



Exquisite North Indian - Punjabi Restaurant | St. Albans

ਜੀ ਆਇਆਂ ਨੂੰ

À LA CARTE MENU

Tripadvisor
Travellers'
Choice Awards



NON-VEGETARIAN STARTERS

Drunken King Prawn/ 8.99

marinated in white wine & crushed pepper, tossed with ginger & garlic



Prawn Honey Chilli/ 8.49

batter fried prawns tossed with natural honey, garlic & chillies



Lehsooni Whitebait/ 7.49

crispy fried, marinated with crushed garlic & caraway seeds in a gram flour batter



Squid Konkani/ 7.49

squid marinated with english mustard paste and stir-fried with curry leaves, mustard seeds & peppercorns



Mussels Hara Pyaz/ 7.49

steamed mussels cooked with Indian herbs, spring onions, garlic & chillies



Fish Amritsari/ 7.49

fried tilapia fish marinated in a ginger, garlic paste, carom seeds & chilli powder in gram flour



Batakh Ke Sule/ 8.99

chunks of duck marinated with indian rum; char-grilled in clayoven



Murg Malai Tikka/ 7.49

succulent boneless chicken supreme marinated in cheese, fresh spices & cream; char-grilled



Gilafi Seekh Kebab/ 7.99

skewered minced lamb wrapped in fresh aromatic vegetables; char-grilled



Paturee/ 7.99

shallow fried crab cakes with a hint of black pepper, ginger & coriander



Lamb Samosa/ 5.49

punjabi samosas filled with minced lamb & peas, fried to a golden crispy finish



Aachari Murg Tikka/ 7.99

chicken thigh marinated in yogurt, chillies & pickling spices; char-grilled



Assorted Non-Vegetarian Starters/ 10.49

assortment of lamb seekh kebab, chicken tikka, salmon tikka & lamb chop



VEGETARIAN STARTERS

Veg Samosa/ 4.99

punjabi samosas, stuffed with potato & peas, fried to a golden crispy finish



Hare Matar ki Aloo Tikki/ 4.49

crispy shallow-fried patties of mashed potatoes stuffed with peas topped with yogurt, tamarind & mint sauce



Onion Bhajiya/ 4.99

finely shredded potatoes, spinach and onions, spiced with fennel, deep-fried



Hara Bhara Kebab/ 5.99

deep-fried patties of lightly spiced spinach, with a tender heart of goat cheese



Tandoori Broccoli/ 5.99

spicy marinade, cooked over charcoal, smoky!



Aloo ka Pataka/ 5.99

whole potatoes scooped with mint, broken cashew-nut & raisin; char-grilled



Paneer Tikka/ 6.49

cottage cheese cooked over charcoal with indian herbs & spices



Honey Chilli Cauliflower/ 6.49

house speciality, stir-fried with natural honey, garlic and chillies



Assorted Vegetarian Starters/ 9.49

assortment of honey chilli cauliflower, paneer tikka, onion bhajiya & vegetable samosa



Soya Tikka Chaap/ 7.99

marinated soya chaap, char-grilled to perfection with aromatic spices



Can be made Nut Free on request



Can be Gluten Free on request



Can be made Vegan on request

MAIN COURSE TANDOOR

Tandoor is possibly the healthiest selection of our menu. The food is exposed to live fire convection cooking where marinated meats are punctured on a metal skewer and placed into the heated cylindrical clay oven. Juices from the meat drip on the charcoal & add a distinct flavour to its smoke

King Prawn Gulmohar/ 18.49

arabian sea king prawns, flavoured with a Lahori style tandoor masala; char-grilled



Salmon Tikka/ 15.99

boneless chunks of salmon flavoured with cumin seeds; char-grilled



Tandoori Sea Bass/ 15.99

sea bass stuffed with fish mince marinated in yogurt & chillies, cooked slowly in clay oven



Tandoori Chicken/ 11.99

a half-chicken, on bone, marinated & cooked in a traditional north indian style



Chicken Tikka Shaslik/ 11.49

chicken chunks with punjabi spices, skewered with pieces of onion & sweet peppers; char-grilled



Barra Champ Madira/ 17.99

soaked in a dark rum marinade overnight, spiced with secret ingredients; cooked over red-hot charcoals



Boti Kebab/ 12.49

boneless chunks of lamb marinated overnight in spicy yoghurt, and char-grilled to perfection



Mixed Non-Vegetarian Grill/ 22.99

assortment of king prawn gulmohar, salmon tikka, lamb chop, chicken tikka & gilafi seekh kebab



MAIN COURSE TAWA

A tawa is a heavy-based griddle used in Indian cooking and gives its name to a style of preparation, which needs constant stirring and attention. Most Tawa cooking uses a base of onions, tomatoes, ginger and garlic tempered with whole spices. In addition to the base, it takes sixteen different herbs and spices to create an authentic Tawa dish.

