

# GLUTEN FRIENDLY

(Items on this menu do not use gluten containing ingredients)

## CURRY BOWLS

WITH RICE!

**chicken** 16.45

nee-ma's chicken curry  
chicken khurana  
chicken tikka masala  
garlic chilli chicken **hot!**  
homestyle chicken curry

**seafood** 17.45

goan fish curry  
prawn nilgiri

**lamb** 17.45

delhi lamb curry  
railway cabin lamb **hot!**  
green lamb curry  
keralan lamb curry

**veggie** side\* 8.25 main 15.95

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** 15.95

**chicken quinoa** 14.95

**avocado, chickpea & paneer** 14.45

## THE THALI

WITH RICE ONLY

**tamatanga thali** 26.95

## CLAY OVEN

WITH RICE ONLY

**first-class lamb chops** 19.45

**tamatanga salmon** 20.45

**tandoori chick-chicken** 18.45

**the tama feast** 25.95

## BIRYANI BOWLS

**chicken** 15.95

**lamb** 16.95

**veggie** 15.45

## THE LITTLE EXTRAS

**side salad with dressing** 3.45

**raita** a refreshing mix of yoghurt & cucumber 3.75

**pilau rice** 4.95

## DESSERTS

**mellow mango sorbet** 5.25

**really raspberry sorbet** 5.25

**vanilla ice cream** 5.25

**strawberry ice cream** 5.25

100% gluten free cannot be guaranteed due to the close proximity of gluten within our kitchens. We cannot guarantee non cross contamination of dishes. Guests who suffer from a severe sensitivity or coeliac disease should consider this risk. For allergy and intolerance information please refer to our allergens sheet. Please speak to a manager in advance of any allergens or intolerances

we must tell you that our food is prepared in a kitchen where

**ALLERGENIC INGREDIENTS MAY BE PRESENT**

so we can't guarantee that anything is  
100% free of these things at all times

please ask to see our allergy guide if you need any more information