



THE INDIAN KITCHEN

restaurant & bar

ALLERGY INFORMATION

In the Indian kitchen, we prioritize the health and safety of our guests, which is why we take allergies very seriously. While we strive to accommodate all dietary needs, it's important to note that our dishes may contain trace amounts of allergens due to shared cooking equipment and ingredients. Here's a detailed summary of common allergens present in Indian cuisine:

Nuts: Many Indian dishes incorporate nuts such as almonds, cashews, pistachios, and walnuts for flavor, texture, and garnish.

Dairy: Dairy products like milk, yogurt, ghee (clarified butter), paneer (Indian cottage cheese), and cream are commonly used in Indian cooking.

Gluten: Wheat-based ingredients like roti (Indian bread), naan, chapati, and certain flours are prevalent in Indian cuisine, which may pose a concern for individuals with gluten sensitivities or celiac disease.

Soy: Soy-based products and derivatives may be present in some dishes, especially in vegetarian and vegan options.

Sesame: Sesame seeds and sesame oil are frequently used in Indian recipes, particularly in certain spice blends and sauces.

Mustard: Mustard seeds and mustard oil are common ingredients in some regional Indian cuisines and can be found in pickles, sauces, and marinades.

Shellfish: Seafood dishes, particularly in coastal regions of India, may contain shellfish such as shrimp, crab, and mollusks.

Eggs: Eggs are used in various dishes, including curries, breaded items, and desserts.

Sulfites: Certain ingredients like vinegar, preserved fruits, and processed foods may contain sulfites, which can trigger allergic reactions in sensitive individuals.

If you have any allergies or dietary restrictions, we encourage you to inform our staff immediately. Please feel free to call the manager on duty to discuss your specific needs and preferences, so we can take all necessary precautions to ensure a safe and enjoyable dining experience for you. Your well-being is our top priority, and we're committed to providing you with delicious meals that cater to your dietary requirements.

Disclaimer: While we make every effort to provide accurate information regarding allergens in our dishes, please note that our menu items may change and cross-contamination can occur despite our best efforts. For the most up-to-date information on allergens present in specific dishes, please ask the manager to provide you with our allergen list.

