

Nut-Free & Allergen Statement

Jaflong Tandoori Catering · Richmond upon Thames · Family-run since 2008

We are a naturally nut-free kitchen. We do not cook with peanuts, tree nuts, nut oils, nut pastes or nut flours. No dish on our catering menu contains them.

Why we took nuts off the menu

It was a deliberate decision. Indian cooking often relies on cashew or almond paste in kormas and pasandas, and nuts in sweets and breads. We rebuilt those recipes around coconut, dairy cream, onion and tomato, and removed the few items that could not be made safely without nuts — including Peshwari naan and nut-topped desserts. One kitchen, one standard: families, schools, fairs and mixed-diet events can all eat from the same table.

What we cannot promise

We cannot promise zero traces. Ingredients such as spices, flours, rice and sweets arrive from suppliers and packing factories that also handle nuts, and that part is outside our control. Our food is **nut-free by recipe, not certified nut-free by laboratory test**. We will always do our best to accommodate your dietary needs, but we cannot guarantee an allergen-free environment.

What we do on every order

- No peanuts, tree nuts, nut oils, nut pastes or nut flours in any recipe
- Kormas, masalas and pasandas thickened with coconut, cream, onion and tomato
- Written 14-allergen information for every dish at every event
- Clear physical allergen labelling on the day, compliant with Natasha's Law
- Allergy notes carried from your order through to the kitchen and serving team
- A phone call back to confirm anything you flagged when ordering online

The 14 declarable allergens

We document all 14 allergens required by UK law: celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, **peanuts**, sesame, soybeans, sulphur dioxide/sulphites and **tree nuts**. Peanuts and tree nuts are not used as ingredients in any Jaflong dish; they remain listed here because trace contact via suppliers cannot be excluded.

How to order with an allergy

- 1 Tell us at the point of enquiry — add the allergy to your quote or order notes.
- 2 If you booked online, call 020 8332 1339 so we can confirm it with the kitchen.
- 3 We confirm in writing what we can and cannot safely provide for your event.
- 4 You receive the allergen matrix for your final menu before the event date.

Jaflong Tandoori Catering

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This statement describes our kitchen practice at the time of issue and is provided for guest information. It is not a laboratory certification of an allergen-free product. Please always confirm allergies with us before your event.