

# Breakfast

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Idil Sambar</b> Portion size: 235g Naturally fermented steamed cooked rice and lentil cakes served with a hearty lentil broth	Energy (KCal)			Vegan Gluten Free Dairy Free Nut Free	Mustard Sesame seeds
	Energy (KJ)				
	Fat (g)				
	Sat (g)				
	Carb (g)				
	Sugars (g)				
	Fibre (g)				
	Protein (g)				
	Salt (g)				
	Sodium (g)				
<b>Bacon, Egg &amp; Cheese Naan</b> Portion size: 235g Bombay eggs with crispy bacon (turkey) served with our signature chilli cheese topping, served in our soft naan	Energy (KCal)	238	560	Nut Free	Cereals containing gluten (Wheat) Eggs Soybean Milk Celery Mustard
	Energy (KJ)	1000	2349		
	Fat (g)	13.2	30.9		
	Sat (g)	3.4	7.9		
	Carb (g)	17.6	41.3		
	Sugars (g)	1.4	3.3		
	Fibre (g)	1.1	2.5		
	Protein (g)	13.4	31.5		
	Salt (g)	1.30	3.07		
	Sodium (g)	0.51	1.21		
<b>Egg &amp; Cheese Naan</b> Portion size: 155g Bombay eggs served with our signature chilli cheese topping, served in our soft naan	Energy (KCal)	256	397	Vegetarian Nut Free	Cereals containing gluten (Wheat) Eggs Milk
	Energy (KJ)	1075	1666		
	Fat (g)	12.2	18.9		
	Sat (g)	4.6	7.1		
	Carb (g)	26.1	40.5		
	Sugars (g)	1.6	2.5		
	Fibre (g)	1.6	2.5		
	Protein (g)	12.0	18.7		
	Salt (g)	0.89	1.38		
	Sodium (g)	0.35	0.54		
<b>Protein Pot</b> Portion size: 225g Signature masala beans served with our Bombay eggs	Energy (KCal)	84	188	Vegetarian Gluten Free Nut Free	Eggs
	Energy (KJ)	349	785		
	Fat (g)	3.5	7.8		
	Sat (g)	0.9	2.0		
	Carb (g)	6.3	14.3		
	Sugars (g)	3.6	8.2		
	Fibre (g)	3.5	7.8		
	Protein (g)	6.0	13.4		
	Salt (g)	0.59	1.32		
	Sodium (g)	0.23	0.52		
<b>Bombay Eggs</b> Portion size: 175g Our egg, sautéed onion, chillies and spices, a firm favourite in Mumbai	Energy (KCal)	93	163	Vegetarian Gluten Free Nut Free	Eggs Milk
	Energy (KJ)	390	682		
	Fat (g)	5.7	10.1		
	Sat (g)	2.2	3.8		
	Carb (g)	3.3	5.7		
	Sugars (g)	2.8	4.8		
	Fibre (g)	2.3	4.1		
	Protein (g)	7.5	13.2		
	Salt (g)	0.72	1.27		
	Sodium (g)	0.29	0.50		
<b>Poha</b> Portion size: 245g Lightly spiced rice flakes with turmeric potatoes and curry leaf	Energy (KCal)	91	224	Vegan Gluten Free Dairy Free Nut Free	Mustard Sulphur Dioxide
	Energy (KJ)	383	937		
	Fat (g)	2.1	5.1		
	Sat (g)	0.2	0.4		
	Carb (g)	14.7	36.1		
	Sugars (g)	5.8	14.2		
	Fibre (g)	2.0	4.9		
	Protein (g)	2.5	6.2		
	Salt (g)	0.29	0.72		
	Sodium (g)	0.12	0.28		

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Papa-dum Porridge</b> Portion size: 231g  Saffron & Turmeric infused oats, served with fruit and pumpkin seeds	Energy (KCal)	106	246	Vegetarian Nut Free	Cereals containing gluten (Wheat, Oats)  Milk
	Energy (KJ)	451	1041		
	Fat (g)	3.1	7.3		
	Sat (g)	1.1	2.5		
	Carb (g)	16.4	37.8		
	Sugars (g)	8.1	18.7		
	Fibre (g)	1.1	2.5		
	Protein (g)	4.5	10.3		
	Salt (g)	0.08	0.19		
Sodium (g)	0.03	0.07			

