



FOOD ALLERGY CUSTOMER INFORMATION FOLDER





ALLERGEN INFORMATION TO HELP YOU CHOOSE YOUR MEAL

We pride ourselves here at Tharavadu and Uyare in providing safe food. If you have any allergies or intolerances, please make a member of staff aware and they can assist you.

We have an information matrix that shows the allergens that are or may be present in the food we prepare. Please ask a member of staff for this. Below are some useful points to help you with your decision when ordering your food:

- We do not guarantee 100% that our food is free from allergies as we are a busy kitchen that handles allergens, but we do have a policy to follow (available on request) to prepare food in a safe way to minimise cross contact between your food and the Allergen you have highlighted
- You **must discuss** your requirements with your server (or a manager) so that all parties work together, and you can make an informed decision to what food to order.
- An allergen matrix is available on the web site (www.uyare.co.uk) (www.tharavadurestaurants.com) or alternatively can be provided in hard copy format.

- Speak to a server as many of our dishes can be made without an allergen, such as removing the cashew nuts, sesame seeds etc
- The oil that we use is rapeseed oil and does not contain soya
- All our managers and chefs are trained in allergen management and internal policies.
- Many of our dishes on our menu do not contain gluten (see our full allergen matrix) but due to the nature of the business and kitchen we do not state they are gluten free. If you notify us that you are gluten intolerant or a Coeliac we can take extra care when preparing your meal to minimise the risk of cross contact of gluten but its at **your own risk as we are not a gluten free kitchen.**
- The kitchen handles sesame seeds but are limited to just a few dishes and if informed of a specific allergy to sesame we will take extra care but again we cannot guarantee as its not a sesame free kitchen
- The nuts handled on site are Cashew, Pistachio and Almond.
- Many of the spices and ingredients come from suppliers that state that allergens are handles on the premises. The allergens that are commonly stated are Sesame, Peanuts, nuts, milk and soya. If you need any further information, please speak to a manager
- Please note that the restaurants handle lots of fish, Molluscs and Crustaceans in all areas and when ordering make sure you are aware of this as staff will take reasonable precautions to prevent cross contact but due to the nature of the mean (Many Seafood Dishes) we cannot guarantee no cross contact.
- **Pease note:** Our staff cannot offer specific advice or recommendations beyond our published allergen communications.

Thank you

Tharavadu Food Safety Team

UYARE ALLERGEN MATRIX

Allergen advice: due to the way our food is prepared it's not possible to 100% guarantee the absence of allergens in our food. Note many items do not contain gluten but made where gluten is handled.

<div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #336633; margin-bottom: 5px;"></div> Contains </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #92d050; margin-bottom: 5px; display: flex; align-items: center; justify-content: center; font-size: 8px;">M</div> May Contain </div> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="width: 15px; height: 15px; background-color: #d9ead3; margin-bottom: 5px;"></div> Doesn't contain </div>	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Premeal Snacks		M												
SIGNATURE BITES														
Aubergiene Pakoda		M											M	
Masala Fried Cauliflower		M											M	
Chick Chick Chat	M	Wheat										M	M	
Uyare Samosa	M	Wheat										M	M	
Kanthari Chicken													M	
Kidilan Kozhi													M	
Lamb Pepper Fry													M	
Masala Fried Fish													M	
Kanava Kurumulagu		M	M										M	
Paal Konju								M					M	
Uyare Mixed Platter	M	Wheat						M				M	M	

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MAINS (VEGITERIAN DELIGHTS)														
Masala Dosa													M	
Kadala Pattani Curry													M	
Cheera Kizhangu Curry													M	M
Kathrika Theeyal													M	
Veg Stew													M	
Pachakari Kurma										CASHEW			M	
Thava Panner Masala													M	

* Can be take out on request

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Note many items do not contain gluten but made where gluten is handled

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MAINS (FEAST OF THE SEA)														
Meen Chatti Curry								M					M	
Chemmeen Kizhi Roast								M		*CASHEW			M	
Grilled Stuffed Seabass								M					M	
Alappey Seafood Curry													M	

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MAINS (FEAST OF THE LAND)														
Wayanadan Kozhi Curry										*CASHEW			M	
Pedappan Kozhi										CASHEW			M	
Kunjadu Curry		M								*CASHEW			M	
Lamb Biriyani										*CASHEW			M	
Pothum Kappayum							*cream						M	

