### **DISHES AND THEIR ALLERGEN CONTENT – KABULI**

DISHES						upin Flour	Milk		MUSTARD			SISAME OL		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Lamb Kabuli Pulao	M	M					M		M	M	M	M	M	M
Lamb Shank Kabuli Pulao	M	M					M		M	M	M	M	M	M
Chicken Kabuli Pulao	M	M					M		M	M	M	M	M	M
Veg Kabuli Pulao	M	M					M		M	M	M	M	M	M
Naring Pulao	M	M					M		M	✓	M	M	M	M
Mahi Pulao	M	M			✓		M		M	M	M	M	M	M

# DISHES AND THEIR ALLERGEN CONTENT – Kabuli Allergens Qorma

DISHES						Lupin	Milk		MUSTARD			ISSAM OR		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Bamya (VE)	M	M					M		M	M	M	M	M	M
Borani Banjan (V)	M	M					✓		M	M	M	M	M	M
Borani Banjan (VE)	M	M					M		M	M	M	M	M	M
Palak (VE)	M	M					M		M	M	M	M	M	M
Afgani Kofte	M	M		✓			✓		M	M	M	M	M	M
Qorma e Gosht Bara	М	M					✓		M	M	M	M	M	M
Qorma e Murgh	M	M					<b>√</b>		M	M	M	M	M	M

# DISHES AND THEIR ALLERGEN CONTENT – Kabuli Allergens Kebabs

DISHES						Lupin	Milk		MUSTARD			SSSAME		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Chapli Kebab	M	✓		✓			М		M	M	M	M	M	M
Seekh Kebab	M	M					M		M	M	M	M	M	M
Chopan Kebab	M	M					✓		M	M	M	M	M	M
Murgh Kebab	M	M					✓		M	M	M	M	M	M
Lamb Chops	M	M					✓		М	M	M	M	М	M
Eggs and tomato	M	M		✓			М		M	M	M	M	M	M
Borani Kachaloo	M	M		✓			М		M	M	M	M	M	M

# DISHES AND THEIR ALLERGEN CONTENT – Kabuli Allergens Sides

DISHES					D°	Lupin	Milk		MUSTARD			SSAM OIL	1	WINE
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Afghani Naan (V)	M	<b>✓</b>		✓			✓		M	M	M	M	M	M
Salata (VE)	M	M							M	M	M	M	M	M
Fries	M	M							M	M	M	M	M	M
Shar Nakood	M	M							M	M	M	M	M	M
Steamed Rice									M	M	M	M	M	M
Saffron Rice	M	M							M	M	M	M	M	M

# **DISHES AND THEIR ALLERGEN CONTENT – Kabuli Allergens Desserts**

DISHES						Lupin	Milk		MUSTARD			SISAM OK		Beer
	Celery	Cereals containing gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts	Peanuts	Sesame seeds	Soya	Sulphur dioxide
Baklava (V)	M	✓		✓			✓		M	✓	M	M	M	M
Halva (ve)	M	<b>✓</b>		М			✓		M	✓	M	M	M	M
Afghan cream Rolls (V)	M	✓		✓			✓		M	✓	M	M	M	M
Shiryakh	M	M		M			✓		M	✓	M	M	M	M
Belgian Chocolate Fudge Cake		<b>√</b>									M	M	✓	M
Sidoli Carrot Cake				✓			✓			✓	M	M	M	M