

# GLUTEN FREE MENU

## *Chaat* (cold starter)

Indian Street Food

### BHEL POORI

Puffed rice with vegetables and homemade chutneys.

£3.95

## *Hot Starters*

### KALE ONION BHAJIYA

Crispy fried curly kale and onion fritters, signature chutney.

£3.75

### MINI UTTAPAM

Four pieces of lentil pizza topped with masala, tomatoes, onion and chilli. Served with coconut chutney and sambhar.

£4.50

### HOT IDLI

Steamed rice and lentil patties served with chutney and sambhar.

£4.25

## *Tandoori Starter*

From the Clay Oven

### PANNER TIKKA

Subtle cottage cheese to make, marinated then gently charred with Red and Green Capsicum. Served with mint chutney.

£5.95

### TANDOORI BROCCOLI

Spiced broccoli florets cooked in clay oven served with indian chutney.

£5.25

### PHIR WOHI MOTI

Stuffed mushrooms marinated with creamy cheese yoghurt and cooked fresh in clay oven.

£5.95

### TANDOORI BABY CORN

Tandoor Masala marinated baby corn from the Tandoor.

£5.25

### KETHAL KEBAB

Jackfruit marinated with Indian spices and touched with Tandoori Masala.

£5.25

### TEMPATATION PLATTER

Tandoori broccoli, Tandoori baby corn, Kathal Kebab, Paneer tikka.

£9.95

## *Garam Tave Se*

From the Hot Plate

*Dosa is a fermented crepè, made from rice batter and lentils. It is a staple diet in South India. All Dosa and Uttapam served with coconut chutney and sambhar.*

### MASALA DOSA

Traditional dosa filled with seasoned potatoes.

£6.50

### DOSA

Rice and lentil pancake. With your own filling, spinach/potato/chilli/jalapino/cheese /panner and capsicum. (Each topping £0.35).

£5.95

### UTTAPAM

South Indian lentil pizza with choice of toppings. Served with coconut chutney and sambhar.

£6.95

TOPPING: Onions, Green chilli, Tomato, Cheese, Jalapino (Each topping £0.35)

## *Thali*

(INDIAN TAPAS)

### TEMPTATION THALI

Steamed Idli, masal dosa, baby aubergine, sambhar, coconut chutney, baby spinach with garlic, Dal Tadka, kofta, raita, lemon rice and dessert.

£15.95

# Vegetable Speciality

(MAIN COURSE)

<b>VARLI BAINGAN</b> Baby aubergine cooked with sesame seeds and homemade masala, garnished with roasted poppy seeds.	£6.95
<b>VEGETABLE KORMA</b> Asparagus, courgette, baby corn, butternut squash, snow peas with southern Indian spices and coconut milk.	£7.25
<b>HARI BHARI BHINDI</b> Fresh okra tossed with pearl onion, tomato and ginger tempered with green chilli and fresh coriander.	£7.25
<b>MUSHROOM BELL PEPPER MASALA</b> Baby mushrooms cooked in Indian spice with bell peppers.	£7.95
<b>PANEER BUTTER MASALA</b> Home-made paneer in rich onion and tomato, cashewnut sauce.	£7.95
<b>SAAG PANEER</b> Spinach, home-made cottage cheese cooked with garlic, tomato and onion.	£7.50
<b>BABY SPINACH WITH GARLIC</b> Served with your choice of diced potato or sweetcorn.	£7.50
<b>VEGETABLE JALEFRAZI (FAIRLY HOT)</b> Mixed vegetables cooked in our chef's special homemade spices.	£6.95
<b>CHANNA MASALA</b> Chickpeas cooked in a special blend of aromatic spices with yoghurt.	£6.95
<b>DAL MAKHANI</b> A slow cooked rich creamy black lentils.	£7.50
<b>DAL TADKA</b> Lentil stew cooked with ginger, garlic, tomato, onion tempering with royal cumin seeds.	£6.25
<b>ALOO GOBHI MASALA</b> A classic combo of potato and cauliflower in Temptation masala sauce.	£6.95

## Side Dishes

<b>BOMBAY ALOO</b> Tender potatoes spiced with Indian herbs.	£3.25
<b>GOBI MASALA</b> Florets of cauliflower cooked in home-made masala.	£3.25
<b>PLAIN YOGHURT</b>	£1.95
<b>RAITA</b> Mixed with cucumber and carrots. Finished with cumin.	£2.25

## Rice

<b>BROWN RICE</b> Boiled brown rice.	£3.50
<b>SADA CHAWAL</b> Boiled Basmati rice.	£3.25
<b>KESAR PULAO</b> Basmati rice cooked with saffron, flavoured with cumin and bay leaf.	£3.50
<b>SPECIAL BIRYANI</b> Our Biryani is made with saffron-spiced, basmati rice, flavoured with cardamoms, cinnamon, cloves added with fresh vegetables. Served with raita.	£6.95
<b>LEMON RICE</b> Basmati rice tossed in lime tempered with crushed curry leaves.	£3.95
<b>GINGER RICE</b> Long grain rice tossed with chef's special ginger sauce.	£3.95

## Dessert

<b>GAJAR HALWA</b> Warm carrot fudge infused with cardamom and studded with nuts and raisins.	£3.50
<b>RICE PUDDING</b>	£3.50