



## À La Carte Menu

### The meaning of Namaste

Namaste is derived from Sanskrit **namas** meaning *bowing* and **te** meaning *to you* - bowing to you.

Commonly translated as the divine light in me honours the divine light in you or the God within me greets the God within you.

Namaste is the recognition that we are **all** equal and share a common divinity.

To perform the namaste gesture, place your palms together in a prayer position in front of your heart and slightly bow your head.  
Bowing expresses love and respect.



**"One cannot think well, love well, sleep well, if one has not dined well."**

*Virginia Woolf*

*We welcome you to Namaste Lounge.*

**Namaste**



**SMALL PLATES**  
VEGETARIAN

<b>VEGETABLE PANJABI SAMOSA</b> Samosa stuffed with mixed vegetables and deep fried. (2 pieces)	3.45
<b>MASALA MOGO )</b> Cassava fried and tossed with chilli flakes, garlic, spices and tomato sauce.	6.95
<b>GARLIC CHILLI MOGO )</b> Cassava chips fried and tossed with fresh garlic & chilli.	6.95
<b>BATATA VADA )</b> Spicy mash potatoes coated with batter and deep fried. Served with chutney. (4 pieces)	6.95
<b>GARLIC CHILLI MUSHROOMS )</b> Button mushrooms marinated with chilli, garlic, spices and sautéed.	7.95
<b>ONION BHAJI</b> Sliced onions dipped in gram flour batter and deep fried.	6.45
<b>CRISPY BHAJIA</b> Potato roundels dipped in gram flour batter and fried till a golden crisp.	6.95
<b>CHILLI PANEER )</b> Cottage cheese cubes deep fried and tossed in the wok with chinese spices, peppers and onion.	8.45
<b>VEGETABLE MANCHURIAN )</b> Mixed vegetables with corn flour batter deep fried and tossed with Chinese sauce in a hot wok.	7.95
<b>MIXED VEGETABLE PLATTER</b> Assortment of batata vada, paneer tikka, garlic chilli mogo vegetable samosa and crispy bhajia.	12.95

) Hot dishes )) Extra Hot dishes

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**SMALL PLATES**  
NON-VEGETARIAN

<b>MEAT SAMOSA</b> Minced Lamb cooked with spices, wrapped in filo pastry and deep fried. (2 pieces)	4.50
<b>CHILLI CHICKEN )</b> Lightly battered diced chicken mixed with spices, fresh peppers, onions and garnished with spring onion.	8.95
<b>CRISPY FRIED CHILLI WINGS )</b> Tender Chicken wings marinated with kashmiri chilli, ginger, garlic and deep fried.	7.95
<b>CRISPY CHILLI LAMB )</b> Tender lamb pieces tossed with chinese sauces, fresh peppers and spices.	9.95
<b>GARLIC CHILLI FISH )</b> Tilapia fish pieces fried and tossed with spices, garlic, ginger, spring onion, chilli and chinese sauces.	9.95
<b>MALABAR PRAWNS )</b> Tiger Prawns fried and tossed with spices, garlic, ginger, onion and chilli	11.95
<b>TAWA FISH STEAMED )</b> Tilapia fish marinated in ginger, garlic, coriander and spring onions wrapped in a banana leaf.	9.45
<b>NAMASTE FISH TIKKI )</b> Salmon and cod fish tikki's marinated with chef's special spices.	9.45
<b>SPICY PEPPER CALAMARI</b> Squid marinated with indian spices covered with a crispy batter.	8.95

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## CHAAT COUNTER

**ALOO TIKKA CHAAT** 6.95  
Mashed new potato, chana, mint & tamarind chutney. V

**ALOO PAPDI CHAAT** 6.45  
Crunchy wafers garnished with potatoes, chickpeas & tamarind chutney. V

**SAMOSHA CHAAT** 6.95  
Punjabi Samosa crushed, topped with sweet & sour chutney. V

**PANI PURI** 6.45  
Puffed Wheat crisps served with potatoes, chickpeas, cumin and tamarind water. V

## FROM THE TANDOOR & GRILL

**KASUNDI PANEER TIKKA** 8.95  
Cubes of paneer delicately marinated in a classic kasundi marinade, cooked in a tandoor. V

**CHICKEN TIKKA** 8.95  
Chicken breast pieces marinated in kashmiri mirchi, spices, yoghurt, crushed garlic and cooked in a tandoor.

**LAMB MUSHKAKI )** 9.95  
Lamb fillet marinated with green chillies, crushed black pepper, ginger and garlic paste.

**LAMB SEEKH KEBAB** 8.95  
Traditional Mughlai minced meat with herbs, spices and cooked in a tandoor.

**MALAI TIKKA** 7.95  
Tender chicken breast pieces marinated in ginger, garlic, herbs and spices with yoghurt. Cooked in a tandoor.

**TANDOORI WINGS** 8.45  
Chicken wings marinated with yoghurt and spices. Cooked in a tandoor.

**TANDOORI CHICKEN - HALF / FULL** 8.50 / 15.00  
Chicken marinated with spices, yoghurt and cook.

**ADRAKI LAMB CHOPS** 10.45  
Spring lamb chops marinated with hot indian spice, yoghurt and cooked in a tandoor.

**NAMASTE MIXED GRILL** 17.45  
Tandoori chicken wings, adraki lamb chops, chicken tikka, malai tikka, lamb seekh kebabs.

