

NUTRITIOUS + NUTRITIOUS

FOOD MENU

URBAN INDIAN FOOD

NIBBLES

Poppadoms served with mango chutney (vegan) & mint and coriander dip (non-vegan). £3.30 (V) 🌱

Chana Jor Garam a street food favourite; finely chopped red onions, tomatoes & chilli on a chickpea base. £3.70 (V) 🌱

Kurkuri Bhindi crispy okra spiced with garlic and ginger, the perfect side snack. £4.70 (V) 🌱

STARTERS

Chilli Paneer battered paneer nuggets with fried vegetables & soya chilli sauce. £6.50 (V)

Vegetable Samosa Golden classic – spiced carrots, peas and potatoes in a thin crispy filo-style pastry with a tamarind chutney. £3.70 (V)

Spicy Coconut Petis coconut dumplings with a cassava and potato coating with a tamarind chutney. £4.10 (V) 🌱

Tuvar Kachori lentil dal and pigeon peas wrapped up in chickpea flour batter with tamarind chutney £3.70 (V)

Aubergine & Onion Bhaji a makeover of an onion bhaji; with aubergine and onions coated in a chickpea flour batter, served with our homemade mint chutney (non-vegan). £4.60 (V) 🌱

Chaat a refreshing Mumbai staple; masala spiced chickpeas layered with Greek yoghurt, sweet tamarind, mint & coriander chutney and pomegranate seeds.

With your choice of:

- Curly, crispy Kale £5.40 (V)
- Dal Kachori – lentils in a flaky pastry £5.90 (V)
- Vegetable Samosa £5.90 (V)

Nargisi Kofta minced lamb kofta, spiced with green chilli, coriander leaves and cumin surrounding a boiled whole egg, is reminiscent of the British Scotch egg. £7.90

Chilli Chicken crispy chicken with fried vegetables & soya chilli sauce. £6.70

Tawa Kasundi Salmon salmon fillet, with mustard, ginger, roasted with cumin and turmeric. £8.10 🌱

Chicken 50/60 a Tawa twist on the famous Chicken 65 – succulent chicken morsels cooked in crushed coriander with chilli and garlic. £6.50 🌱

Kashmiri Murgh chicken tenderized in a Greek yoghurt Kashmiri chilli and black salt served hot off the grill. £6.90 🌱

Lamb Chops tender grilled lamb chops marinated overnight in raw papaya and a blend of spices served with a kachumber salad. £8.50

MAINS

Charred Baingan Bharta smoked aubergine mashed with garlic, cumin and turmeric. Main £7.90 / Side £5.40 (V) 🌱

Kumbh Palak diced mushroom roasted with cumin, garlic and spinach puree. £7.90 (V) 🌱

Undhiyu a traditional Gujarati dish of seasonal vegetables. £8.40 (V) 🌱

Persian Pomegranate Chole chickpeas steeped in our fruity Persian Pomegranate tea blend before being simmered with masala potatoes in a tomato sauce. £8.40 (V) 🌱

Tadka Dal yellow lentil dal tempered with cumin, ginger and tomatoes. Main £6.90 Side £5.10 (V) 🌱

Dal Makhani velvety dal cooked slowly for hours with spices and flavoured with fenugreek leaves. Main £7.40 Side £5.40 (V) 🌱

Biryani tap a spoon through flaky pastry to uncover an aromatic steaming bowl of layered rice, slow cooked chicken or vibrant veggies, choose from:

Vegetable carrots, garden peas, French beans, cauliflower and potatoes. £10.50 (V)

Chicken tender marinated chicken pieces. £11.50

Courgette Kofta roasted courgette dumplings cooked in a spicy onion-tomato sauce. £8.40 (V)

Kadai Paneer spicy cumin and whole coriander seed flavoured paneer curry cooked with peppers and onions. £8.90 (V) 🌱

Nellore Fish Curry originating from the riverside city of Nellore; Tilapia fillets cooked in a shallot and mango sauce. £11.90 🌱

Cochin Prawn Curry king prawns sautéed in onions, ginger and fenugreek seeds with coconut milk. £13.90 🌱

Chicken Chettinad diced chicken thighs with traditional South Indian flavours tempered with black stone flower and curry leaves. £9.70 🌱

Nilgiri Chicken Korma a recipe brought down from the hill stations of India - succulent chicken cooked on the bone with tomatoes, coconut milk and poppyseeds. £10.40 🌱

Murgh Tikka Masala a well-known Anglo-Indian favourite; chicken thighs cooked in a rich masala sauce with crushed cardamom, cinnamon and star anise. £9.70 🌱

Tariwala Gosht slow cooked lamb simmered in a steaming 'tari' or gravy with classic Punjabi spices. £12.40 🌱

Mysore Lamb originating in the palaces of South Indian royalty; tender diced lamb smothered in garam masala, cooked with tomatoes, peppers and onions. £13.90

SIDES

Masala Chips fried potato tossed with chaat masala. £3.40 (V) 🌱

Plain Naan £2.40 (V)

Garlic and Coriander Naan £2.70 (V)

Butter Naan £2.70 (V)

Roti £2.40 (V)

Thepla fenugreek & ginger spiced roti. £2.70 (V)

Bombay Slaw Indian version of coleslaw with shredded cabbage and vegetables. £2.90 (V) 🌱

Kachumber Salad a simple accompaniment to any dish of chopped onions, tomatoes and cucumber with chilli and lemon juice. £2.90 (V) 🌱

Brinjal Raita smoked aubergine raita with onion and tomato. £2.70 (V) 🌱

Cucumber Raita traditional raita with cucumber and roasted cumin seed. £2.40 (V) 🌱

Basmati rice steamed rice. £2.80 (V) 🌱

Vegetable Pilau rice Mumbai style vegetable rice. £3.70 (V) 🌱

Malabar Paratha 2pcs of South Indian flaky layered bread. £3.10 (V)

Laccha Paratha 2pcs of wheat based South Indian layered bread. £3.10 (V)

SWEETS

Gajar Ka Halwa black carrot fudge with cardamom and seasonal fruit. £3.90 (V)

Gulab Jamun dumplings soaked in rose-flavoured syrup topped with Pistachio nuts £4.50 (V)

Brownie chocolate with a hint of raspberry, served hot. £4.20 add ice cream + £1.90 (V) 🌱

Kulfi with Gajar ka Halwa

A favourite combination of Indian ice cream with a black carrot fudge with cardamom £5.20 (V)

Kulfi Indian traditional ice cream, choose from: Mango with a hint of saffron and cinnamon or Pistachio with cardamom and rose petal. £3.90 (V)

Jack's Gelato Ice Cream Vegan pistachio or dairy favourite vanilla. £3.90 (V)

As all our dishes are prepared on site in our kitchen so we cannot guarantee an allergen-free environment and traces of allergens may be present. Please see our allergen guide or ask our staff for further details of ingredients. An optional service charge of 12.5% will be added to your bill for sit down meals.



