




SUTRA

PAN INDIAN KITCHEN & BAR

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

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.

All our boneless chicken, meat and fish are procured from reliable suppliers & butchers. However there is a small chance of a bone or some cartilage that may be present in the meat or fish and cannot be completely ruled out due to the complexities of the manufacturing processes.



TIFFIN

Aloo Paratha (V) (G).....	8.00
Flatbread stuffed with spiced mashed potato filling, pan fried. Served with raita & pickle	
Paneer Paratha (V) (G) (D).....	9.00
Flatbread stuffed with spiced mashed potato & paneer filling, pan fried. Served with raita & pickle	
Chana Bhatara (V) (G).....	12.50
Fluffy deep-fried bread served with chickpeas curry.	
Plain Dosa (V) (G).....	8.00
Crispy classic rice and lentil pancake	
Masala Dosa (V) (G).....	9.00
Dosa stuffed with spiced potato filling	
Mysore Masala Dosa (V) (G).....	9.50
Spicy red chilli chutney dosa with potato filling	
Chilli Cheese Podi Dosa (V) (G) (D).....	10.00
Dosa layered with chilli, cheese and podi spice.	
Paneer Masala Dosa (V) (G) (D).....	10.00
Dosa filled with spiced cottage cheese filling.	
Pizza Dosa (V) (G) (D).....	10.50
A delicious fusion combining dosa base with Italian pizza toppings.	
Onion Uttapam (V) (G).....	9.50
A popular dish of South India made like pan cakes with rice batter with onion toppings	
Mix Veg Uttapam (V) (G).....	10.00
South Indian pan cakes made with rice batter with mix veg toppings	

STREET FOOD

Vada Pav Sliders (V) (G).....	6.50
Spiced potato fritters served in mini bread with chutneys	
Mumbai Pav Bhaji (V) (G) (D).....	8.00
Medley of smashed vegetable curry served along with butter buns	
Aloo Tikki Chaat (V) (G) (D).....	8.50
Crispy potato patty topped with chutneys and sweet yoghurt	
Papdi Chaat (V) (G) (D).....	8.00
Crisp wafers topped with spiced yoghurt chutneys and chickpeas	
Samosa Chana Chaat (V) (G) (D).....	9.00
Crisp Punjabi samosa topped chickpeas curry, sweet yoghurt & chutneys	
Paneer Tikka Wrap and Chips (V) (G) (D).....	9.00
Grilled paneer wrapped in soft naan with mint sauce and salad Served with chips	
Chicken Tikka Wrap and Chips (G) (D).....	9.50
Juicy chicken tikka wrapped in soft naan with mint sauce and salad Served with chips.	

INDO-CHINESE

Chilli Garlic Paneer (V) (G) (D).....	10.50
Stir fried cottage cheese with spicy chilli and garlic sauce.	
Masala Mogo (V) (G).....	10.00
Fried Cassava tossed in tangy spice mix.	
Gobi Manchurian (V) (V) (G).....	10.00
Crispy cauliflower florets or veg balls tossed in special Indo-Chinese sauce.	
Chilli Chicken (G).....	11.00
Juicy chicken tossed in fiery soya based sauce with onions & peppers	
Chilli Lollipop (6pcs) (G).....	11.00
Spicy fried chicken niblets served with spicy tangy sauce	
Fried Rice (Veg/Chicken/Prawn) (G).....	7.50/8.50/9.50
Wok tossed with your choice of filling	
Schezwan Fried Rice (Veg/Chicken/Prawn) (G).....	8.50/9.50/10.50
Spicy wok tossed rice with a kick of Schezwan sauce	
Hakka Noodles (Veg/Chicken/Prawn) (G).....	9.50/10.50/11.00
Stir fried egg noodles with vegetables or chicken	

contains: (V)Vegetarian, (G)Gluten, (N)Nuts, (D)Dairy, (V)Vegan.

BIRYANI COMBOS

All biryanis Served with Gobi 65 or Chicken Lollipop, Veg Raita and Mirchi ka salan

Vegetable Biryani (V) (G).....	12.00
Fragrant rice with assortment of root vegetables	
Chicken Dum Biryani (G).....	13.50
Layered rice with spiced chicken cooked together	
Dum Gosht Biryani (G).....	14.50
Aromatic layered rice with tender lamb cooked with royal spices.	
King Prawn Biryani (G).....	15.00
Aromatic layered rice with spiced king prawn cooked with royal spices.	

SET LUNCH & CURRY COMBOS

CURRY COMBO - £10.95 | 2 COURSE - £14.95*

3 COURSE - £16.95*

All served with choice of rice or naan & salad. (*Not for sharing)

STARTERS CHOOSE ANY 1

Onion Bhaji (V) (G).....	
Finely sliced onions smothered in fragrant spiced battered fried to crispy perfection.	
Gobi Sixty Five (V) (G).....	
Bold Cauliflower / chicken crispy bites with curry leaves	
Hara Bhara Tikki (V) (G).....	
North Indian Popular Patties made with spinach, paneer and potatoes, fried until crisp and golden.	
Lamb Samosa (G).....	
Flaky pastry stuffed with spiced lamb mince fried to perfection.	
Chicken Lollipop (G).....	
Spicy fried chicken niblets served with spicy tangy sauce	
Fish Amritsari (G).....	
Crispy fried fish bites marinated with spiced gram flour batter	

MAINS - CHOOSE ANY 1

Dhaba Style Veg Curry (V).....	
North Indian vegetable curry popular at road side eateries (Dhaba).	
Paneer Angara (V) (G) (D).....	
A fiery hot tomato, cashew and rich cream based curry with Paneer.	
Paneer Makhanwala (V) (G) (D).....	
A rich & creamy tomato based curry with cubes of paneer. Mild and delicious!	
Butter Chicken (G) (D).....	
Chicken tikka cooked in rich tomato sauce with fenugreek leaves.	
Kadai Chicken (G) (D).....	
Chicken morsels cooked with onions and peppers in spicy sauce.	
Chettinad Chicken	
Fiery spiced coconut curry from South of India	
Lamb Rogan Josh (add £2)	
A Kashmiri style slow cooked lamb curry.	
Lamb Kadai (add £2) (G) (D).....	
Lamb curry cooked in spiced tomato and capsicum gravy	

DESSERT - CHOOSE ANY 1 (3 COURSE ONLY)

Gulab Jamun (G) (D) (N).....	
Deep-fried milk balls soaked in syrup.	
Gajar Ka Halwa (G) (D).....	
Warm carrot pudding with nuts.	
Mango Kulfi (G).....	
Indian ice-cream with mango flavour.	
EXTRAS	
Mix Veg Raita (V) (G).....	3.50
Spiced yogurt with carrots, cucumber & onions	
Plain Basmati Rice (V).....	4.00
Pulao Rice (V) (G).....	4.50
Roti Plain/Butter (V) (G) (D).....	3.00/3.50
Soft Whole wheat tandoori bread	
Naan Plain/Butter (V) (G) (D).....	3.00/3.50
Traditional tandoori cooked leavened bread	
Bhatara (2pcs) (V) (G).....	6.00
Leavened fried bread made with Plain flour	