



SAMBAL

HOME FOOD BETTER MOOD

PRODUCT ALLERGEN & DIETARY INFORMATION BOOKLET

In accordance with UK Food Information Regulations (FIR) and Food Standards Agency (FSA) guidance.

This booklet provides allergen and dietary suitability information for all products sold by Sambal. It does not include full ingredient lists but highlights the presence of the 14 legally recognised allergens and whether items are suitable for vegetarian or vegan diets.

info@sambalexpress.co.uk

Last updated: May 2025

Vegetarian Short Eats

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Coconut Roti (Pol Roti)	✓						✓													✓	✓	
Cow Pea									✓	✓											✓	✓
Dhal Vadai																					✓	✓
Keerai Vadai																					✓	✓
Methu Vadai																					✓	✓
Mothagam	✓																				✓	✓
Onion Pakora	✓																				✓	✓
Potato Bonda	✓								✓												✓	✓
Spring Roll	✓									✓	✓										✓	✓
Sundal									✓												✓	✓
Susiyam	✓																				✓	✓
Vaipan	✓																				✓	✓
Vegetable Cutlet	✓								✓	✓											✓	✓
Vegetable Patty	✓						✓		✓	✓											✓	
Vegetable Roll	✓								✓	✓											✓	✓
Vegetable Roti	✓								✓												✓	✓
Vegetable Samosa	✓								✓	✓											✓	✓

Non-Veg Short Eats

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Chicken Patty	✓						✓		✓													
Chicken Samosa	✓								✓													
Egg & Fish Roll	✓							✓	✓			✓										
Fish Cutlet	✓								✓			✓										
Fish Patty	✓						✓		✓			✓										
Fish Roll	✓								✓			✓										
Fish Roti	✓								✓			✓										
Jumbo Mutton Roll	✓								✓													
Lamb Samosa	✓								✓		✓											
Mutton Roll	✓								✓													
Mutton Roti	✓								✓													

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Breakfast / Tiffin

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Idly (4) with Chutney & Sambar	✓								✓											✓	✓
Jaffna Dosa (2) with Red Sambal	✓								✓											✓	✓
Milk Hoppers (Paal Appam) (2)	✓						✓													✓	

Vegetarian Meals

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Brown Rice																				✓	✓
Lemon Rice							✓		✓											✓	
Pilau Rice							✓													✓	
Samba Fried Rice							✓			✓										✓	
Spaghetti	✓										✓									✓	✓
Uppuma	✓						✓		✓											✓	
Vegetable Biryani							✓			✓										✓	
Vegetable Fried Rice							✓													✓	
Vegetable Kothu Roti	✓								✓											✓	✓
Vegetable Noodle	✓	✓								✓	✓									✓	✓
Vegetable Pittu Kothu	✓									✓										✓	✓
Vegetable String Hopper Kothu	✓									✓										✓	✓
White Rice																				✓	✓

Vegetarian Curries

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Ala Kiri Hodi (Potato Sothy)							✓													✓	
Aubergine Paal Curry							✓		✓											✓	
Aubergine Pickle	✓	✓																		✓	✓
Aubergine Pirattel							✓		✓											✓	
Avial									✓											✓	✓

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Vegetarian Curries

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Beans Vathakkal							✓		✓											✓		
Beetroot Paal Curry							✓		✓												✓	
Cabbage Varai									✓												✓	✓
Cauliflower Manchurian							✓		✓												✓	
Chana Masala Curry - Yellow/Red							✓		✓												✓	
Chilli Paneer	✓	✓					✓			✓	✓										✓	
Devilleed Cassava		✓									✓										✓	✓
Drumstick Paal Curry							✓		✓												✓	
Egg Plant Curry									✓												✓	✓
Green Beans Curry							✓		✓												✓	
Jackfruit (Polos) Curry							✓		✓												✓	
Leek & Potato Paal Curry							✓		✓												✓	
Long Beans Curry							✓		✓												✓	
Masoor Dhal Curry							✓		✓												✓	
Mutter Paneer							✓														✓	
Okra & Potato Kulambu							✓		✓												✓	
Okra & Tomato Kulambu							✓		✓												✓	
Okra Bhaji							✓		✓												✓	
Potato Deldara									✓												✓	✓
Potato Masala							✓		✓												✓	
Pumpkin & Cassava Curry							✓		✓												✓	
Sambar	✓								✓												✓	✓
Soya Fry											✓										✓	✓
Soya Pirattal									✓	✓	✓										✓	✓
Spinach Curry							✓		✓												✓	
Suran Pirattal							✓		✓												✓	
Vegetable Korma							✓		✓												✓	
Venthaya Kulambu									✓												✓	✓

