

# HALAL KITCHEN

## Nutritional & Allergen Information

### Nutrition Information

| Menu Item                     | Serving Size                     | Calorie<br>s | Total Fat<br>(g) | Sat. Fat<br>(g) | Trans Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs (g) | Fiber (g) | Sugars<br>(g) | Protein<br>(g) |
|-------------------------------|----------------------------------|--------------|------------------|-----------------|------------------|---------------------|----------------|-----------|-----------|---------------|----------------|
| Naan                          | 1 piece (160 g)                  | 458          | 18               | 6               | 0                | 0                   | 340            | 64        | 1         | 10            | 10             |
| Butter Chicken + Basmati Rice | 12 oz rice + 6 oz butter chicken | 850          | 28               | 15              | 0                | 115                 | 1450           | 105       | 2         | 10            | 36             |
| Chicken Curry + Basmati Rice  | 12 oz rice + 6 oz chicken curry  | 750          | 22               | 7               | 0                | 105                 | 1350           | 103       | 3         | 6             | 36             |
| Chana Masala + Basmati Rice   | 12 oz rice + 6 oz chana masala   | 700          | 17               | 3               | 0                | 0                   | 1250           | 120       | 12        | 9             | 20             |
| Punjabi Veggi Samosa          | 2 pieces (150 g)                 | 380          | 18               | 2               | 0                | 0                   | 660            | 44        | 2         | 2             | 8              |
| Mango Lassi                   | 1 serving                        | 300          | 7                | 4               | 0                | 25                  | 150            | 50        | 1         | 42            | 10             |

### Allergen Information

| Menu Item                     | Serving Size                     | Contains            | May Contain / Trace                            |
|-------------------------------|----------------------------------|---------------------|------------------------------------------------|
| Naan                          | 1 piece (160 g)                  | Wheat, Milk, Sesame | Tree Nuts, Peanuts, Egg, Mustard               |
| Butter Chicken + Basmati Rice | 12 oz rice + 6 oz butter chicken | Milk                | Gluten/Wheat, Tree Nuts                        |
| Chicken Curry + Basmati Rice  | 12 oz rice + 6 oz chicken curry  | Milk (yogurt)       | Tree Nuts, Wheat, Milk, Soy, Mustard, Sulfites |
| Chana Masala + Basmati Rice   | 12 oz rice + 6 oz chana masala   | —                   | Wheat, Soy, Mustard, Tree Nuts                 |
| Punjabi Veggi Samosa          | 2 pieces (150 g)                 | Wheat, Sesame       | Tree Nuts, Peanuts, Milk, Mustard, Soy         |
| Mango Lassi                   | 1 serving                        | Milk                | —                                              |