# Chats Street Food

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Bhel Puri</b> Portion size: 297g  Puffed rice & chickpeas vermicelli with potatoes, chickpeas, onions mixed with spices & chutneys	Energy (KCal)	212	629	Vegan Dairy Free Nut Free	Cereals containing gluten (Wheat) Soybeans Mustard Sulphur Dioxide
	Energy (KJ)	888	2637		
	Fat (g)	10.5	31.1		
	Sat (g)	1.5	4.4		
	Carb (g)	23.1	68.7		
	Sugars (g)	3.9	11.7		
	Fibre (g)	3.1	9.3		
	Protein (g)	5.4	16.1		
	Salt (g)	0.67	1.98		
Sodium (g)	0.26	0.78			
<b>Dahi Puri</b> Portion size: 329g  Savoury shells filled with potatoes & chickpeas topped with a yoghurt & chutneys	Energy (KCal)	218	716	Vegetarian Nut Free	Cereals containing gluten (Wheat) Milk Mustard Sulphur Dioxide
	Energy (KJ)	913	3002		
	Fat (g)	13.7	45.2		
	Sat (g)	3.8	12.7		
	Carb (g)	18.2	60.0		
	Sugars (g)	6.3	20.7		
	Fibre (g)	1.4	4.6		
	Protein (g)	5.1	16.9		
	Salt (g)	0.70	2.29		
Sodium (g)	0.27	0.90			
<b>Sev Puri</b> Portion size: 189g  Puffed rice & chickpeas vermicelli with potatoes, chickpeas, onions mixed with spices & chutneys	Energy (KCal)	119	225	Vegan Dairy Free Nut Free	Cereals containing gluten (Wheat) Soybeans Mustard Sulphur Dioxide
	Energy (KJ)	499	944		
	Fat (g)	5.4	10.2		
	Sat (g)	0.8	1.5		
	Carb (g)	14.9	28.1		
	Sugars (g)	4.4	8.3		
	Fibre (g)	1.4	2.6		
	Protein (g)	3.1	5.9		
	Salt (g)	0.69	1.31		
Sodium (g)	0.27	0.52			
<b>Pani Puri</b> Portion size: 246g  Savoury shells stuffed with seasoned potatoes & chickpeas filled with a spicy tangy water	Energy (KCal)	69	171	Vegan Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sulphur Dioxide
	Energy (KJ)	292	718		
	Fat (g)	2.7	6.6		
	Sat (g)	0.4	1.0		
	Carb (g)	9.6	23.7		
	Sugars (g)	1.4	3.4		
	Fibre (g)	0.6	1.6		
	Protein (g)	1.7	4.3		
	Salt (g)	0.26	0.65		
Sodium (g)	0.10	0.26			

# Chai

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Masala Chai</b> Portion size: 225g  London's Finest Chai - an aromatic blend of special Papa-dum spices brewed in milk	Energy (KCal)	38	85	Vegetarian Gluten Free Nut Free	Milk
	Energy (KJ)	160	359		
	Fat (g)	0.2	0.5		
	Sat (g)	0.1	0.2		
	Carb (g)	6.9	15.5		
	Sugars (g)	6.8	15.4		
	Fibre (g)	0.1	0.2		
	Protein (g)	2.6	5.8		
	Salt (g)	0.09	0.19		
Sodium (g)	0.03	0.08			

# Condiments

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Red Chilli &amp; Garlic Sauce</b> Portion size: 23.5g  Papa-dum's home recipe, chilli & garlic chutney to add an extra kick to your dish	Energy (KCal)	14	3	Vegan Gluten Free Dairy Free Nut Free	Sulphur Dioxide
	Energy (KJ)	59	14		
	Fat (g)	2.6	0.6		
	Sat (g)	0.5	0.1		
	Carb (g)	2.8	0.7		
	Sugars (g)	2.9	0.7		
	Fibre (g)	2.0	0.5		
	Protein (g)	1.4	0.3		
	Salt (g)	0.35	0.08		
Sodium (g)	0.14	0.03			
<b>Pear &amp; Mango Chutney</b> Portion size: 30g  Papa-dum's home recipe, a take on the traditional Mango chutney, this delicious chutney is the perfect complement to our papa-dums	Energy (KCal)	166	50	Vegan Gluten Free Dairy Free Nut Free	Sulphur Dioxide
	Energy (KJ)	696	209		
	Fat (g)	0.2	0.1		
	Sat (g)	0.1	0.0		
	Carb (g)	41.7	12.5		
	Sugars (g)	40.4	12.1		
	Fibre (g)	0.7	0.2		
	Protein (g)	0.4	0.1		
	Salt (g)	0.7	0.21		
Sodium (g)	0.28	0.08			

