## Indian Dining with Celiac Disease

- Understand the menu
- Make special requests
- Ask the wait staff questions

<table>
<thead>
<tr>
<th>On the menu</th>
<th>What it contains</th>
<th>How to order Gluten-Free</th>
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<tr>
<td>Vegetable Pakoras</td>
<td>Deep fried fritters made of stir-fried vegetables, onions, other seasonings, coated in a chick pea batter. Served with sauces, chutneys, or Raita (a yogurt mixture with cilantro and cucumber).</td>
<td>Ask if the pan used to fry the fritters is used to fry any wheat-containing products. Check that the chick pea batter contains no other flour. Avoid sauces as they might contain hidden gluten.</td>
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<tr>
<td>Chicken/Tofu/Shrimp Tikka or Tandoori</td>
<td>Marinated (spices and yogurt) meat/tofu that is skewered and roasted in a special oven. Served with fresh lemon.</td>
<td>Ask about the spices and seasonings. Avoid those with a wheat ingredient added to prevent caking.</td>
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<tr>
<td>Palaak Paneer</td>
<td>Diced homemade cheese cooked with spinach, butter, cream, and spices.</td>
<td>Check if any of the spices have a wheat ingredient.</td>
</tr>
<tr>
<td>Gosht Tikka Masala (any variety)</td>
<td>Your choice of meat/tofu cooked with tomato, yogurt, and spices.</td>
<td>Check if any of the spices have a wheat ingredient. Ask if any wheat flour has been added to thicken the curry.</td>
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<tr>
<td>Chana Masala</td>
<td>Whole chick peas cooked with onions, tomatoes and a mixture of spices.</td>
<td>Check if any of the spices have a wheat ingredient. Ask if any wheat flours have been added to thicken the curry.</td>
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<tr>
<td>Dhal Makhani</td>
<td>Whole lentils cooked with onions and spices, sauteed in butter.</td>
<td>Check if any of the spices have a wheat ingredient.</td>
</tr>
<tr>
<td>Gosht Biryani (any variety)</td>
<td>Your choice of meat/vegetables stir-fried in saffron-cooked basmati rice with fresh herbs and ground spices.</td>
<td>Check if any of the spices have a wheat ingredient.</td>
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</tbody>
</table>
Check out these excellent resources:

- Triumph Dining (www.triumphdining.com)
- Let’s Eat Out! Your passport to living Gluten and (www.rnrpublishing.com)
- www.celiactravel.com/restaurant-cards.html

Avoid: Rotis, Naans (wheat flatbreads), Parathas (stuffed flatbread), and Puris (fried flatbread) as they are made with wheat flour. Ask if any wheat components have been used to thicken sauces. Find out about their spices or masalas. Avoid Gulab Jamun (a deep-fried dessert made of wheat flour and milk).

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**On the menu** | **What it contains** | **How to order**
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Raas Malai | Homemade cheese patties, soaked in milk syrup. Garnish usually contains saffron and nuts. | Check that no wheat products were used to thicken the milk syrup.
Kheer/Pongul | Rice pudding cooked in sweetened milk, garnished with raisins, nuts, and saffron. | 

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**Keep in mind:**

- If an utensil, preparation or cooking surface is used for foods that need to be avoided, ask for it to be cleaned before cooking your meal. To be extra safe, ask for disposable tin foil to be used.

**TIPS:** Bring your resources and GF condiments with you to the restaurant or out to a family/friend’s.

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**English**

I have an illness called Celiac Disease and have to follow a strict gluten-free diet.

I may therefore become very ill if I eat food containing flours or grains of wheat, rye, barley and oats.

Does this food contain flour or grains of wheat, rye, barley or oats? If you are at all uncertain about what the food contains, please tell me.

I can eat food containing rice, maize, potatoes, all kinds of vegetables and fruit, eggs, cheese, milk, meat and fish – as long as they are not cooked with wheat flour, batter, breadcrumbs or sauce.

Thank you for your help.