

SNACKS

1. Malabar Poppadoms (VG) - £3.99

Curry lovers need no description to this - along with our home made chutneys

2. Banana Chips (VG & GF) - £3.75

Thin slices of raw banana crispy fried with a touch of salt and turmeric

STARTERS

3. Herbal Rasam Soup (VG) - £5.75

A peppery & spicy South Indian vegetable soup- famous for its digestional and medicinal qualities. Herbs and spices cooked with tamarind and tomatoes- A perfect and healthy Winter Warmer.

4. Okra Fries (VG*) - £6.95

Okra or Lady's finger as they are called in India, spiced and crispy fried

5. Vegetable Cutlet (VG) - £6.50

Crunchy snack with mix of mashed potato, oats and vegetable made into patty crumb fried into perfection.

6. Chilli Gobi (VG* & GF) - £6.95

Cauliflower coated with corn flour ,Peppers and our chefs own secret spice mix

7. Medhu Vada (VG & GF) - £5.99

Golden fried lentil doughnut ,fluffy in the middle and crispy on the outside served with sambar and chutney

8. Devilled Chilli Paneer (GF)- £8.99

Soft succulent paneer tossed with onions, peppers and our chef's own secret spice mix

9. Samosa - £5.99

Needs no introduction - triangle shaped filo pastry filled with spiced potatoes and vegetables

10. Crumb Coated Vegetable Spring Rolls - £5.99

A south Asian version of vegetable spring rolls- filled with onions, celery and mixed vegetables, rolled into a spring roll shape and coated with bread crumbs

11. Paani Puri - £5.99

Round hollow pastries filled with potatoes, red onions and coriander; filled with fine sev and a mint and tamarind sauce - a famous street food from the streets of Mumbai

12. Dahi Puri - £5.99

Dahi in Hindi means yoghurt - filled with vegetable stuffing and topped with homemade fresh yoghurt, fine sev, finely chopped onions, coriander, mint and tamarind sauce

DOSA

*{A thin pancake in south Indian cuisine made from a fermented batter of ground black gram and rice}
(All Dosa's are prepared Gluten free and accompanied with Sambar, Coconut and Tomato Chutney)*

13. Puraan Special Dosa (VG & GF) - £10.50

Puraan version of Masala Dosa - but with our chef's own twist of beetroots and spiced vegetable filling

14. Masala Dosa (VG & GF) - £9.50

Thin pancake filled with a mixture of potatoes and vegetables with tempered curry leaves and rolled

15. Ghee Dosa (GF)- £9.25

Plain Dosa cooked with Indian butter or Ghee as we call it - for that extra bit of taste

16. Cheese Dosa (GF) - £9.99

Thin pancake topped with melted cheese - south Asian version of Mexican Quesadilla

17. Podi Dosa (GF)- £9.25

Dosa cooked crispy thin and topped with a south Indian blend of ground spices and lentils

18. Plain Dosa (VG & GF) - £8.50

A thin pancake made with fermented batter of ground black gram and rice

IDLY

19. Dipped Sambar Idly (VG & GF*) 1 piece - £4.99

Sambar idly isn't just dipped; it's drenched in comfort

Top it up with :- Podi - 50p , Ghee -50p

20. IDLY SAMBAR (VG & GF*) - £8.75

Gently steamed rice and lentil cake served with sambar and chutney

IDIYAPPAM

21. IDIYAPPAM (VG & GF) - £8.99

String Hopper from Kerala, Made of rice flour pressed into noodles laid into flat disc served with Veg. Ishtu

KOTHU PAROTTA

(A popular street food from south India, Parotta shredded into small pieces and cooked with various spices and vegetable alike)

22. Kothu Parotta (VG) - £10.50

Parotta sliced to small pieces and tossed with vegetables & Chefs own special spice blend

23. Paneer Kothu Parotta - £11.50

Kerala Parotta sliced to small pieces and tossed with Paneer, spices and vegetables

CURRIES

24. Butternut Squash & Sweet Potato (VG & GF) -10.50

Butternut squash cooked with blend of whole spices ,garlic, sweet potato and coconut milk