# Rice

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Steamed Rice</b> Portion size: 300g  Freshly steamed basmati rice, steamed to perfection	Energy (KCal)	118	355	Vegan	
	Energy (KJ)	504	1513		
	Fat (g)	0.3	1.0		
	Sat (g)	0.1	0.2		
	Carb (g)	28.4	85.1		
	Sugars (g)	0.1	0.2		
	Fibre (g)	0.4	1.1		
	Protein (g)	2.2	6.7		
	Salt (g)	0.01	0.02		
Sodium (g)	0.00	0.01			

# Curries

All of our curries are served with basmati rice and our mini poppadums.

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Chicken Masala</b> Portion size: 230g  Spiced chicken tikka pieces with chargrilled onions marinated in a special onion sauce	Energy (KCal)	124	286	Gluten Free Nut Free	Milk Mustard Sulphur Dioxide
	Energy (KJ)	518	1191		
	Fat (g)	8.7	20.1		
	Sat (g)	1.6	3.7		
	Carb (g)	2.3	5.3		
	Sugars (g)	1.7	3.9		
	Fibre (g)	0.8	1.9		
	Protein (g)	9.7	22.4		
	Salt (g)	0.60	1.38		
Sodium (g)	0.24	0.54			
<b>Goan Fish</b> Portion size: 240g  Delicate white fish cooked in an aromatic curry leaf & coconut sauce	Energy (KCal)	117	282	Nut Free	Cereals containing gluten (Wheat) Fish Milk Celery Sulphur Dioxide
	Energy (KJ)	489	1174		
	Fat (g)	7.6	18.3		
	Sat (g)	5.7	13.6		
	Carb (g)	3.0	7.3		
	Sugars (g)	1.8	4.4		
	Fibre (g)	0.6	1.3		
	Protein (g)	8.9	21.5		
	Salt (g)	0.49	1.17		
Sodium (g)	0.19	0.46			
<b>Lamb Keema</b> Portion size: 240g  Spiced minced lamb cooked with fresh minty peas	Energy (KCal)	145	349	Gluten Free Dairy Free Nut Free	Mustard Sulphur Dioxide
	Energy (KJ)	605	1452		
	Fat (g)	10.0	24.0		
	Sat (g)	3.6	8.7		
	Carb (g)	2.6	6.2		
	Sugars (g)	1.1	2.7		
	Fibre (g)	0.9	2.2		
	Protein (g)	11.1	26.7		
	Salt (g)	0.30	0.73		
Sodium (g)	0.12	0.29			
<b>Mutter Paneer</b> Portion size: 230g  Indian cottage cheese marinated in a pea and tomato sauce	Energy (KCal)	186	428	Vegetarian Gluten Free Nut Free	Milk Mustard Sulphur Dioxide
	Energy (KJ)	771	1773		
	Fat (g)	16.1	37.0		
	Sat (g)	5.2	12.1		
	Carb (g)	2.9	6.6		
	Sugars (g)	2.0	4.6		
	Fibre (g)	1.1	2.6		
	Protein (g)	7.9	18.1		
	Salt (g)	0.52	1.19		
Sodium (g)	0.20	0.47			
<b>Rajma Corn</b> Portion size: 240g  Slow cooked red kidney beans & succulent sweetcorn in a spicy onion sauce	Energy (KCal)	86	207	Vegan Gluten Free Dairy Free Nut Free	Sulphur Dioxide
	Energy (KJ)	365	875		
	Fat (g)	3.2	7.6		
	Sat (g)	0.4	0.9		
	Carb (g)	10.6	25.5		
	Sugars (g)	2.0	4.7		
	Fibre (g)	0.7	1.6		
	Protein (g)	4.8	11.5		
	Salt (g)	0.42	1.00		
Sodium (g)	0.16	0.39			
<b>Butter Chicken</b> Portion size: 245g  Chargrilled tandoori spiced tender chicken poached in buttery tomato sauce	Energy (KCal)	119	293	Gluten Free Nut Free	Milk Mustard Sulphur Dioxide
	Energy (KJ)	497	1217		
	Fat (g)	8.5	20.9		
	Sat (g)	3.5	8.7		
	Carb (g)	2.9	7.1		
	Sugars (g)	2.4	6.0		
	Fibre (g)	0.6	1.4		
	Protein (g)	8.1	19.8		
	Salt (g)	0.44	1.08		
Sodium (g)	0.17	0.42			

