

NUTRITIOUS + NUTRITIOUS

FOOD MENU

URBAN INDIAN FOOD

NIBBLES

Poppadoms served with mango chutney (vegan) & mint and coriander dip (non-vegan). £3.90 (V) 🌱

Chana Jor Garam a street food favourite; finely chopped red onions, tomatoes & chilli on a chickpea base. £4.20 (V) 🌱

Kurkuri Bhindi crispy okra spiced with garlic and ginger, the perfect side snack. £4.90 (V) 🌱

STARTERS

Chilli Paneer battered paneer nuggets with fried vegetables & soya chilli sauce. £7.30 (V) 🌱

Vegetable Samosa Golden classic – spiced carrots, peas and potatoes in a thin crispy filo-style pastry with a tamarind chutney. £4.20 (V) 🌱

Spicy Coconut Petis coconut dumplings with a cassava and potato coating with a tamarind chutney. £4.60 (V) 🌱

Tuvar Kachori lentil dal and pigeon peas wrapped up in chickpea flour batter with tamarind chutney £4.20 (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). £5.30 (V) 🌱

Chaat a refreshing Mumbai staple; masala spiced chickpeas layered with Greek yoghurt, sweet tamarind, mint & coriander chutney and pomegranate seeds £6.30.

With your choice of:

- Curly, crispy Kale (V) 🌱
- Dal Kachori – lentils in a flaky pastry (V) 🌱
- Vegetable Samosa (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. £8.70

Chilli Chicken crispy chicken with fried vegetables & soya chilli sauce. £7.40

Tawa Kasundi Salmon salmon fillet, with mustard, ginger, roasted with cumin and turmeric. £8.70 🌱

Chicken 50/60 a Tawa twist on the famous Chicken 65 – succulent chicken morsels cooked in crushed coriander with chilli and garlic. £7.10 🌱

Kashmiri Murgh chicken tenderized in a Greek yoghurt Kashmiri chilli and black salt served hot off the grill. £7.20 🌱

Lamb Chops tender grilled lamb chops marinated overnight in raw papaya and a blend of spices served with a kachumber salad. £9.70

MAINS

Charred Baingan Bharta smoked aubergine mashed with garlic, cumin and turmeric. Main £9.70 / Side £6.30 (V) 🌱

Kumbh Palak diced mushroom roasted with cumin, garlic and spinach puree. £9.70 (V) 🌱

Undhiyu a traditional Gujarati dish of seasonal vegetables. £9.70 (V) 🌱

Persian Pomegranate Chole chickpeas steeped in our fruity Persian Pomegranate tea blend before being simmered with masala potatoes in a tomato sauce. £9.70 (V) 🌱

Tadka Dal yellow lentil dal tempered with cumin, ginger and tomatoes. Main £8.70 Side £5.90 (V) 🌱

Dal Makhani velvety dal cooked slowly for hours with spices and flavoured with fenugreek leaves. Main £9.30 Side £6.10 (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. £13.50 (V) 🌱

Chicken tender marinated chicken pieces. £14.50

Courgette Kofta roasted courgette dumplings cooked in a spicy onion-tomato sauce. £9.70 (V) 🌱

Kadai Paneer spicy cumin and whole coriander seed flavoured paneer curry cooked with peppers and onions. £10.70 (V) 🌱

Nellore Fish Curry originating from the riverside city of Nellore; Tilapia fillets cooked in a shallot and mango sauce. £13.30 🌱

Cochin Prawn Curry king prawns sautéed in onions, ginger and fenugreek seeds with coconut milk. £15.30 🌱

Chicken Chettinad diced chicken thighs with traditional South Indian flavours tempered with black stone flower and curry leaves. £10.90 🌱

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. £11.30 🌱

Murgh Tikka Masala a well-known Anglo-Indian favourite; chicken thighs cooked in a rich masala sauce with crushed cardamom, cinnamon and star anise. £10.90 🌱

Tariwala Gosht slow cooked lamb simmered in a steaming 'tari' or gravy with classic Punjabi spices. £13.70 🌱

Mysore Lamb originating in the palaces of South Indian royalty; tender diced lamb smothered in garam masala, cooked with tomatoes, peppers and onions. £14.90

