







MENU












168A MAIN ROAD, ROMFORD, ESSEX RM2 5HS

☎ 01708 594 050 🌐 sutrauk.com



SNACKS

Banana Chips 	2.50
Wafer thin lightly salted plantain chips	
Masala Peanuts   	4.50
Fried peanuts mixed with fine chopped onions, tomatoes & fresh coriander. Perfect with a pint!	
Poppadom Basket  	6.00
An assortment of variety poppadoms served with mango chutney & mint sauce	


SHORT EATS

Onion Bhaji  	5.50
Finely sliced onions smothered in fragrant spiced battered fried to crispy perfection.	
Aloo Bonda 	5.50
Potato Bondas are essentially balls of seasoned mashed potato dipped in a spicy chickpea flour batter and deep fried to a crispy texture.	
Punjabi Samosa  	5.50
Deep fried classic pastry stuffed with potatoes and peas	
Medu Vada  	5.50
Crispy savory donuts served with coriander coconut chutney	
Lamb Samosa 	6.00
Flaky pastry stuffed with spiced lamb mince fried to perfection	
Mutton Rolls 	6.00
Breadcrumbs coated curried mutton and potato pastry croquettes	

STARTERS

Chilli Garlic Paneer  	10.50
Stir fried cottage cheese with spicy chilli and garlic sauce.	
Masala Mogo  	9.50
Fried Cassava tossed in tangy spice mix.	
Gobi Manchurian   	9.50
Crispy cauliflower florets tossed in special Indo-Chinese sauce.	
Bhindi Jaipuri   	9.50
Thin sliced Okra coated with gram flour and fried with carom seeds and spices	
Sutra Special Pepper Chicken 	12.00
Tender chicken tossed in special green peppercorn sauce.	
Chicken Lollipop (6pcs) 	11.00
Spicy fried chicken chicken niblets served with spicy tangy sauce	
Chilli Chicken 	10.50
Juicy chicken tossed in fiery soya based sauce with onions and peppers	
Sixty Five (Gobi / Chicken) 	9.50 / 10.50
Bold Cauliflower/ Chicken bites with spices and curry leaves served in a poppadom basket.	
Mutton Pepper fry	11.00
Dry spiced lamb cooked in South Indian spices	
Fish Amritsari 	11.00
Crispy fried fish bites marinated with spiced gram flour batter.	
Curry Leaf Prawn Varuval	12.00
Succulent prawns cooked with curry leaves and fragrant spices.	







TANDOOR





Paneer Tikka Sizzler 	12.00
Cottage cheese grilled with onions peppers and tomatoes with spices served on a sizzler.	
Classic Chicken Tikka	11.50
Boneless chicken bites marinated with yogurt and spices grilled to perfection.	

Nizami Chicken Tikka 	11.50
Creamy spiced chicken tikka with royal spices	
Haryali Chicken Tikka	11.50
Chicken marinated in mint & coriander chutney cooked in the clay oven	
Tandoori Chicken	11.00
Classic roast chicken (half) with Tandoori spices.	
Charminar Sheekh Kebab	11.00
Minced Lamb kebab with herbs and spices.	








Adraki Lamb Chops	15.50
Lamb chops flavoured with ginger infused marination grilled to perfection.	
Tandoori Prawn Shashlik	15.50
Kind Prawns cooked with onions, tomato and mixed pepper along with tandoori spices for a smoky flavour served on a sizzler	
Mix Grill Sizzler 	28.00
Assortment of non veg tandoori delights served on a sizzler platter.	


STREET FOOD



Vada Pav Sliders  	6.50
Spiced potato fritters served in mini bread with chutneys	
Mumbai Pav Bhaji  	8.00
Medley of smashed vegetable curry served along with butter buns	
Papdi Chaat  	8.00
Crisp wafers topped with spiced yoghurt chutneys and chickpeas	

Aloo Tikki Chaat  	8.50
Crispy potato patty topped with chutneys and sweet yoghurt	
Samosa Chana Chaat  	8.50
Crisp Punjabi samosa topped chickpeas curry, sweet yoghurt and chutneys	



DOSAS & MORE



Plain Dosa 	8.00
Crispy classic rice and lentil pancake	
Masala Dosa 	9.00
Dosa stuffed with spiced potato filling	
Mysore Masala Dosa 	9.50
Spicy red chilli chutney dosa with potato filling	
Chilli Cheese Podi Dosa 	10.00
Dosa layered with chilli, cheese and podi spice.	
Paneer Masala Dosa 	10.00
Dosa filled with spiced cottage cheese filling.	
Set Dosa 	8.50
Also known as Sponge Dosa is a thick, soft and fluffy pan cake, served in a set of 2 with chutney.	
Onion Uttapam 	9.50
A popular dish of South India made like pan cakes with rice batter with onion toppings	

Mix Veg Uttapam 	10.00
South Indian pan cakes made with rice batter with mix veg toppings	


Chana Bhatura  	12.50
Spicy chickpea curry that is served with leavened fried bread made with plain flour. North India's Favourite!	


