Bell Rock Tavern Tayport Allergen information and Dietary guide

REVIEWED ON 15.12.2021

Allergens Note:

Every dish at Bell Rock is prepared in small kitchens that handle allergens. if you have a food allergy, intolerance or sensitivity, please let your server know every time you visit, before you order.

The manager on duty will personally take and deliver your order, whilst the chef on duty will personally prepare your food as you require. this may mean that your meal may take a little longer than normal to prepare, whilst we take every care to prevent cross-contamination. please note, we cannot guarantee that your dish will be free from allergenic ingredients, as dishes are prepared in areas where these ingredients are present.

Delivery & Collection Orders: Please note if you have an allergy call us with the order no and speak to the manager on duty as soon as you place the order to ensure we prepare your food as required.

DISHES AND THEIR ALLERGEN CONTENT – [Bellrock Tavern]

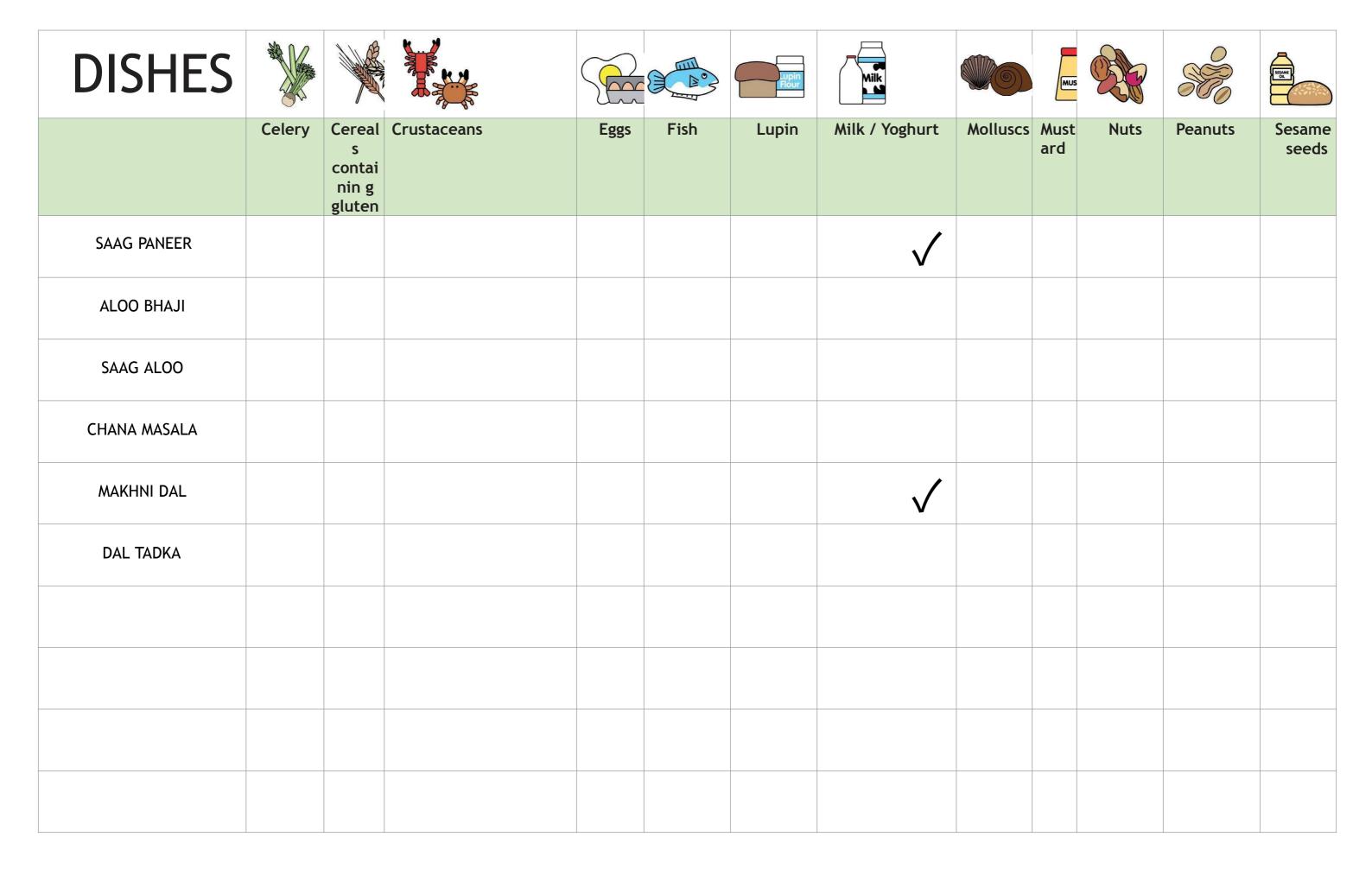
DISHES						Lupin	Milk		MUS			ESAM)
	Celery	Cereal s contai nin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
POPPADOM BASKET & CHUTNEY							✓					
VEGETABLE SAMOSA		✓										
ONION BHAJI												
TANDOORI FLOWERS							✓					
SEV PURI - CHAT BOMBS							✓					
ALOO PAPDI CHAT							✓					
BOMBAY BHEL										\checkmark		
KASHMIRI CHICKEN WINGS							✓					
OKRA FRIES												
PANEER TIKKA							✓					

