



# CHAKRA A La Carte



Chakras are seven energy centres in our body and the second chakra is Svadhishtana Chakra.

‘Svashidhana’ meaning one’s own abode and is associated with the unconscious and with emotion. Svadhishtana is associated with the element of water, the sense of taste and the act of procreation. The second chakra is located at the lower belly and inner pelvis. Additionally the interior design encompasses the term ‘Navaratna’. Each stone in the collection has a particular planet in its alignment, and corresponds to a particular Chakra. The healing properties of this collection of gems are unique.

Navaratna is a Sanskrit compound word meaning ‘nine gems’

## INDIA KI GALIYON SE

### **Poppadums (G, D) (V) £4.00**

Served with mint, mustard yogurt, and mango chutney

### **Calcutta’s Pani Puri (G) (V) (Ve) £7.00**

Atta and semolina puchkas, Calcutta’s jhal potatoes, flavoured spice water

### **Lucknowi Samosa Chaat (G, D, M) (V) (Ve) £8.00**

Vegetarian samosa and spiced chickpeas, topped with tamarind, mint and sweet yogurt

### **Bombay ki Bhel Puri (G, N) (V) (Ve) £8.00**

Puffed rice tossed with onions, tomatoes, pomegranate topped with mint, tamarind, and nylon sev

### **Calcutta’s Paneer (G, D) (V) £8.50 /Chicken Kathi Rolls (G, D) £9.50**

Flat bread rolled with chargrilled cottage cheese/ Chicken, mixed with onions, cucumber, and mint chutney

### **Avocado Ke Gole (G, M) (V) (Ve) £8.00**

Avocado dumplings served with beetroot puree and kewpie mustard

### **Classic Onion Bhaji (V) (Ve) £8.00**

Finely sliced onion smothered in spiced batter and fried to crispy

### **Crispy Spinach Chaat (D) (V) (Ve) £8.00**

Baby spinach leaf coated with batter served with spiced chickpeas and chutney

### **Crispy Okra (M) (V) (Ve) £8.00**

Battered okra tossed with burnt garlic, salt, pepper, and chillies

## DESI CLASSICS

### **Highway Chicken Curry £13.00**

A rustic chicken preparation with whole spices, browned thick slow-cooked onion gravy

