



# FOOD ALLERGEN & NUTRITION INFO

**tamatanga**<sup>®</sup>  
eat • drink • indian

# food allergens

\* please note that whilst we try our very best to ensure your food is suitable for you, all of our dishes are prepared in areas where allergenic ingredients are present. this info guide shows which dishes do not specifically contain certain allergenic ingredients; however, **we cannot guarantee that any item is 100% free from these ingredients** due to the preparation process. **we cannot and will not guarantee 100% nut free food** due to the high usage of nuts in our kitchen and the use of spices that may contain traces of nuts.



	CALORIES	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE
small plates	onion bhaji	350 Cal		●		●									
	veg samosa	375 Cal		●				●			●				●
	chilli cheese pops	415 Cal		●		●		●							
	amritsari fried fish	390 Cal		●		●	●								
	ragda pattice	475 Cal		●				●							●
	chaat bombs	440 Cal		●				●		●	●		●		●
	papdi chaat	445 Cal		●				●			●		●		●
	bang bang chicken	395 Cal		●		●		●		●					●
	gunpowder paneer	370 Cal						●							●
	smoked lamb naco	515 Cal		●		●		●							
	prawn tempura	425 Cal		●	●	●									
	gilafi kebabs	410 Cal				●		●							
boti chicken	350 Cal						●								

• onion bhaji and amritsari fish fry are cooked in the same oil as breadcrumbs which contain gluten.  
 • ragda pattice has a mint and coriander chutney which contains milk. **this can be excluded from preparation on request.**  
 • chaat bombs have mixed cress as garnish which belongs to the mustard family. **these can be excluded from preparation on request.**  
 • bang bang chicken is served with spicy tama mayo which contains eggs and mustard. **on request this can be swapped for another chutney.**

	CALORIES	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE
curry bowls	nee-ma's chicken curry	610 Cal						●			●				●
	chicken khurana	605 Cal		●											●
	chicken tikka masala	625 Cal						●			●				
	garlic chilli chicken	531 Cal							●						
	homestyle chicken curry	500 Cal													
	punjabi butter chicken	685 Cal		●				●			●				
	delhi lamb curry	675 Cal													
	keralan lamb curry	680 Cal													●
	green lamb curry	695 Cal						●							
	railway cabin lamb	685 Cal		●						●					
	lamb chettinad	689 Cal								●					●
	goan fish curry	590 Cal		●			●								●
	prawn nilgiri	545 Cal			●				●						●
	paneer makhani	595 Cal		●					●		●				
	black butter lentils	560 Cal							●						
	saag paneer	580 Cal		●					●						
	chickpea curry / tarka daal	535 Cal								●					
veggie curry	550 Cal							●							
saag aloo	470 Cal														
bangin' baigan	530 Cal		●												
five spice aloo	465 Cal								●						

• chicken khurana contains sweet potato that is cooked in the same oil as breadcrumbs which contain gluten. **this can be made gluten free on request.**  
 • goan fish is cooked in the same oil as breadcrumbs which contain gluten. **this can be made gluten free on request.**  
 • railway cabin lamb has a garnish that is fried in the same oil as breadcrumbs which contain gluten. **this can be made gluten free on request.**  
 • bangin baigan has ingredients cooked in the same oil as breadcrumbs which contain gluten. **this can be made gluten free on request.**  
 • saag paneer has ingredients cooked in the same oil as breadcrumbs which contain gluten. **this can be made gluten free on request.**

	CALORIES	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE
biryani	chicken / lamb biryani	775 / 890 Cal		●				●							
	veggie biryani	695 Cal		●				●		●					
	seafood biryani	725 Cal		●	●		●	●							

raita side +150 Cal • chicken, lamb, veggie and seafood biryani are all garnished with onion that is fried in the same oil as breadcrumbs which contain gluten. **on request, these dishes can be prepared without the onion.**

