

APNE **अपने**
INDIA CUISINE
*Indian & Bangladeshi Restaurant
& Takeaway*

FOOD ALLERGY AWARENESS

*A culinary art towards
the journey of perfection.*

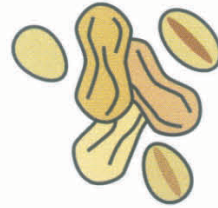


Food
Standards
Agency
food.gov.uk

**Which
ingredients
can cause
a problem?**



Cereals
containing gluten



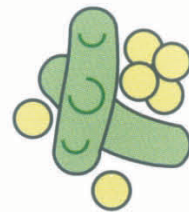
Peanuts



Nuts



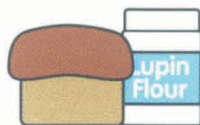
Milk



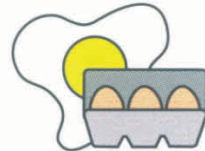
Soya



Mustard



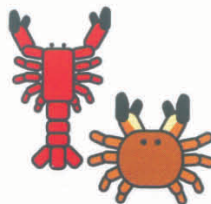
Lupin



Eggs



Fish



Crustaceans



Molluscs



Sesame seeds



Celery



Sulphur dioxide

GLUTEN & EGG FOODS

(PLEASE ASK WHAT ITEMS CONTAINS GLUTEN OR EGG)

Nan Breads, Puree

Chapati, Paratha

FRYER (VEGETABLE OIL)

(PLEASE ASK WHAT ITEMS ARE COOKED IN OIL, MAY CONTAIN GLUTEN)

Onion Bhajee, Puree

Chips, Samosa

NUTS

(PLEASE ASK WHAT ITEMS CONTAINS NUTS)

Ground Almonds, Coconut

SHELL FISH

King Prawns, Shrimp

Salmon, Tilapia

Seabass

DAIRY

(PLEASE ASK WHAT ITEMS CONTAINS DAIRY PRODUCTS)

Cream, Yoghurt

Milk, Cheese



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