



## allergen matrix

**opuz kitchen (watford)**

**FEB - 2023**

**version 2; issued 11/02/23**



# important allergy information

Due to the current nationwide challenges with food supply and distribution across the hospitality industry, we are currently using various Different suppliers or locally sourced products for our dishes.

As some of these ingredients may contain allergens, we are currently working to update our allergen menu to reflect all the ongoing changes in ingredients, but whilst this data is in review it is currently not possible for us to guarantee that any product is 100% free from any allergen.

Until we can be certain that all of our allergens are listed correctly, we would urge you to consider carefully before ordering and let the Manager know if you have any allergy and what this is, so they can assist with any ingredient queries.

We really are so sorry for any inconvenience or disappointment that this may cause; the handling of allergens is of the utmost importance to us as is the safety of all of our guests.

Please inform your server before ordering, of any specific dietary requirements that you may have. All our dishes are prepared and cooked in kitchens where allergen ingredients (e.g. nuts, flour, etc.) are commonly used, and we therefore cannot guarantee our dishes will be free from traces of these products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

## KEY

 **can be removed** (we will remove allergen if asked)






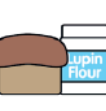








 **contains allergen** (cannot be removed)

 **MAY** **may contain allergen** (proceed with own risk, not recommended by us)






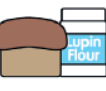












# dishes and their allergen content















ON THE GRILL (MAINS)															
	Celery	Cereals containing gluten**	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Nuts*	Peanuts	Sesame seeds	Soya	Sulphur dioxide	
<b>CHICKEN</b> (CHICKEN IS SERVED WITH RICE, SALAD AND BREAD. THE SIDES ARE COLOURED GREEN AND CAN BE REPLACED)															
CHICKEN SHISH															
SPICY CHICKEN SKEWER															
CHICKEN WINGS															
CHICKEN FILLET															
<b>LAMB</b> (LAMB IS SERVED WITH RICE, SALAD AND BREAD. THE SIDES ARE COLOURED GREEN AND CAN BE REPLACED)															
LAMB SHISH															
SPICY LAMB SKEWER															
COP SHISH															
LAMB RIBS															
LAMB CUTLETS															
<b>FISH</b> (FISH IS SERVED WITH MASH, SALAD AND FISH SAUCE. THE SIDES ARE COLOURED GREEN AND CAN BE REPLACED)															
MIXED FISH SKEWER															
TIGER PRAWNS															
SEA BASS															
SALMON															
<b>COMBINATIONS</b> (COMBINATIONS IS SERVED WITH RICE, SALAD AND BREAD. THE SIDES ARE COLOURED GREEN AND CAN BE REPLACED)															
MIXED GRILL															
MIXED SHISH															
MIXED SPICY SKEWER															

if you would like to change the side please refer back to sides in page 2

<b>VEG, PIZZA, HOME COMFORTS PLATTERS</b>	 <b>Celery</b>	 <b>Cereals containing gluten**</b>	 <b>Crustaceans</b>	 <b>Eggs</b>	 <b>Fish</b>	 <b>Lupin</b>	 <b>Milk</b>	 <b>Molluscs</b>	 <b>Mustard</b>	 <b>Nuts*</b>	 <b>Peanuts</b>	 <b>Sesame seeds</b>	 <b>Soya</b>	 <b>Sulphur dioxide</b>	
<b>VEG/VEGAN</b>															
<b>VEGI MOUSAKKA</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>VEGI GRILL</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>FALAFEL</b> <small>(SERVED WITH HUMUS &amp; SALAD)</small>															
<b>MANTAR DOLMA</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>VEGI SAUTE</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>HOME COMFORTS</b>															
<b>LAMB SAUTE</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>CHICKEN SAUTE</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>INCIK (KLEFTICO)</b> <small>(SERVED WITH MASH &amp; SALAD)</small>															
<b>CREME CHICKEN</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>SARMA BEYTI</b> <small>(SERVED WITH RICE &amp; SALAD)</small>															
<b>PLATTERS</b>															
<b>CHICKEN FEAST</b> <small>(SERVED WITH RICE, BULGUR &amp; SALAD)</small>															
<b>JUST 2 OF US</b> <small>(SERVED WITH RICE, BULGUR &amp; SALAD)</small>															
<b>THREE'S A CROWD</b> <small>(SERVED WITH RICE, BULGUR &amp; SALAD)</small>															
<b>ROYAL PLATTER</b> <small>(SERVED WITH RICE, BULGUR &amp; SALAD)</small>															

**if you would like to change the side please refer back to sides in page 2**

# dishes and their allergen content

<b>DESSERTS</b>														
	<b>Celery</b>	<b>Cereals containing gluten**</b>	<b>Crustaceans</b>	<b>Eggs</b>	<b>Fish</b>	<b>Lupin</b>	<b>Milk</b>	<b>Molluscs</b>	<b>Mustard</b>	<b>Nuts*</b>	<b>Peanuts</b>	<b>Sesame seeds</b>	<b>Soya</b>	<b>Sulphur dioxide</b>
<b>DESSERTS</b>														
<b>BAKLAVA</b> (SERVED WITH ICE-CREAM)														
<b>RICE PUDDING</b>														
<b>PISTACHIO MOUSSE</b>														
<b>SPONGE PUDDING</b> (SERVED WITH ICE-CREAM)														
<b>RASPBERRY CHEESECAKE</b>														
<b>ICE-CREAM</b>														
<b>PISTACHIO</b>														
<b>CHOCOLATE</b>														
<b>VANILLA</b>														

**ALL THE MAIN ITEMS ARE LISTED ON THIS MAXTIX IF YOU HAVE ANY CONCERNS OR QUESTIONS PLEASE ASK THE MANAGER**

