

GLUTEN FRIENDLY

CURRY BOWLS

WITH RICE!

chicken 14.95

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

seafood 15.95

goan fish curry
prawn nilgiri

lamb 15.95

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

veggie side* main
6.95 13.95

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 14.95
chicken quinoa 13.95
avocado, chickpea & paneer 13.45

THE THALI

WITH RICE ONLY

thali or tamatanga thali 19.95 / 21.95

CLAY OVEN

WITH RICE ONLY

first-class lamb chops 16.95
tamatanga salmon 17.45
tandoori chick-chicken 15.95
the tama feast 21.95
veggie heaven 18.95

BIRYANI BOWLS

chicken 14.95
lamb 15.95
veggie 13.95

LITTLE EXTRAS

side salad with dressing 3.45
raita a refreshing mix of yoghurt & cucumber 3.75
pilau rice 4.25

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

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