

M

मुग़ली

INDIAN SOUL FOOD
ALLERGEN MENU

.....
ENJOY FREELY



Image courtesy of Len Grant, #therusholmesketcher

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#EnjoyFreely

The safety and well-being of all of our guests is paramount to us here at Mughli and every consideration, including this matrix, is taken to ensure that you have the information & reassurance needed if you are affected by any of the 14 known allergens.

We always recommend that you inform your waiter of any allergies when ordering, even if you have eaten the dish before, as our recipes constantly evolve and we don't list every ingredient on our menus.

KEY

- Known to contain a particular allergen
- * Shares common cooking equipment (such as a fryer) with other allergen containing dishes
- ± May contain traces of an allergen and/or handled or packaged in a factory which has such allergens present

PLEASE NOTE

Whilst every effort is made to minimise any risk to our guests, we're unable to guarantee that any of our dishes are or will be 100% allergen-free as:

- we operate in an open kitchen which handles hundred of ingredients / allergens on a daily basis; and
- the spices used throughout our menu come from various factories which invariably handle or package ALL known allergens (including peanuts) and may, therefore, contain traces as a result

SNACKS

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Papadum Basket						○								
Mango Chutney	±	±	±		±	±				±	±			
Mint Raita	±	±	○											
Chilli Imli Chutney	±	±												
Tomato Onions	±	±				±								
Lime Pickle		±	±			±				○	±	±		±
Red Onion Salad						○								
Cumin Raita	±	±	○		○	±					±			
Vegan Raita	±	±			±	○					±			

SMALL PLATES

CHAT-PATTA / CHAAT / PAKORA

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Bun Kebab *	±	±	○	○	○	○				○	±	○		
Jigar ¹ *	±	±	○	○	○	○				±	±			
Biryani Koftay *	±	±	±		○	○				○	±	±		
Hakka Chilli Paneer ²	±	○	○		±	○				○	±			
Chilli Cauli *	±	±			±	○				○	±			
Dabba Keema ³	±	±	○		○	○				○	±	○		
Samosa *	±	±			○	○				±	±			
Gunpowder Fries *	±	±	±		±	○				±	±	±		
Bhangin' Aubergine	±	±	±		±	○				○	±	±		
Papri Chaat ⁴	±	±	±		○	○				○	±	±		
Gunpowder Potato *	±	±			±	○				○	±			
Ballay Ballay	±	±	○		○	○				±	±	±		
Pani Puri	±	±	±		○	○				±	±	±		
Okra Fries *	±	±	±		○	○				±	±	±		
Bhajias ⁵ *	±	±	○		±	○					±	○		
Vegan Fritters *	±	±			±	○					±			
Bang Bang Chicken *	±	±			±	○				○	±	○		
Fish Fry ³ *	±	±			±	○	○			○	±	○		

NOTES:

1. THE TOASTED GARLIC PAU (BREAD) SERVED ALONGSIDE THE CHICKEN LIVERS CONTAINS GLUTEN & EGG – THIS CAN BE HAPPILY SUBSTITUTED WITH STEAMED RICE FOR OUR COELIAC FRIENDS
2. TOASTED ALMONDS (TREE NUTS) ARE USED AS A GARNISH ONLY AND CAN BE REMOVED ON REQUEST
3. PICKLED ONIONS (CONTAINING SULPHITES) ARE USED AS A GARNISH ONLY AND CAN BE REMOVED ON REQUEST
4. FOR A GLUTEN FREE VARIATION OF THIS DISH, KINDLY ASK FOR **NO-PAPRI** WITH YOUR CHAAT
5. FOR SULPHITE-FREE BHAJIAS, PLEASE ORDER OUR VEGAN FRITTERS

CHARCOAL PIT ANGITHI

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Malai Broccoli ⁶ *	±	○	○		±	±				±	±			
Tava Roll *	±	±	○	○	○	○				±	±			
Chicken Wings *	±	±	○		±	○				±	±			
Lamb Seekh Kebab *	±	±	○	○	○	○				±	±			
Lamb Chops ⁷ *	±	±	○		○	○				○	○	±		○
Chicken Skewer *	±	±	○		±	○				○	±			○
Scorpion Prawns *	±	±	○		±	○		○		○	±			○
Mixed Grill *	±	±	○	○	○	○				○	±			○
Nihari 'Gravy'	±	±	±		±	○				±	±	±		

NOTES:

- TOASTED ALMONDS (TREE NUTS) – ADDED AS A GARNISH FOR THE DISH BUT CAN BE REMOVED ON REQUEST
- TOASTED SESAME SEEDS ARE USED AS A GARNISH ONLY AND CAN BE REMOVED ON REQUEST

