

Infusion

Menu Item	FODMAP Ingredients to be Aware of
Achari Beef	Garlic Onion Yogurt
Aloo Baingan	Garlic
Aloo Gobi Masala	Garlic Onion Cauliflower
Batter Fried Fish w/ Sauce	Batter Mix Garlic
Beef Cutlets	Bread Crumbs Garlic Onion
Beef Korma	Garlic Onions Yogurt
Beet Poriyal	Beets Coconut Urad Dal
Beetroot Curry	Beets Garlic Mango Powder Onion Urad Dal
Bhindi Masala	Garlic Onion Mango Powder
Broccoli and Water Chestnuts	Baby corn Broccoli Celery Garlic

Onion
Vegetable base

Butter Paneer Butter Curry Sauce
Cauliflower
Cream

Cabbage and Bacon Stir Fry Celery
Garlic
Onion

Cabbage and Dal Garlic
Onion
Split Peas

Carrot and Beans Poriyal Coconut
Onion
Urad Dal

Channa Masala Chickpeas
Garlic
Onion

Chicken Afritada Garlic
Green Peas
Onion

Chicken Shahi Cashewnuts
Coconut
Cream
Garlic
Onion
Yogurt

Chicken Sinigang Garlic
Onion

Chopsuey Cauliflower
Baby corn
Celery
Garlic
Leeks

Mushroom
Peas

Coconut Crusted Fish w/ Creamy Chilli Lime Coconut Sauce
Coconut
Flour
Garlic

Crispy Fried Chicken w/ Sauce
Garlic Powder

Dal Fry
Garlic
Onion
Toor Tal

Fillipino Pork Adobo
Onion
Garlic

Fish Curry
Garlic
Onion

Gulai Telur
Garlic
Onion

Hot and Sour Fish
Garlic
Onion
Sambal

Kaldereta
Garlic
Green Peas
Onions

Kheema Aloo Matar
Garlic
Green Peas
Onion

Kimchi
Onion
Garlic
Flour

Korean Chicken Wings
Flour
Garlic
Onion

Lamb Darbari
Garlic
Onions
Yogurt
Cashew Paste

Lamb Hariyali
Onions
Yogurt
Garlic

Lamb Karahi
Garlic
Onions
Yogurt

Lamb Rendang
Onions
Garlic

Mixed Vegetable Jafrezi
Peas
Onion
Mushroom
Cauliflower
Baby corn
Garlic

Mushroom Pepper Fry
Mushroom
Garlic
Onion

Nav Ratan Korma
Baby corn
Cashew
Cauliflower
Onion
Peas
Yogurt

Nilaga Beef
Onions

Pan Fried Fish w/ Ginger Caramel Sauce
Garlic
Onion

Pineapple Chicken
Cream
Garlic
Onion

Pork and Tofu Cakes

Onion
Garlic
BBQ Sauce
Bread Crumbs
Flour

Pork Vindaloo

Onion
Tamarind
Garlic

Rajma Masala

Kidney Beans
Onion
Garlic
Cream

Roasted Sweet Potato and Squash

Sweet Potato
Squah
Garlic

Samosa

Green Peas
Flour
Garlic

Spiced Roasted Chicken

Honey
Shallots

Sweet Potato and Spinach Curry

Garlic
Onion
Sweet Potato

Squash and Bean Curry

Butternut Squash
Onion
Garlic

Srilankan Chicken Curry

Garlic
Onion

Steamed Buns

Onion
Garlic
Flour

Tandoori Vegetables

Mushrooms
Onions
Butternut Squash
Peas
Cauliflower
Yogurt
Garlic

Teriyaki Beef

Garlic
Onion

Thai Chicken Curry

Onion
Mushrooms
Garlic
Thai Curry Paste

Tofu Mushroom Stir Fry

Mushroom
Garlic
Onion

Tofu Sambal

Sambal
Garlic
Onion

Pork Yellow Curry

Coconut
Mushroom
Onion
Yellow Curry Paste