

AUTHENTIC + NUTRITIOUS

LUNCH MENU

URBAN INDIAN FOOD

TAWA SPECIALS



Tawa Wraps £7.40 
Choose from roti or thepla (+30p) filled with salad and your filling with far far and a dip


Add masala fries for £2.00

Tawa Rice £8.40 
Mumbai style rice with your selection of toppings


Select from one of our five fillings

Manchurian Vegetables crispy fritters in an Indo-Chinese sauce 

Achari Paneer lightly crisped paneer nuggets tossed in freshly roasted achari spices  

Chicken Taka Tak masala marinated chicken thighs with grilled peppers 

Hyderabadi Lamb Keema slow cooked lamb mince with Southern spice mix 

Kolivade Fish chick pea flour coated white fish with carom seeds 

SALADS

MEAL DEALS

Wrap + Salad £9.90

Wrap + Tawa Rice £9.90


Salads of the Day check with our staff for today's selection of freshly made salads

1 portion £3.70

2 portions £6.70


MEALS


Express Thali £10.70
Choose from Kadai Paneer or Murgh Tikka Masala with Dal Makhani, Roti, Rice, Far far, Raita and Pickle served on a traditional thali

Biryani £8.50 / £9.50
Aromatic steaming bowl of layered rice, with either marinated chicken (£9.50) or selection of vegetables (£8.50) 


EXTRAS

Vegetable Samosa spiced carrots, peas and potatoes in a thin crispy filo style pastry £1.00 each 

Tuvar Kachori lentil dal and pigeon peas wrapped in crispy chickpea flour batter £1.10 each 

Spicy Coconut Petis coconut dumplings with a cassava and potato coating £1.20 each  


Add a dip for 60p



Tawa Vegan Mayo 

Mint & Coriander 

Mango Chutney

Chilli Masala

Soup of the Day Vegetarian Soup £3.50 add a Roti (+£1.40) or Thepla (+£1.70) 

Masala Chips fried potato tossed with chaat masala. £3.40  

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 
- Dal Kachori – lentils in a flaky pastry £5.90 
- Vegetable Samosa £5.90 

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.



DRINKS MENU

AUTOMATIC + NUTRITIOUS

100% NATURAL FOOD

TEAS

Black Teas

English Breakfast Cup £2.50, Pot £3.00

Rich, full bodied assam

Organic Darjeeing Cup £2.80, Pot £3.30

The champagne of teas, light and floral

Decaff Ceylon £2.90, £3.40

Smooth, nuty, naturally decaffeinated

Sapphire Eark Grey £2.80, £3.30

Delicate early grey and citrus blue malva flowers

Signature Masala Chai £2.40

Classic chai with a spicy masala kick in a traditional kulhad, add sugar for the authentic Indian taste

Green Teas

Eight Secrets Cup £2.90, Pot £3.40

Blended with strawberry, lychee and mango

Fleur D'Orient Oolong Pot £3.70

Exceptionally smooth, floral and fruity

Dragonwell Green Cup £2.80, Pot £3.30

Renowned Lung Ching green tea

Wellness Teas

Mint & Ginger Cup £2.50, Pot £3.00

Fresh mint leave with shavings of ginger

Persian Pomegranate Cup £2.80, Pot 3.30

With hibiscus and liquorice, succulent and fruity

Citrus Camomile Cup Pot £3.90

With hibiscus and liquorice, succulent and fruity

COFFEES

	Regular	Large		Regular
Espresso	£2.20		Cortado	£2.50
Americano	£2.60	£2.80	Flat White	£2.70
Cappuccino	£2.80	£3.10	Matcha Latte	£3.20
Cafe Latte	£2.80	£3.10	Masala Latte	£2.95
Mocha	£2.50	£3.25	Tawa Turmeric Latte	£2.95

SOFT DRINKS

Coke 330ml	£2.60	Orange & Clementine 330ml	£2.90
Diet Coke 330ml	£2.40	Local Apple Juice 330ml	£2.90
Lemonade 330ml	£2.60	Water (still or sparkling) 330ml	£1.70
Ginger Beer 330ml	£2.60	Water (still or sparkling) 750ml	£3.90

Mango Lassi

Freshly made in-house with mint and cardamom £2.90

BEERS

Lagers

Kingfisher 330ml	£3.95
Cobra 620ml	£5.95
Peroni 330ml	£3.95
Corona 330ml	£3.95
Becks Blue 275ml	£2.95

IPAs and Craft Beers

Jaipur IPA 330ml	£4.50
BrewDog Punk IPA 330ml	£4.50
BrewDog Hazy Jane IPA 330ml	£4.50
BrewDog Alcohol Free IPA 330ml	£3.95