	CALORIES	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE
clay oven	tama feast	775 Cal			●	●		●							
	veggie heaven	531 Cal						●		●					●
	first-class lamb chops	758 Cal						●							
	tandoori chick-chicken	560 Cal						●							
	tamatanga salmon	640 Cal					●		●						

# food allergens cont.



		CALORIES	CELERY	GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE
wraps/ salads	chicken wrap	650 Cal		•					•							
	lamb wrap	715 Cal		•		•			•							
	paneer wrap	705 Cal		•					•							•
	luscious lamb salad	725 Cal		•		•			•		•	•				•
	chicken quinoa salad	685 Cal		•		•			•		•	•				•
	avocado, chickpea & paneer salad	710 Cal		•		•			•		•					•

• salad garnishes use cress within the mix which belongs to the mustard family. on request, we can exclude these from preparation.

sides	poppadums (with chutney)	150 Cal		•												
	apple & mint chutney	28 Cal														
	spiced onion	30 Cal														
	mango chutney	35 Cal														
	naan	275 Cal		•		•			•							
	chilli cheese naan	535 Cal		•		•			•							
	peshwari naan	550 Cal		•		•			•			•				•
	tandoori roti	240 Cal		•					•							
	vegan naan	210 Cal		•												
	raita	195 Cal							•							
	pilau rice	350 Cal		•												
	side salad (with dressing)	160 Cal														
	tama chips	475 Cal		•												

• tama chips are fried in the same oil as breadcrumbs which contain gluten.  
 • pilau rice is garnished with onion that is fried in the same oil as breadcrumbs which contain gluten. on request, it can be prepared without the onion.  
 • tandoori roti - on request, can be done without butter.

chutneys	mint & coriander	25 Cal							•							
	tamarind chutney	40 Cal														•
	tama chutney	38 Cal														
	tama mayo	70 Cal				•					•					
	garlic chilli dip	35 Cal							•							
	roasted tomato & garlic chutney	20 Cal														

desserts	mango & coconut cheesecake	220 Cal		•		•			•						•	•
	rasmalai	240 Cal		•					•			•				
	pistachio kulfi	195 Cal							•			•			•	
	gulab jamun	320 Cal		•					•			•			•	
	chocolate layer cake	404 Cal		•		•			•						•	
	chocolate brownie sundae	435 Cal		•		•			•			•			•	
	chocolate brownie ice cream	217 Cal		•		•			•						•	
	strawberry & vanilla ice cream	211 Cal				•			•							
	sorbets mango 74 Cal raspberry 69 Cal															
	M&Ms	18 Cal		•					•			•	•		•	
	chocolate buttons	23 Cal							•						•	
	smarties	28 Cal		•					•						•	
	sprinkles			•					•			•				
	main & kids wafers	49 Cal		•		•			•						•	
	mango lassi	225 Cal							•							
pistachio lassi	270 Cal							•			•					

kids	kids biryani	chick 325 Cal veg 285 Cal lamb 380 Cal							•							
	kids nee-ma's curry	305 Cal							•			•				•
	kids chicken tikka masala	310 Cal							•			•				•
	kids chicken wrap	325 Cal		•		•										
	kids veggie wrap	255 Cal		•					•							
	chicken goujons	306 Cal		•		•										
	fish & chips	365 Cal		•		•	•		•							
	yummy chips	195 Cal		•												

• fish & chips come with mushy peas that contain dairy. on request, this can be made without.  
 • yummy chips are fried in the same oil as breadcrumbs which contain gluten.

# food allergens cont.

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brunch	chilli cheese toast	520 Cal		•		•			•						
	parsi brunch roll	620 Cal		•		•			•						•
	chickpea curry with puri	820 Cal		•					•						
	tama fish 'n' chips	824 Cal		•		•			•						
	bombay grilled sandwich	869 Cal		•		•			•						•

- chickpea curry with puri is served with side of yogurt. on request, we can exclude this from preparation.
- tama fish 'n' chips is served with tama mayo. on request, we can exclude this from preparation.