TANTARA

BENGAL BISTRO

ALLERGEN INFORMATION & DIETARY GUIDE

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ALLERGEN INFORMATION

We prepare our food with care using traditional recipes and authentic ingredients. Some products may be prepared in our kitchens or by external manufacturers in facilities that handle allergens, including nuts. Whilst we take precautions to minimise cross-contamination, we cannot guarantee that any dish is completely free from traces of allergens. Allergen information is based on our standard recipes and supplier specifications.

NUT ALLERGY NOTICE

Some of our dishes contain nuts as an essential ingredient and we do not adapt, substitute, or remove these ingredients, even on request. Our kitchens are not nut-free, and some products may also be made by external suppliers in facilities that handle nuts. Whilst we take precautions to minimise cross-contamination, we cannot guarantee that any item is completely free from traces of nuts. * indicates may contain traces.

GLUTEN INFORMATION

Some of our dishes are prepared without gluten-containing ingredients; however, all food is prepared in a kitchen where gluten is present. Whilst we take precautions to minimise cross-contamination, we cannot guarantee that any item is completely free from traces of gluten. We do not operate a gluten-free kitchen.

IMPORTANT

Please ensure you review the allergen guide carefully before ordering.

Allergen Guide

	VEGETARIAN	VEGAN	GLUTEN	DAIRY	CELERY	CRUSTACEANS	EGGS	FISH	LUPIN	MOLLUSC	MUSTARD	NUTS	PEANUTS	SESAME	SOYA
CRISPS & CHUTNEYS		✓	✓												
CHINATOWN DEVIL		✓	✓											✓	✓
CLUB CHEESE TOASTIE	✓		✓	✓							✓				
CALCUTTA ONION BHAJI		✓	✓												
KOLKATA CHICKEN CHOP			✓				✓				✓				
MALAI KEBAB				✓											
TANGRA CHILLI CHICKEN			✓				✓							✓	✓
DHAKA CHAAP FRY				✓											
CABIN FISH CAKES			✓			✓	✓	✓			✓			✓	
CHITTAGONG CHILLI FISH			✓				✓	✓							
DRUNKEN PRAWNS						✓					✓			✓	✓
KOSHA LAMB BHUNA				✓											
SYLHET LAMB SAAG															
BUNGALOW LAMB MADRAS															
CALCUTTA CHICKEN KORMA				✓								✓			
CABIN CHICKEN CURRY															
DHAKA JALFREZI															
CHICKEN TIKKA MASALA				✓								✓			
SHORSHE MAACH				✓				✓			✓				
KING PRAWN MALAI				✓		✓					✓				
PANEER KALIA	✓			✓											
BENGAL HOUSE DAAL	✓			✓											
NIRAMISH VEGETABLE BHUNA		✓													
KOLKATA CHICKEN BIRYANI				✓											
STEAMED RICE		✓													
ALL PULAO	✓			✓											
BENGAL SALAD		✓									✓				
PARATHA	✓		✓	✓			✓								
SAAG ALOO		✓													
CABIN FRIES		✓													
CHALER ROTI		✓													✓
CUCUMBER MINT RAITA	✓			✓											
TANTARA FIRNI	✓			✓								✓			
KOMOLA MOUSSE	✓		✓	✓								*			✓
BISCOFF CHEESECAKE	✓		✓	✓			✓					*			✓

**may contain nuts*