

MANGROVE MENU ALLERGENS MATRIX V.2026-10

Menu Category / Menu Item		1  Celery	2  Cereals Gluten*	3  Crustaceans	4  Eggs	5  Fish	6  Lupin	7  Milk	8  Molluscs	9  Mustard	10  Nuts†	11  Peanuts	12  Sesame Seed	13  Soya	14  Sulphur Dioxide
Starter	Flamed Grilled Chicken	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Spicy Buffalo Wings	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Chicken Tikka	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Haryali Tikka	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE		NONE	NONE	NONE	NONE	✓
	Lamb Chops	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Gosht Ka Sula	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Sheek Kebab	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	✓
	Pantara	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Aachari Paneer	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Paneer Shashlick Skewer	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Onion Bhaji	NONE	NONE	NONE	✓	NONE	NONE		NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Onion Bhaji Chaat	NONE	✓	NONE	✓	NONE	✓	✓	NONE	NONE	NONE	NONE	NONE	NONE	✓
	Veg Samosa	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓
	Meat Samosa	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓
	Chicken Chaat	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Hot Meat	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	King Prawn Puree	NONE	✓	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Roshni Jinga	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Jinga Mossa	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Fish Amritsari	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓
	Shimla Mirch	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
Main	The Grill Sampler	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	The Sea Fairer	NONE	✓	✓	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	The Veggie	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
Dessert	Flamed Grilled Chicken	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Flame Grilled Sirloin Steak	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE

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Specialty G	Flame Grilled Rib Eye Steak	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Grilled Batak - Duck Sizzler	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Spicy Grilled Salmon	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Spicy Grilled Sea Bass	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
Tandoor Grill Classics	Tandoori Chicken	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Chicken Tikka	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Haryali Tikka	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	✓
	Lamb Tikka	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Gosht Ka Sula	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Chicken Shashlick	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Paneer Shashlick	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Lamb Shashlick	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Tandoori Mixed Grill	NONF	NONF	✓	NONF	NONF	NONF	✓	NONF	✓	NONF	NONF	NONF	NONF	NONF
	Tandoori King Prawn	NONE	NONE	✓	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
y Curries	Peshi Moughlai Korma	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	ALMOND / PISTACHIO	NONE	NONE	NONE	NONE
	Lababdar	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Mirchi Korma	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Naga	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Roshni Chilli	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Murog Bhuna Annarosh	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Hydrabadi Chicken	NONE	NONE	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Dhaka Karahi	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Peppered Shashlick Massala	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Kpr Peppered Shashlick Massala	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Paneer Shashlick Massala	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Lal Maas	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE

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Specialit	Dall Mangsha	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Lamb Pasanda	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Lamb Parsi	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Morog Khumbi	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Balti Methi	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Peppered Lamb Balti	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Mixed Grill Balti	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Malabari Prawn	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Roshni Jinga Jool	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Jinga Kali Mirch	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Maachili Jool	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Jinga Maachili Tok	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
Curry Classics	Tikka Massala	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	✓	NONE	✓	ALMOND / COCONUT	NONE	NONE	NONE	NONE
	Mirchi Massala	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	✓	NONE	✓	ALMOND / COCONUT	NONE	NONE	NONE	NONE
	Karahi	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Jalfrazi	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Lal Kalia	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Korma	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	✓	NONE	✓	ALMOND / COCONUT	NONE	NONE	NONE	NONE
	Bhuna	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Dupiaza	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Rogon Josh	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Saag	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Dansak	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Pathia	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Madras	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Ceylon	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE

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	Vindaloo	NONE	NONE	IF PRAWN OR KPR	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
Biryani	Chicken Biryani	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Lamb Biryani	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Seafood Prawn Biryani	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	House Special Biryani	NONE	NONE	✓	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Vegetable Biryani	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
Veggie & Vegan	Tarka Dall	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Channa Massala	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓
	Brinjal Bhaji	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Bindi Bhaji	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Mushroom Bhaji	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Bombay Aloo	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Aloo Gobi	NONF	NONF	NONF	NONF	NONF	NONF	NONF	NONF	✓	NONF	NONF	NONF	NONF	NONF
	Saag Aloo	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Saag Bhaji	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Saag Paneer	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Mattar Paneer	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Vegetable Curry	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Niramish	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Cauliflower Bhaji	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Nyrkel Ramee	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	✓	NONE	NONE	NONE	NONE	NONE
Roti Breads	Chapatti	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Tandoori Roti	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Laccha Paratha	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Stuffed Paratha	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Plain Nan	NONE	✓	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE

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		Celery	Cereals Gluten*	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts†	Peanuts	Sesame Seed	Soya	Sulphur Dioxide
Nan Breads	Peshwari Nan	NONE	✓	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE
	Keema Nan	NONE	✓	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Garlic & Coriander Nan	NONE	✓	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Garlic & Chilli Nan	NONE	✓	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Garlic & Cheese Nan	NONE	✓	NONE	✓	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
Rice	Boiled Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Pilau Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Garlic Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Garlic Chilli Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Special Fried Rice	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Egg Fried Rice	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Mushroom Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Keema Rice	NONF	NONF	NONF	NONF	NONF	NONF	NONF	NONF	✓	NONF	NONF	NONF	NONF	NONF
	Lemon Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Fruit Rice	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓
Sundries	Chips	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Massala Fries	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	✓
	Cucumber Raitha	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Onion Raitha	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Plain Pappadum	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Spicy Pappadum	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE
	Lime Pickle	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Chilli & Ginger Pickle	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE
	Bombay Duck	NONE	NONE	NONE	NONE	✓	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE	NONE