

Allergen Information

Jaflong Tandoori · 16 Ashburnham Road, Richmond, TW10 7NF · 020 8332 1339

Our kitchen standards

We are proud to be 100% HMC Halal certified. Our curries are cooked **nut-free** in the kitchen — we do not add peanuts, tree nuts, or nut oils to any curry base. Almonds may appear only in specific clearly-labelled dishes (e.g. Pasanda, Korma, Peshwari naan). We use Laila gluten-free basmati rice as standard.

The 14 declarable allergens (Natasha's Law · FSA)

Allergen	Present in menu?	Notes
Cereals containing gluten	Yes	Naan, roti, paratha, samosa pastry, some marinades.
Crustaceans	Yes	King prawn dishes.
Eggs	Yes	Some breads, batters, and desserts.
Fish	Yes	Fish curries and specials.
Peanuts	No	Not used in our kitchen.
Soybeans	Yes	Some sauces and marinades.
Milk	Yes	Ghee, cream, yoghurt, paneer, butter.
Tree nuts (almond, cashew)	Selected dishes	Pasanda, Korma, Peshwari naan, some desserts.
Celery	Occasional	Some stocks — ask staff.
Mustard	Yes	Widely used in Indian spice blends.
Sesame seeds	Occasional	Some breads and garnishes.
Sulphur dioxide / sulphites	Possible	Trace levels in dried fruit and pickles.
Lupin	No	Not used.
Molluscs	No	Not used.

Important disclaimer

Whilst every reasonable care is taken to avoid cross-contamination, our dishes are prepared in a single kitchen where multiple allergens are handled. We cannot guarantee that any dish is 100% free from traces of allergens introduced at supplier or factory level. If you have a severe allergy, please speak to a member of our team **before you order** so we can guide you to the safest choice.

Menu recipes, suppliers, and ingredients can change without notice. This document is for guidance only — always confirm with the kitchen at the time of your order.

Talk to us

Call **020 8332 1339** or email **hello@jaflongtandoori.online** and we will happily walk you through the safest options for your dietary needs.

Last updated: July 2026