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<b>Potato Masala</b> Portion size: 351g Spiced baby potatoes cooked in a creamy onion & tomato sauce	Energy (KCal)	62	217	Vegan Dairy Free Nut Free	Cereals containing gluten (Oat) Soybean Mustard Sulphur Dioxide
	Energy (KJ)	262	920		
	Fat (g)	1.5	5.4		
	Sat (g)	0.3	1.0		
	Carb (g)	11.5	40.2		
	Sugars (g)	3.1	10.8		
	Fibre (g)	2.2	7.8		
	Protein (g)	1.6	5.7		
	Salt (g)	0.43	1.49		
	Sodium (g)	0.17	0.59		

# Drinks & Desserts

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Shrikhand</b> Portion size: 90g A traditional Indian dessert thickened Greek yoghurt spiced, mixed Nuts with saffron	Energy (KCal)	168	151	Vegetarian Gluten Free	Milk Nuts (Almonds, Pistachios)
	Energy (KJ)	704	634		
	Fat (g)	10.2	9.2		
	Sat (g)	5.8	5.2		
	Carb (g)	15.7	14.1		
	Sugars (g)	14.5	13.0		
	Fibre (g)	0.2	0.2		
	Protein (g)	4.2	3.8		
	Salt (g)	0.09	0.08		
	Sodium (g)	0.04	0.03		
<b>Rose Falooda</b> Portion size: 140g A light milk pudding with a hint of rose with a rose jelly	Energy (KCal)	135	189	Gluten Free Nut Free	Milk
	Energy (KJ)	567	794		
	Fat (g)	5.5	7.8		
	Sat (g)	3.4	4.8		
	Carb (g)	20.4	28.6		
	Sugars (g)	16.7	23.4		
	Fibre (g)	0.0	0.0		
	Protein (g)	2.2	3.0		
	Salt (g)	0.08	0.11		
	Sodium (g)	0.03	0.04		
<b>Papa-dum Cheesecake</b> Portion size: 90g Papa's take on the classic cheesecake - Raspberry coulis, a layer of mace crumble with a cream cheese filling	Energy (KCal)	213	192	Vegetarian Nut Free	Cereals containing gluten (Wheat) Milk Sulphur Dioxide
	Energy (KJ)	895	806		
	Fat (g)	11.4	10.3		
	Sat (g)	7.4	6.7		
	Carb (g)	25.1	22.6		
	Sugars (g)	19.5	17.5		
	Fibre (g)	0.5	0.5		
	Protein (g)	4.3	3.9		
	Salt (g)	0.33	0.30		
	Sodium (g)	0.13	0.12		

