSTARD, PEANUTS AND NUTS
SHASLIK	MILK, MUSTARD, PEANUTS AND NUTS
TANDOORI LAMB CHOPS	MILK, MUSTARD, PEANUTS AND NUTS
TANDOORI SALMON TIKKA	MILK, MUSTARD, PEANUTS AND NUTS
MALAI TIKKA	MILK AND NUTS
TANDOORI MIXED PLATTER	MILK, MUSTARD, NUTS, PEANUTS, CRUSTACEANS
ACHARI CHICKEN TIKKA	MUSTARD, NUTS, PEANUTS AND SOYA
LAMB TIKKA MAIN	MILK, MUSTARD, PEANUTS AND NUTS
TANDOORI CHICKEN (ON THE BONE)	MILK, MUSTARD, PEANUTS AND NUTS
TANDOORI KING PRAWN	MILK, MUSTARD, NUTS, PEANUTS, CRUSTACEANS

VEGETARIAN CUISINE

SPINACH CORN MUSHROOM	MILK
BOMBAY ALOO	MUSTARD, NUTS, PEANUTS
DESI CHANA MASALA	MUSTARD, NUTS, PEANUTS
MUSHROOM BHAJI	FREE
PANEER SAAG	MILK
CAULIFLOWER DHANSAC	MILK
ALOO CHANA KUMBA	FREE
ALOO SAAG	MILK
BHINDI DOPIAZA	FREE
TARKA DAAL	MILK
TRADITIONAL VEGETABLE CURRY	FREE
BAINGAN ALOO	FREE
SHAHI PANEER	MILK, MUSTARD, NUTS, PEANUTS

BREAD, SUNDRIES & DIPS

BASMATI STEAMED RICE	FREE
PILAU RICE	FREE
MUSHROOM PILAU RICE	FREE
MIXED VEG PILAU RICE	FREE
TAVA CHAPATI	GLUTEN
TANDOORI ROTI	GLUTEN
NAAN BREAD	GLUTEN
GARLIC NAAN	GLUTEN AND DAIRY
PESHWARI NAAN	NUTS, MILK AND GLUTEN
KEEMA NAAN	GLUTEN
MANGO NAAN	GLUTEN
PARATHA	GLUTEN AND MILK
VEGETABLE PARATHA	GLUTEN AND MILK
COCONUT RICE	COCONUT
MALABARI PARATHA	GLUTEN AND MILK
POPPADOM	GLUTEN
SPICED ONIONS	GLUTEN
MANGO CHUTNEY	FREE
RAITA	MILK
CARROT & TAMARIND CHUTNEY	GLUTEN
MIX PICKLE	NUTS AND SOYA
FRENCH FRIES	FREE
FRUIT SAUCE	GLUTEN
MINT SAUCE	MILK
PINK PAKORA SAUCE	MILK