SIDES

Masala Chips fried potato tossed with chaat masala. £3.90 (V) 🌱

Plain Naan £2.90 (V) 🌱

Garlic and Coriander Naan £3.10 (V) 🌱

Butter Naan £3.00 (V) 🌱

Roti £2.80 (V) 🌱

Thepla fenugreek & ginger spiced roti. £3.10 (V) 🌱

Bombay Slaw Indian version of coleslaw with shredded cabbage and vegetables. £3.70 (V) 🌱

Kachumber Salad a simple accompaniment to any dish of chopped onions, tomatoes and cucumber with chilli and lemon juice. £3.70 (V) 🌱

Brinjal Raita smoked aubergine raita with onion and tomato. £3.30 (V) 🌱

Cucumber Raita traditional raita with cucumber and roasted cumin seed. £3.10 (V) 🌱

Basmati rice steamed rice. £3.30 (V) 🌱

Vegetable Pilau rice Mumbai style vegetable rice. £4.10 (V) 🌱

Malabar Paratha 2pcs of South Indian flaky layered bread. £3.50 (V) 🌱

Laccha Paratha 2pcs of wheat based South Indian layered bread. £3.50 (V) 🌱

SWEETS

Gajar Ka Halwa purple carrot fudge with cardamom. £5.10 (V) 🌱

Gulab Jamun dumplings soaked in rose-flavoured syrup topped with Pistachio nuts £5.10 (V) 🌱

Brownie chocolate with a hint of raspberry, served hot. £4.90 add ice cream + £2.00 (V) 🌱

Kulfi with Gajar ka Halwa

A favourite combination of Indian ice cream with a purple carrot fudge with cardamom £5.70 (V) 🌱

Kulfi Indian traditional ice cream, choose from: Mango with a hint of saffron and cinnamon or Pistachio with cardamom and rose petal. £4.70 (V) 🌱

Jack's Gelato Ice Cream Vegan pistachio (V) 🌱 or dairy Coconut and Passion Fruit. £4.30

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.

For Images of items from the menu use QR Code



ALLERGENS

We cannot guarantee any of our products are suitable for those with allergies due to the risk of cross-contamination. The list below serves as a guide to the allergens that are specifically contained in our products, for additional enquiries please contact our staff.



NIBBLES / STARTERS

	Tree Nuts	Egg	Fish	Soybeans	Peanuts	Gluten	Lupin	Celery	Crustaceans	Milk	Sulphur Dioxide	Sesame	Molluscs	Mustard
Poppadoms														
Mint and Coriander Chutney									♦					
Tawa Vegan Mayo Chutney				♦										♦
Tamarind														
Chana Jor Garam														
Kurkuri Bhindi						♦								
Chilli Paneer				♦		♦		♦		♦				
Vegetable Samosa / Tuvar Kachori						♦								
Spicy Coconut Petis														
Aubergine & Onion Bhaji														
Chaat - Kale / Kachori / Samosa						♦				♦				
Nargisi Kofta		♦				♦				♦				
Chilli Chicken				♦		♦		♦						
Tawa Kasundi Salmon			♦							♦				♦
Chicken 50/60				(♦)										
Kashmiri Murgh										♦				
Lamb Chops										♦				

MAINS

Charred Baingan Bharta														♦
Kumbh Palak														♦
Undhiyu														♦
Persian Pomegranate Chole														
Courgette Kofta	♦									♦				
Kadai Paneer	♦									♦				
Tadka Dal														♦
Dal Makhani										♦				
Vegetable Biryani						♦				♦				
Chicken Biryani						♦				♦				
Nellore Fish Curry			♦											♦
Cochin Prawn Curry									♦					
Chicken Chettinad														
Nilgiri Chicken Korma														
Murgh Tikka Masala	♦									♦				
Tariwala Gosht														
Mysore Lamb				♦		♦		♦						

SIDES

Plain / Butter / Garlic and Coriander Naan		♦				♦				♦				
Roti						♦								
Thepla						♦								
Malibar Paratha / Laccha Paratha		♦				♦				♦				
Masala Chips														
Bombay Slaw				♦										♦
Kachumber Salad														
Basmati / Vegetable Pilao rice														
Raita - Cucumber / Brinjal											♦			

SWEETS

Kulfi - Mango or Pistachio (nuts)	(♦)									♦				
Gajar ka Halwa											♦			
Mango Lassi											♦			
Gulab Jamun with Pistachio (nuts)	(♦)					♦					♦			
Vegan Brownie														
Vegan Pistachio ice cream	♦													
Coconut & Passion Fruit, Vanilla ice cream											♦			