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Kheer</b> Portion size: 92g A popular Indian sweet dessert made with spiced almond milk & rice	Energy (KCal)	109	100	Vegan Gluten Free Dairy Free	Nuts (Almonds)
	Energy (KJ)	461	424		
	Fat (g)	1.2	1.1		
	Sat (g)	0.3	0.2		
	Carb (g)	24.5	22.6		
	Sugars (g)	4.5	4.1		
	Fibre (g)	0.5	0.5		
	Protein (g)	1.7	1.6		
	Salt (g)	0.05	0.05		
	Sodium (g)	0.02	0.02		
<b>Thandai</b> Portion size: 256g Traditional Indian drink with a nutty spiced honey flavoured milk	Energy (KCal)	49	124	Vegetarian Gluten Free	Peanuts Milk Nuts (Almonds, Pistachios) Sesame Seeds Sulphur Dioxide
	Energy (KJ)	205	523		
	Fat (g)	0.4	1.0		
	Sat (g)	0.1	0.3		
	Carb (g)	8.9	22.7		
	Sugars (g)	7.8	20.1		
	Fibre (g)	0.1	0.1		
	Protein (g)	2.9	7.3		
	Salt (g)	0.11	0.29		
	Sodium (g)	0.04	0.11		
<b>Jal Jeera</b> Portion size: 254g Refreshing cumin & rock salt lemonade	Energy (KCal)	5	13	Vegan Gluten Free Dairy Free Nut Free	Mustard Sulphur Dioxide
	Energy (KJ)	22	56		
	Fat (g)	0.0	0.0		
	Sat (g)	0.0	0.0		
	Carb (g)	1.2	3.1		
	Sugars (g)	1.2	3.0		
	Fibre (g)	0.0	0.0		
	Protein (g)	0.0	0.1		
	Salt (g)	0.09	0.23		
	Sodium (g)	0.04	0.09		
<b>Mango Lassi</b> Portion size: 256g Traditional Indian drink made with cream, sweet mango & yoghurt	Energy (KCal)	78	200	Vegetarian Gluten Free Nut Free	Milk
	Energy (KJ)	328	841		
	Fat (g)	3.3	8.4		
	Sat (g)	2.1	5.4		
	Carb (g)	9.8	25.1		
	Sugars (g)	8.5	21.8		
	Fibre (g)	0.3	0.8		
	Protein (g)	3.1	7.9		
	Salt (g)	0.09	0.22		
	Sodium (g)	0.03	0.09		
<b>Rose &amp; Pistachio Lassi</b> Portion size: 250g Traditional Indian yoghurt drink flavoured with rose & pistachio	Energy (KCal)	81	202	Vegetarian Gluten Free	Milk Nuts (Pistachio)
	Energy (KJ)	340	849		
	Fat (g)	2.3	5.8		
	Sat (g)	1.4	3.6		
	Carb (g)	11.1	27.8		
	Sugars (g)	10.9	27.3		
	Fibre (g)	0.0	0.1		
	Protein (g)	4.3	10.7		
	Salt (g)	0.16	0.40		
	Sodium (g)	0.06	0.16		

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# Hot Street Food

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Veg Samosas</b> Portion size: 000g  The most iconic Indian snack recognised today. Best accompanied with chutney	Energy (KCal)			Vegan	
	Energy (KJ)				
	Fat (g)				
	Sat (g)				
	Carb (g)				
	Sugars (g)				
	Fibre (g)				
	Protein (g)				
	Salt (g)				
	Sodium (g)				
<b>Egg Bhurqi Pau</b> Portion size: 000g  A combination of egg, sautéed onion, chillies and spices, a firm favourite in Mumbai. Served in a soft Pau (Bun)	Energy (KCal)			Vegetarian Nut Free	Cereals containing gluten (Wheat) Soya Eggs Milk
	Energy (KJ)				
	Fat (g)				
	Sat (g)				
	Carb (g)				
	Sugars (g)				
	Fibre (g)				
	Protein (g)				
	Salt (g)				
	Sodium (g)				
<b>Vada Pau</b> Portion size: 136.5g  A popular Indian street food snack. Spiced potato patty accompanied with chutneys topped with spiced coconut powder	Energy (KCal)	166	227	Vegan Dairy Free Nut Free	Cereals containing gluten (Wheat) Soya Mustard Sesame Seeds Sulphur Dioxide
	Energy (KJ)	694	947		
	Fat (g)	8	10.9		
	Sat (g)	0.6	0.9		
	Carb (g)	20.9	28.6		
	Sugars (g)	5.8	7.9		
	Fibre (g)	5.5	7.5		
	Protein (g)	5.1	6.9		
	Salt (g)	1.49	2.03		
	Sodium (g)	0.58	0.8		
<b>Bacon (Turkey) &amp; Chilli Cheese Toastie</b> Portion size: 230g  Our famous Chilli cheese toastie with a turkey bacon rasher	Energy (KCal)			Nut Free	Cereals containing gluten (Wheat) Soybean Milk Celery Mustard Sulphur Dioxide
	Energy (KJ)				
	Fat (g)				
	Sat (g)				
	Carb (g)				
	Sugars (g)				
	Fibre (g)				
	Protein (g)				
	Salt (g)				
	Sodium (g)				
<b>Masala Potato</b> Portion size: 220g  Inspired by the tasty Indian Masala Dosa accompanied with mustard	Energy (KCal)	103	226	Vegan Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds Sulphur Dioxide
	Energy (KJ)	431	949		
	Fat (g)	5.5	12.0		
	Sat (g)	2.0	4.3		
	Carb (g)	12.1	26.5		
	Sugars (g)	1.7	3.7		
	Fibre (g)	1.2	2.7		
	Protein (g)	1.7	3.8		
	Salt (g)	0.57	1.26		
	Sodium (g)	0.22	0.49		
<b>Bombay Chutney</b> Portion size: 246g  The famous Indian Mumbai special, the Bombay sandwich made with a mint chutney decked with spiced potato, cucumber, tomato, onion & cheese mix	Energy (KCal)	155	381	Vegan Nut Free	Cereals containing gluten (Wheat) Soybeans Milk Mustard Sesame Seeds Sulphur Dioxide
	Energy (KJ)	649	1596		
	Fat (g)	9.8	24.2		
	Sat (g)	4.4	10.7		
	Carb (g)	11.9	29.3		
	Sugars (g)	3.2	7.9		
	Fibre (g)	1.1	2.7		
	Protein (g)	5.0	12.3		
	Salt (g)	0.86	2.10		
	Sodium (g)	0.34	0.83		