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<div style="display: flex; align-items: center;"> <div style="width: 20px; height: 20px; background-color: #003366; margin-right: 5px;"></div> Contains <div style="width: 20px; height: 20px; background-color: #90EE90; margin-left: 20px; margin-right: 5px;"></div> May Contain <div style="width: 20px; height: 20px; background-color: #E0FFE0; margin-left: 20px; margin-right: 5px;"></div> Doesn't contain </div>														
SIDES, RICE AND BREADS														
Parippu Ela Curry							M						M	
Kerala Paratha													M	
Kalthappam		Yeast											M	
Poori													M	
Plain Rice													M	
Carrot Coconut Rice										*Cashew			M	

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DESSERTS														
Kulfi (Mango)		M								M	M	M	M	
Kulfi (Almond -Pista)		Wheat								Almond Pistachio				
Summer Berries Coconut Pudding														
Pista Tres Leches		Wheat								Almond Pistachio			M	
Vanilla Ice Cream														
Chocolate Ice Cream													M	
Strawberry Ice Cream														

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UYARE BUSINESS LUNCH														
Veg Business Lunch										Contains *cashew			May Contain M	
Chicken Business Lunch										Contains *cashew			May Contain M	Contains
Lamb Business Lunch										Contains *cashew			May Contain M	Contains

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SMALL PLATES – KERALA TAPAS														
Masala Fried Cauliflower		M											M	
Kidialan Kozhi													M	
Lamb Pepper Fry													M	
Kanava Kurumulag	*	M	M										M	
Pal Konju							*butter	M					M	
Uyare Samosa	M											M	M	
Kadala Pattani Curry													M	

Pachakari Kurma											*cashew			M	
Wayanadan Kozhi											*cashew			M	
Kunjaadu Curry		M									*cashew			M	
Meen Chatti Curry														M	
Pothu Curry								*cream						M	
Kerala Paratha														M	
Carrot Coconut Rice														M	
Plain Rice															
Agni Special Salad														M	
Agni Grilled Chicken														M	

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UYARE SUNDAY FEAST														
Wine & Fruit Cake													M	
Beef Cutlet with Challas													M	
Chicken Rasam													M	
Appam & Mutta Roast	*												M	
Kerala Style Prawns								M					M	
The Feast													M	
Ari Payasam with Mango ice cream										*pista				

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Our Code	Wine Description	Sulphites	Milk	Egg	Fish	Vegetarian	Vegan	
	<u>White</u>							
601110-23	Candidato Viura	Yes	No	No	No	Yes	Yes	
541225-23	Trovati Pinot Grigio delle Dolomiti	Yes	No	No	No	Yes	Yes	
855050-24	Lievlander Chenin Blanc	Yes	No	No	No	Yes	Yes	
541310-23	Feudo Arancio Grillo, Sicilia	Yes	No	No	No	Yes	Yes	
793812-23	Morandé Sauvignon Blanc Gran Reserva	Yes	No	No	No	Yes	Yes	
040818-23	Picpoul de Pinet St Clair, Luvignac	Yes	No	No	No	No	No	
500210-23	Zero-G Grüner Veltliner (Organic)	Yes	No	No	No	Yes	Yes	
821810-23	Babich Classics Marlborough Sauvignon Blanc	Yes	No	No	No	No	No	
730060-22	Spring Fever Chardonnay, Langmeil	Yes	No	No	No	Yes	Yes	
605600-23	Serra da Estrela Albariño	Yes	No	No	No	Yes	Yes	
540608-23	Gavi di Gavi La Meirana, Broglia	Yes	No	No	No	Yes	Yes	
136518-22	Sancerre Les Perriers, Reverdy-Ducroux	Yes	No	No	No	Yes	Yes	
161560-19	Gewurztraminer Grand Cru Clos St Landelin, Muré (Org)	Yes	No	No	No	Yes	Yes	
213126-22	Chablis 1er Cru Fourchaume, Brocard	Yes	No	No	No	Yes	Yes	
253810-22	Meursault Les Buissons Certaut, Bernard Millot	Yes	Yes	Yes	No	Yes	No	
	<u>Non Alcohol</u>							
464630-NV	NOOH still Rosé, La Coste (zero alcohol)	Yes	No	No	No	Yes	Yes	
532405-NV	Steinbock Zero Riesling Sparkling	Yes	No	No	No	Yes	Yes	
	<u>Rose</u>							
553100-23	Terre del Noce Pinot Grigio Rosé	Yes	No	No	No	Yes	Yes	
616261-23	Conde Valdemar Rioja Rosé	Yes	No	No	No	Yes	Yes	

