

### 1. MALABAR POPPADOMS (VG) - £3.99

CRISPY, GOLDEN DELIGHTS SERVED WITH OUR SIGNATURE CHUTNEYS, BRINGING A PERFECT START TO YOUR SOUTH INDIAN FEAST.

### 2. BANANA CHIPS (VG & GF) - £3.75

THIN, CRUNCHY SLICES OF RAW PLANTAIN FRIED TO PERFECTION AND BURSTING WITH A TOUCH OF SLATH AND TURMERIC

## <u>STARTERS</u>

### 3. HERBAL RASAM SOUP (VG) - £5.75

A PEPPERY AND SPICY SOUTH INDIAN VEGETABLE SOUP, CELEBRATED FOR ITS DIGESTIVE AND MEDICINAL BENEFITS.

MADE WITH HERBS, SPICES, TAMARIND, AND TOMATOES, IT'S THE PERFECT HEALTHY WINTER WARMER.

### 4. OKRA FRIES (VG\*) - £6.95

Our Okra a crispy & flavorful sna<mark>ck ma</mark>de from slice<mark>d okr</mark>a, lightly seasoned and fried to perfection

### 6. CHILLI GOBI (VG\* & GF) - £6.95

CAULIFLOWER FLORETS TOSSED IN CORNFLOUR, BLACK PEPPER, AND OUR SIGNATURE SECRET SPICE BLEND.

### 7. MEDHU VADA (VG & GF) - £5.99

GOLDEN, CRISPY SOUTH INDIAN LENTIL DOUGHNUTS — FLUFFY INSIDE, CRUNCHY OUTSIDE — SERVED WITH SAMBAR AND CHUTNEY.

### 8. DEVILLED CHILLI PANEER (GF)- £8.99

SOFT SUCCULENT PANEER TOSSED WITH BELL PEPPERS, ONIONS, AND OUR SECRET SPICY SAUCE.

### 9. SAMOSA - £5.99

POPULAR TRIANGLE SHAPED INDIAN SNACK CONSISTING OF A CRISPY PASTRY FILLED WITH A SPICED MIXTURE OF POTATOES, PEAS, AND AROMATIC HERBS

### 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

PAANI PURI IS A BELOVED INDIAN STREET FOOD FEATURING CRISPY HOLLOW PURIS FILLED WITH POTATO, RED ONIONS, CORIANDER AND SERVED WITH MINT AND TAMARIND SAUCE.

### 12. DAHI PURI - £5.99

CRISPY PURIS ARE FILLED WITH POTATO, RED ONIONS, CORIANDER AND FILLED WITH FRESH YOGHURT, HOMEMADE MINT AND TAMARIND SAUCE



(Dosa is a thin, South Indian pancake made from fermented rice and ground black gram batter, it is served with coconut chutney, Tomato chutney and sambar. All our dosa's are <u>Gluten Free</u>.)

13. PURAAN SPECIAL DOSA (VG & GF) - £10.50

PURAAN VERSION OF MASALA DOSA - A MAGNIFICENT BLEND OF VEGETABLES LIKE CARROT, BEETROOT AND POTATOES WITH OUR SECRET SPICES IN THE 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

GHEE DOSA IS A RICH AND INDULGENT VARIATION OF THE TRADITIONAL SOUTH INDIAN DOSA, COOKED WITH CLARIFIED BUTTER FOR A FRAGRANT AND BUTTERY FLAVOR

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 crunchy 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.

(WE NOW OFFER CUSTOMIZED SPECIAL DOSAS TO ELEVATE YOUR DOSA EXPERIENCE!
ENJOY A VARIETY OF UNIQUE FLAVORS AND FILLINGS DESIGNED TO SUIT EVERY PALATE)



(IDLY SAMBAR IS A QUINTESSENTIAL SOUTH INDIAN BREAKFAST DISH FEATURING SOFT, STEAMED IDLIS SERVED WITH A FLAVOURFUL AND AROMATIC LENTIL-BASED VEGETABLE STEW CALLED SAMBAR)

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\*) - £8.7<mark>5</mark>

GENTLY STEAMED RICE AND LENTIL CAKE SERVED WITH SAMBAR AND CHUTNEY

## <u>TDTYAPPAM</u>

21. IDIYAPPAM (VG & GF) - £9.50

IDIYAPPAM, OR STRING HOPPERS, ARE DELICATE SOUTH INDIAN NOODLES LAID INTO FLAT DISC MADE FROM RICE FLOUR DOUGH, AND SERVED WITH VEG ISHTU

