



FOOD ALLERGY CUSTOMER INFORMATION FOLDER





ALLERGEN INFORMATION TO HELP YOU CHOOSE YOUR MEAL

We pride ourselves here at Tharavadu and Uyare in providing safe food. If you have any allergies or intolerances, please make a member of staff aware and they can assist you.

We have an information matrix that shows the allergens that are or may be present in the food we prepare. Please ask a member of staff for this. Below are some useful points to help you with your decision when ordering your food:

- We do not guarantee 100% that our food is free from allergies as we are a busy kitchen that handles allergens, but we do have a policy to follow (available on request) to prepare food in a safe way to minimise cross contact between your food and the Allergen you have highlighted
- You **must discuss** your requirements with your server (or a manager) so that all parties work together, and you can make an informed decision to what food to order.
- An allergen matrix is available on the web site (www.uyare.co.uk) (www.tharavadurestaurants.com) or alternatively can be provided in hard copy format.

- Speak to a server as many of our dishes can be made without an allergen, such as removing the cashew nuts, sesame seeds etc
- The oil that we use is rapeseed oil and does not contain soya
- All our managers and chefs are trained in allergen management and internal policies.
- Many of our dishes on our menu do not contain gluten (see our full allergen matrix) but due to the nature of the business and kitchen we do not state they are gluten free. If you notify us that you are gluten intolerant or a Coeliac we can take extra care when preparing your meal to minimise the risk of cross contact of gluten but its at **your own risk as we are not a gluten free kitchen.**
- The kitchen handles sesame seeds but are limited to just a few dishes and if informed of a specific allergy to sesame we will take extra care but again we cannot guarantee as its not a sesame free kitchen
- The nuts handled on site are Cashew, Pistachio and Almond.
- Many of the spices and ingredients come from suppliers that state that allergens are handles on the premises. The allergens that are commonly stated are Sesame, Peanuts, nuts, milk and soya. If you need any further information, please speak to a manager
- Please note that the restaurants handle lots of fish, Molluscs and Crustaceans in all areas and when ordering make sure you are aware of this as staff will take reasonable precautions to prevent cross contact but due to the nature of the mean (Many Seafood Dishes) we cannot guarantee no cross contact.
- **Pease note:** Our staff cannot offer specific advice or recommendations beyond our published allergen communications.

Thank you

Tharavadu Food Safety Team



ALLERGEN MATRIX FOR THARAVADU MILL HILL LEEDS

<div><div></div>Contains</div> <div><div></div>May Contain</div> <div><div></div>Doesn't contain</div>	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
SADHYA / THALI														
THARAVADU SADYA		Wheat								Cashew				
EXPRESS LUNCH (Chicken/Lamb)		*Wheat								*Cashew				
VEGITARIAN SADYA		*Wheat								Cashew				
EXPRES LUNCH (Vegetarian)		*Wheat								*Cashew				
SAMUDRA SADYA		*Wheat												
SIDE DISHES														
PARRIPPU ELA CURRY							*							
EGG CURRY														
RICES														
PLAIN RICE														
LEMON RICE										Cashew				
LUNCH SPECIAL RICE	Speak to server as changes on a regular basis													
BREADS														
APPAM		M												
KERALA PARATHA		Wheat												
POORI		wheat												
CHAPATHI		wheat												

ALLERGEN MATRIX – STARTERS

<div> <div></div> Contains </div> <div> <div></div> May Contain </div> <div> <div></div> Doesn't contain </div>	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
PRE-MEAL SNACKS AND PICKLES		M												
SOUPS														
CHEMMEEN RASAM														
PARIPPU SOUP														
STARTERS														
UZHUNNU VADA		M												
CHILLI PANEER	*	M												
KANNARA CHAT		Wheat												
NJERIPPAN KOZHI		M												
POTHUM PAZHAVUM		M												
POTHU PERALAN														
PADIPURA MIX SEAFOOD		M												
MEEN CHUTTATHU														
CHERAYI KOONTHAL		M												
KUMBALANGI KONJU							*							
Dosa														
MASALA DOSA/PAPER MASALA DOSA														
PANEER DOSA														
KOZHI DOSA														

ALLERGEN MATRIX – MAINS

<div> <div></div> Contains <div></div> May Contain <div></div> Doesn't contain </div>	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
MEEN KOOTTAN			M											
KUNJI NJANDU VATTICHATHU		Wheat						M						
MEEN POLLICHATHU			M											
SHAAPPU MEEN CURRY														
THARAVADU SEAFOOD CURRY										Cashew				
KERALA KOZHI CURRY										*cashew				
KOZHI KURUMULANG		*Wheat								Cashew				
MALABAR KOZHI BIRIYANI		M								*Cashew				
ADU CHEERA MAPPAS										*Cashew				
VEGIATBLE BIRIYANI		M								*Cashew				
ACHAYANS LAMB CHOPS														
KOOTTU CURRY														
VAZHUTHANANGA CURRY		M								*Cashew				
MUTTER PANEER										Cashew				
KADALA MASALA														
NADAN VEG KURMA										Cashew				

*Can be taken out on request (wheat is for the bread so will remove the bread)

ALLERGEN MATRIX – MAINS (Cont'd)

	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
<div>Contains</div> <div>May Contain</div> <div>Doesn't contain</div>														
MASALA POTATOES														
OTHER														
COCONUT CHUTNEY										Cashew				
TOMATO CHUTNEY										Cashew				
PAPPADA VADA		M												
PAKKAVADA		M												
KAYA VARUTHATH		M												
POPPODOMS		M								Cashew				
THORAN OF THE DAY	Please ask server as changes daily (Commonly no Gluten, no milk, no nuts)													

*Can be taken out on request

ALLERGEN MATRIX – DESSERTS

<div> <div></div> Contains </div> <div> <div></div> May Contain </div> <div> <div></div> Doesn't contain </div>	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
SEMIYA PAYASAM		wheat								Cashew				
PISTACHIO KULFI		Wheat								Pistachio Almond				
MANGO KULFI		Wheat												
PINEAPPLE KESARI		Wheat												
ICE CREAM (Strawberry and Vanilla)														
ICE CREAM (Chocolate)														
DAIRY FREE ICE CREAM														
FALOODA		wheat								Pistachio				
Vattayappam														

*Can be taken out on request