King Prawn Tawa/ 18.99

marinated in yoghurt, ginger & garlic; mixed with a special fenugreek-flavoured thick sauce



Tawe ki Bathak/ 16.49

pot-roasted with coriander, cumin & garlic; finished with a peppered chettinad gravy



Chicken Tawa Masala/ 11.49

tender chicken tikka cooked on a traditional tawa with aromatic spices; truly a sizzling sensation



Murg Palak Tawa/ 11.49

chicken tikka with onion, tomatoes, fenugreek & ground ginger; finished with a generous helping of spinach



Lamb 'Taka Tak' On Griddle/ 12.99

a splendid lamb dish clanking on the griddle; prepared with a thick sauce of onion & capsicums



Paneer Tawa Masala/ 9.99

cottage cheese prepared with thick sauce of indian spices, onion & capsicum.



Lobster Pepper Fry/ 29.99

lobster rubbed with lime and turmeric, tossed in indian spices; served on bed of naan bread

served to Tom Cruise back in 2012!



Vegetarian



Medium Spicy



Very Spicy



Spicy



Can be made Nut Free on request



Can be Gluten Free on request



Can be made Vegan on request

MAIN COURSE CURRY

Jhinga Kadai/ 14.99

queen prawns flavoured with coriander seeds; cooked in traditional kadai style



Allepey Seafood Curry/ 15.49

a varied mix of seafood stewed in coconut based gravy, tempered with mustard seeds & curry leaves



Fish Tikka Curry/ 15.49

char-grilled fish tikka tempered with curry leaves, mustard seeds; finished with coconut milk



Murg Tikka Lababdar/ 11.99

our version of the classic chicken tikka masala

served to Tom Cruise back in 2012!



Chicken Korma/ 11.49

diced chicken breast cooked in a rich cashew nut & coconut gravy; finished with fresh cream



Kori Gassi/ 11.49

thin spicy chicken curry, flavoured with ground red chillies, coriander seeds, cumin, coconut & garlic; finished with tangy tamarind



Kadai Chicken/ 11.49

chicken chunks enriched in onion & tomato gravy cooked in traditional kadai style



Chicken Khada Masala/ 11.99

homemade style chicken on bone cooked slowly with fresh spices



Laal Maans/ 13.99

traditional rajasthani speciality of diced baby lamb cooked with dried red chillies & crushed garlic



Lamb Pasanda/ 13.49

saffron-flavoured mild lamb dish, cooked in a yoghurt, cashew nut & almond paste; finished with cream.



Lamb Shank Xacuti/ 16.99

a curry from goa; lamb shanks cooked in Xacuti masala



Gosht Saagwala/ 12.99

sautéed lamb cooked with generous spinach & garlic



MAIN COURSE VEGETARIAN

Side - 8.49 | Main - 9.99

Kadai Paneer

a blend of cottage cheese & bell peppers enriched in an onion & tomato gravy



Paneer Makhani

char-grilled cottage cheese cubes cooked in a creamy tomato sauce



Aloo Gobi Adraki

stir-fried baby potatoes & cauliflower florets, cooked in punjabi style



Saag Bhaji/ Saag Aloo/ Saag Paneer

home-style spinach tempered with garlic & cumin seeds served on its own, or with the option of baby potatoes or indian cottage cheese



Mirch Aur Baigan Ka Salan

chillies & aubergines, stir-fried in south indian-style, in a roasted coconut, sesame seed, peanut & tamarind sauce



Vegetable Jalfrezi

fresh mixed vegetable cooked with red & green capsicum in a masala sauce



Aloo Hara Dhaniya- Bombay Aloo

baby potatoes lightly spiced with aromatic herbs; mixed with fresh coriander



Bhindi Do Pyaza

succulent fresh okra stir-fried in a pan with chopped onions & garlic



Mushroom Maki Masala

button mushrooms & corns cooked with onions and tomatoes; flavoured with fresh garlic



