

## Tamarind Allergy Chart

### COELIACS (Gluten intolerant)

**Can have:**

**Entrées**

Braised Pork Soup (Contains soy)  
Peanut and Sweet Soy Sirloin (Contains Soy)  
Scallops  
Tea Smoked Duck (NO Dipping Sauce)  
Ocean Trout (NO Kobayaki Sauce)  
Vietnamese Rice Paper Rolls (Contains soy)

**Mains**

Soy and Mustard Lamb Loin (Contains Soy)  
Penang Curry of Duck  
Whole Crispy Baby Barramundi (Please see Chef first)  
Pan Fried Chicken Breast (contains soy)  
Chu Chee Seafood

**Side Dishes**

Tamarind House Salad  
Home Made Condiments

**Desserts**

Kaffir Lime Brulee (NO peanut biscotti)  
Javanese Shot  
Tamarind Cheese Plate (NO Crackers, extra Dried Fruit)  
Icecream (Choc/Chilli, Vanilla)

**Note:**

The soy sauce used in certain menu items contains a small amount of wheat product so may best be avoided by those with a high intolerance.

Coeliacs who feel there is a risk of ingesting wheat/gluten from a deep fryer should not have the Baby Barramundi.

## **GARLIC ALLERGY**

### **Can have:**

#### **Entrées**

Scallops (NO Sesame dressing)  
Peanut and Sweet Soy Sirloin  
Tapioca Battered Prawns (NO Asian Aioli, NO Nuac Cham)  
Tea smoked Duck – use Lime and Ginger dipping sauce and plain mayo instead

#### **Mains**

Whole Crispy Baby Barramundi (NO Sauce)  
Chu Chee Seafood (NO Dressing)  
Tuna (NO lentils, Pickled Veg or Sauce – offer alternate sides)  
Morganbury Sirloin  
Pan Fried Chicken Breast (No sauce, NO Sambal)

### **Note:**

As a primary ingredient in Asian cuisine garlic features in most of Tamarind's dishes. Please see Chef first to arrange alternative options.

#### **Side Dishes**

Wok Fried Greens (NO White Pepper Corn Paste)  
Tamarind House Salad (NO Dressing – Use Lime & Ginger Sauce as a substitute)  
Pickled Green Paw Paw  
Pickled Vietnamese Vegetables

**SHELLFISH ALLERGY – “Shellfish allergies are allergies to two classes of foods: mollusks (which include clams, scallops, mussels, and oysters) and crustaceans (which include shrimp, lobster, and crabs)”**

### **Can have:**

#### **Entrées**

Tea Smoked Duck  
Peanut and Sweet Soy Sirloin  
Vietnamese Rice Paper Rolls  
Ocean Trout

#### **Mains**

Pork Belly  
Pan Fried Chicken Breast  
Whole Crispy Baby Barramundi  
Soy and Mustard Lamb Rack  
Yellow Fin Tuna  
Potato and Tamarind Fritters  
Slow Braised Veal Shanks  
Morganbury Sirloin

#### **Side Dishes**

Tamarind House Salad  
Wok Fried Greens (NO Oyster Sauce – Please see Chef first)  
All Homemade Condiments

## **FISH ALLERGY**

**Can have:**      **Entrées**  
Braised Pork Soup  
Scallops  
Tapioca Battered Prawns (NO Nuac Cham)  
Tea Smoked Duck  
Ocean Trout (NO Kimchi)  
Vietnamese Rice Paper Rolls

**Mains**  
Pan Fried Chicken Breast (NO Sauce)  
Soy and Mustard Lamb Loin  
Potato and Tamarind Fritters (No Tamarind & Coriander dressing)  
Slow Braised Veal Shank  
Morganbury Sirloin

**Side Dishes**  
Tamarind House Salad  
Wok Fried Greens  
All Homemade Condiments EXCEPT;  
Kimchi

## **CORIANDER ALLERGY**

**Can have:**      **Entrées**  
Braised Pork Soup  
Barramundi Spring Rolls  
Tapioca Battered Prawns (NO Aioli)  
Tea Smoked Duck ( ask Chefs NO Coriander in salad)  
Ocean Trout

**Mains**  
Pork Belly  
Yellow Fin Tuna (Tell Chefs about allergy)  
Slow Braised Veal Shanks – With plain jus – tell chef  
Morganbury Sirloin  
Pan Fried Chicken Breast  
Soy and Mustard Lamb Loin

**Side Dishes**  
Wok Fried greens (NO Coriander Paste)  
Tamarind House Salad (NO Dressing or Coriander Leaves)  
All Homemade Condiments EXCEPT;  
Eggplant Relish

## **NUT/ PEANUT ALLERGY**

**Note:** Consult Chef immediately.

Unless we have received prior notification and Chef knows to expect a guest with nut/peanut allergies, all dishes on the current menu are at risk of possible cross contamination.

Guests who have not advised us prior to their arrival and who wish to order from our a la carte menu risk severe allergic reactions.

The following dishes have been identified as suitable for people with intolerances however all dishes have a risk of cross contamination.

