

GLUTEN FRIENDLY

CURRY BOWLS

WITH RICE!

chicken 15.45

nee-ma's chicken curry

chicken khurana

chicken tikka masala

garlic chilli chicken **hot!**

homestyle chicken curry

seafood 16.45

goan fish curry

prawn nilgiri

lamb 16.45

delhi lamb curry

railway cabin lamb **hot!**

green lamb curry

keralan lamb curry

veggie side* 7.45 main 14.45

tarka daal

black butter lentils

saag paneer

chickpea curry

bangin' baigan

five spice aloo

veggie curry

*does not include rice

SALAD BOWLS

(MINUS THE CRISP HERB NAAN)

luscious lamb 14.95

chicken quinoa 13.95

avocado, chickpea & paneer 13.45

THE THALI

WITH RICE ONLY

thali or tamatanga thali 21.45 / 22.45

CLAY OVEN

WITH RICE ONLY

first-class lamb chops 17.45

tamatanga salmon 18.45

tandoori chick-chicken 16.45

the tama feast 21.95

veggie heaven 18.95

BIRYANI BOWLS

chicken 14.95

lamb 15.95

veggie 13.95

THE LITTLE EXTRAS

side salad with dressing 3.45

raita a refreshing mix of yoghurt & cucumber 3.75

pilau rice 4.45

DESSERTS

mellow mango sorbet 5.25

really raspberry sorbet 5.25

vanilla ice cream 5.25

strawberry ice cream 5.25

we're really sorry but we **cannot guarantee** that these items are 100% gluten free as there is always a chance of cross contamination