# <u>KOTHU PAROTTA</u>

( 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

A FLAVORFUL SOUTH INDIAN DISH MADE BY STIR-FRYING SHREDDED PAROTTA BREAD WITH MIXED VEGETABLES, AROMATIC SPICES, AND CURRY LEAVES

23. PANEER KOTHU PAROTTA - £11.99

A DELICIOUS SOUTH INDIAN DISH FEATURING SHREDDED PAROTTA BREAD STIR-FRIED WITH PANEER, MIXED VEGETABLES AND OUR SECRET SPICES



24. BUTTERNUT SQUASH & SWEET POTATO (VG & GF) -10.50

BUTTERNUT SQUASH COOKED WITH A MEDLEY OF WHOLE SPICES, GARLIC, SWEET POTATO, AND COCONUT MILK

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

OUR CHEF'S MUST-TRY AND BEST-SELLING DISH, FEATURES BREAD FRUIT COOKED IN A SPECIAL SAUCE MADE WITH ROASTED COCONUT AND SOUTH INDIAN FLAVOUR'S.

27. ASH PLANTAIN & AUBERGINE (VG & GF) - £10.50

DELIGHTFUL DISH FEATURING GREEN RAW PLANTAINS AND AUBERGINES SIMMERED IN A FRAGRANT BLEND OF WHOLE SPICES, CREAMY COCONUT MILK, AND TANGY MUSTARD.

28. VEGETABLE ISHTU (VG & GF) - £9.25

A CREAMY AND AROMATIC KERALA DELICACY MADE WITH MIXED VEGETABLES SIMMERED IN COCONUT MILK AND ROASTED SPICES, GINGER, CARDAMOM, CORIANDER AND CURRY LEAVES. BEST ACCOMPANIED WITH APPAM

29. Drumstick Sambar (VG) - £9.25

IT IS A LENTIL-BASED CURRY CO<mark>OKED WITH SUMMER VEGETABLES SUCH</mark> AS DRUMSTICKS AND COR<mark>IANDER</mark>, INFUSED WITH OUR SPECIAL SPICES, MAKING IT A PERFECT COMPLEMENT TO PLAIN RICE.

30. DAAL CURRY (VG & GF) - £9.25

KERALA-STYLE DAL CURRY IS A COMFORTING LENTIL STEW INFUSED TURMERIC POWDER, GARLIC AND TEMPERED WITH OUR SPECIAL SPICES, MAKING IT A PERFECT COMPLEMENT TO BASMATI RICE

31. CHOLE MASALA (VG) - £9.99

A VIBRANT BLEND OF HEARTY CHICKPEAS SIMMERED IN OUR OWN SPICIES, AROMATIC GRAVY, BURSTING WITH FLAVORS FROM INDIA'S CULINARY TREASURE TROVE. VEGAN AND PACKED WITH HEALTHY MINERALS, PROTEIN & FIBER

32. Paneer Tikka Masala (GF)- £11<mark>.50</mark>

A CUSTOMERS FAVOURITE DISH: MELT-IN-YOUR-MOUTH PANEER, MARINATED TO PERFECTION AND BATHED WITH WHOLE SPICES, CASHEW NUTS AND DOUBLE CREAM.

# **STDES**

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

IEGA

35. EXOTIC VEGETABLES (VG\* & GF) - £7.50

BROCOLLI 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 - £11.75

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

EXPERIENCE THE ESSENCE OFLOW-COOKED BASMATI RICE INFUSED WITH COCONUT, SPICES

### 42.BASMATI RICE (VG) - £3.25

## PURAAN THAU

(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 MONDAY TO THURSDAY UNTIL 4 PM ) (EAT IN ONLY)

### 44. PURAAN SPECIAL THALI - £15.99

CONSISTS OF POPPADOM, BANANA CHIPS, PICKLE, RAITHA, DAAL, SIDE DISH, CURRY, DESSERT, RICE. (AVAILABLE ALL DAY SUNDAY AND MONDAY TO THURSDAY UNTIL 4 PM) (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 glutenfree. 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