

# VEGETARIAN & VEGAN MENU

## STARTERS

### NEW! COLOPATRA £4.50

Famous on the west coast of India, made from layers of colocasia leaves and a spiced gram flour filling, rolled then sliced, then diced. 🌶️

### SPICED POTATOES & GARLIC MUSHROOMS (D,W) £5.00

Soft and fluffy spiced potato balls served with sautéed mushrooms in garlic butter.

“BANG-BANG” CAULIFLOWER (D,W) £4.35  
Cauliflower coated in tandoori spices then roasted. Cauliflower never tasted so good!

ALOO TIKKI (D,W) £4.50  
Spiced mash potato patties served with a sweet and tangy tamarind sauce.

VEGETABLE SAMOSAS (W,D) £4.35

ONION BHAJI (W) £4.35

# SPICE FUSION LET'S GET VEGE!

## FOOD ALLERGY?

Before placing your order, please inform a member of our staff if you, or a person in your party has a food allergy. Foods prepared in the kitchen may have or have come in contact with peanuts, tree nuts, soybeans, milk, eggs, wheat, fish or shellfish. Meat and fish dishes may contain small bones.

Our menu is annotated with the following:  
W - Wheat D - Dairy N - Nuts  
Vegan dishes are GREEN

## ‘BEING GOOD’ OPTIONS

Our revolutionary 'Being Good' curries, sides and rice dishes are cooked with no added oil, ghee or any other fats and complement popular slimming programmes. All of our 'Being Good' dishes are **VEGAN**

### LOW-FAT RICE OPTIONS

‘BEING GOOD’ MUSHROOM RICE £3.60

‘BEING GOOD’ COCONUT RICE £3.60

STEAMED RICE £3.00

## LOW-FAT CURRIES

‘BEING GOOD’ VEGETABLE MADRAS CURRY £8.60  
Our famous medium hot curry, cooked with spices and tomatoes in a way that only we know how. 🌶️

‘BEING GOOD’ VEGETABLE BHUNA CURRY £8.60  
Gently cooked onions, tomatoes and peppers, garlic, ginger and coriander. A mildly spiced option.

‘BEING GOOD’ VEGETABLE JALFREZI CURRY £8.60  
With ginger, green chillies, red and green peppers and fresh coriander. The spicier choice. 🌶️

## LOW-FAT SIDE DISHES

‘BEING GOOD’ BOMBAY ALOO £4.35  
The famous British-Indian vegetable side dish now as a healthier option with the same flavour.

‘BEING GOOD’ FRESH VEGETABLES £4.35  
Healthy ‘speed’ vegetables cooked with spices for a tasty and fat-free accompaniment to your meal.

## ‘HAKKA NOODLES’

Offering you the chance to enjoy something different, with your choice of meat, fish or vegetables £8.60

VEGETABLE TANGRA HAKKA NOODLES (W)  
A hot and sour Indo-Chinese noodle dish with ginger, chillies and burnt garlic. 🌶️

VEGETABLE DHANSAK HAKKA NOODLES (W)  
Chef's own take on noodles - Flavoured with our spices, then tossed with a hot, sweet and sour Dhansak sauce. 🌶️

## CHEF'S SPECIALS

**VEGAN** DHANSAK RAMIR £10.60  
Tender grilled Ramiro pepper, filled with spiced chickpeas and mushrooms, served with a lentil-based Dhansak sauce; a vegan and vegetarian friendly dish. 🌶️

### NEW! CHEF'S SPECIAL

COTTON GREEN PANEER (D) £10.60  
A medium dish of paneer cheese with a blend of green peppers, green chillies, lashings of fresh coriander, mustard seeds, garlic and our unique tamarind sauce, gives this dish a fresh naturally green colour with huge flavours behind it. 🌶️

## TRADITIONAL VEGETABLE CURRIES

If you aren't sure of what's in each of these please ask. £8.60

KORMA (D,N)  
MASALA (D,N)  
BHUNA  
BALTI  
JALFREZI 🌶️

MADRAS 🌶️🌶️  
PATHIA 🌶️🌶️  
DHANSAK 🌶️🌶️  
VINDALOO 🌶️🌶️🌶️  
BIRYANI (W,D) (+£3)

## SIDE DISHES £4.35 each

‘BANG BANG’ CAULIFLOWER (D,W)  
Cauliflower coated in tandoori spices then roasted. Cauliflower never tasted so good!

BOMBAY ALOO  
Otherwise known as Bombay Potatoes.

SAG PANEER (D)  
Spinach cooked with paneer.

SAG ALOO  
Spinach cooked with fresh garlic tarka, with potatoes tossed in.

CHANA MASALA  
A chickpea delicacy cooked with fresh herbs and spices.

**NEW!** RAJMA MASALA  
Red kidney beans, fresh herbs, and spices, lightly garnished with red onions and coriander, Staple bean into an Indian delicacy!

BRINJAL BHAJI  
Aubergines chopped and fried, with herbs and spices.

BHINDI ACHARI  
Okra in lightly spiced, tangy sauce with caramelised Shallots and dried mango topped with pickled ginger.

TARKA DHAL (D)  
Lentils with fresh tomato, onion and ghee (clarified butter). A very rich and smooth dish.

MUSHROOMS & CORIANDER  
Cooked in light spices together with soy sauce.

ONION BHAJI (W)

CHIPS (£3.50)  
We know it's odd, but we know you want them!

**NEW!** SPICY CHIPS (£4.00)  
We know you want these even more!

## RICE OPTIONS

STEAMED RICE £3.00  
PILAU RICE (D) £3.20  
MUSHROOM PILAU RICE (D) £3.60  
COCONUT RICE £3.60  
‘BEING GOOD’ MUSHROOM RICE £3.60

## BREAD CHOICES

**NEW!** STILTON NAAN (W,D) £4.10  
We bet you've never had one of these before!

NAAN BREAD (W,D) £3.00  
GARLIC & CORIANDER NAAN (W,D) £3.20  
PESHWARI NAAN (W,D) £4.10  
ROTI (W) £3.00  
CHAPATI (W) £2.00

