

This chart shows which of the 14 major allergens are used as ingredients in each dish on our food menu. It applies to dining in, collection and takeaway.

Please tell a member of our team about any allergy or intolerance **before you order**, including when ordering by phone on 0208 599 4181. Recipes and suppliers can change, so always check with us on the day. If a dish is not listed here, please ask us before ordering.

CROSS-CONTAMINATION

Allergens including nuts, peanuts, sesame, milk, eggs, gluten, fish and crustaceans are handled in our kitchen, and dishes are prepared in shared areas with shared equipment. We cannot guarantee that any dish is free from traces of any allergen. Dishes marked V (vegan option on request) are not free from allergens unless our team confirms it for you.

| DISH                     | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Tree nuts | Peanuts | Sesame | Soya | Sulphur dioxide / sulphites |
|--------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------|------|-----------------------------|
| SMALL PLATES             |        |                           |             |      |      |       |      |          |         |           |         |        |      |                             |
| Chilli Chips             |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Samosa                   |        | ●                         |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Crispy Potato Bhajia     |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Mogo (plain)             |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Mogo – dry spiced        |        |                           |             |      |      |       |      |          | ●       |           |         |        | ●    |                             |
| Mogo – masala            |        |                           |             |      |      |       |      |          | ●       |           |         |        | ●    |                             |
| Garlic Chilli Mushrooms  |        | ●                         |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Chilli Paneer            |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Beetroot Soya Tikka      |        |                           |             |      |      |       | ●    |          | ●       |           |         |        | ●    |                             |
| Momo – vegetable (fried) |        | ●                         |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Momo – chicken (fried)   |        | ●                         |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Bang Bang Cauliflower    |        | ●                         |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Indo-Chinese Paneer      |        | ●                         |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Indo-Chinese Chicken     |        | ●                         |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Indo-Chinese Prawn       |        | ●                         | ●           |      |      |       |      |          |         |           |         |        | ●    |                             |
| Chilli Chicken           |        | ●                         |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Jeera Chicken            |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |

STREET FOOD

| DISH                     | Celery | Cereals<br>containing<br>gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Tree<br>nuts | Peanuts | Sesame | Soya | Sulphur dioxide<br>/ sulphites |
|--------------------------|--------|---------------------------------|-------------|------|------|-------|------|----------|---------|--------------|---------|--------|------|--------------------------------|
| Pani Puri                |        | ●                               |             |      |      |       |      |          |         |              |         |        | ●    |                                |
| Palak Chaat              | ●      |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Papdi Chaat              | ●      | ●                               |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Avocado Chaat            | ●      |                                 |             |      |      |       | ●    |          | ●       | ●            |         |        | ●    |                                |
| Punjabi Samosa Chaat     | ●      | ●                               |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| GRILL & TANDOOR          |        |                                 |             |      |      |       |      |          |         |              |         |        |      |                                |
| Tandoori Paneer          |        |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Seekh Kebab              |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Trio of Chicken Tikka    |        |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Tandoori Chicken (half)  |        |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Dry Masala Chops         |        |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Sticky Lamb Chops        |        |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Salmon Tikka             |        |                                 |             |      | ●    |       | ●    |          | ●       |              |         |        | ●    |                                |
| Tandoori Prawns          |        |                                 | ●           |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| Central's Mixed Grill    |        |                                 |             |      |      |       | ●    |          | ●       |              |         |        | ●    |                                |
| CURRIES                  |        |                                 |             |      |      |       |      |          |         |              |         |        |      |                                |
| Karahi Chicken           |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Methi Chicken            |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Chicken Tikka Masala     |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Central's Butter Chicken |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Desi Chicken             |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Achari Chicken           |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Karahi Lamb              |        |                                 |             |      |      |       |      |          |         |              |         |        | ●    |                                |
| Lamb Keema               |        |                                 |             |      |      |       |      |          |         |              |         |        | ●    |                                |
| Rara Gosht               |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| King Prawn Masala        |        |                                 | ●           |      |      |       |      |          |         |              |         |        | ●    |                                |
| Veg Keema                |        |                                 |             |      |      |       | ●    |          |         |              |         |        | ●    |                                |
| Egg Curry Masala         |        |                                 |             | ●    |      |       |      |          |         |              |         |        | ●    |                                |
| Egg Bhurji               |        |                                 |             | ●    |      |       |      |          |         |              |         |        | ●    |                                |

| DISH                | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Tree nuts | Peanuts | Sesame | Soya | Sulphur dioxide / sulphites |
|---------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------|------|-----------------------------|
| Baigan Bhartha      |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Tarka Daal          |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Daal Makhani        |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Bhindi Masala       |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Malai Kofta         |        | ●                         |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Paneer Tikka Masala |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |
| Kadai Paneer        |        |                           |             |      |      |       | ●    |          |         |           |         |        | ●    |                             |

