

# LUNCH MENU













# SUTRA

PAN INDIAN KITCHEN & BAR

168A MAIN ROAD, ROMFORD, ESSEX RM2 5HS ☎ 01708 594 050












## TIFFIN

<b>Idly</b> .....	6.00
Soft steamed rice cakes, served with sambar and chutney.	
<b>Medu Vada</b>  	6.00
Crispy lentil doughnuts, deep-fried to perfection.	
<b>Idly Vada Combo</b> .....	6.00
A combination of idly and medu vada for variety.	
<b>Poori Bhaji</b> .....	8.00
Fluffy deep-fried bread served with mildly spiced potato masala & cauliflower korma.	
<b>Plain Dosa</b> 	7.00
Crispy classic rice and lentil pancake	
<b>Masala Dosa</b> 	8.00
Dosa stuffed with spiced potato filling	
<b>Mysore Masala Dosa</b> 	8.00
Spicy red chilli chutney dosa with potato filling	
<b>Chilli Cheese Podi Dosa</b>  	9.00
Dosa layered with chilli, cheese and podi spice.	
<b>Paneer Masala Dosa</b>  	9.00
Dosa filled with spiced cottage cheese filling.	
<b>Set Dosa</b> 	8.00
Soft and fluffy pan cakes, served in a set of 2 with chutney & sambar	
<b>Onion Uttapam</b> 	8.50
A popular dish of South India made like pan cakes with rice batter with onion toppings	
<b>Mix Veg Uttapam</b> 	8.50
South Indian pan cakes made with rice batter with mix veg toppings	

## STREET FOOD

<b>Vada Pav Sliders</b>  	6.50
Spiced potato fritters served in mini bread with chutneys	
<b>Mumbai Pav Bhaji</b>  	8.00
Medley of smashed vegetable curry served along with butter buns	
<b>Aloo Tikki Chaat</b>  	8.00
Crispy potato patty topped with chutneys and sweet yoghurt	
<b>Papdi Chaat</b>  	8.00
Crisp wafers topped with spiced yoghurt chutneys and chickpeas	
<b>Samosa Chana Chaat</b>  	8.50
Crisp Punjabi samosa topped chickpeas curry, sweet yoghurt & chutneys	


## INDO- CHINESE







<b>Chilli Garlic Paneer</b>   	10.00
Stir fried cottage cheese with spicy chilli and garlic sauce.	
<b>Masala Mogo</b>  	9.00
Fried Cassava tossed in tangy spice mix.	
<b>Manchurian Gobi / Veg</b>  	9.00 / 10.00
Crispy cauliflower florets or veg balls tossed in special Indo-Chinese sauce.	
<b>Chilli Chicken</b> 	10.00
Juicy chicken tossed in fiery soya based sauce with onions & peppers	
<b>Fried Rice (vegetable/chicken/prawn)</b> 	8.00/9.00/9.50
Wok tossed with your choice of filling	
<b>Schezwan Fried Rice(vegetable/chicken/prawn)</b> 	8.50/9.50/10.00
Spicy wok tossed rice with a kick of Schezwan sauce	
<b>Hakka Noodles (vegetable/chicken)</b> 	9.00/10.00
Stir fried egg noodles with vegetables or chicken	

## BURGERS & ROLLS

<b>Aloo Tikki Burger with Chips</b> .....	8.00
Spiced potato patty burger, garlic mayo served with crispy chips.	
<b>Chicken Tikka Burger with Chips</b> .....	9.00
Grilled chicken tikka patty burger, tandoori mayo with chips.	
<b>Paneer Kathi Roll with Salad</b> .....	8.00
Grilled paneer wrapped in soft parotta with mint sauce and onion salad.	
<b>Chicken Kathi Roll with Salad</b> .....	9.00
Juicy chicken tikka wrapped in soft parotta with mint sauce & onion salad.	

## BIRYANI COMBOS

<b>All biryanis Served with Gobi 65 or Chicken 65, Veg Raita and Mirchi ka salan</b>	
<b>Vegetable Biryani</b> 	11.00
Fragrant rice with assortment of root vegetables	

<b>Jack fruit Biryani</b>  	11.00
Layered rice with spiced chunks of jackfruit cooked together	
<b>Chicken Dum Biryani</b>  	12.00
Layered rice with spiced chicken cooked together	
<b>Dum Gosht Biryani</b>  	14.00
Aromatic layered rice with tender lamb cooked with royal spices.	

## SET LUNCH

**2 COURSE - £14.50\* | 3 COURSE - £16.50\***

(All Served with choice of rice or naan & salad)

### STARTERS (Choose Any 1)

<b>Onion Bhaji</b>  
Finely sliced onions smothered in fragrant spiced battered fried to crispy perfection.
<b>Lamb Samosa</b> 
Flaky pastry stuffed with spiced lamb mince fried to perfection.
<b>Sixty Five Gobi / Chicken</b>
Bold Cauliflower / chicken crispy bites with curry leaves
<b>Chicken Lollipop</b> 
Spicy fried chicken niblets served with spicy tangy sauce
<b>Fish Amritsari</b> 
Crispy fried fish bites marinated with spiced gram flour batter

### MAINS ( Choose Any 1)












<b>Mix Veg chettinad</b> 
Coconut based vegetable curry with South Indian spices.
<b>Mushroom Mutter Masala</b> 
A rich tomato based gravy with mushroom and peas.
<b>Paneer Makhanwala</b>  
A rich & creamy tomato based curry with cubes of paneer. Mild and delicious!
<b>Butter Chicken</b>  
Chicken tikka cooked in rich tomato sauce with fenugreek leaves.
<b>Kadai Chicken</b>  
Chicken morsels cooked with onions and peppers in spicy sauce.
<b>Chettinad Chicken</b>
Fiery spiced coconut curry from South of India
<b>Lamb Rogan Josh (add £2)</b> 
A Kashmiri style slow cooked lamb curry.
<b>Lamb Kadai (add £2)</b>  
Lamb curry cooked in spiced tomato and capsicum gravy

### DESSERT (Choose Any 1)


<b>Gulab Jamun</b>
Deep-fried milk balls soaked in syrup.
<b>Gajar Ka Halwa</b>
Warm carrot pudding with nuts.

\* (Not for sharing)

## EXTRAS

<b>Mix Veg Raita</b>  	3.50
Spiced yogurt with carrots, cucumber & onions	
<b>Plain Basmati Rice</b> 	4.00
<b>Pulao Rice</b>  	4.50
<b>Roti Plain/Butter</b>   	3.00/3.50
Soft Whole wheat tandoori bread	
<b>Naan Plain/Butter</b>   	3.00/3.50
Traditional tandoori cooked leavened bread	
<b>Poori (2pcs)</b> .....	5.00
Leavened fried bread made with whole wheat flour	

**Contains :**  Vegetarian,  Gluten,  Nuts,  Dairy,  Vegan

Dishes marked  may contain eggs. We make every effort to avoid cross-contamination, but sadly can't guarantee dishes and drinks are allergen-free.

If you have any food allergies or dietary requirements please let us know in advance. Dishes suitable for vegan diets and gluten and dairy-intolerances are available. Detailed information on Allergens can be requested from the staff before ordering.

All meat and chicken used in our dishes are purchased from halal butchers. We use vegetable oil in all our products that contains genetically modified soya.