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Non-Veg Meals

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Bake at Home Lamprais	✓	✓					✓	✓	✓			✓	✓									
Chicken Biryani		✓					✓													✓		
Chicken Dum Biryani		✓					✓						✓									
Chicken Fried Rice		✓						✓		✓	✓											
Chicken Kothu Roti	✓							✓	✓													
Chicken Noodles	✓	✓								✓	✓											
Fish Pittu	✓								✓			✓										
Lamprais	✓	✓					✓	✓	✓			✓	✓									
Mutton Biryani		✓					✓															
Mutton Dum Biryani							✓															
Mutton Kothu Roti	✓							✓	✓													
Mutton String Hopper Kothu	✓							✓														
Nethili Pittu	✓							✓				✓										
Prawn Fried Rice		✓						✓		✓	✓		✓	✓								
Prawn Noodles	✓	✓								✓	✓		✓	✓								
Seafood Biryani		✓					✓					✓	✓	✓								
Seafood Fried Rice		✓						✓		✓			✓	✓								
Seafood Kothu Roti	✓							✓	✓			✓	✓	✓								

Non-Veg Curries

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Ambul Thiyal									✓			✓								✓		
Boiled Egg Curry								✓	✓		✓											
Boneless Chicken Curry							✓		✓													
Butter Chicken Curry							✓		✓						✓							
Chicken Curry							✓		✓													
Chicken Korma							✓		✓													
Crab Curry									✓				✓									
Dhaba Chicken Curry							✓		✓													
King Fish Curry							✓		✓			✓								✓		

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Non-Veg Curries

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Madras Mutton Curry							✓		✓													
Malay Chicken Curry									✓													
Malay Fish Curry									✓			✓										
Malu Miris									✓			✓										
Mutton Curry							✓		✓													
Prawn Curry									✓				✓									
Squid Curry							✓		✓					✓								

Grills, Devils & Fries

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Chicken 65		✓							✓													
Chicken Fry		✓							✓													
Chicken Manchurian		✓						✓														
Chicken Varuval		✓							✓													
Chilli Chicken		✓							✓													
Chilli Crab									✓				✓									
Deville Chicken		✓							✓	✓	✓		✓	✓								
Deville Mutton		✓									✓			✓								
Deville Prawn		✓								✓			✓									
Fish Fry												✓										
Fresh Nethili Poriyal		✓										✓		✓								
Garlic Fish		✓						✓			✓	✓										
King Fish Poriyal		✓										✓		✓								
Mackerel Fry		✓										✓		✓								
Mutton Liver																						
Mutton Varuval		✓																				
Prawn Fry		✓											✓	✓								
Sardine Fry		✓										✓		✓								
Seafood Fry		✓								✓	✓	✓	✓	✓								
Squid Varuval		✓							✓					✓								
Tandoori Chicken		✓					✓		✓													

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String Hopper & Pittu Deals

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
10 String Hoppers & Red Sambal	✓								✓											✓	✓
25 String Hoppers + Sothy & Red Sambal	✓						✓		✓											✓	
50 String Hoppers (only)	✓																			✓	✓
50 String Hoppers + Sothy & Red Sambal	✓						✓		✓											✓	
12 Pittu & Red Sambal	✓								✓											✓	✓
4 Pittu & Red Sambal	✓								✓											✓	✓
6 Pittu + 25 String Hoppers + Sothy & Red Sambal	✓						✓		✓											✓	

Sambals & Dips

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Achcharu (Malay Pickle)		✓							✓											✓	✓
Carrot Salad																				✓	✓
Chutney									✓											✓	✓
Ginger Sambal																				✓	✓
Ginger Sambal Large																				✓	✓
Katta Sambal		✓																		✓	✓
Pavakkai Sambal																				✓	✓
Red Sambal									✓											✓	✓
Red Sambal Large									✓											✓	✓
Seeni Sambal																				✓	✓
Sothy							✓		✓											✓	
Sweet Chilli Sauce		✓							✓											✓	✓
Tomato & Red Onion Salad																				✓	✓
Tomato Rasam																				✓	✓
Yoghurt Salad							✓													✓	

