



# **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](http://www.uyare.co.uk)) ([www.tharavadurestaurants.com](http://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<br>(Chicken/Lamb)                                                                        |                                               | *Wheat                    |             |      |      |       |      |         |         | *Cashew |         |              |      |                 |
| VEGITARIAN SADYA                                                                                       |                                               | *Wheat                    |             |      |      |       |      |         |         | Cashew  |         |              |      |                 |
| EXPRES LUNCH<br>(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 |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| <b>PRE-MEAL SNACKS AND PICKLES</b>                                                                                                      |        | M                         |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>SOUPS</b>                                                                                                                            |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>CHEMMEEN RASAM</b>                                                                                                                   |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>OLAN SOUP</b>                                                                                                                        |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>STARTERS</b>                                                                                                                         |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>UZHUNNU VADA</b>                                                                                                                     |        | M                         |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>CHILLI PANEER</b>                                                                                                                    | *      | M                         |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>CHEENI CHAT</b>                                                                                                                      |        | Wheat                     |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>TRAVANCORE KOZHI</b>                                                                                                                 |        | Wheat                     |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>POTHU PERALAN</b>                                                                                                                    |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>PADIPURA MIX SEAFOOD</b>                                                                                                             |        | M                         |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>MEEN CHUTTATHU</b>                                                                                                                   |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>CHERAYI KOONTHAL</b>                                                                                                                 |        | M                         |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>KAAPPAD MULAGU KONJU</b>                                                                                                             |        |                           |             |      |      |       | *    |         |         |      |         |              |      |                 |
| <b>Dosa</b>                                                                                                                             |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>MASALA DOSA/PAPER MASALA DOSA</b>                                                                                                    |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>PANEER DOSA</b>                                                                                                                      |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| <b>KOZHI DOSA</b>                                                                                                                       |        |                           |             |      |      |       |      |         |         |      |         |              |      |                 |

## ALLERGEN MATRIX – MAINS

| <div> <div></div> Contains<br/> <div></div> May Contain<br/> <div></div> Doesn't contain         </div> | Celery | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts    | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|---------------------------------------------------------------------------------------------------------|--------|---------------------------|-------------|------|------|-------|------|---------|---------|---------|---------|--------------|------|-----------------|
| KOPRA CHEMMEEN                                                                                          |        |                           |             |      |      |       |      | M       |         |         |         |              |      |                 |
| MEEN KOOTTAN                                                                                            |        |                           | M           |      |      |       |      |         |         |         |         |              |      |                 |
| MEEN POLLICHATHU                                                                                        |        |                           | M           |      |      |       |      |         |         | Cashew  |         |              |      |                 |
| MEEN CHAPS                                                                                              |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |
| THARAVADU SEAFOOD CURRY                                                                                 |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |
| KERALA KOZHI CURRY                                                                                      |        |                           |             |      |      |       |      |         |         | *cashew |         |              |      |                 |
| KOZHI KURUMULANG                                                                                        |        | *Wheat                    |             |      |      |       |      |         |         | Cashew  |         |              |      |                 |
| MALABAR KOZHI BIRIYANI                                                                                  |        |                           |             |      |      |       |      |         |         | *Cashew |         |              |      |                 |
| ARAMANA DUCK                                                                                            |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |
| VARUTHARACHA AADU                                                                                       |        |                           |             |      |      |       |      |         |         | *Cashew |         |              |      |                 |
| ACHAYANS LAMB CHOPS                                                                                     |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |
| VEGIATBLE BIRIYANI                                                                                      |        |                           |             |      |      |       |      |         |         | *Cashew |         |              |      |                 |
| KOOTTU CURRY                                                                                            |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |
| VAZHUTHANANGA CURRY                                                                                     |        | M                         |             |      |      |       |      |         |         | *Cashew |         |              |      |                 |
| MUTTER PANEER                                                                                           |        |                           |             |      |      |       |      |         |         | Cashew  |         |              |      |                 |
| KERALA KADALA CURRY                                                                                     |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |
| ERISSERRY                                                                                               |        |                           |             |      |      |       |      |         |         |         |         |              |      |                 |

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

## ALLERGEN MATRIX – MAINS (Cont'd)

| <div> <div></div> Contains<br/> <div></div> May Contain<br/> <div></div> Doesn't contain         </div> | Celery                                                                    | Cereals containing Gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Mollusc | Mustard | Nuts | Peanuts | Sesame Seeds | Soya | Sulphur Dioxide |
|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|---------------------------|-------------|------|------|-------|------|---------|---------|------|---------|--------------|------|-----------------|
| MADHAURA KIZHANGU                                                                                       |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| KIZHANGU UPPERI                                                                                         |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| OTHER                                                                                                   |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| MASALA IDLI                                                                                             |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| COCONUT CHUTNEY                                                                                         |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| TOMATO CHUTNEY                                                                                          |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| PAPPADA VADA                                                                                            |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| PAKKAVADA                                                                                               |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| KAYA VARUTHATH                                                                                          |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| POPPODOMS                                                                                               |                                                                           |                           |             |      |      |       |      |         |         |      |         |              |      |                 |
| 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                                                                                                                             |        |                           |             |      |      |       |      |         |         |                   |         |              |      |                 |
| JACKFRUIT KULFI                                                                                                                         |        | Wheat                     |             |      |      |       |      |         |         |                   |         |              |      |                 |
| ICE CREAM (Strawberry and Vanilla)                                                                                                      |        |                           |             |      |      |       |      |         |         |                   |         |              | M    |                 |
| ICE CREAM (Chocolate)                                                                                                                   |        |                           |             |      |      |       |      |         |         |                   |         |              |      |                 |
| DAIRY FREE ICE CREAM                                                                                                                    |        |                           |             |      |      |       |      |         |         |                   |         |              |      |                 |
| KALYANA CAKE                                                                                                                            |        | wheat                     |             |      |      |       |      |         |         | Cashew/ Pistachio |         |              |      |                 |
| VATTAYAPPAM FUDGE                                                                                                                       |        |                           |             |      |      |       |      |         |         |                   |         |              |      |                 |

\*Can be taken out on request