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# Hot Street Food

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Chilli Cheese</b> Portion size: 220g  Spicy cheese with a selection of onions	Energy (KCal)	288	633	Vegetarian Nut Free	Cereals containing gluten (Wheat) Milk Sulphur Dioxide
	Energy (KJ)	1203	2646		
	Fat (g)	22.2	48.8		
	Sat (g)	12.6	27.7		
	Carb (g)	7.3	16.1		
	Sugars (g)	1.4	3.1		
	Fibre (g)	0.6	1.3		
	Protein (g)	14.6	32.1		
	Salt (g)	1.33	2.92		
Sodium (g)	0.52	1.15			
<b>Achari Paneer</b> Portion size: 409g  Mustard Indian cottage cheese (paneer), peppers, pickled mango with mixed salad & a mango chutney	Energy (KCal)	234	956	Vegetarian Nut Free	Cereals containing gluten (Wheat) Eggs Soybeans Milk Mustard Sulphur Dioxide
	Energy (KJ)	979	4002		
	Fat (g)	14.9	60.9		
	Sat (g)	5.8	23.6		
	Carb (g)	18.0	73.6		
	Sugars (g)	2.6	10.8		
	Fibre (g)	1.0	4.1		
	Protein (g)	9.5	38.7		
	Salt (g)	0.75	3.07		
Sodium (g)	0.30	1.21			
<b>Tandoori Chicken</b> Portion size: 378g  Chargrilled spiced chicken with onions, peppers, fresh mint, coriander dressed in a mint mayonnaise	Energy (KCal)	145	548	Nut Free	Cereals including Gluten (Wheat) Eggs Milk Mustard Sesame Seeds Sulphur Dioxide
	Energy (KJ)	607	2293		
	Fat (g)	5.5	20.6		
	Sat (g)	0.9	3.5		
	Carb (g)	17.3	65.3		
	Sugars (g)	1.9	7.0		
	Fibre (g)	1.2	4.7		
	Protein (g)	7.9	29.8		
	Salt (g)	0.72	2.73		
Sodium (g)	0.28	1.07			

# Poppadum

Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Mini Poppadum</b> Portion size: 15g  The perfect accompaniment to your tasty Papa-dum curry	Energy (KCal)	345	52	Vegan Gluten Free Dairy Free Nut Free	Soybeans
	Energy (KJ)	1444	217		
	Fat (g)	7.8	1.2		
	Sat (g)	1.0	0.2		
	Carb (g)	46.9	7.0		
	Sugars (g)	0.0	0.0		
	Fibre (g)	9.4	1.4		
	Protein (g)	18.8	2.8		
	Salt (g)	1.41	0.21		
Sodium (g)	0.55	0.08			



