

## Rice and Noodles

Boiled Rice.....	£2.95
Pilau Rice.....	£3.45
Lemon Rice.....	£4.95
Coconut Rice.....	£4.95
Curd Rice.....	£4.95
Tamarind Rice.....	£4.95
Veg Fried Rice.....	£4.95
Paneer Fried Rice.....	£5.95
Egg Fried Rice.....	£5.95
Chicken Fried Rice.....	£6.95
Veg Noodles.....	£5.95
Egg Noodles.....	£5.95
Chicken Noodles.....	£6.95

## South Indian Breads

Malabhar Parotta Plain.....	£2.25
Chapathi..x1.....	£1.45
Veg Kotthu Parotta.....	£7.95
<small>Shredded parotta stir fried with spices, onions &amp; vegetables.</small>	
Chicken Kottu Parotta.....	£9.95
<small>Shredded parotta stir fried with eggs, spices, onions &amp; chicken.</small>	
Lamb Kottu Parotta.....	£10.95
<small>Shredded parotta stir fried with eggs, spices, onions &amp; lamb.</small>	
Egg Kottu Parotta.....	£8.95
<small>Shredded parotta stir fried with eggs, spices, onions &amp; eggs.</small>	

### PLEASE NOTE

ALLERGENIC INGREDIENTS MAY BE PRESENT SO WE CAN'T GUARANTEE THAT ANYTHING IS 100% FREE OF THESE THINGS AT ALL TIMES WE RECOMMEND YOU INFORMING A MEMBER OF STAFF IMMEDIATELY IF YOU HAVE ANY ALLERGIES.

## Hot Drinks

Masala Tea.....	£2.65
Tea.....	£2.45
Coffee.....	£2.45



Chicken Tikka Biryani	King Prawn Biryani
£10.45	£11.95

TRY OUR  
**Biryani**  
SPECIALS

**PANEER**  
Biryani  
£9.95

**VEG**  
Biryani  
£8.95

**LAMB**  
Biryani  
£10.45

**CHICKEN**  
Biryani  
£9.45

South Indian  
**Thali**  
Veg Thali £11.95  
Non-Veg Thali £13.95  
Everyday from 12pm- 3pm  
TUESDAY CLOSED



# nalāas

Contemporary South Indian Restaurant

## South Indian Tiffin

- Idli** ..... £5.45  
Steamed rice and Lentil patties served with Sambar and Chutney.
- Idli Vada**..... £5.45  
Idli served along with one spicy doughnut with a soft centre and crunchy exterior, served with special chutney and sambar.
- Sambhar Idli**..... £5.45
- Poori Masala**..... **CHEF'S SPECIAL** £6.95  
Deep fried puffed bread made with wheat flour and served with potatoes masala.
- Dosa**..... £5.45
- Masala Dosa**..... £6.45  
Crispy dosa filled with potato masala, served with sambar and chutney.
- \* **AP Dosa**..... £6.45
- \* **Cheese Dosa**..... £6.45  
Dosa stuffed with cheese served with sambar and chutney.
- \* **Ghee Dosa**..... **CHEF'S SPECIAL** £6.45  
Crispy dosa cooked in ghee served with sambar and chutney.
- Mysore Masala Dosa**..... £6.95  
Crispy dosa filled with potato masala, served with sambar and chutney.
- \* **Chilli Coriander Dosa**..... £6.95
- \* **Paper Roast**..... £7.45  
Thin and crispy dosa, served with sambar and chutney.
- \* **Ghee Roast**..... £7.45  
Crispy dosa roast in purified butter, served with sambar and chutney.
- Kal Dosa**..... £6.45  
2 pcs of thick dosa served with sambar and chutney.
- \* **Podi Dosa**..... **CHEF'S SPECIAL** £6.45  
Dosa seasoned with traditional Indian spices powder, served with sambar and chutney.
- Onion Dosa**..... £6.45  
Dosa with onion topping, served with sambar and chutney.
- Onion Uthappam**..... £6.95  
Thick rice crepe topped with onions, served with sambar and chutney.
- Masala Uthappam**..... £6.95  
Thick rice crepe topped with masala vegetables, served with sambar and chutney.
- \* **Rava Dosa**..... **CHEF'S SPECIAL** £6.95  
Semolina based dosa served with sambar and chutney.
- Paneer Dosa**..... £7.45
- Parotta Korma**..... £6.95

\* Any Extra Topping Add £1

Try Our **CHEF'S SPECIAL**

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## Vegetarian Starters

- Medhu Vada (2pcs)**..... £3.95  
Fried doughnuts made with urad dal, ginger, onion, curry leaves and green chilli with soft centre and crunchy exterior. Served with a special chutney and sambar.
- Masala Vada (2pcs)**..... £3.95  
Deep fried Bengal gram mixed with spices and onions with a crunchy exterior. Served with special chutney and sambar.
- Thayir Vada / Sambhar Vada**..... £5.45  
Medhu vadai soaked in either yoghurt or sambar.
- Samosa**..... £3.95
- Onion Pakora**..... £4.95
- Chilli Paneer**..... **CHEF'S SPECIAL** £6.45  
Marinated fried pieces of cottage cheese cooked in Indian and Chinese spices.
- Paneer 65**..... £6.45
- Chilli Gobi**..... £6.45  
Cauliflower cooked in Indian & Chinese spices.
- Gobi Manchurian**..... **CHEF'S SPECIAL** £6.45  
Cauliflower marinated in plain flour, corn starch with an infusion of Indian and Chinese spices.
- Chilli Mogo**..... £6.45
- Chilli Chips**..... £4.95
- Chilli Fried Idli**..... **CHEF'S SPECIAL** £6.45
- Gobi 65**..... £6.45  
Cauliflower marinated in gram flour and Indian spices.

