

Jaflong Tandoori

Allergen & Dietary Information Guide

16 Ashburnham Road, Richmond, TW10 7NF · 020 8332 1339 · jaflongtandoori.online

Our kitchen commitments

100% HMC halal — all meat is certified halal by the Halal Monitoring Committee.

Nut-free cooking — we don't use nuts in our curries. We can't guarantee against traces from supplier factories, so please tell us if you have a nut allergy.

Vegan, vegetarian & gluten-free options across the menu, including Laila gluten-free basmati rice.

No cross-contamination guarantee — dishes are prepared in a shared kitchen. Always speak to the team before ordering if you have a severe allergy.

The 14 major allergens (UK/EU regulated)

Allergen	Status in our kitchen
1. Cereals containing gluten (wheat, rye, barley, oats)	In some dishes — naan, samosas, marinades
2. Crustaceans (prawns, crab)	In some dishes — prawn curries, starters
3. Eggs	In some dishes — batters, breads
4. Fish	In some dishes — fish curries, tikka
5. Peanuts	Not used in curries — trace risk from suppliers
6. Soybeans	In some dishes — sauces, marinades
7. Milk (incl. lactose)	In our kitchen — cream, yoghurt, ghee, paneer
8. Tree nuts (almond, cashew, pistachio, etc.)	Not used in curries — trace risk from suppliers
9. Celery	In some dishes — stocks, base sauces
10. Mustard	In some dishes — pickles, marinades
11. Sesame seeds	In some dishes — breads, garnishes
12. Sulphur dioxide / sulphites (>10 mg/kg)	In some dishes — pickles, dried ingredients
13. Lupin	Not used
14. Molluscs	Not used

How to confirm ingredients for your order

1. Phone ahead: call 020 8332 1339 and the team will walk you through each dish.

2. Email us: send your allergy details in advance and we'll confirm suitable options.

3. On arrival / on delivery: remind the team of your allergy so the kitchen can double-check every dish before it leaves the pass.

This guide is a summary. Recipes and supplier ingredients can change — always confirm with the team before ordering if you have a severe allergy or intolerance.