Pindi Chana

chickpeas cooked with gram-flour and punjabi spices



Dal Tadka

yellow lentils, tempered with cumin seeds and tomatoes

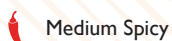


Dal Makhani

house speciality - black-lentils, simmered overnight on charcoal, then finished with cream



Vegetarian



Medium Spicy



Very Spicy



Spicy



Can be made Nut Free on request



Can be Gluten Free on request



Can be made Vegan on request

DUM BIRYANI

Dum cooking is an ancient mention of Indian food preparation. Semi cooked meat or vegetables with partially cooked rice sealed in "Handi", which is then covered on all sides with glowing embers to give even heat throughout. This particular style does not allow moisture to form inside the "Handi" ensuring the food is cooked in its own juices, thus retaining its full flavour.

served alongside raita (punjabi yogurt) or vegetable curry

Lamb Hyderabadani Biryani/ 13.99



Chicken Yakhani Biryani/ 13.49



Prawns Sofyani Biryani/ 14.99



Veg Biryani/ 11.49



BREADS

Naan/ 3.49



Garlic Naan/ 3.99



Peshawari Naan/ 4.99

stuffed with desiccated coconut, almond & dry fruits; topped with sesame seed

Roti/ 3.49

whole wheat bread – healthier option indeed!



Kulcha/ 4.99

naan stuffed with your choice of filling: potato • mixed vegetable • grated cheese and onion

Keema Naan/ 5.49

stuffed with minced lamb

Warqi Paratha/ 5.49

house speciality; a multi-layered flaky fine flour bread

Churchur Naan/ 4.99

a cherished punjabi flatbread known for its distinct texture and filling, crowned with crispy papadums

RICE

Plain Basmati/ 3.49



Jeera Pulao/ 3.99

cumin-flavoured basmati rice



Mushroom Rice/ 4.99



Lemon Rice/ 4.49

lemon-flavoured rice tossed with curry leaves, lentils, mustard seeds.



SALADS & EXTRAS

Raita/ 3.49

Plain yogurt mixes with your choice of: onion • tomato • cucumber • cumin • potato • mint • mix vegetable



Garden Salad/ 3.99

a fresh addition, sliced & chopped



Papadum/ 1.49

plain fried or spicy roasted



Masala Papadum/ 2.49

plain or spicy roasted papadum topped with onion, tomatoes, coriander & house spices

Chutney Tray/ 1.49

minted yoghurt, house special mango chutney & chopped onion salad

 Vegetarian

 Medium Spicy

 Very Spicy

 Spicy

 Can be made Nut Free on request

 Can be Gluten Free on request

 Can be made Vegan on request

Please notify your waiter of any dietary requirements before ordering, as there is a slight risk of cross-contamination, particularly with deep-fried items.

All prices are in GBP and inclusive of VAT. | A discretionary service charge of 10% will be added to your total bill.

KIDS MENU

Potato Wedges/ 3.49

Fish Amritsari/ 7.49

fried tilapia fish marinated in a ginger, garlic paste, carom seeds & chilli powder in gram flour



Murg Malai Tikka/ 7.49

succulent boneless chicken supreme marinated in cheese, fresh spices & cream; char-grilled



Onion Potato Bhajiya/ 4.99

finely shredded potatoes, spinach and onions, spiced with fennel, deep-fried



Paneer Tikka/ 6.49

cottage cheese cooked over charcoal with indian herbs & spices



Salmon Tikka/ 15.99

boneless chunks of salmon flavoured with cumin seeds; char-grilled



Murg Tikka Lababdar/ 11.99

our version of the classic chicken tikka masala

served to Tom Cruise back in 2012!



Chicken Korma/ 11.49

diced chicken breast cooked in a rich cashew nut & coconut gravy; finished with fresh cream



Lamb Pasanda/ 13.49

saffron-flavoured mild lamb dish, cooked in a yoghurt, cashew nut & almond paste; finished with cream.



Paneer Makhani

char-grilled cottage cheese cubes cooked in a creamy tomato sauce



Plain Basmati/ 3.49



Naan/ 3.49



Peshawari Naan/ 4.99

stuffed with desiccated coconut, almond & dry fruits; topped with sesame seed

Kulcha/ 4.99

naan stuffed with your choice of filling: potato • mixed vegetable • grated cheese and onion



Vegetarian



Medium Spicy



Very Spicy



Spicy



Can be made Nut Free on request



Can be Gluten Free on request



Can be made Vegan on request