

A little care. Before every order.

Allergen chart for the 11 supplied base products. This is not a complete declaration for finished menu dishes.

C = contains, as listed in the ingredients. ND = not declared on the supplied label; not an allergen-free claim.

Base product	Gluten	Crust.	Eggs	Fish	Peanuts	Soya	Milk	Nuts*	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Royal Makhani (base)	ND	ND	ND	ND	ND	ND	ND	C	ND	ND	ND	ND	ND	ND
Kashmiri Rogan (base)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Korma Sauce	ND	ND	ND	ND	ND	ND	ND	C	ND	ND	ND	ND	ND	ND
Chettinad Gravy	ND	ND	ND	ND	ND	ND	ND	C	ND	C	ND	ND	ND	ND
Saag Spinach (base)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Chana Masala (base)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Dal Tadka (base)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Dal Makhani (base)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Jeera Basmati Rice	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Moong Dal Halwa	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
Brown Rice & Quinoa	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND

*Nuts: cashew in Royal Makhani, Korma Sauce and Chettinad Gravy. Sulphites means sulphur dioxide / sulphites above 10 mg/kg or 10 mg/litre.

Before ordering: ask the team to check your complete meal, including protein, bread, rice, garnishes and sauces. The labels do not provide a precautionary “may contain” statement; supplier and kitchen cross-contact status is unverified. ND does not establish suitability for an allergy.

Know what goes into your day.

Typical nutrition per 100g of the supplied product, transcribed from its label. These are not values for a whole meal or serving.

Base product	Energy kj / kcal	Fat g	Saturates g	Carbo- hydrate g	Sugars g	Fibre g	Protein g	Salt g
Royal Makhani (base)	439 / 105	6.3	2.4	12.1	4.0	3.1	0.8	1.8
Kashmiri Rogan (base)	995 / 238	22.1	9.1	7.8	3.3	2.8	1.9	1.9
Korma Sauce	649 / 155	9.8	4.0	13.5	6.8	0.5	3.3	1.6
Chettinad Gravy	772 / 185	16.5	2.4	7.1	3.5	2.8	2.0	1.0
Saag Spinach (base)	343 / 82	6.1	1.1	5.5	0	3.0	1.3	1.1
Chana Masala (base)	599 / 143	7.7	1.3	15.2	2.8	3.4	3.4	0.5
Dal Tadka (base)	514 / 123	4.6	0.8	16.2	0.0	4.1	4.1	1.2
Dal Makhani (base)	404 / 97	3.0	0.6	13.5	0.0	7.9	3.9	0.9
Jeera Basmati Rice	625 / 149	0.1	0.0	33.5	0.0	ND	3.7	0.2
Moong Dal Halwa	1525 / 365	20.8	3.4	40.0	19.9	4.9	4.4	0.03
Brown Rice & Quinoa	828 / 198	2.4	0.2	40.0	0.0	2.4	3.9	0.4

Reading the table. ND = not declared. Fibre is not shown on the Jeera Basmati Rice label. Each supplied pack is labelled 300g; pack weight is not a confirmed restaurant serving size. No serving totals or health claims have been calculated.

Added ingredients, preparation and portion sizes change the final values. Ask the team about your chosen meal. Source: TRU product stickers 01-11 supplied for this guide. Competitor data has not been used.

Your whole meal matters.

Use the product chart alongside current recipe and supplier information. Additions can introduce allergens not shown for the base.

Menu items	What the supplied labels cover	Still to confirm for the finished dish
Royal Makhani; Home Style Korma	Makhani / Korma sauce: cashew	Chicken tikka or paneer, butter / cream, other additions and chosen sides.
Chettinad Chicken; Chettinad Chicken Pocket	Chettinad gravy: cashew and mustard	Chicken preparation; pocket bread, mint mayo, fillings and garnish.
Kashmiri Rogan; Saag Paneer	Rogan / spinach base: none declared	Lamb preparation; paneer (milk); finishing ingredients and chosen sides.
Punjabi Chana; Dal Makhani; Dal Tadka	Chana and dal bases: none declared	Recipe additions, butter / cream / ghee, garnish and chosen sides.
Jeera Basmati Rice; Moong Dal Halwa	Supplied products: none declared	Any restaurant additions or toppings.
Paneer Pocket; Chicken Tikka Pocket; Paratha / Roti	No complete recipe or bread specifications	Bread, proteins, marinades, chutney, dressings and garnish.
Chicken / Vegetable Biryani; Gunpowder Wedges; Warm Gajar Halwa	No supplied product label or full recipe	All ingredients, spice blends, garnishes, accompaniments and preparation.
Mango Lassi; Berry & Banana Smoothie; Masala Chai; Thums Up; Limca; Water	No supplied drink specifications	Full recipes, milk / yoghurt or alternatives, branded drink labels and substitutions.

Kitchen confirmation needed: match each base to the current recipe; obtain supplier specifications for spice blends, breads, proteins, drinks and extras; assess cross-contact and substitutions. Brown Rice & Quinoa is included as a supplied product, but is not currently listed on the website menu.

For Cambridge enquiries: cambridge@truindia.co.uk. Before placing an allergy-related order, speak directly with the team and receive confirmation. Guidance: Food Standards Agency - allergen guidance for food businesses.