<div style="display: flex; flex-direction: column; align-items: center; width: 100%;"> <div style="width: 100%; height: 10px; background-color: #000000;"></div> <div style="width: 100%; height: 10px; background-color: #90EE90;"></div> <div style="width: 100%; height: 10px; background-color: #E0E0E0;"></div> </div> Contains May Contain Doesn't contain		DRINKS (Cont'd) Allergen advice: due to the way our food is prepared it's not possible to 100% guarantee the absence of allergens in our food. Note many items do not contain gluten but made where gluten is handled.					
	Wine Description	Sulphites	Milk	Egg	Fish	Vegetarian	Vegan
464605-23	Lady A, La Coste	Yes	No	No	No	No	No
464100-23	Whispering Angel, Côtes de Provence Rosé	Yes	No	No	No	Yes	No
	<u>Sparkling</u>						
541140-NV	Prosecco Extra Dry, Serena 1881	Yes	No	No	No	Yes	Yes
152210-NV	Cottonworth Classic Cuvée	Yes	No	No	No	Yes	Yes
180940-NV	Moët & Chandon Brut Impérial	Yes	No	No	No	Yes	No
181700-NV	Veuve Clicquot Yellow Label Brut	Yes	No	No	No	Yes	No
181010-NV	Laurent-Perrier Rosé	Yes	No	No	No	Yes	Yes
181100-13	Dom Pérignon	Yes	No	No	No	Yes	No
181800-NV	Krug Grande Cuvée	Yes	No	No	No	Yes	No
	<u>Reds</u>						
616010-23	Candidato Tempranillo	Yes	No	No	No	Yes	Yes
568870-23	Codici Masserie Primitivo	Yes	No	No	No	No	No
561310-22	Feudo Arancio Syrah, Sicilia	Yes	No	No	No	Yes	Yes
803812-22	Morandé Merlot Gran Reserva	Yes	No	No	No	Yes	Yes
710147-24	Finca La Colonia Colección Malbec, Norton	Yes	No	No	No	Yes	Yes
430210-22	Côtes-du-Rhône Samorëns rouge, Ferraton	Yes	No	No	No	Yes	Yes
616219-19	Conde Valdemar Rioja Crianza	Yes	No	No	No	Yes	Yes
802310-23	Corralillo Pinot Noir, Matetic (Organic)	Yes	No	No	No	Yes	No
560420-21	Chianti Superiore, Santa Cristina	Yes	No	No	No	No	No
803137-19	Hussonet Gran Reserva Cabernet Sauvignon, Haras	Yes	No	No	No	Yes	Yes
377L16-18	Château Lalande de Gravet, Saint-Emilion Grand Cru	Yes	Yes	Yes	No	Yes	No
616235-15	Conde Valdemar Rioja Gran Reserva	Yes	No	No	No	Yes	Yes
560585-20	Barolo, Prunotto	Yes	No	No	No	Yes	Yes

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Our Code	Wine Description	Sulphites	Milk	Egg	Fish	Vegetarian	Vegan
430517-21	Châteauneuf-du-Pape, Dom de Beurenard (Organic)	Yes	No	No	No	Yes	Yes
567255-19	Costasera Amarone Classico, Masi	Yes	No	No	No	No	No
	<u>Magnums</u>						
542000M-NV	Ca' del Console Prosecco Extra Dry, Magnum	Yes	No	No	No	Yes	Yes
540608M-23	Gavi di Gavi La Meirana, Broglia, Magnum	Yes	No	No	No	Yes	Yes
616227M-16	Conde Valdemar Rioja Reserva, Magnum	Yes	No	No	No	Yes	Yes
464100M-23	Whispering Angel, Côtes de Provence Rosé, Magnum	Yes	No	No	No	Yes	No
	<u>Spirits</u>						
548028H-23	Dindarello, Maculan, Half	Yes	No	No	No	Yes	Yes
403088H-21	La Fleur d'Or, Sauternes, Half	Yes	No	No	No	Yes	Yes
513110-18	Tokaji Late Harvest, Oremus, 50cl	Yes	No	No	No	Yes	No