

Hot-Cold Appetizers

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| Aloo Papri Chat <i>A medley of garbanzo peas, potato and flour crisps, topped with a chutney-yogurt dressing</i> | \$ 5.95 |
| Onion Bhajia <i>Onion Fritters</i> | \$ 5.95 |
| Vegetable Pakoras <i>Juicy vegetable fritters with a tangy sauce</i> | \$ 5.95 |
| Samosa <i>Flakey pastry stuffed with lightly spiced peas and potato</i> | \$ 5.95 |
| Chicken Pakora <i>Juicy Chicken fritters with a tangy sauce</i> | \$ 7.95 |
| Cocktail Sheesh Kebab <i>Your Chef's recommendation</i> | \$ 7.95 |
| Prawn Patio <i>Shrimps sautéed with spices and herbs over a tiny naan</i> | \$ 8.95 |
| Appetizer Platter (Serves 2 to 3) | \$ 9.95 |

Tandoori Namoon

A Tandoor is a clay oven in which coal is aglow at all times. Meats, poultry and fish kebabs are grilled on long skewers over hot coals, never actually touching the coal.

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| The Tandoori Chicken <i>Spring Chicken marinated in our special yogurt with freshly ground spice, grilled to your order over a live flame</i> | Half: \$ 10.95 Full: \$ 19.95 |
| Chicken Tikka <i>Succulent nuggets of marinated chicken grilled in the Tandoor</i> | \$ 14.95 |
| Paneer Tikka <i>Our fresh home-made soft cottage cheese grilled in the Tandoor</i> | \$ 12.95 |
| Salmon Tikka <i>Fresh fish, spiced and grilled to perfection in a Tandoor</i> | \$ 15.95 |
| Prawns Tandoori Dum Anari <i>Large juicy prawns marinated and broiled on a coal flame</i> | \$ 17.95 |
| Tandoori Platter <i>Variety of Prawns, Chicken Tikka, Sheekh Kebab, Paneer Tikka, Fish Tikka</i> | \$ 24.95 |

Dariyayi Namoon (Seafood Specialties)

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| Mahi Tamatar (Fish Curry) <i>Cooked Bombay style in a light curry sauce with tomato</i> | \$ 15.95 |
| Zinga Jalfrazie <i>King prawns sautéed with fresh vegetables</i> | \$ 18.95 |
| Prawn Masala <i>Large prawns sautéed with ginger-garlic, golden onions and tomatoes</i> | \$ 18.95 |

Cinnamon: effective in strengthening and harmonizing the flow of circulation in the body; relieves pain and muscle tension.

Lamb / Beef Specialties

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| <i>Lamb / Beef Nilgiri</i> <i>A specialty from the Nilgiri Hills. Lamb/Beef cubes curried in a fresh mint and coriander sauce</i> | \$ 14.95 |
| <i>Lamb / Beef Roganjosh</i> <i>A specialty from Kashmir. Lean chunks of Lamb/Beef cooked in a rich almond sauce with a blend of fragrant spices</i> | \$ 14.95 |
| <i>Vindaloo</i> <i>Lamb/Beef cooked in a fiery red-hot curry sauce, for the lion hearted, a specialty of Goa</i> | \$ 14.95 |
| <i>Karachi-Kadai Gosht</i> <i>A Pakistani specialty. Lamb/Beef cooked with ginger, green pepper, tomatoes and hot spice in a deep iron wok</i> | \$ 14.95 |
| <i>Sali Boti</i> <i>A Parsi wedding specialty. Tender Lamb/Beef cubes stewed with freshly ground spice and dry apricots</i> | \$ 14.95 |
| <i>Gosht Patiala</i> <i>From the royal kitchens of Patiala State. Tender boneless Lamb/Beef pieces cooked with ground onion, ginger and garlic</i> | \$ 14.95 |
| <i>Bhoona Gosht</i> <i>Lamb/Beef pieces cooked in hot and spicy gravy</i> | \$ 14.95 |

Chicken Specialties

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| <i>Chicken Tikka Masala</i> <i>Barbecued chicken morsels cooked in an aromatic and deliciously zest sauce</i> | \$ 14.95 |
| <i>Butter Chicken</i> <i>A delicious preparation of julienne of tandoori chicken cooked in an exquisite creamy tomato base</i> | \$ 14.95 |
| <i>Chicken Curry</i> <i>Chicken cooked in a light curry sauce with tomato</i> | \$ 14.95 |
| <i>Saag Chicken</i> <i>Curried chicken cooked with chopped fresh spinach & a touch of cream</i> | \$ 14.95 |
| <i>Chicken Jalfrazie</i> <i>Julienne of chicken marinated with fresh ground spices and sautéed with tomatoes, onion & green pepper</i> | \$ 14.95 |
| <i>Chicken Korma Kashmiri</i> <i>Lightly spiced, cooked in an almond sauce with dried fruit</i> | \$ 14.95 |
| <i>Madras Chicken</i> <i>Curried chicken - a traditional recipe from Madras</i> | \$ 14.95 |
| <i>Chicken Kadai</i> <i>A traditional recipe from Karachi</i> | \$ 14.95 |
| <i>Chicken Keema</i> <i>Ground chicken lightly cooked with fresh ginger, garlic, cilantro and diced tomato</i> | \$ 14.95 |
| <i>Ginger Chicken Pepper Fry</i> <i>Hot and spicy</i> | \$ 14.95 |