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Drinks

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Falooda							✓														
Fresh Juice																				✓	
Iced Coffee							✓													✓	
Mango Lassi							✓													✓	
Nelli Crush																				✓	
Sherbet							✓													✓	

Hot Drinks

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Ceylon Milk Tea							✓													✓	
Masala Chai							✓													✓	
Nescafe Coffee																				✓	✓
Sri Lankan Black Coffee																				✓	✓

Desserts

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Biscuit Pudding	✓						✓													✓	
Falooda							✓													✓	
Fruit Salad							✓													✓	
Gelato Bubbegum							✓													✓	
Gelato Chocolate							✓													✓	
Gelato Mango							✓													✓	
Gelato Pistachio							✓								✓					✓	
Gelato Strawberry							✓													✓	
Gelato Vanilla							✓													✓	
Kesari	✓						✓								✓					✓	
Mango Pudding							✓													✓	

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Desserts																					
Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Payasam							✓								✓					✓	
Pinapple Soufflé							✓													✓	
Rasavalli							✓													✓	
Watalappam	✓						✓	✓													

Bread & Buns																					
Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Bread Crumbs	✓										✓									✓	✓
Cream Bun	✓						✓	✓													
Fish Bun	✓								✓			✓									
Fish Pastry	✓								✓			✓									
Kimbula Bun (2)	✓						✓													✓	
Large Bread	✓										✓									✓	✓
Medium Bread	✓										✓									✓	✓
Roast Bread	✓										✓									✓	✓
Roast Bread with Red Sambal	✓								✓											✓	✓
Seeni Sambal Bun	✓								✓											✓	✓
Small Baguette	✓										✓									✓	✓
Soft Roll	✓										✓									✓	✓
Tea Bun (6)	✓						✓													✓	
Vegetable Bun	✓								✓											✓	✓
Vegetable Pastry	✓								✓											✓	✓

Sweets & Cookies																					
Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Cashew Nut Cookies	✓							✓							✓					✓	
Chocolate Cookies	✓						✓	✓			✓										

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Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Coconut Toffee							✓													✓	
Glucorasa																					
Milk Toffee							✓								✓					✓	

Cakes

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan
Biscoff Cheesecake	✓						✓				✓									✓	
Black Forest - eggless	✓						✓													✓	
Butter Icing Cake	✓						✓	✓													
Butter Icing Cupcake	✓						✓	✓													
Butter Loaf Cake	✓						✓	✓													
Cake Pop	✓						✓														✓
Cake Rusk	✓						✓	✓													
Carrot Cake	✓						✓	✓													
Chocolate Cheese Cake	✓						✓				✓								✓	✓	
Chocolate Cream Cake	✓						✓	✓													
Chocolate Cream Cake - eggless	✓						✓													✓	
Chocolate Cupcake	✓						✓	✓													
Chocolate Icing Cake	✓						✓													✓	
Coffee Cake	✓						✓	✓													
Date Cake - eggless	✓						✓													✓	
Fresh Cream Cake - eggless	✓						✓													✓	
Fresh Cream Chocolate Cake - eggless	✓						✓													✓	
Lemon Cheese Cake	✓						✓				✓								✓	✓	
Lemon Loaf Cake	✓						✓	✓													
Muffin	✓						✓													✓	
Orange Loaf Cake	✓						✓	✓													
Red Velvet Cupcake	✓						✓	✓													
Rich Cake	✓						✓	✓							✓						
Sri Lankan Butter Cake - piece	✓						✓	✓													

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Packed Cakes

Products	Gluten (Wheat)	Gluten (Barley)	Gluten (Rye)	Gluten (Oats)	Gluten (Spelt)	Gluten (Kamut)	Milk	Eggs	Mustard	Celery	Soya	Fish	Crustaceans	Molluscs	Nuts	Peanuts	Sesame	Lupin	Sulphur Dioxide	Vegetarian	Vegan	
Birthday Cakes	✓						✓	✓														
Butter Icing Cake	✓						✓	✓														
Chocolate Cake	✓						✓	✓			✓											
Chocolate Cream Cake - eggless	✓						✓														✓	
Date Cake - eggless	✓						✓														✓	
Sri Lankan Butter Cake	✓						✓	✓														
Strawberry Cake	✓						✓	✓														

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