CURRIES & BIRYANIS


Mix Veg Chettinad 	10.50
Coconut based vegetable curry with South Indian spices.	
Bhindi Do Pyaza 	11.00
A famous North Indian dish made with Okra and double the amount of onions and spices	


Punjabi Chole 	10.50
Spiced Chickpea curry cooked in Pujabi Style	
Mushroom Mutter Masala 	11.00
A rich tomato based gravy with mushroom and peas. Best served with Jeera Rice!	


Palak Paneer 	12.50
Spiced spinach curry with stir fried paneer	

Paneer Tikka Lababdar 	13.00
Smoky paneer tikka in rich tomato gravy with onions and pepper	


Paneer Makhanwala 	12.50
A rich & creamy tomato based curry with cubes of paneer. Mild and delicious!	


Matar Paneer 	12.50
A classic Punjabi dish consisting of soft paneer cubes and green peas simmered in a rich, spiced & creamy gravy	

Daal Makhni 	10.00
Overnight cooked black lentils with cream and butter.	

Lasooni Daal Tadka 	10.00
Lentil curry tempered with garlic	

Dhaba Style Egg Curry	11.50
Egg curry is a deliciously rich onion tomato gravy.	


Butter Chicken 	13.50
Chicken tikka cooked in rich tomato sauce with fenugreek leaves.	

Kadai Chicken 	13.50
Chicken morsels cooked with onions and peppers in spicy sauce.	

Chettinad Chicken	13.50
Fiery spiced coconut curry from South of India	


Chef's Special Nalli Gosht	20.00
Slow cooked lamb shank with aromatic spices.	



Lamb Rogan Josh	15.00
A Kashmiri style slow cooked lamb curry.	

Lamb Kadai 	15.00
Lamb curry cooked in spiced tomato and capsicum gravy	


South Indian Fish Curry	15.00
Coconut based tangy fish curry made with South Indian Spices. Contains King Fish fillet	


Malabar Prawn Curry	16.00
Coconut based prawn curry from Kerala	

Vegetable Biryani 	12.00
Fragrant rice with assortment of mix vegetables	


Jack fruit Biryani  	12.50
Layered rice with spiced chunks of jackfruit cooked together	


Chicken Dum Biryani 	13.50
Layered rice with spiced chicken cooked together	


Dum Gosht Biryani 	14.50
Aromatic layered rice with tender lamb cooked with royal spices.	



Lamb Shank Biryani 	20.00
Spiced pulao rice cooked with Lamb shank	


RICE & NOODLES

Plain Basmati Rice 	5.00
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Pulao Rice 	6.00
Fragrant basmati rice with mild spices	

Jeera Rice 	6.50
Basmati rice Tempered with cumin seeds	



Lemon Rice / Mushroom Rice  	6.50
Zesty rice flavour with lemon and peanuts / Stir Fried Mushrooms tossed in Rice	



Fried Rice (Vegetable/Chicken/Prawn) 	7.50/8.50/9.50
Wok tossed rice with your choice of filling	



Schezwan Fried Rice(Vegetable/Chicken/Prawn) 	8.50/9.50/10.50
Spicy wok tossed rice with a kick of Schezwan sauce	



Hakka Noodles (Vegetable/Chicken) 	9.50/10.50
Stir fried egg noodles with vegetables or chicken	



BREAD BASKET




Roti Plain/Butter  	3.00/3.50
Soft Whole wheat tandoori bread	



Naan Plain/Butter  	3.00/3.50
Traditional tandoori cooked leavened bread	



Bullet Naan  	4.50
Spicy naan with green and red chilli	

Garlic Coriander  	4.00
Naan infused with garlic and coriander	

Cheese Naan  	4.50
Naan stuffed with mixed cheese	


Peshawari Naan   	4.50
Sweet naan stuffed with nuts and raisins	


Kheema Naan  	4.50
Naan stuffed with spiced lamb mince	


Malabar Parotta  	3.50
Flaky soft flatbread	


Bhatura (2pcs)  	6.00
Leavened fried bread made with plain flour	


EXTRAS

Mix Veg Raita 	4.00
Spiced yogurt with carrots, cucumber & onions	

Any Chutney 	2.00
Tamarind/ Coriander & mint / Mint & yogurt/ Mango	

Onion Salad 	3.00
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Kachumber Salad 	4.00
Fresh cucumber, onion and tomato salad with spices	


Green Salad 	5.00
Crisp green salad with cucumbers, tomato, carrots with simple lemon dressing	

BRUNCH BUFFET

Every Sunday 12.30 noon to 4 pm

Serving the best from our menu and many more to include Idlis, Medu vada, Uttapam, Kulchas & Parathas, Chaat, Indo-Chinese Dum Biryani etc.
For more information please ask a member of staff

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. All items are prepared on order hence it may take up to 25 mins to serve them. For larger tables times may differ. Please bear with us.