### **Classic Chicken (D, N) £14.00 / Lamb Korma (D, N) £15.00**

Chicken/ texel lamb simmered in almond sauce, sundried coconut, and saffron

### **Old Delhi Butter Chicken (D, N) £14.00**

Chargrilled chicken simmered in creamed tomatoes, dried fenugreek leaves

### **Saag Chicken (D, N) £14.00 / Saag Lamb (D, N) £15.00**

Chicken/ texel lamb simmered in spinach, green chillies, and cilantro

### **Kashmiri Lamb Rogan Josh £15.00**

Slow cooked texel lamb with brown onions, Kashmiri red chillies, plum tomatoes

### **Fish Moilee (F) £15.00**

Marinated Tilapia simmered with shallots, coconut milk, ginger, and curry leaves

### **Goan Prawn Curry (Cr, M) £19.00**

King prawns in caramelised onion sauce, coconut, roasted spices and palm vinegar

### **Nalli Nihari £20.00**

8 hours slow cooked Hampshire lamb shank and Rajasthani chillies

## BREADS

### **Tandoori Roti (G) (V) (Ve) £4.00 / Butter Tandoori Roti (G, D) (V) £5.00**

Bread made with wheat flour

### **Plain Naan (G) (V) (Ve) £4.00 / Butter Naan £5.00**

Leavened flour bread

### **Garlic & Coriander Naan (G, D) (V, Ve) £5.00**

Garlic and coriander infused bread

### **Lachha Paratha (G, D) (V, Ve) £6.00**

Flaky, layered Indian flatbread made from whole wheat bread

### **Keema Naan (G, D) £7.00**

Chargrilled minced lamb stuffed naan served with cucumber and mint raita

### **Cheese Chilli Naan (G, D) (V) £7.00**

Aged cheddar and chilli stuffed bread

### **Peshawari Naan (G, D, N) (V) £7.00**

Dried fruits, dry coconut and nuts stuffed bread

## SAATH ME

### **Cucumber and Mint Raita (D) (V) £4.00**

Greek style yoghurt, cucumber and mint infused with roasted cumin

### **Green Salad (V) (Ve) £4.00**

Melange of Bombay onions, cucumber, tomato

## INDO CHINESE SPREAD

### **Chilli Paneer (G, D, S) (V) £8.00/ Chicken (G, E, S) £12.00**

Pan fried paneer/chicken tossed with Szechuan sauce

### **Vegetable Spring Rolls (G, N, Se) (V) £7.00**

Crispy thin pastry stuffed with mixed vegetables

### **Egg Fried Rice (E, S) £7.00**

Long grain basmati rice, fried onions, and egg

## FROM THE TANDOOR (GRILL)

### **Achari Paneer Tikka (D, M) (V) £10.00**

Chargrilled spiced cottage cheese, mixed peppers, and onions

### **Chargrilled Malai Broccoli (D) (V) £10.00**

Marinated chargrilled broccoli florets

### **Chicken Tikka (D, M) £12.00**

Grilled chicken thighs marinated with Kashmiri red chilli and homemade spice mix

### **Malai Murg Tikka (D) £12.00**

Greek yogurt, cheese and Indian spice marinated grilled chicken breast

### **Raunak -E- Lamb Seekh Kebab (D) £12.00**

Mine lamb galette with spices cooked on skewers

### **Tandoori Prawns (Cr, M) £18.00**

King prawns coated with hung yogurt, freshly ground pepper cooked in clay oven

### **Patiala Lamb Chop (D, M) £18.00**

Marinated lamb chops with chef special spices cooked in clay oven

## CHARCOAL GRILL PLATTER

### **Chakra Mixed Grill Platter - Vegetarian Selection (G, D, M) (V) £22.00**

Paneer Tikka, Chargrilled Broccoli, Avocado ke Gole, Chilli Cheese Naan served with Mint Chutney

### **Chakra Mixed Grill Platter - Non-Veg Selection (Cr, D, M) £27.00**

Mirchi Murg Tikka, Lamb Seekh, Jhinga Kali Mirch, Patiala Lamb Chops

## VEGETARIAN MAINS

### **Lahsooni Tadka Dal (D) (V, Ve) £10.00**

Yellow lentils tempered with cumin, curry leaves

### **Dal Makhani (D) (V) £11.00**

24 hours slow cooked black lentils

### **Rai Wale Aloo (D, M) (V) £11.00**

Potatoes tempered with asafoetida, onion and tomato/ spinach, green chillies, and coriander

### **Palak Paneer (D, N) (V) £12.00**

Cottage cheese, Spinach, tomato, fenugreek & fresh green chilli

### **Paneer Butter Masala (D, N) (V) £12.00**

Cottage cheese cooked in creamy tomato sauce, dried fenugreek leaves

### **Veg Kadai (V) (Ve) £12.00**

Seasonal Vegetables with brown onions, tomato, and homemade spices

### **Baingan Ka Bharta (G, D) (V, Ve) £12.00**

Smoked eggplant mash braised with garlic, chillies, and tomatoes

## BIRYANI & RICE

### **Steamed Basmati Rice (V) (Ve) £4.00**

Long grain steamed basmati rice

### **Saffron Pulao (G) (V) (Ve) £6.00**

Sargol saffron, whole spice infused braised long grain basmati rice

### **Vegetable Biryani (G, D, N) (V) £13.00**

Seasonal vegetables, basmati rice, brown onions, yoghurt, mint

### **Chicken Dum Biryani (G, D, N) £15.00**

Braised basmati rice, chicken, fried onions, mint, saffron

### **Lamb Dum Biryani (G, D, N) £17.00**

Long grain basmati rice, fried onions, mint, rose water, rose petals

### **Prawn Dum Biryani (Cr, G, D, N) £18.00**

Long grain basmati rice, fried onions, prawns

## DESSERTS

### **Gulab Jamun (D, N) (V) £7.00**

An Indian dessert of fried dough balls that are soaked in a sweet, sticky sugar syrup

### **Rasmalai (D, N) (V) £7.00**

A Bengali dessert, soft paneer balls immersed in chilled creamy milk

### **Gajar Ka Halwa £7.00**

Carrot-based sweet dessert pudding with milk and sugar

### **Belgian Chocolate Brownie served with Vanilla Ice cream £7.00**

A universally popular intense chocolate indulgence made with Belgian chocolate and California walnuts

### **Kulfi (Please ask for flavour of the day) (D, N) (V) £7.00**

A frozen dessert made with pure full fat milk, sugar, and a flavouring ingredient like cardamoms or saffron