Vegetarian Specialties

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| <i>Vegetable Jalfrazie</i> Fresh garden vegetables stir-fried | \$ 9.95 |
| <i>Daal</i> Simmered black lentils and red kidney beans sautéed with tomatoes, ginger, cumin seed and garlic | \$ 9.95 |
| <i>Mushroom Kaju Mutter</i> Curried mushrooms with cashew nuts and garden peas | \$ 9.95 |
| <i>Paneer Makhani</i> Our fresh home-made, soft cottage cheese stewed in a creamy tomato gravy | \$ 12.95 |
| <i>Chanma Masala</i> Garbanzo peas cooked with onions, tomato and spices in a tamarind sauce | \$ 9.95 |
| <i>Saag Paneer</i> Homemade cheese cooked in a freshly chopped spinach sauce | \$ 12.95 |
| <i>Eggplant / Aubergine Bharta</i> Grilled over charcoal, mashed, then cooked with fresh tomatoes, onions and spices | \$ 10.95 |
| <i>Cumin Potatoes</i> Potatoes sautéed with cumin seeds and herbs | \$ 9.95 |
| <i>Gobi Mutter</i> Cauliflower cooked with garden fresh peas | \$ 10.95 |
| <i>Bombay Aloo</i> Potatoes cooked in the Bombay style | \$ 9.95 |
| <i>Paneer Kadai</i> Fresh cottage cheese cooked with ginger, green pepper, tomatoes and hot spice in a deep iron wok | \$ 12.95 |
| <i>Bhindi Dil Bhar (Okra)</i> Fresh ladyfingers lightly sautéed with onion and herbs | \$ 10.95 |
| <i>Malai Kofta Curry</i> Cheese dumplings in a creamy cashew nut based sauce | \$ 12.95 |

Rice Specialties

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| <i>Basmati Pulao</i> Long grained Basmati rice cooked with pure saffron, and a touch of spice | \$ 4.50 |
| <i>Kashmiri Pulao</i> Cooked with dried fruit | \$ 6.95 |
| <i>Vegetable Pulao</i> Basmati rice cooked with garden vegetables, spice and yogurt | \$ 8.95 |
| <i>Gosht Biryani</i> A princely Moghul Dish. Lamb cubes marinated in yogurt and garam masala then steam-baked with Basmati Pulao rice | \$ 13.95 |
| <i>Chooza Biryani</i> Chicken marinated with spices and saffron, then steam-cooked with naturally fragrant Basmati rice | \$ 13.95 |



Ginger is one of the best herbs to relieve nausea; aids digestion and assimilation, relieves cold spasms and is also useful in arthritic conditions and as a tonic for the heart.



Garlic stimulates metabolism and is used both for chronic and acute diseases. Garlic treats weak digestion, genitourinary diseases, lung and bronchial infections and helps lower blood pressure.



Cloves have great antibacterial, antiseptic and analgesic properties



Cayenne Pepper: a strong stimulant that warms the centre, aids digestion, decongests the lungs, circulates the blood and vital force in the body.

Traditional Breads

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| <i>Naan or Roti</i> <i>Light and fluffy. Very popular with our guests</i> | \$ 2.25 |
| <i>Keema Naan</i> <i>Stuffed with chopped beef and herbs</i> | \$ 4.95 |
| <i>Fresh Garlic Kulcha</i> <i>Light bread stuffed with fresh garlic and coriander</i> | \$ 4.95 |
| <i>Kashmiri Naan</i> <i>Stuffed with cashew-nuts and dried fruits</i> | \$ 4.95 |
| <i>Onion Kulcha</i> <i>Delectable tandoori bread, stuffed with onion, cumin and mango powder</i> | \$ 4.95 |
| <i>Laccha Parantha</i> <i>Multi-layered flaky bread</i> | \$ 3.95 |
| <i>Alu Paratha</i> <i>Flaky stuffed potato, whole wheat bread</i> | \$ 4.95 |

Miscellaneous

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| <i>Raita</i> <i>Whipped fresh yogurt with cucumber, green chili and tomato</i> | \$ 2.95 |
| <i>Papad</i> <i>Lentil crackers</i> | \$ 2.50 |
| <i>Mango Chutney</i> | \$ 2.50 |
| <i>Mixed Pickles</i> | \$ 2.50 |
| <i>Fresh Garden Salad</i> | \$ 4.95 |

Desserts

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| <i>Mango Ice Cream</i> | \$ 3.95 |
| <i>Selection of Ice Creams</i> | \$ 3.95 |
| <i>Gulab Jamun (Milk dumplings dipped in honey and sugar syrup)</i> | \$ 5.50 |
| <i>Ras Malai (Milk croquettes in sweet milk and pistachio)</i> | \$ 5.50 |
| <i>Kheer (Rice Pudding)</i> | \$ 5.50 |

Pungent and spicy herbs can be understood to be stimulants that raise the general vitality of the body. They disperse internal congestion, relieve coldness and aid circulation of the blood and life force.



Turmeric has often been used to regulate the blood sugar in adult onset diabetes and is excellent in combination with other herbs to support liver function. It also has anti-inflammatory properties

Information on the properties of herbs and spices courtesy of Anita Armstrong, M.A. Certified Practitioner of Ayurvedic Medicine and Master Herbalist