## Non Veg Starters

- Chilli Chicken**..... £6.95  
Spicy Chicken pieces deep fried & cooked with chilli sauce & soya sauce.
- Chicken Manchurian**... £6.95  
Battered and fried chicken cooked in soya sauce, garnishes with onion, green chillies and garlic.
- Chicken 65**..... £6.95  
Spicy chicken pieces marinated and deep
- Chicken Pepper Fry**.... £7.95  
Chicken fried with onion, tomatoes, garnished with ground peppers and curry leaves.
- Lamb Chukka**..... £10.95  
Lamb fried with onions, tomatoes, garnishes with ground peppers and curry leaves.
- Fish 65**..... £6.95
- Chilli Fish (Tilapia)**..... £6.95
- Chilli Prawn**..... £9.95

## Main Course Veg Dishes

- Chettinad Veg Curry**..... £7.95  
Mixed veg cooked into a rich fiery coconut gravy
- Vegetable Korma**..... £7.95
- Ennai Kathirikkai Kuzhambu** £7.95  
Aubergine cooked in traditional south indian style seasoned with spices & tamarind sauce.
- Paneer Butter Masala**..... £7.95
- Mutter Paneer**..... £7.95  
Garden peas & cottage cheese in creamy sauce.
- Kadai Paneer**..... £7.95  
Paneer pieces cooked in a traditional kadai on a very high heat with fresh tomatoes, onions, capsicum, ginger, garlic, fresh herbs & spices.
- Palak Paneer**..... £7.95  
Spinach & cottage cheese cooked in a creamy sauce.
- Chana Masala**..... £7.95
- Bhindi Dopiazza**..... £7.95  
Okra fried with onions, peppers, cooked with mixed spices.
- Tadka Daal**..... £7.95
- Bombay Aloo**..... £7.95  
Cubes of potatoes cooked with indian spices in tomato & onion sauce.

## Lamb Dishes

- Lamb Chettinad (Spicy)**..... **CHEF'S SPECIAL** £10.95  
A spicy Chettinad preparation, combining ground coconut, curry leaves, fennel & spices. (South indian dish)
- Madras Lamb Curry**..... £10.95  
Lamb cooked in an aromatic sauce with herb & spices.
- Lamb Korma**..... £10.95  
A delicate preparation of Lamb in yogurt, cream & spices producing a very mild but rich creamy sauce.
- Lamb Kadai**..... £10.95  
Boneless lamb pieces cooked in a traditional kadai on a very high heat with fresh tomatoes, onions, capsicum, ginger, garlic, fresh herbs & spices.
- Lamb Rogan Josh**..... £10.95
- Saag Lamb**..... £10.95  
Lamb cooked with spinach and ground spices
- Lamb Jalfrezi**..... £10.95  
Lamb cooked with a mixture of peppers & onions.

## Chicken Dishes

- Chicken Chettinad**..... **CHEF'S SPECIAL** £9.95  
A spicy Chettinad preparation, combining ground coconut, curry leaves, fennel & spices. (South indian dish)
- Madras Chicken Curry (Spicy)**... £9.95  
Chicken cooked in an aromatic sauce with herb & spices.
- Chicken Korma**..... £9.95  
A delicate preparation of Chicken in yogurt, cream & spices producing a very mild but rich creamy sauce.

- Egg Masala**..... £7.95  
Boiled eggs cooked in fresh garlic, onions, green chillies, tomatoes, coriander, spices & herbs.
- Chicken Tikka Masala**..... £9.95  
Chicken tikka marinated & cooked in tandoor, thereafter mixed in a rich creamy sauce & sprinkled with cashew nuts.
- Chicken Vindaloo**..... £9.95  
A fiery 'Hot & Sour' style Chicken curry with a combined aroma of freshly roasted cinnamon & mustard seeds.
- Chicken Jalfrazi**..... £9.95  
Chicken cooked with a mixture of peppers & onions.
- Chicken Saag**..... £9.95  
Chicken cooked with a spinach & ground spices.
- Butter Chicken**..... £9.95
- Chicken Bhuna**..... £9.95
- Kadai Chicken**..... £9.95

## Sea Food DISHES

- Fish Moilee**..... £10.95  
A classic seafood dish made in rich coconut milk with onions & spices.
- Fish Chettinad**..... £9.95
- Fish Masala**..... £9.95
- Yera Poondu Kuzhambu**..... £11.95  
Garlic Prawn curry
- Kerala Fish Curry**... £10.95