## BIRYANI, RICE & NOODLES

|                      |  |   |  |   |  |  |   |  |  |  |  |  |   |  |
|----------------------|--|---|--|---|--|--|---|--|--|--|--|--|---|--|
| Vegetable Biryani    |  |   |  |   |  |  | ● |  |  |  |  |  | ● |  |
| Chicken Biryani      |  |   |  |   |  |  | ● |  |  |  |  |  | ● |  |
| Lamb Biryani         |  |   |  |   |  |  | ● |  |  |  |  |  | ● |  |
| Steamed Rice         |  |   |  |   |  |  |   |  |  |  |  |  | ● |  |
| Pilau Rice           |  |   |  |   |  |  | ● |  |  |  |  |  | ● |  |
| Jeera Rice           |  |   |  |   |  |  |   |  |  |  |  |  | ● |  |
| Egg Fried Rice       |  |   |  | ● |  |  |   |  |  |  |  |  | ● |  |
| Vegetable Fried Rice |  |   |  |   |  |  |   |  |  |  |  |  | ● |  |
| Vegetable Chow Mein  |  | ● |  |   |  |  |   |  |  |  |  |  | ● |  |
| Chicken Chow Mein    |  | ● |  |   |  |  |   |  |  |  |  |  | ● |  |

## BREADS

|                |  |   |  |  |  |  |   |  |  |   |  |  |   |  |
|----------------|--|---|--|--|--|--|---|--|--|---|--|--|---|--|
| Plain Naan     |  | ● |  |  |  |  |   |  |  |   |  |  | ● |  |
| Butter Naan    |  | ● |  |  |  |  | ● |  |  |   |  |  | ● |  |
| Garlic Naan    |  | ● |  |  |  |  | ● |  |  |   |  |  | ● |  |
| Cheese Naan    |  | ● |  |  |  |  | ● |  |  |   |  |  | ● |  |
| Keema Naan     |  | ● |  |  |  |  | ● |  |  |   |  |  | ● |  |
| Peshawari Naan |  | ● |  |  |  |  | ● |  |  | ● |  |  | ● |  |
| Tandoori Roti  |  | ● |  |  |  |  |   |  |  |   |  |  | ● |  |
| Roomali Roti   |  | ● |  |  |  |  | ● |  |  |   |  |  | ● |  |

## SIDES, POPPADOMS & SAUCES

| DISH                      | Celery | Cereals containing gluten | Crustaceans | Eggs | Fish | Lupin | Milk | Molluscs | Mustard | Tree nuts | Peanuts | Sesame | Soya | Sulphur dioxide / sulphites |
|---------------------------|--------|---------------------------|-------------|------|------|-------|------|----------|---------|-----------|---------|--------|------|-----------------------------|
| Plain Poppadom            |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Masala Poppadom           |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Roasted Poppadom          | ●      | ●                         |             |      |      |       |      |          | ●       | ●         | ●       | ●      | ●    |                             |
| Chilli Peanuts            |        |                           |             |      |      |       |      |          |         |           | ●       |        | ●    |                             |
| Chips                     |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |
| Plain Yoghurt             |        |                           |             |      |      |       | ●    |          |         |           |         |        |      |                             |
| Raita                     |        |                           |             |      |      |       | ●    |          |         |           |         |        |      |                             |
| Onion Mirchi Salad        |        |                           |             |      |      |       |      |          |         |           |         |        |      |                             |
| Central's Signature Salad |        |                           |             |      |      |       |      |          |         |           |         |        |      |                             |
| Mint Sauce                |        |                           |             |      |      |       |      |          |         |           |         |        |      |                             |
| Chilli Sauce              |        |                           |             |      |      |       |      |          |         |           |         |        |      |                             |
| Mango Chutney             |        |                           |             |      |      |       |      |          |         |           |         |        | ●    |                             |

## DESSERTS & MILKSHAKES

|                            |  |   |  |   |  |  |   |  |  |   |  |  |   |  |
|----------------------------|--|---|--|---|--|--|---|--|--|---|--|--|---|--|
| Forever Ferrero Cheesecake |  |   |  |   |  |  | ● |  |  | ● |  |  | ● |  |
| Matilda Cake               |  | ● |  | ● |  |  | ● |  |  |   |  |  | ● |  |
| Biscoff Cheesecake         |  | ● |  |   |  |  | ● |  |  |   |  |  | ● |  |
| Gulab Jamun                |  | ● |  |   |  |  | ● |  |  |   |  |  | ● |  |
| Gajar Halwa                |  |   |  |   |  |  | ● |  |  | ● |  |  |   |  |
| Milkshake – vanilla        |  |   |  |   |  |  | ● |  |  |   |  |  |   |  |
| Milkshake – chocolate      |  |   |  |   |  |  | ● |  |  | ● |  |  |   |  |
| Milkshake – Oreo           |  | ● |  |   |  |  | ● |  |  |   |  |  | ● |  |
| Milkshake – Kinder Bueno   |  | ● |  |   |  |  | ● |  |  |   |  |  | ● |  |
| Milkshake – Biscoff        |  | ● |  |   |  |  | ● |  |  |   |  |  | ● |  |

Information supplied by our kitchen team using the Food Standards Agency allergen chart. Central Restaurant & Lounge, 271 Green Lane, Ilford IG3 9TN · 0208 599 4181 · [centralrestaurantandlounge.co.uk](http://centralrestaurantandlounge.co.uk)

Chart last reviewed: 1 January 2025