Allergen Guide

Which of the 14 major allergens are in our dishes

Kaffys Kitchen Ltd.

Taste Of Home, Quality and Memories

kaffyskitchenltd.com

Please tell us about your allergy before you order. Our kitchen handles all 14 allergens, so we cannot guarantee that any dish is completely allergen-free. Recipes and suppliers can change, so always confirm with us when ordering. Contact us on **kkitchenenquiries@gmail.com** or **+44 7519 463529**.

● Contains ○ May contain (cross-contact) Blank: not in the recipe

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree nuts
Pastries														
Buns Contains: cereals containing gluten, eggs, milk (dairy), soya. Ingredients: Flour, sugar, egg, salt, baking powder, nutmeg/cinnamon, water, milk, oil		●		●			●					●		
Chicken Pie Contains: cereals containing gluten, milk (dairy), soya, eggs. Ingredients: Chicken filling and vegetables in pastry		●		●			●					●		
Fish Roll Contains: cereals containing gluten, fish, milk (dairy). Ingredients: Fish, carrot, onion, spring onion, fish seasoning, garlic, ginger, in pastry		●			●		●							
Meat Pie Contains: cereals containing gluten, eggs, milk (dairy), soya, celery. Ingredients: Minced meat, potato, carrots, spring onion in pastry	●	●		●			●					●		
Sausage Roll Contains: cereals containing gluten, mustard, milk (dairy), soya, eggs. Ingredients: Flour, butter, baking powder, salt, water, chicken sausages, eggs, paprika, black pepper, chicken stock, onion		●		●			●		●			●		

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree nuts
Puff Puff														
Puff Puff Contains: cereals containing gluten, milk (dairy), soya, lupin.		●				●	●					●		
Meat and poultry														
Assorted Meat Contains: lupin, mustard, soya, milk (dairy). Ingredients: Assorted meat, bell pepper, onion, salt, hot curry powder, paprika, meat seasoning cube, garlic and ginger powder, water						●	●		●			●		
Peppered Smoked Turkey No major allergens listed in the recipe. Ingredients: Smoked turkey, bell pepper, scotch bonnet pepper, garlic and ginger powder, onion, chicken seasoning cube, salt, oil, paprika														
Chicken Drumsticks Contains: cereals containing gluten, mustard, milk (dairy), soya. Ingredients: Chicken drumsticks, hot curry powder, garlic and ginger, black pepper, peri peri seasoning, paprika powder, thyme, chicken seasoning, olive oil		●					●		●			●		
Mid-Wing Turkey No major allergens listed in the recipe. Ingredients: Mid-wing turkey, onion, bell pepper, scotch bonnet, paprika, garlic and ginger powder, hot curry powder, chicken cube, salt, black pepper														
Peppered Chicken (plus size) No major allergens listed in the recipe. Ingredients: Chicken, bell pepper, scotch bonnet pepper, onion, garlic and ginger powder, tomato, thyme, chicken seasoning, salt, olive oil														
Pulvera Chicken Contains: cereals containing gluten, mustard, milk (dairy), soya. Ingredients: Pulvera chicken, hot curry powder, garlic and ginger, black pepper, peri peri seasoning, thyme, chicken seasoning, oil		●					●		●			●		
Goat Curry Stew Contains: celery, mustard. Ingredients: Goat meat, onions, tomatoes, red bell peppers, scotch bonnet pepper, garlic, ginger, curry powder, thyme, bay leaf, seasoning cubes, vegetable oil, salt	●								●					

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree nuts
Gizzard and Plantain Contains: cereals containing gluten, mustard, soya. Ingredients: Gizzard, plantain, bell pepper, oil, hot pepper, hot curry powder, garlic and ginger powder, onion, chicken seasoning, water		●							●			●		
Seafood														
Grilled Fish Platter Contains: fish, soya, cereals containing gluten. Ingredients: Grilled fish (fish, salt). Pepper sauce: thyme, hot curry powder, blended pepper mix (tatashe and rodo), onions, chicken cubes, garlic and ginger, salt		●			●							●		
Peppered Croaker Fish Contains: fish, crustaceans. Ingredients: Croaker fish, bell pepper, scotch bonnet pepper, fish seasoning, onion, garlic and ginger powder, salt, water, olive oil			●		●									
Hake Fish Contains: fish, crustaceans. Ingredients: Hake fish, bell pepper, scotch bonnet pepper, fish seasoning, chicken cube, onion, salt, olive oil			●		●									
Red Bream Fish Contains: fish, crustaceans. Ingredients: Red bream fish, bell pepper, scotch bonnet pepper, fish seasoning, chicken cube, onion, salt, olive oil			●		●									
Soup dishes														
Assorted Meat Pepper Soup No major allergens listed in the recipe. Ingredients: Assorted meat, pepper soup seasoning, onion, hot curry powder, hot pepper, garlic and ginger, salt, seasoning cubes, water														
Ayamase Contains: mustard, eggs, fish, soya, crustaceans. Ingredients: Boiled egg, crayfish powder, bell pepper, palm oil, paprika, chicken cube, onions, garlic and ginger powder, roasted assorted meat, dried fish, locust beans			●	●	●				●			●		

