

Gurdwara Lunch

MAIN DISHES

- ☐ **Aloo Bhengan Masala**
Fresh baby aubergines cooked with potatoes and herbs.
- ☐ **Aloo Gobi**
Cauliflower and potatoes cooked with garlic, onions, herbs and spices.
- ☐ **Arbi Masala**
Taro root vegetable coated with Indian spice powders and an onion, ginger and garlic paste.
- ☐ **Bhindi Masala**
Fresh okra cooked with herbs and spices, onions, garlic, ginger and coriander.
- ☐ **Chana Masala**
Chickpeas cooked with herbs and spices.
- ☐ **Kashmiri Dum Aloo**
Boiled baby potatoes cooked in a delicious gravy cooked over a very low flame in a sealed container.
- ☐ **Mixed Vegetable Makhani**
A selection of vegetables cooked with garlic, onions, herbs and spices.
- ☐ **Palak Paneer / Aloo**
Cured cheese/potatoes and fresh spinach cooked in a spicy sauce.
- ☐ **Rajmah**
Kidney beans steamed with tomatoes, ginger, garlic, onions and spices.
- ☐ **Shahi Paneer**
Cured cheese with single cream in a mild spicy sauce.
- ☐ **Tinda**
Baby pumpkin cooked in a spicy sauce.
- ☐ **Vegetable Kofta Curry**
Fresh vegetable balls fried and served in a special sauce.
- ☐ **Vegetable Red Curry**
Seasonal Southeast Asian vegetables in a traditional Thai Red Curry.
- ☐ **Amchuri Bhindi**
Okra cooked in a unique tang of amchur and chaat masala.
- ☐ **Aloo Gobi Mattar**
Cauliflower and potatoes with peas cooked with garlic, onions, herbs and spices.
- ☐ **Bombay Aloo**
Baby potatoes cooked in tomatoes and seasoned with mustard seeds.
- ☐ **Bombay Mushroom Masala**
Fried mushrooms, mixed in a tomato based Thorka
- ☐ **Daal Makhani**
Black lentils and kidney beans cooked in a spicy gravy sauce with butter and cream.
- ☐ **Mattar Paneer**
Special cheese and peas cooked with fresh ginger garlic, onions, and coriander.
- ☐ **Palak Daal**
Classic daal infused with spinach.
- ☐ **Palak Sweetcorn / Mushrooms**
Freshly cooked sweetcorn and mushroom served with spinach.
- ☐ **Royal Jeera Aloo**
Baby potatoes tossed in cumin seeds.
- ☐ **Stir Fried Vegetables**
A selection of vegetables stir fried in a spicy herb sauce.
- ☐ **Vegetable Green Curry**
Seasonal Southeast Asian vegetables in a traditional Thai Green Curry.
- ☐ **Vegetable Korma**
A very mild dish which is cooked with fresh vegetables, cream and ground almond.
- ☐ **Aloo Chana**
Chickpeas cooked with potatoes, herbs and spices.
- ☐ **Aloo Mattar Curry**
Green peas and potatoes cooked in a traditional spicy sauce.
- ☐ **Bhengan Masala**
Fresh aubergine lightly fried in oil, seasoned and cooked in an onion and tomato gravy.
- ☐ **Chana Daal with Tinda**
Split chickpeas with Indian baby pumpkin cooked in a spicy sauce.
- ☐ **Daal Tarka**
Split chickpea and red split lentil slowly cooked with herbs and spices.
- ☐ **Mixed Daal**
A selection of daal's cooked with herb and spices.
- ☐ **Palak Kofta**
Fresh vegetable balls fried and served with spinach.
- ☐ **Paneer Bhurji**
Cottage cheese dipped in batter and deep fried.
- ☐ **Shahi Bhengan Bhartha**
Aubergines baked in a tandoor, cooked with onions and spices.
- ☐ **Stuffed Karela**
Bitter gourd stuffed with a mixture of many Indian herbs and spices.
- ☐ **Vegetable Jalfrezi**
Fresh mixed vegetables stir fried with chopped tomato, bell peppers, ginger, garlic, onion & herbs.
- ☐ **Vegetable Noodles**
Fresh vegetables boiled, then stir fried with noodles.

Gurdwara Lunch

(...continued)

RAITA

- | | | |
|---|---|---|
| <input type="radio"/> Aloo Raita
Yoghurt made with small boiled potatoes. | <input type="radio"/> Bhalla Raita
Yoghurt made with lentil mixture balls. | <input type="radio"/> Bhundi Raita
Yoghurt with bhundi (small yellow balls) made from gram flour and fried. |
| <input type="radio"/> Carrot & Onion Raita
Yoghurt with shredded carrots and chopped onion. | <input type="radio"/> Cucumber Raita
Natural yoghurt served with grated cucumber. | <input type="radio"/> Cucumber & Jeera Raita
Yoghurt with cumin seeds and pieces of grated cucumber. |
| <input type="radio"/> Cucumber & Onion Raita
Yoghurt served with onion and grated cucumber. | <input type="radio"/> Cucumber & Tomato Raita
Yoghurt with fresh pieces of tomatoes and grated cucumbers. | <input type="radio"/> Plain Raita
Plain yoghurt. |