

# Chez Mal

## COMFORT MENU 2021

### Allergen Guide

Y = ALLERGEN PRESENT  
P = POSSIBLE PRESENCE OF ALLERGEN / AMMENDABLE

DISH NAME	CELERY	CEREALS - GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK - LACTOSE	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME SEEDS	SOYA	SULPHUR DIOXIDE	OTHERS
<b>HOT STUFF</b>															
SOUP	Y	Y	P	P	P	P	Y	P	P	P	P	P	Y	P	Check with chef** <b>Gluten</b> From Bread
LAMB BHUNA CURRY	P	Y	-	-	-	-	Y	-	Y	-	Y	-	-	Y	<b>mustard</b> in chutney, poppadum - traces of <b>peanuts/nuts &amp; wheat (gluten)</b>
RED ONION TAGINE	-	Y	-	-	-	-	-	-	-	-	-	-	-	Y	<b>GLUTEN,SULPHITES</b> ,
CHICKEN TIKKA MASALA	Y	Y	-	-	-	-	Y	-	Y	Y	Y	-	-	Y	<b>MUSTARD, CELERY, SULPHITES, MILK, mustard</b> in chutney poppadum - traces of <b>peanuts/nuts &amp; wheat (gluten)</b>
BEEF MEATBALLS	Y	Y	-	Y	-	-	-	-	-	-	-	-	-	Y	<b>Celery, gluten, egg, sulphites</b>
BASMATI RICE	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
BEEF LASAGNE	-	Y	-	Y	-	-	Y	-	-	-	-	-	Y	Y	<b>WHEAT,EGG,MILK,SULPHITES</b>
CAULIFLOWER MAC N CHEESE	-	Y	-	Y	-	-	Y	-	Y	-	-	-	Y	Y	<b>Gluten, egg, milk, mustard, soya, sulphites</b>
FISH PIE	-	Y	-	-	Y	-	Y	-	Y	-	-	-	-	-	<b>MUSTARD,MILK,FISH POSSBREADCRUMB ON TOP</b>
<b>SARNIES</b>															
HAM CHEDDAR TOASTIE	-	Y	-	Y	-	-	Y	-	Y	-	-	-	Y	-	<b>Gluten &amp; soya</b> in bread <b>milk</b> in cheese and butter. Mayo allergens ( <b>eggs, mustard</b> )
PROVENCAL VEG & FETA	-	Y	-	Y	-	-	Y	-	Y	Y	-	-	Y	-	<b>Gluten &amp; soya</b> in bread <b>milk</b> in feta and butter. ( <b>eggs, mustard</b> )
CHICKEN PESTO TOASTIE	-	Y	-	Y	-	-	Y	-	Y	Y	-	-	Y	-	<b>Gluten &amp; soya</b> in bread, <b>milk</b> in cheese and butter also pesto allergens ( <b>nuts,milk</b> ) Mayo ( <b>eggs, mustard</b> )
<b>ACCESSORIES</b>															
CRISPS	-	Y	-	-	-	-	-	-	-	-	-	-	-	Y	IF Fried. Check package if using different.
TRUFFLE FRIES	-	Y	-	P**	-	-	Y	-	-	-	-	-	-	-	<b>Milk</b> in parmesan, <b>egg protein</b> in parmesan - ** be careful <b>it is only egg free if using Veg Parmesan</b> from H&B.
FRIES	-	Y	-	-	-	-	-	-	-	-	-	-	-	-	Can be done gluten free in separate pan with clean oil..
Garlic Bread	-	Y	-	-	-	-	Y	-	-	-	-	-	Y	-	<b>Gluten</b> from bread, <b>milk</b> from butter, <b>soya</b> in bread.
<b>DESSERT</b>															
STICKY TOFFEE PUDDING	-	**	-	Y	-	-	Y	-	-	Y	-	-	-	-	** make sure done with GF free flour for GF... <b>eggs milk</b> and pecan <b>nuts</b> present in sauce too
JUDE'S CHOCOLATE	-	Y	-	Y	-	-	Y	-	-	Y	Y	-	Y	-	icecream allergens. ( <b>eggs, milk</b> .) Check the box. Traces of <b>nuts &amp; peanuts</b> . <b>Gluten</b> in biscuits.
JUDE'S VANILLA	-	Y	-	Y	-	-	Y	-	-	Y	Y	-	-	-	icecream allergens. ( <b>eggs, milk</b> .) Check the box. Traces of <b>nuts &amp; peanuts</b> . <b>Gluten</b> in biscuits.
JUDE'S SALTED CARAMEL	-	Y	-	Y	-	-	Y	-	-	Y	Y	-	Y	-	icecream allergens. ( <b>eggs, milk</b> .) Check the box. Traces of <b>nuts &amp; peanuts</b> . <b>Gluten</b> in biscuits.
CHEESE SLATE	-	Y	-	-	-	-	Y	-	Y	-	-	-	-	Y	<b>gluten</b> in biscuits, <b>milk</b> in cheese <b>mustard</b> in chutney <b>dioxide</b> in chutney