# Love Lentil

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Sambar Dal</b> Portion size: 101g  A delicious lentil-based stew with a special blend of spices with the recipe originating in South India.	Energy (KCal)	99	100	Gluten Free Dairy Free Nut Free	Mustard Sesame Seeds
	Energy (KJ)	417	420		
	Fat (g)	3.2	3.2		
	Sat (g)	0.3	0.3		
	Carb (g)	15.6	15.7		
	Sugars (g)	4.8	4.9		
	Fibre (g)	1.9	1.9		
	Protein (g)	4.4	4.5		
	Salt (g)	1.19	1.20		
	Sodium (g)	0.47	0.47		
<b>Sambar Dal Rice Pot</b> Portion size: 101g  A delicious lentil-based stew with a special blend of spices with the recipe originating in South India. Served with rice.	Energy (KCal)	99	100	Gluten Free Dairy Free Nut Free	Mustard Sesame Seeds
	Energy (KJ)	417	420		
	Fat (g)	3.2	3.2		
	Sat (g)	0.3	0.3		
	Carb (g)	15.6	15.7		
	Sugars (g)	4.8	4.9		
	Fibre (g)	1.9	1.9		
	Protein (g)	4.4	4.5		
	Salt (g)	1.19	1.20		
	Sodium (g)	0.47	0.47		
<b>Dal Makhani</b> Portion size: 280g  Slow cooked whole black lentils with a tomato spiced base.	Energy (KCal)	69	192	Gluten Free Dairy Free Nut Free	Sesame Seeds Sulphur Dioxide
	Energy (KJ)	287	803		
	Fat (g)	1.9	5.5		
	Sat (g)	0.3	0.7		
	Carb (g)	8.1	22.8		
	Sugars (g)	1.1	3.0		
	Fibre (g)	3.0	8.3		
	Protein (g)	3.6	10.0		
	Salt (g)	0.20	0.57		
	Sodium (g)	0.08	0.22		
<b>Dal Makhani Rice Pot</b> Portion size: 280g  Slow cooked whole black lentils with a tomato spiced base. Served with rice	Energy (KCal)	69	192	Gluten Free Dairy Free Nut Free	Sesame Seeds Sulphur Dioxide
	Energy (KJ)	287	803		
	Fat (g)	1.9	5.5		
	Sat (g)	0.3	0.7		
	Carb (g)	8.1	22.8		
	Sugars (g)	1.1	3.0		
	Fibre (g)	3.0	8.3		
	Protein (g)	3.6	10.0		
	Salt (g)	0.20	0.57		
	Sodium (g)	0.08	0.22		
<b>Tarka Dal</b> Portion size: 280g  One of the most famous Dals across India, a simple, comforting Split Pea dish	Energy (KCal)			Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds
	Energy (KJ)				
	Fat (g)				
	Sat (g)				
	Carb (g)				
	Sugars (g)				
	Fibre (g)				
	Protein (g)				
	Salt (g)				
	Sodium (g)				
<b>Tarka Dal Rice Pot</b> Portion size: 280g  One of the most famous Dals across India, a simple, comforting Split Pea dish. Served with rice	Energy (KCal)			Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds
	Energy (KJ)				
	Fat (g)				
	Sat (g)				
	Carb (g)				
	Sugars (g)				
	Fibre (g)				
	Protein (g)				
	Salt (g)				
	Sodium (g)				

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Bottle Gourd &amp; Lentil Dal</b> Portion size: 280g A delicious winter warmer full of health benefits. Tender cooked bottle gourd vegetable brewed with split yellow pea base.	Energy (KCal)	41	114	Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds
	Energy (KJ)	170	477		
	Fat (g)	1.2	3.3		
	Sat (g)	0.2	0.4		
	Carb (g)	4.9	13.8		
	Sugars (g)	0.4	1.2		
	Fibre (g)	1.8	4.9		
	Protein (g)	2.2	6.1		
	Salt (g)	0.20	0.57		
	Sodium (g)	0.08	0.22		
<b>Bottle Gourd &amp; Lentil Dal Rice Pot</b> Portion size: 280g A delicious winter warmer full of health benefits. Tender cooked bottle gourd vegetable brewed with split yellow pea base. Served with rice	Energy (KCal)	41	114	Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds
	Energy (KJ)	170	477		
	Fat (g)	1.2	3.3		
	Sat (g)	0.2	0.4		
	Carb (g)	4.9	13.8		
	Sugars (g)	0.4	1.2		
	Fibre (g)	1.8	4.9		
	Protein (g)	2.2	6.1		
	Salt (g)	0.20	0.57		
	Sodium (g)	0.08	0.22		
<b>Lentil &amp; Spinach Dal</b> Portion size: 280g A wholesome yellow lentil with fresh spinach brewed with tempered turmeric & cumin	Energy (KCal)	43	120	Gluten Free Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds
	Energy (KJ)	180	503		
	Fat (g)	1.3	3.8		
	Sat (g)	0.2	0.4		
	Carb (g)	5.4	15.2		
	Sugars (g)	0.2	0.6		
	Fibre (g)	0.7	1.8		
	Protein (g)	2.7	7.6		
	Salt (g)	0.17	0.48		
	Sodium (g)	0.07	0.19		
<b>Lentil &amp; Spinach Dal Rice Pot</b> Portion size: 280g A wholesome yellow lentil with fresh spinach brewed with tempered turmeric & cumin. Served with rice	Energy (KCal)	43	120	Gluten Free Dairy Free Nut Free	Cereals containing gluten (Wheat) Mustard Sesame Seeds
	Energy (KJ)	180	503		
	Fat (g)	1.3	3.8		
	Sat (g)	0.2	0.4		
	Carb (g)	5.4	15.2		
	Sugars (g)	0.2	0.6		
	Fibre (g)	0.7	1.8		
	Protein (g)	2.7	7.6		
	Salt (g)	0.17	0.48		
	Sodium (g)	0.07	0.19		

