FOOD ALLERGY CUSTOMER INFORMATION FOLDER

Vital Food Hygiene™

Tharavadu
Home of Kerala Cuisine

Version 5 June 2026 Authorized by Prakash Mendoca and Vital Food Hygiene Solutions

ALLERGEN INFORMATION TO HELP YOU CHOOSE YOU 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.

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- 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.

Contains / M May Contain / Doesn't contain	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
Premeal Snacks		M												
SIGNATURE BITES														
Masala Fried Cauliflower		M												
Paneer Porichathu														
Calicut Beach Pani Puri														
Kanthari Chicken														
Nadan Kozhi Kizhi														
Beef Pepper Fry														
Masala Fried Fish														
Kanava Kurumulagu		M	M		M									
Pal Konju														
Uyare Mixed Platter	M	Wheat										M		

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*Can be take out on request

ALLERGEN MATRIX

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MAINS														
Masala Dosa														
Rajma Kadala Curry														
Kurumulagu Kizhangu Curry														
Kathrika Theeyal														
Pachakari Kurma										*CASHEW				
Thava Paneer Masala														
Parippu Ela Curry														
Meen Chatti Curry			M					M						
Marari Crab Prawn Masala		M						M						
Grilled Stuffed Seabass								M						
Alappey Seafood Curry														
Kollam Meen Kizhi			M					M		*CASHEW				

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Wayanadan Kozhi Curry										*CASHEW				
Pedappan Kozhi										CASHEW				
Kunjaadu Curry										*CASHEW				
Tiffin Box Lamb Biriyani										*CASHEW				
Blackpepper Reef Rib														

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ALLERGEN MATRIX

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SIDES, RICE AND BREADS														
Kerala Summer Salad														
Kerala Paratha		Contains					Contains							
Kalthappam														
Poori		Contains												
Plain Rice														
Carrot Coconut Rice									Contains	*CASHEW				

*Can be take out on request

ALLERGEN MATRIX

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DESSERTS														
Kulfi (Mango)							Contains							
Kulfi (Almond -Pista)		Wheat					Contains			Almond Pistachio				
Jackfruit Kulfi		Wheat					Contains			Almond Pistachio				
Coconut Pudding														
Jamun Royale		Wheat					Contains			*Pistachio				
Vanilla Ice Cream							Contains							
Chocolate Ice Cream							Contains						Contains	
Strawberry Ice Cream							Contains							

***Can be taken out on request**

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UYARE BUSINESS LUNCH														
Veg Business Lunch														
Chicken Business Lunch							M							
Lamb Business Lunch							M							

***Can be taken out on request**

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Contains / May Contain / Doesn't contain	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
SMALL PLATES – KERALA TAPAS														
Masala fried Cauliflower		M												
Nadan Kozhi Kizhi														
Kanthari Chicken														
Kanava Kurumulagu	*	M	M		M									
Pal Konju								M						
Rajma Kadala Curry														
Pachakari Kurma										*cashew				
Parippu Ela Curry														
Wayanadan Kozhi Curry										*cashew				
Kunjaadu Curry										*cashew				

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Meen Chatti Curry			M					M						
Kerala Paratha														
Carrot Coconut Rice										*cashew				
Plain Rice														

Contains / May Contain / Doesn't contain	Celery	Cereals containing Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Mollusc	Mustard	Nuts	Peanuts	Sesame Seeds	Soya	Sulphur Dioxide
AGNI SPECIALS														
Agni Special Salad														■
Agni Grilled Chicken														■

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UYARE SUNDAY FEAST														
Blessing in a glass		Contains		Contains			Contains			Contains				
The Opening Offering		Contains		Contains					Contains					Contains
Rain in a bowl									Contains					Contains
The sacred pair	*			Contains					Contains					
Pearls of the backwaters			Contains		Contains			M	Contains					
The ancestors feast		Contains			Contains		Contains		Contains	Contains				Contains
Sweet beyond worlds					Contains					Contains				Contains

Contains
May Contain
Doesn't contain

Allergen Matrix – DRINKS

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Our Code	Wine Description	Sulphites	Milk	Egg	Fish	Vegetarian	Vegan
	White						
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
	Non Alcohol						
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
	Rose						
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

Contains
May Contain

DRINKS (Cont'd)

	Doesn't contain	**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.**					
Our Code	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
	Sparkling						
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
	Reds						
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

Contains
May Contain
Doesn't contain

DRINKS (Cont'd)

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430517-21	Châteauneuf-du-Pape, Dom de Beaurenard (Organic)	Yes	No	No	No	Yes	Yes
567255-19	Costasera Amarone Classico, Masi	Yes	No	No	No	No	No
	Magnums						
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
	Spirits						
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