DISHES						Lupin Flour	Milk		MUS			SESAME
	Celery	Cereal s contai nin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
TANDOORI BITES							✓					
SEEKH KEBAB												
PUNJABI FISH					√							
GRILLED PRAWNS					✓		✓					
SALMON TIKKA					✓		✓					
LAMB CHOPS							✓					

DISHES						Lupin	Milk		MUS			SESAME
	Celery	Cereal s contai nin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
PANEER TIKKA							✓					
TANDOORI CHICKEN							✓					
LAMB CHOPS							✓					
GRILLED PRAWNS					\		✓					
GRILLED SALMON					✓		✓					
TIKKA PANORAMA							✓					
MIX GRILL							✓					
CHAR-GRILLED VEGETABLES							✓					

DISHES						Lupin	Milk		MUS			SESAME
	Celery	Cereal s contai nin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
BUTTER CHICKEN							✓			\checkmark		
LAMB SHANK							✓					
SEABASS MAPAS					✓							
PANEER BUTTER MASALA							✓			\checkmark		
HANDI CHICKEN							✓			\checkmark		
CHICKEN KORMA							✓			\checkmark		
CHICKEN JALFREZI							✓					
MURG XACUTI							✓					

DISHES					A.S.	Lupin	Milk		MUS			ISSAMI OIL
	Celery	Cereal s contai nin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
CHICKEN TIKKA MASALA							✓			\checkmark		
LAMB CURRY							✓					
SAAG GOSHT							✓					
LAMB VINDALOO							✓					
GOA FISH CURRY					\checkmark							
PRAWN KADHAI					✓							
PRAWN BALCHAO					✓							
OKRA MASALA												
BAINGAN BHARTA												
MIX VEG												



DISHES						upin Flour	Milk		MUS			ISSAM OL
	Celery	Cereal s contai nin g gluten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
VEG BIRYANI							✓					
CHICKEN BIRYANI							✓					
LAMB BIRYANI							✓					
NAAN		✓		√			✓					
ROTI		✓										
GARLIC NAAN		✓		\checkmark			✓					
GARLIC & CHILLI NAAN		✓		✓			✓					
PESHWARI NAAN		√		✓			✓			\checkmark		
LACCHA PARATHA		\										

DISHES					D.	Lupin Flour	Milk		MUS			SEAM
	C	ereal s ontai nin g luten	Crustaceans	Eggs	Fish	Lupin	Milk / Yoghurt	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
KHEEMA NAAN		√		✓			✓					
CHEESE NAAN		✓		✓			✓					
BASMATI RICE												
PILAV RICE												
MUSHROOM RICE												
RAITA							✓					
KACHUMBER												
GREEK YOGHURT							✓					

DISHES						Milk		MUS			SESAME OIL
	Cele ry	Cereals containing gluten	Crustace an s	Eggs	Fish	L Milk / uYoghurt pi n	Molluscs	Must ard	Nuts	Peanuts	Sesame seeds
MANGO CHUTNEY											
MIXED PICKLE											
TAMARIND CHUTNEY											
MINT CHUTNEY						✓					
ICE CREAM						\					
KULFI						\			\checkmark		
GAJAR HALWA						\			\checkmark		
GULAB JAMUN						\			\checkmark		
BROWNIE		✓		✓		✓			\checkmark		