

“CURRIES & BIRYANIS”

Veg Deewani Handi    11.00

Rich, creamy, and flavorful North Indian curry made with assorted mixed vegetables simmered in a luscious gravy of onions, tomatoes, cashews, and cream.

Bhindi Do Pyaza  11.00

A famous North Indian dish made with Okra and double the amount of onions and spices

Punjabi Chole  11.00

Spiced Chickpea curry cooked in Pujabi Style

 **Baingan Ka Bharta**  11.00

Fire roasted eggplant mashed and cooked with chef's special spices. Punjabi-style!

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!

 **Paneer Angara**   13.00

A fiery hot tomato, cashew and rich cream-based curry with Paneer.

Daal Makhni   10.00

Overnight cooked black lentils with cream and butter.

Lasooni Daal Tadka   10.00

Lentil curry tempered with garlic

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 in aromatic spices and rich gravy

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

 **Saag Gosht** 15.00

A classic Punjabi curry with slow cooked lamb in a vibrant, spiced creamy spinach sauce

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

Chicken Dum Biryani  13.50

Layered rice with spiced chicken cooked together

Dum Gosht Biryani  15.00

Aromatic layered rice with tender lamb cooked with royal spices.

 **Lamb Shank Biryani**  20.00

Spiced pulao rice cooked with Lamb shank

 **King Prawn Biryani**  16.00

Aromatic layered rice with spiced king prawn cooked with royal spices.

All Biryanis are served with Raita  and Mirchi Ka Salan 

VEG SIDES

Curry Sauce 6.00

Curry sauce of your choice (Masala, Bhuna, Vindaloo or Madras)

Bombay Aloo 7.00

Lightly spiced potatoes in a tomato based sauce

Saag Aloo  7.00

Spinach & potato curry

Aloo Gobi 7.00

A dry dish made of potato & cauliflower with onions & tomatoes

Mushroom Bhaji 7.50

A dry dish made with sautéed mushrooms, onions & tomatoes

RICE & NOODLES

Plain Basmati Rice  5.00

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 / 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

 **Chef's Special Seafood Fried Rice**  ... 11.00

Wok tossed rice with mixed seafood like shrimps, squid, mussels mixed with Chef's special spices **(Weekend Special)**

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/Prawn)  9.50/10.50/11.00

Stir Fried Egg noodles with Mix Veg or Chicken or Prawns

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, almond powder and desiccated coconut

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 & coriander

Any Chutney   2.00

Tamarind/ Mint & yogurt/ Mango / Spicy Garlic

Onion Salad  3.00

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

Contains:  Vegetarian,  Gluten,  Nuts,  Dairy,  Vegan

Dishes marked  may contain eggs. **Weekend specials are available on Friday evenings, Saturday and Sunday all day.**

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.

SUNDAY BRUNCH BUFFET

Serving the best from our menu and beyond to include Authentic Dum Biryanis, Pani Poori, Chana Bhatara, Aloo Paratha and more.

Eat As Much As You Like!

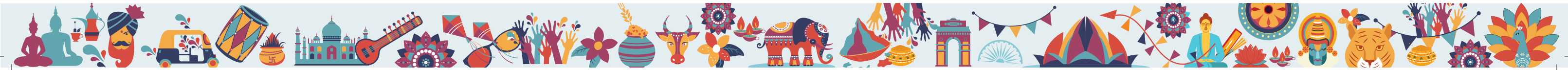
For more information please ask a member of staff.

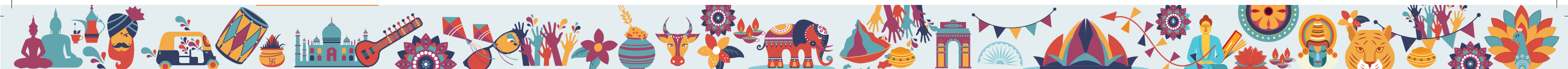


PAN INDIAN KITCHEN & BAR

168A MAIN ROAD, ROMFORD, ESSEX RM2 5HS

 01708 594 050  sutrauk.com





SNACKS

- Masala Peanuts  5.00
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
-  **Crispy Corn Mix** 6.50
Crunchy coated corn kernels mixed with finely chopped onion, tomato and fresh coriander

SHORT EATS

- Onion Bhaji  6.00
Finely sliced onions smothered in fragrant spiced battered fried to crispy perfection.
- Hara Bhara Tikki  6.00
North Indian Popular patties made with spinach, paneer and potatoes , fried until crisp & golden brown
- Punjabi Samosa  6.00
Deep fried classic pastry stuffed with potatoes and peas
-  **Mixed Veg Pakora** 6.50
Crispy Indian fritters made by coating thinly sliced veg in a chickpea flour and deep fried
- Lamb Samosa 6.50
Flaky pastry stuffed with spiced lamb mince fried to perfection
- Mutton Rolls 6.50
Breadcrumbs coated curried mutton and potato pastry croquette