**May have:**

**Entrées**

Braised Pork Soup (contains sesame oil)  
Tapioca Battered Prawns (NO Aioli NO Cashews)  
Barramundi Spring Rolls  
Ocean Trout  
Tea Smoked Duck – NO Macadamia Nuts

**Mains**

Pork Belly  
Soy and Mustard Lamb Loin (Contains Sesame Seeds)  
Whole Crispy Baby Barramundi  
Yellow Fin Tuna – NO Almonds  
Slow Braised Veal Shanks  
Morganbury Sirloin – No Praline  
Pan Fried Chicken Breast  
Chu Chee Seafood(NO Peanuts in Som Tam Salad)

**Side Dishes**

Tamarind House Salad  
Wok Fried Greens  
All Homemade Condiments EXCEPT;  
Tomato & Cardamom Chutney

**Dessert**

Kaffir Lime Bruleé (NO Peanut Biscotti)  
Fried Sweet Cigars  
Chocolate Tart  
Javanese shot  
Icecream (No Tuile)  
Tamarind Cheese Plate (NO Nuts)

## SOY ALLERGY

**Can have:**     **Entrées**  
Scallops (No Sesame dressing)  
Tapioca Battered Prawns (NO Aioli)  
Tea Smoked Duck (NO Dipping Sauce)  
Ocean Trout (NO Kobayaki Sauce)

**Mains**  
Penang Duck  
Whole Crispy Baby Barramundi  
Yellow Fin Tuna  
Morganbury Sirloin  
Pan Fried Chicken – NO Sauce  
Chu Chee Seafood  
Potato and Tamarind Fritters

**Side Dishes**  
Wok Fried Greens  
Tamarind House Salad  
All Homemade Condiments

## CHILLI INTOLERANT

**Can have:**     **Entrées**  
Braised Pork Soup  
Peanut and Sweet Soy Sirloin (No dressing)  
Scallops (No Sesame dressing)  
Tapioca Battered Prawns (NO Nuac Cham)  
Dumplings – NO dipping sauce  
Tea Smoked Duck – Plain Mayo  
Ocean Trout – NO Kimchi

**Mains**  
Whole Crispy Baby Barramundi (NO Sauce)  
Yellow Fin Tuna – NO Lentils or Pickled Veg  
Slow Braised Veal Shank  
Morganbury Sirloin – NO Praline  
Pan Fried Chicken – NO Sambal  
Soy and Mustard Lamb Loin

**Side Dishes**  
Tamarind House Salad  
Wok Fried Greens  
Pickled Green Paw Paw  
Tomato & Cardamom Chutney

**Note:**           Most dishes containing chilli can be made milder.  
As a majority of dishes on the menu contain chilli there is a risk of cross contamination as in the case of peanuts. Should guests have a chilli allergy please consult Chef immediately.

## EGG ALLERGY

### Can have:

#### Entrées

Braised Pork Soup  
Peanut and Sweet Soy Sirloin  
Scallops  
Tapioca Battered Prawns (NO Aioli)  
Tea Smoked Duck – No Mayo  
Ocean Trout – NO Mayo

#### Mains

Pork Belly  
Penang Duck  
Whole Crispy Baby Barramundi  
Soy and Mustard Lamb Rack  
Yellow Fin Tuna  
Slow Braised Veal Shank  
Pan Fried Chicken  
Chu Chee Seafood  
Potato and Tamarind Fritters

#### Side Dishes

Wok Fried Greens  
Tamarind House Salad  
All Homemade Condiments

#### Dessert

Cheese platter – No Breadstick, No Date and Walnut Loaf  
Grape and Lychee Jelly – with Lemongrass and Lime granita  
Fresh fruit

## LACTOSE INTOLERANT

### Can have:

#### Entrées

Braised Pork Soup  
Peanut and Sweet Soy Sirloin  
Tea Smoked Duck  
Tapioca Battered Prawns  
Ocean Trout  
Vietnamese Rice Paper Rolls

#### Mains

Soy and Mustard Lamb (NO Pea Puree – contains butter)  
Pork Belly  
Penang Duck  
Whole Crispy Baby Barramundi  
Slow Braised Veal Shanks – No carrot Puree (contains butter)  
Morganbury sirloin – No Mash (contains butter)  
Pan Fried Chicken  
Chu Chee Seafood  
Potato and Tamarind Fritters

#### Side Dishes

Tamarind House Salad  
Wok Fried Greens  
All Homemade Condiments

#### Dessert

Fresh fruit  
Sago Jelly with Mango Sorbet

## **MUSHROOM ALLERGY**

### **Can have:**

#### **Entrées**

Scallops  
Peanut and Sweet Soy Sirloin  
Tapioca Battered Prawns  
Dumpling  
Tea Smoked Duck  
Ocean Trout

#### **Mains**

Pork Belly  
Penang Curry of Duck  
Whole Crispy Baby Barramundi  
Soy and Mustard Lamb Loin  
Yellow Fin Tuna  
Slow Braised Veal Shanks  
Morganbury Sirloin  
Pan Fried Chicken  
Chu Chee Seafood  
Potato and Tamarind Fritters

### **Side Dishes**

Tamarind House Salad  
Wok Fried Greens  
All Homemade Condiments

## **VEGANS/TRUE VEGETARIANS**

### **Can have:**

#### **Entrées**

Vegetarian Rice Paper Rolls  
Salad with Palm Sugar Dressing – refer Chef

#### **Mains**

Vegetarian Stir Fry  
Fritters – No Dressing

#### **Side Dishes**

Tamarind House Salad  
Wok Fried Greens – (NO Oyster Sauce)  
All Homemade Condiments

#### **Dessert**

Fresh fruit - Granita

## **DIABETIC**

### **Note:**

All Tamarind dishes contain sugar in some form. It is not possible to extract the sugar altogether from any dish.

Enquire as to the type of diabetes and relevant sugar intake and consult Chef.