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree nuts
Buka Stew Contains: crustaceans. Ingredients: Palm oil and vegetable oil mix, tomatoes, tatashe (red bell pepper), scotch bonnet (rodo), onions, assorted meat, crayfish powder, seasoning cube, curry powder, thyme, salt			●											
Eforiro Contains: celery, fish, mustard, milk (dairy), crustaceans. Ingredients: Roasted assorted meat, dried fish, crayfish powder, paprika, garlic powder, chicken cubes, hot curry powder, ginger powder, vegetable leaves (spinach/ugu)	●		●		●		●		●					
Egusi Contains: crustaceans, milk (dairy), eggs, soya, fish. Ingredients: Melon seed (egusi), roasted assorted meat, prawns, fish, palm oil, vegetable leaves (spinach/ugu), bell pepper, tomatoes, water, garlic and ginger powder, hot curry powder, chicken cubes, salt, black pepper			●	●	●		●					●		
Ewedu Contains: crustaceans. Ingredients: Fresh ewedu (jute) leaves, locust beans (iru), crayfish powder, seasoning cubes, salt			●											
Gbegiri Contains: crustaceans. Ingredients: Honey beans, palm oil, crayfish powder, onions, pepper (tatashe/rodo), locust beans (iru), seasoning, salt			●											
Ogbono Contains: crustaceans, milk (dairy), celery, fish. Ingredients: Assorted meat, vegetable leaves (ugu/spinach), dried fish, crayfish powder, hot pepper, mango seed, chicken cube, garlic and ginger powder, salt, hot curry powder, palm oil, water	●		●		●		●							
Rice														
Coconut Rice Contains: crustaceans. Contains coconut. Ingredients: Basmati rice, fresh coconut milk, olive oil, spring onion, chicken sausages, prawns, onion, garlic and ginger powder, chicken cubes, hot curry powder, salt			●											

Dish	Celery	Gluten	Crustaceans	Eggs	Fish	Lupin	Milk	Molluscs	Mustard	Peanuts	Sesame	Soya	Sulphites	Tree nuts
Fried Rice Contains: cereals containing gluten, crustaceans, mustard. Ingredients: Carrots, sweetcorn, peas, green beans, spring onion, onion, basmati rice, prawns, sausages, chicken cubes, hot curry powder, garlic and ginger powder, black pepper, thyme		●	●						●					
Jollof Rice Contains: celery, cereals containing gluten, milk (dairy), mustard. Ingredients: Basmati rice, bell pepper, scotch bonnet pepper, onion, salt, jollof rice seasoning, chicken stock, chicken cube, garlic and ginger powder, tomato, thyme, bay leaves	●	●					●		●					
Beans, yam and sides														
Ewa Agoyin Contains: fish, crustaceans, celery, cereals containing gluten, mustard, soya, milk (dairy). Ingredients: Honey beans, palm oil, onion, dry chilli pepper, smoked fish, crayfish powder, chicken seasoning powder, salt, plantain	●	●	●		●		●		●			●		
Moi Moi Contains: eggs, fish, cereals containing gluten, crustaceans. Ingredients: Mackerel fish, peeled black-eyed beans, bell pepper, chilli pepper, egg, crayfish, onion, garlic, ginger, chicken powder		●	●	●	●									
Yam Porridge (Asaro) Contains: fish. Ingredients: Yam, assorted meat, bell pepper, scotch bonnet pepper, vegetable leaves (ugu/spinach), oil, dried fish, chicken cubes, onion, garlic and ginger powder, salt, hot curry powder, water					●									
Fried Yam and Stew Contains: soya. Contains nightshades (peppers). Contains additives. Ingredients: Yam, oil, salt, thyme, hot curry powder, blended pepper mix (tatashe and rodo), onions, chicken cubes, garlic and ginger, salt												●		
Swallow dishes														
Amala No major allergens listed in the recipe. Ingredients: Yam flour (elubo), water														

All sizes of a dish (for example 1/4, 1/2 and full cooler, or different piece counts) have the same allergens. Soups and stews served with amala or rice carry the allergens of both. "Dairy" and "milk" are the same allergen. Peppers, tomatoes and other nightshades are not one of the 14 legal allergens, but we can tell you where they are used. Last updated: 11 November 2026.