STARTERS

- Chilli Garlic Paneer  10.50
Stir fried cottage cheese tossed in spicy chilli and garlic sauce.
- Masala Mogo  10.00
Fried Cassava tossed in tangy spice mix.
- Gobi Manchurian  10.00
Crispy cauliflower florets tossed in special Indo-Chinese sauce.
- Bhindi Jaipuri  10.00
Flatbread stuffed with spiced mashed potato & paneer filling, pan fried. Served with riata & pickle
- Gobi Sixty Five  10.00
Bold cauliflower bites with spices and curry leave, served in popadom basket
-  **Sutra Special Pepper Chicken** 12.00
Tender chicken tossed in Chef's Special green peppercorn sauce

- Chicken Lollipop (6pcs) 11.00
Spicy fried chicken chicken niblets served with spicy tangy sauce
- Chilli Chicken 11.00
Juicy chicken tossed in fiery soya based sauce with onions and peppers
- Mutton Pepper fry11.50
Dry spiced lamb cooked in South Indian spices
- Fish Amritsari 11.00
Crispy fried fish bites marinated with spiced gram flour batter.
-  **Tawa Fish Fry**12.00
King fish steak marinated in vibrant, spiced paste and shallow fried **(Weekend Special)**
- Curry Leaf Prawn Varuval12.00
Succulent prawns cooked with curry leaves and fragrant spices.
-  **Prawn Koliwada**12.00
A famous crispy and spicy deep fried prawn originating from Mumbai.

FROM THE TANDOOR

(All served on a sizzling platter with salad)

- Paneer Tikka Sizzler  12.50
Cottage cheese grilled with onions peppers and tomatoes with spices served on a sizzler.
- Classic Chicken Tikka 12.50
Boneless chicken bites marinated with yogurt and spices grilled to perfection.
- Nizami Chicken Tikka  12.50
Creamy spiced chicken tikka with royal spices
- Haryali Chicken Tikka 12.50
Chicken marinated in mint & coriander chutney cooked in the clay oven
-  **Butter Chicken Wings** 13.00
Bold tangy chicken wings marinated with spices served with rich butter chicken gravy

- Tandoori Chicken 11.50
Classic roast chicken (half) with Tandoori spices.
- Charminar Sheekh Kebab 11.50
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

-  **Salmon Tikka Sizzler** 16.00
King Prawn cooked with onion, tomato and mixed pepper along with tandoori spice for a Smokey flavour served on a sizzler **(Weekend Special)**

- Mix Grill Sizzler  29.00
Assortment of non veg tandoori delights served on a sizzler platter. Does not include Salmon

STREET FOOD

- Vada Pav Sliders  6.50
Spiced potato fritters served in mini bread with chutneys
- Mumbai Pav Bhaji  9.00
Medley of smashed vegetable curry served along with butter buns
- Papdi Chaat  9.00
Crisp wafers topped with spiced yoghurt chutneys and chickpeas
- Aloo Tikka Chaat  9.50
Crispy potato patty, topped with chickpeas curry, sweet yoghurt and chutneys
- Samosa Chana Chaat  9.50
Crisp Punjabi samosa, topped with chickpeas curry, sweet yoghurt and chutneys
- Dahi Batata Puri  9.00
From the streets of Mumbai featuring this all in one bite flavour blast of sweet yogurt, tamarind sauce and mint sauce filled crispy puri shells.

TIFFIN

-  **Mini Dosa Trio**  10.00
Taco sized variety dosas containing Masala Dosa, Mysore Masala and Paneer Masala. Perfect for sharing or trying these delicacies if you haven't!
- 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.

-  **Pizza Dosa**  10.50
A delicious fusion combining dosa base with Italian pizza toppings.

- Paneer Masala Dosa  10.00
Dosa filled with spiced cottage cheese filling.

- 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  13.50
Spicy chickpea curry that is served with leavened fried bread made with plain flour. North India's Favourite!

Contains:  Vegetarian,  Gluten,  Nuts,  Dairy,  Vegan



SUTRA
is a tribute
to the rich
and diverse
culinary
traditions of
India.

Our Pan-Indian restaurant brings together the essence of flavours from across the states of India, celebrating the diversity of spices, aromas, and stories that have been passed down through generations.

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