# Salad

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Item	Nutritional Information	Per 100g	Per Serving	Nutritional Notes	Allergens
<b>Cucumber Raita</b> Portion size: 80g  Cooling cucumber & fresh dill with yoghurt	Energy (KCal)	47	38	Vegetarian Gluten Free Dairy Free	Milk Sulphur Dioxide
	Energy (KJ)	199	160		
	Fat (g)	3.1	2.5		
	Sat (g)	1.8	1.4		
	Carb (g)	3.1	2.5		
	Sugars (g)	2.9	2.3		
	Fibre (g)	0.5	0.4		
	Protein (g)	1.8	1.5		
	Salt (g)	0.23	0.19		
	Sodium (g)	0.09	0.07		
<b>Kuchumber</b> Portion size: 100g  Diced cucumber, tomato & coriander with a spiced powder	Energy (KCal)	22	22	Vegan Gluten Free Dairy Free Nut Free	Mustard Sulphur Dioxide
	Energy (KJ)	94	94		
	Fat (g)	0.3	0.3		
	Sat (g)	0.0	0.0		
	Carb (g)	4.2	4.2		
	Sugars (g)	3.5	3.5		
	Fibre (g)	1.4	1.4		
	Protein (g)	0.9	0.9		
	Salt (g)	0.35	0.35		
	Sodium (g)	0.14	0.14		
<b>Chicken Tikka Salad</b> Portion size: 538g  Roasted Chicken tikka served with turmeric potatoes, lentils & mango.	Energy (KCal)	98	524	Gluten Free Nut Free	Eggs Milk Celery Mustard Sulphur Dioxide
	Energy (KJ)	410	2204		
	Fat (g)	4.7	25.1		
	Sat (g)	0.7	4.0		
	Carb (g)	6.1	32.8		
	Sugars (g)	2.6	14.1		
	Fibre (g)	0.6	3.1		
	Protein (g)	8.2	44.2		
	Salt (g)	0.35	1.86		
	Sodium (g)	0.14	0.73		
<b>Grilled Paneer Salad</b> Portion size: 617g  Grilled spiced Paneer served with sprouted lentils, chickpeas & watermelon	Energy (KCal)	92	568	Vegetarian Nut Free	Cereals containing gluten (Barley) Soybeans Milk Mustard Sulphur Dioxide
	Energy (KJ)	387	2387		
	Fat (g)	5.9	36.6		
	Sat (g)	2.5	15.6		
	Carb (g)	5.8	35.5		
	Sugars (g)	3.1	19.4		
	Fibre (g)	0.5	3.3		
	Protein (g)	4.6	28.5		
	Salt (g)	0.21	1.30		
	Sodium (g)	0.08	0.51		
<b>Baked Salmon Salad</b> Portion size: 665g  Spiced Salmon fillet served with coconut yoghurt rice, red cabbage & grapes	Energy (KCal)	105	696	Nut Free	Cereals containing gluten (Wheat, Barley) Fish Soybeans Milk Celery Mustard Sulphur Dioxide
	Energy (KJ)	440	2927		
	Fat (g)	4.3	28.9		
	Sat (g)	1.1	7.5		
	Carb (g)	10.2	68.0		
	Sugars (g)	3.2	21.0		
	Fibre (g)	0.9	6.3		
	Protein (g)	6.7	44.8		
	Salt (g)	0.18	1.18		
	Sodium (g)	0.07	0.47		