

UPDATED ON 08/10/21

TASTY AFRICAN FOOD'S ALLERGEN

Information Guide

*For more information on the products please visit our website and
view the menu section www.tastyafrikanfood.com/menu*

AUTHENTIC &
AFFORDABLE
AFRICAN CUISINE

OVER 40+ DELICIOUS
MENU ITEMS TO
CHOOSE FROM

NOW AVAILABLE
IN STORE AND ON
DELIVERY PLATFORMS



TASTY AFRICAN FOOD ALLERGEN INFORMATION SUMMARY

FOOD PRODUCT	CEREAL CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUTS	SOYA BEANS	MILK	NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLUSCS
Amala Goat Mt	✓		✓	✓		✓	✓		✓	✓		✓		
Assorted P Soup	✓		✓	✓		✓	✓		✓	✓		✓		
Beef	✓		✓	✓		✓	✓		✓	✓		✓		
Bitterleaf Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Chin Chin	✓		✓			✓	✓		✓	✓		✓		
Chicken Stew	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Chicken Pie	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Dodo & Gizzard	✓	✓	✓	✓			✓		✓	✓		✓		
Drumstick	✓		✓			✓	✓		✓	✓		✓		
Edika Ikong (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Eforiro Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Egusi Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Egusi Igbo Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Ewariro	✓		✓	✓		✓	✓		✓	✓		✓		
Fish Pie	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Fish Roll	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Fish Sauce	✓		✓	✓		✓	✓		✓	✓		✓		
Fresh Cat Fish	✓		✓	✓		✓	✓		✓	✓		✓		
Fried Fish	✓		✓	✓		✓	✓		✓	✓		✓		
Fried Mackerel	✓		✓	✓		✓	✓		✓	✓		✓		
Fried Rice	✓		✓	✓		✓	✓		✓	✓		✓		
Gbegiri	✓		✓				✓					✓		
Gizzard	✓		✓				✓					✓		
Goat Meat Stew	✓		✓	✓		✓	✓		✓	✓		✓		
Grilled Tilapia	✓		✓	✓		✓	✓		✓	✓		✓		
Grilled Whole Croaker	✓		✓	✓		✓	✓		✓	✓		✓		
Hot Stew / Ayamase (Assorted & Plain)	✓		✓	✓		✓	✓		✓	✓		✓		
Jollof Rice	✓		✓	✓		✓	✓		✓	✓		✓		
Meat Pie	✓	✓	✓			✓	✓		✓	✓		✓		
Mild Stew (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Mixed Okro Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Moin Moin (Leaf & Plastic)	✓		✓	✓		✓	✓		✓	✓		✓		
N.Beans	✓	✓	✓	✓		✓	✓		✓			✓		
Ofada Stew	✓		✓	✓		✓	✓		✓	✓		✓		
Ogbono Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Oha Soup (Assorted & Plain)	✓	✓	✓	✓		✓	✓		✓	✓		✓		
Plain Ewedu			✓				✓							
Plain Okro			✓				✓							
Plantain						✓						✓		
Ponmo	✓		✓			✓	✓		✓	✓		✓		
Puff Puff	✓					✓								
Red Ofada	✓		✓	✓		✓	✓		✓	✓		✓		
Sausage roll	✓	✓	✓			✓	✓		✓	✓		✓		
Steamed Fish	✓		✓	✓		✓	✓		✓	✓		✓		
Stick Meat			✓			✓	✓			✓		✓		
Suya			✓		✓		✓			✓				
T.Beans	✓	✓	✓	✓		✓	✓		✓					
Tilapia Fish P.Soup	✓		✓	✓			✓		✓	✓		✓		
Yam Pottage			✓			✓	✓			✓		✓		

INFORMATION IS CORRECT AT THE TIME OF CREATION, NOV 21

Our food is produced in a factory where allergens are handled. While we try and keep things separate, our equipment and utensils are used for multiple menu items and we can not guarantee any items is allergen free. For further information, please contact our customer service team at info@tastyafrikanfood.com