CURRY

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Mixed Vegetables	±	±			±	○				±	±			
Paneer	±	±	○		±	○				±	±			
Chicken	±	±			±	○				±	±			
Chicken Tikka	±	±	○		±	○				○	±			
Tandoori Chicken	±	±	○		±	○				○	±			○
Lamb	±	±			±	○				±	±			
Seafood	±	±			±	○	○	○		±	±			
Karai Balti	±	±	○		±	○				±	±			
Saagwala	±	±	○		±	○				±	±			
Lamb Biryani ⁸	±	±	○		○	○				±	±	±		
Chicken Biryani ^{8 9}	±	±	○		○	○				○	±	○		
Vegan Biryani ^{8 9}	±	±	±		○	○				○	±	○		
Tawa Seekh	±	±	○		±	○				±	±			
Chicken Mumbai	±	±	±		±	○				±	±			
Butt Karahi	±	±	○		±	○				±	±			
Romaal Korma	±	○			±	○				±	±			
Butter Chicken	±	±	○		±	○				±	±			○
Lal Murgh	±	±	±		±	○				±	±			
Sindhi-Jalfrezi (ChTk)	±	±	○		±	○				±	±			
CTM	±	±	○		±	○				±	±			○
Goan Fish	±	±	○		±	○	○			○	±			
Lahori Nihari	±	±	○		±	○				±	±	±		

NOTES:

- OUR BIRYANI IS SERVED ENCASED IN A SPICED NAAN CRUST WHICH CONTAINS GLUTEN – OUR COELIAC FRIENDS ARE REQUESTED TO ORDER A **KHULLA BIRYANI** FOR A GLUTEN FREE VERSION OF THE SAME DISH
- A PICKLED CABBAGE SALAD (CONTAINING MUSTARD & SULPHITES) IS SERVED ALONGSIDE OUR CHICKEN & VEGAN BIRYANI AND CAN BE REMOVED ON REQUEST

VEGAN CURRY

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Bhaji Romaal ¹⁰	⊕	○			⊕	○				○	⊕	○		
AMG	⊕	⊕			⊕	○				⊕	⊕			
Vegan Bhuna	⊕	⊕			⊕	○				⊕	⊕			
Sabsi Mumbai	⊕	⊕			⊕	○				⊕	⊕			
Aloo Sindhi-Jalfrezi	⊕	⊕			⊕	○				⊕	⊕			

SIDES

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Tadka Daal	⊕	⊕	⊕		⊕	○				⊕	⊕			
Bombay Potato	⊕	⊕			⊕	○				⊕	⊕			
Saag Aloo	⊕	⊕	○		⊕	○				⊕	⊕			
Aubergine Mash	⊕	⊕			⊕	○				⊕	⊕			
Tandoori Roti *					○	○								
Tandoori Naan *					○	○								
Garlic Naan *					○	○								
Peshwari Naan *	⊕	○			○	○						○		
Keema Naan *	⊕	⊕	○	○	○	○				⊕	⊕			
Cheese Naan *			○		○	○								
Peter's Bread *					○	○								
Pulao Rice	⊕	⊕	⊕		⊕	○				⊕	⊕			
Steamed Rice	⊕	⊕			⊕	○					⊕			

NOTES:

ALL OF OUR ARTISAN BREADS ARE COOKED IN A SPECIALISED (SHARED) CLAY OVEN 'TANDOOR'

10. PICKLED ONIONS, WHICH CONTAIN MUSTARD & SULPHITES, ARE USED AS A GARNISH & CAN BE REMOVED ON REQUEST

DESSERTS

	Peanut	Tree Nuts	Milk	Egg	Cereals	Soya	Fish	Crustacean	Molluscs	Mustard	Sesame	Sulphites	Lupin	Celery
Chokalet Naan ¹¹	○	○	○		○	○								
Jalebi ¹²	○	○	○		○									
Charred Pineapple	○	○	○			⊕								
Gulab Jamun	○	○	○		○	○				⊕	⊕			
Coconut Ice-cream	○	○	○											
Vanilla Ice-cream	○	○	○											

NOTES:

DUE TO THE PRESENCE OF PEANUTS AND NUTS WHERE OUR ICE-CREAMS ARE PRODUCED, THERE MAY BE TRACES (IF NOT MORE) OF PEANUTS AND NUTS WITHIN ALL OF OUR ICE-CREAMS

11. ROASTED HAZELNUTS ARE ADDED AS A GARNISH ONLY AND CAN BE REMOVED ON REQUEST
12. TOASTED ALMONDS ARE ADDED AS A GARNISH ONLY AND CAN BE REMOVED ON REQUEST