

# 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.

[www.masalacreations.com](http://www.masalacreations.com)

### Masala Creations

Unit 17D Dominion Industrial Estate  
Dominion Road, Southall, London, UB2 5DP

### Call us:

020 8606 8996

### Email Us:

[sales@masalacreations.com](mailto:sales@masalacreations.com)

### Follow Us:

[f](#) [@](#) [masalacreations](#)

COMPANY NO: 8316569

VAT NUMBER: 156849956

## Gurdwara Lunch

(...continued)

### RAITA

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