

# GLUTEN FREE

## CURRY BOWLS

RICE INCLUDED!

**chicken** 11.95

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

**seafood** 12.95

goan fish curry  
prawn nilgiri

**lamb** 12.45

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

**veggie** *side* 5.75 *main* 11.25

tarka daal  
black butter lentils  
saag paneer  
chickpea curry  
bangin' baigan  
five spice aloo  
veggie curry

## SALAD BOWLS

(MINUS THE CRISP HERB NAAN)

luscious lamb 11.75  
chicken quinoa 11.45  
avocado, chickpea & paneer 11.25

## THE THALI

WITH RICE ONLY

thali or tamatanga thali 16.95 / 18.95

## CLAY OVEN

WITH RICE ONLY

first-class lamb chops 13.95  
tamatanga salmon 14.95  
tandoori chick-chicken 13.45  
chicken & lamb kebabs 14.95  
the tama feast 16.95  
veggie heaven 14.45

## BIRYANI BOWLS

chicken 11.45  
lamb 11.95  
seafood 12.95  
veggie 10.75

## LITTLE EXTRAS

side salad with dressing 2.95  
raita a refreshing mix of yoghurt & cucumber 3.45  
pilau rice 3.45

## DESSERTS

mellow mango sorbet 4.45  
really raspberry sorbet 4.45  
vanilla ice cream 4.25  
strawberry ice cream 4.25