**TANDOORI KING PRAWNS** 15.95  
King Prawns marinated with yoghurt, saffron, freshly ground spices and cooked in a tandoor.

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## CURRIES NON-VEGETARIAN

<b>BUTTER CHICKEN</b> Chicken cooked in a silky smooth sauce of tomatoes, spices, garnished with cream and butter.	9.45
<b>CHICKEN TIKKA MASALA )</b> Chicken breast pieces cooked in a spicy aromatic rich tomato and onion sauce.	8.95
<b>KADAI CHICKEN )</b> Chicken breast pieces cooked with spices, tomatoes and peppers served in a hot kadai.	8.95
<b>METHI CHICKEN )</b> Tender Chicken breast cooked in spinach puree and spices, finished with a dash of cream.	8.95
<b>CHICKEN JALFREZI ))</b> Chicken breast pieces cooked with chopped onions, peppers, tomatoes and indian spices.	8.95
<b>GOAT KEEMA MUTTER ))</b> Goat mince and green peas cooked in very spicy curry.	9.95
<b>RARA GOSHT )</b> Lamb pieces and lamb mince cooked with onions and tomatoes in a spicy masala sauce.	10.45
<b>LAMB CURRY )</b> Lamb cooked with kashmiri chillies, spices and served in a spicy sauce.	9.95
<b>DUCK CHETINAD )</b> Duck leg cooked with chetinad spices finished with a coconut cream.	10.95
<b>GOSHT BANJARA )</b> Baby lamb pieces and aubergine cooked with indian spices.	10.45
<b>MALABAR FISH CURRY )</b> Sea bass cooked with roasted south indian spices and coconut milk.	11.45
<b>GOAN PRAWN CURRY )</b> Tiger Prawns cooked with Goan spices, tamarind and coconut milk.	15.95
<b>LEG OF LAMB (24HRS NOTICE REQUIRED)</b> Slow cooked leg of lamb marinated in ginger and garlic served with a lamb curry sauce.	65.00

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## CURRIES VEGETARIAN

**DAL MAKHANI** 8.45  
Black urid dal cooked on a slow fire, garnished with cream and butter.

**TADKA DAL** 8.45  
Yellow chana dal cooked with spices, garnished with cumin, chopped garlic and green chilli.

**SAAG PANEER** 8.45  
Cottage cheese cooked with fresh spinach puree, spices and butter.

**KADAI PANEER )** 8.95  
Cottage cheese cooked with spices, tomatoes and peppers served in a hot kadai.

**PANEER MAKHANI** 8.95  
Cottage cheese cooked with tomato garnished with a dash of cream and butter.

**ALOO SAAG** 8.35  
Spinach and potatoes cooked with spices, garnished with a dash of cream and butter.

**BHINDI DO PYAZA )** 8.95  
Okra and shallots cooked with spices, tomatoes and onions.

**CHANA MASALA )** 8.25  
White chickpeas cooked in a spicy curry sauce.

**BOMBAY ALOO** 8.95  
Potatoes cooked with jeera & an onion tomato masala.

## BIRYANI

**DUM BIRYANI**  
Nawabi style Biryani prepared with basmati rice, sealed in a clay pot with dough and cooked on a slow heat. Served with cucumber raita as an accompaniment. Choose from:

**VEGETABLE** 8.95

**CHICKEN** 10.95

**LAMB** 10.95

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## ACCOMPANIMENTS NAAN / BREAD

<b>ASSORTED BREAD BASKET</b>	7.50
Butter Naan, Garlic Naan, Tandoori Roti	
<b>PLAIN NAAN</b>	2.85
<b>BUTTER NAAN</b>	2.85
<b>CHILLI NAAN</b>	3.55
<b>CHEESE NAAN</b>	3.95
<b>GARLIC NAAN</b>	3.45
<b>PESHWARI NAAN</b>	4.25
<b>KEEMA NAAN</b>	4.45
<b>TANDOORI ROTI</b>	2.85
<b>LACHHA PARATHA</b>	3.5

## RICE

<b>BASMATI RICE</b>	3.95
<b>JEERA RICE</b>	4.95
<b>PULAO RICE</b>	4.45

## SIDES / SALADS

<b>PUNJABI SALAD</b>	4.50
Onion, carrots, cucumber, radish, tomatoes, green chillies mixed in an olive oil dressing.	
<b>ORGANIC SPROUT SALAD</b>	4.75
Green moong sprouts, cucumber, tomatoes, onion, olive oil and lemon dressing.	
<b>ONION &amp; CUCUMBER SALAD</b>	3.50
Sliced onion, cucumber, chillis and lemon.	
<b>CUCUMBER RAITA</b>	4.00
Yoghurt mixed with cucumber & freshly ground cumin.	
<b>PLAIN YOGHURT</b>	2.50
<b>MIXED PAPADS</b>	2.50
<b>PLAIN PAPAD</b>	1.00
<b>ROASTED PAPAD</b>	1.00
<b>MASALA PAPAD</b>	2.00
Fried papadum sprinkled with onions, tomatoes and coriander.	
<b>POTATO CHIPS</b>	4.00
<b>SWEET POTATO FRIES</b>	4.50
<b>MASALA CHIPS</b>	4.50

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