GULSHAN

Tynemouth

Allergen Menu

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This guide lists what allergenic ingredients are contained in each of our dishes.
The guide also shows whether or not each dish is suitable for vegetarian customers.

We work closely with our suppliers and chefs to ensure that our information is correct. Therefore we ask that you inform your waiter before ordering if you have any specific dietary requirements.

Our recipe information is frequently updated so please check each time you visit to ensure you have the most up to date information on our dishes.

Whilst we take every care with your meal we cannot guarantee a 100% allergen free environment nor can we guarantee against the processes used by our suppliers or products as our dishes are prepared in areas where other allergens are present.

GULSHAN Tynemouth

SHURUWAAD (APPETISERS)	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Poppadoms															
Spiced Poppadoms															
Roasted Poppadoms															
Nachodoms			✓	✓								✓			
CHUTNEY - SAUCE - PICKLES															
Sweet Mango Chutney									✓ TRACES	✓ TRACES					
Mint Sauce			✓						✓ TRACES	✓ TRACES		✓			
Mixed Pickle								✓	✓ TRACES	✓ TRACES		✓		✓	
Onion, Tomato & Cucumber Salad															
Chilli Jam			✓						✓ TRACES	✓ TRACES		✓			
Chilli Pickle												✓			
Sweet ‘n’ Spicy Chutney															
Tomato Ketchup															

ALL FOOD IS PREPARED IN KITCHENS WHERE NUTS, GLUTEN AND OTHER ALLERGENS COULD BE PRESENT. WE CANNOT INCLUDE ALL INGREDIENTS IN OUR MENU DESCRIPTIONS, SO WE HAVE PRODUCED THE TABLE ABOVE TO HELP YOU IDENTIFY THE ALLERGENS PRESENT IN EACH DISH. IF YOU HAVE A FOOD ALLERGY PLEASE LET US KNOW BEFORE ORDERING.

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AROMBO - STARTERS	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Chicken or Keema Samosa	✓ WHEAT FLOUR	✓ MINT SAUCE	✓											
Vegetable Samosa	✓ WHEAT FLOUR	✓ MINT SAUCE	✓											
Samosa Chaat (Chicken or Veg)	✓ WHEAT FLOUR	✓ MINT SAUCE	✓											
Chaat Stack 9 (Chicken or Veg)	✓ WHEAT FLOUR	✓	✓											
Chicken Chaat	✓													
Lamb Chaat	✓													
Cheesy Chicken Chaat	✓	✓												
Mahi Fish Cake		✓	✓	✓							✓			
Onion Bhaji		✓	✓								✓			
Aloo Chamri		✓	✓								✓			
Garlic Mushroom		✓												
Bhuna Prawn Puri	✓ PUREE	✓			✓									
Prawn Cocktail		✓			✓						✓			
Paneer Fries		✓	✓ CHILLI JAM								✓ CHILLI JAM			
King Prawn Kakri	✓ PUREE	✓			✓									
Leopard Rolls with Cheese	✓ WHEAT FLOUR	✓									✓ CHILLI JAM			

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TANDOORI GRILLED STARTERS	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Gulshan Sharing Platter			✓	✓ ONION BHAJI								✓			
Chicken Tikka			✓									✓			
Lamb Tikka			✓									✓			
Tandoori Mixed Kebab			✓									✓			
Leopard Rolls No Cheese		✓ WHEAT FLOUR	✓									✓ CHILLI JAM			
Lamb Sheek Kebab															
Tandoori Lamb Chops				✓								✓			
Raja Tandoori King Prawn				✓		✓									
Paneer Tikka			✓									✓			
BIRIYANI															
Chicken Tikka			✓									✓			
Lamb			✓									✓			
Chicken			✓									✓			
Prawn			✓		✓	✓						✓			
King Prawn			✓		✓	✓						✓			
Vegetable			✓									✓			
Special Mixed			✓		✓	✓						✓			

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SIGNATURE DISHES	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Gulshan Handi (Chicken/Lamb)															
Chicken Tikka Mossala Punjabi Style			✓									✓			
Maharaja Garlic King Prawn			✓			✓									
Macher Jhol (Fish Curry)					✓										
Gulshan Saag (Chicken/Lamb)															
Honey Chicken			✓									✓			
Shaan Pathia Lamb			✓						✓	✓					
Old Dhaka Butter Chicken			✓												
South Indian Chilli & Garlic			✓									✓			
Meetha Laow Chana Saag															
Lamb Achari												✓			
Gulshan Dupiaza Chicken Tikka			✓												
Gulshan Dupiaza Lamb															

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TRADITIONAL DISHES	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Mossala			✓			✓			✓	✓		✓			
Korma			✓			✓			✓	✓					
Plain Curry			✓			✓									
Dansak			✓			✓		✓							
Bhuna			✓			✓									
Roganjosh			✓			✓									
Balti			✓			✓						✓			
Jalfrezi			✓			✓						✓			
Madras			✓			✓									
Vindaloo			✓			✓									

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TANDOORI GRILL MAINS	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Grilled Massala Fish			✓ CHILLI JAM	✓ CHILLI JAM	✓							✓			
Chicken Tikka			✓									✓			
Lamb Tikka			✓									✓			
Tandoori Raja King Prawn			✓			✓						✓			
Chicken Tikka Shashlik			✓									✓			
Lamb Tikka Shashlik			✓									✓			
Vegetable Shashlik	✓		✓									✓			
Tandoori Lamb Chops			✓									✓			
Spicy Mega Mixed Grill			✓	✓								✓			
Paneer Tandoori Tikka			✓									✓			
Gulshan Mixed Grill			✓									✓			

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WRAPS	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Gulshan Wrap (Nan or Chapati Bread)		✓	✓	✓								✓			
Veggie Wrap (Nan or Chapati Bread)		✓	✓	✓								✓			
SALADS															
Mumbai Salad (Chicken/Paneer/King Prawn)			✓			✓						✓			
Jal Jal Salad (Chicken/Paneer/King Prawn)			✓			✓						✓			
RICES															
Pilau			✓												
Mushroom Pilau			✓												
Vegetable Pilau	✓		✓												
Egg Pilau			✓	✓											
Onion Pilau			✓												
Shada Batt (Boiled Basmati Rice)															
KIDS MEALS															
Chicken Nuggets		✓		✓							✓				
Fish Fingers		✓		✓											

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BREADS	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Tikka Nan			✓	✓											
Gulshan Nan			✓	✓											
Cheese Nan			✓	✓											
Garlic Nan			✓	✓											
Peshwari Nan			✓	✓					✓	✓					
Keema Nan			✓	✓								✓			
Plain Nan			✓	✓											
Tandoori Roti															
Chapati															
Pharatha (Plain)			✓												
Gulshan Special Pharatha			✓	✓											
FRIES															
Chips															
Garlic Chips															
Spicy Garlic Chips															

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SIDES	VEGETARIAN	CEREALS CONTAINING GLUTEN	MILK	EGGS	FISH	CRUSTACEANS	MOLLUSCS	SOYA	PEANUTS	NUTS	CELERY	MUSTARD	SESAME	SULPHUR DIOXIDE/ SULPHITES	LUPIN
Bombay Aloo															
Mix Vegetable Bhaji															
Brinjal Bhaji															
Chana Masala												✓			
Bindi Bhaji (Okra)															
Tarka Dall			✓												
Saag, Garlic & Paneer			✓												

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