

Important Please read below.

- Our dish descriptions do not mention every single ingredient, so just ask if you're unsure. Please inform one of our team of your specific allergy or dietary requirement when ordering, even if you have eaten the dish previously.
- Our suppliers and kitchens handle numerous ingredients and allergens. Whilst we have controls in place to reduce the risk of contamination, unfortunately it is not possible for us to guarantee that our dishes will be 100% allergen or contamination free.
- Our fried items are cooked in the fryer with other gluten containing ingredients.
- We use a Soyabean & Rapeseed Oil for frying and cooking.
- Dished which contain Tikka / Tandoori spices, the paste manufacturer states may contain mustard, peanuts and nuts.

							STA	RTERS						
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide/ Sulphites
Spice Grill							\checkmark		\checkmark	√*				
Chicken Tikka							\checkmark		\checkmark	√*				
Salmon Tikka							\checkmark		\checkmark	√*				
Tandoori King Prawn			\checkmark				\checkmark		\checkmark	√*				
King Prawn Puri		\checkmark	\checkmark				\checkmark							
Prawn Puri		\checkmark	\checkmark				\checkmark							
Lamb Samosa		\checkmark		\checkmark			\checkmark							
Veg Samosa		\checkmark		\checkmark			\checkmark							
Onion Bhaji**		**		\checkmark					√	√*	√*			
	- <u> </u>								mustard, pea containing ing	nuts and nuts.	1			

							ΓΑΝ	DOORI						
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide/ Sulphites
Chicken Tikka							\checkmark		\checkmark	√*	√*			
Tandoori Chicken							\checkmark		\checkmark	√*	√*			
Tandoori Mix Grill		√ Naan					\checkmark		\checkmark	√*	√*			
Chicken Shashlik							\checkmark		\checkmark	√*	√*			
King Prawn Shashlik			\checkmark				\checkmark		\checkmark	√*	√*			
Salmon Tikka							\checkmark		\checkmark	√*	√*			

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	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide, Sulphite
Chicken / Lamb							\checkmark							
Chicken / Lamb Tikka							\checkmark		\checkmark	√*				
Prawn			\checkmark				\checkmark							
King Prawn			\checkmark				\checkmark							
Mix Veg							\checkmark							
Curry							\checkmark							
Madras							\checkmark							
Vindaloo							\checkmark							
Korma							\checkmark			✓Almond, Cashew				
Bhuna							\checkmark							
Rogan							\checkmark							
Dansak							\checkmark							

							BA	LTI						
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide Sulphite
Chicken Balti							\checkmark		√*	√*	√*			
Lamb Balti							\checkmark		√*	√*	√*			
Chicken Tikka Balti							\checkmark		\checkmark	√*	√*			
Veg Balti							\checkmark		√*	√*	√ *			

						SP	ICE	SPECIA	LS					
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide/ Sulphites
Chicken Tikka Massala							\checkmark		\checkmark	✓* Almond, Cashew	√*			
Garlic Chilli Chicken Tikka Massala							\checkmark		\checkmark	✓* Almond, Cashew	√*			
Xacuti Chicken							\checkmark		\checkmark	√*	√*			
Naga Chicken/Lamb							\checkmark		\checkmark	√*	√*			
Murgi Masalla				\checkmark			\checkmark		\checkmark	√*	√*			
Chi/Lamb Pasanda							\checkmark		\checkmark	✓* Almond, Cashew	√*			
Chicken Tikka Jalfrezi							\checkmark		\checkmark	√*	√*			
Butter Chicken							\checkmark		\checkmark	✓* Almond, Cashew	√*			
Kadai Gosth							\checkmark		\checkmark	√* Almond				
Spice Special Sizzler							\checkmark		\checkmark	√*	√*			
Tandoori King Prawn Xacuti			\checkmark				\checkmark		\checkmark	√*	√*			
Tandoori King Prawn Massala			\checkmark				\checkmark		\checkmark	✓* Almond, Cashew	√*			

							BI	RYANI						
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide/ Sulphites
Chicken / Lamb Biryani							\checkmark							
Chicken / Lamb Tikka Biryani							\checkmark		\checkmark	√*	√*			
Vegetable Biryani							\checkmark							
		1	* Spice	paste r	nanufa	acturer	states	may conta	in mustard,	, peanuts and nuts.	1			

						1								
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphu Dioxide Sulphite
Veg Curry							\checkmark							
Chana Massala							\checkmark							
Saag Aloo							\checkmark							
Saag Poneer							\checkmark							
Mushroom Bhaji							\checkmark							
Onion Bhaji**		**		\checkmark					\checkmark	√*	√*			
Onion Bhaji														
Tarka Dall							\checkmark							

							RIC	E & BR	EAD					
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphur Dioxide/ Sulphites
Pilau Rice							\checkmark							
Plain Rice														
Special Fried Rice				\checkmark			\checkmark							
Mushroom Rice							\checkmark							
Coconut Rice							\checkmark							
Keema Rice							\checkmark							
Naan		\checkmark		\checkmark			\checkmark							
Peshwari Naan		\checkmark		\checkmark			\checkmark					\checkmark		
Garlic Naan		\checkmark		\checkmark			\checkmark							
Cheese Naan		\checkmark		\checkmark			\checkmark							
Keema Naan		\checkmark		\checkmark			\checkmark		\checkmark	√*	√*			
Chapati		\checkmark												
			* Spi	ce pas	te mar	nufactur	er stat	es may con	tain mustard, p	peanuts and nuts.				

The Spice Allergen Menu 2024 | The Spice, Clacton Road, Elmstead Market, Colchester, CO7 7AD

							EX	TRAS						
Menu Item	Celery	Cereals with Gluten	Crustaceans	Egg	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame	Soya	Sulphu Dioxide Sulphite
Papadum														
Spicy Papadum														
Mint Sauce							\checkmark		√*	√*	√*			
Mango Chutney														
Red Sauce									\checkmark					
Mixed Pickle									√*	√*	√*			
Onion Salad														
Chips														