26. Bread Fruit Curry (VG & GF) - £10.50

Our Chef's must try dish - Bread fruit cooked with a special sauce made with roasted coconut and south Indian spices - our bestselling curry dish

27. Ash Plantain & Aubergine (VG & GF) - £10.50

Ash plantain or green raw plantains - cooked with blend of whole spices, aubergines, coconut milk & mustard

28. Vegetable Ishtu (VG & GF) - £9.25

Ishtu or in other words a vegetable stew - a Christian breakfast favourite from southern state of Kerala - A creamy vegetable dish made with mixed vegetables, roasted spices, & coconut milk. Best accompanied with Appam - as we chef's say - a marriage made in heaven

29. Drumstick Sambar (VG) - £9.25

A staple of south Indian dish made with vegetables, lentils and onions...a perfect combination with plain rice

30. Daal Curry (VG & GF) - £9.25

A lentil stew prepared with turmeric powder and garlic and tempered with curry leaves and mustard seeds

31. Chole Masala (VG) - £9.99

From the state of Punjab comes this famous dish - known as chole masala, curry made with white chickpeas, freshly powdered spices, onions, tomatoes & herbs. Vegan and packed with healthy minerals, protein & fiber

32. Paneer Tikka Masala (GF)- £11.25

A customer favourite - cubes of paneer cooked with whole spices, cashew nuts and double cream

SIDES

33. Brinjal Mojo (VG & GF) - £7.50

Aubergines fried and cooked with spices and a tamarind sauce

34. Sabzi Bahar (VG & GF) - £7.50

Spinach, tomatoes and potatoes sautéed with turmeric, and tempered with garlic, cumin and mustard

35. Exotic Vegetables (GF) - £7.50

Broccoli and Baby corn steamed and cooked with ginger and fresh tomatoes

36. Spicy Potatoes (VG & GF) - £7.25

Boiled potatoes sautéed with a tomato relish, mustard and red chilli powder

BREAD

37. Kerala Parotta (VG) - £3.50

A leavened bread from the Indian state of Kerala; made with plain all-purpose flour, layered and battered softy & flakey - a must try with our unique curry dishes

38. Appam (VG & GF) - £3.50

Try this unique breakfast pancake from Kerala - fermented rice batter with coconut milk, crispy thin with a soft center - best accompaniment for our Ishtu and curries

39. Chapathi (VG) - £2.95

Indian Bread made with dough of whole wheat flour & cooked in a Tawa.

RICE

40. Biryani - £11.50

Sure!! this dish needs no introduction - layers of fresh vegetables cooked with garam masala and spices, layered with fragrantly spiced basmati rice - served warm with raitha and homemade pickle

41. Pulav Rice (VG) - £3.75

Basmati rice steamed with fragrant spices

42. Basmati Rice (VG) - £3.25

PURAAN THALI

(Thali is an Indian version of a set meal- all served in one plate- with a starter, curry, a side dish, rice, bread and dessert - A household staple from Indian cuisine)

43. Lunch Thali - £9.99

Consists of Rice, Side dish, Curry and a Dessert - (Available Mon-Thu Only till 4pm) (Eat in only)

44. Puraan Special Thali - £14.99

Consists of Poppadom, Banana chips, Pickle, Raitha, Daal, Side dish, Curry, Dessert, Rice. (Available all day on Sunday's Only) (Eat in only)

VG - Vegan & GF - Gluten free

- South Asians are well know for thier love of spicy food. So if you wish to be a bit adventurous, ask the chef's to cook your dish spicy
- Certain dishes may come with non-vegan sauces, and we can also prepare them gluten-free. Please feel free to ask our staff for assistance.
- A suggested gratuity of 10% will be added to your bill.
- if you have any food allergies or intolerances, speak to a member of our team to prepare the dishes accordingly. Some of our foods contain nuts and dairy.

10 Turnpike Lane, N8 0PT, London

Tel : 020 83 74 76 12 | Mail : info@puraan.co.uk | Web : www.puraan.co.uk