



# CHAKRA A La Carte



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

“Svashidthana” 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

### Poppadum (G, D) (V) £4.00

Served with mint, tomato, and mango chutney

### Gol Gappa (Pani Puri) (G) (V) (Ve) £7.00

Potato, Onion, Chickpea spiced mix, in a puri cup infused with Tamarind, Mint & spiced water

### Railway Chana Chur Jhal Muri (G, N) (V) (Ve) £7.00

Crispy black chickpeas chips, & puffed rice, tossed with chakra chat masala, red onion, mango pickled oil, and coconut shaving

### Bombay ka Vada Pav (G, E, D, S) £7.00

Spicy potato fritter in a bun with chutneys

### Kale & Kachcha Aloo Chaat (D) (V) (Ve) £8.00

Crispy kale and raw potato chaat with tangy spices

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

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

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

Spicy, crispy Indian fritters, onion, red chillies and coated with gram flour

### Chowpattiwali Pav Bhaji (G, D, S) £9.00

Mumbai-style buttery mashed vegetable curry with soft pav

## CHAKRA PLATES

### Taco Potato Dosa (D, M) (V) £7.00 / Lamb Dosa (D) £8.00

Crispy rice flour pan cake, mustard, curry leaf, turmeric, chicken/ mash potatoes

### Iranian Keema Pav Bhaji (G, D, S) £8.00

Spiced minced lamb, served with soft bun and raita

### Chilli Lime & Garlic Mogo Chips (Se, S) (V) (Ve) £8.00

Golden fried cassava chips, tempered with chilli and garlic, with a drizzle of lime

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

Avocado dumplings served with pickled beetroot puree and kewpie mustard

### Amritsari Fish (F) £8.00

Crispy Tilapia goujons with an Amritsari batter served with mint chutney

## DESI CLASSICS

### Punjabi Chicken Curry £13.00

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

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

Chargrilled chicken simmered in creamed tomatoes, dried fenugreek leaves

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

Texel lamb/chicken simmered in a sauce of almond, sundried coconut, Iranian saffron

### Kashmiri Lamb Rogan Josh £15.00

Welsh baby lamb curry, braised in a caramelized onion, and tomatoes, and aromatic Indian spice

### Alleppey Fish Curry (F, M) £15.00

Tilapia fillet simmered in a tangy Kerala-style curry with coconut and raw mango

### Nalli Nihari (D) £18.00

Texel lamb shank slow cooked with yoghurt, spices and Iranian saffron

## FROM THE TANDOOR (GRILL)

### Tandoori Makhmali Soya Chaap (G, D, S) (V) £10.00

Creamy, spiced tandoori soya chaap skewers

### Kasundi Paneer Tikka (D, M) (V) £10.00

Clay oven cooked cottage cheese marinated with chilli powder, fermented mustard and yoghurt served with mint chutney

### Tandoori Chicken Half £11.00 / Full (D, M) £14.00

Chicken marinated in yoghurt, spices and roasted in a tandoor

### Chatpata Chicken Tikka (D, M) £12.00

Chicken breast tikka marinated in kashmiri chilli powder, cinnamon, fenugreek leaf with mint sauce & ring onion

### Gilafi Sheek Kebab (D) £12.00

Aromatic garam masala & herb flavoured baby lamb mince wrap on tandoori skewer with ring onion salad

### Tandoori Dakshini Jhinga (Cr, M) £15.00

Southern spiced tiger prawns, peanut & curry leave chutney

### Adraki Lamb Chop (D, M) £17.00

Tender tandoori lamb chop infused with royal cumin, ginger, chakra secret spices, and served with mixed herb chutney

### Chakra Mixed Grill VEGETARIAN Platter (For 2) (G, D, M) (V) £18.00

Makhmali Soya Chaap, Kasundi Paneer Tikka, Avocado ke Gole

### Chakra Mixed Grill NON-VEG Platter (For 2) (Cr, D, M) £25.00

Gilafi Sheek Kebab, Chatpata Chicken Tikka, Tandoori Dakshini Jhinga

## VEGETARIAN MAINS

### Lahsooni Tadka Dal (D) (V) (Ve) £9.00

Tempered yellow lentils, with cumin garlic and chilli

### Dal Makhni (D) (V) £10.00

Slow cooked black gram, kidney beans with burnt garlic, tomatoes, brown onion

### Chakra Chana (D, N) (V) (Ve) £10.00

Protein-rich black chickpeas with a nutty flavor, used in curries, salads, and snack

### Methi Aloo (D) (V) £10.00

Stir-fried potatoes with fresh fenugreek leaves

### Paneer Makhni (D, N) (V) £12.00

Home style cottage cheese simmered in creamed tomato and spices

### Soya Chaap Masala (G, D, N, S) (V) £12.00

Rich, spicy curry with tandoori soya chaap

### Paneer wale Chole Bhature (G, D) (V) £12.00

Fluffy bhature served with spicy paneer-infused chole

### Makke di Roti te Sarson da Saag (G, D, M) (V) £14.00

Cornflatbread with mustard greens curry

Please speak to your server for allergens information. Dishes may contain traces of allergens/nuts despite our persistent efforts.

Prices include VAT. A discretionary service charge of 12.5% will be added to the bill



## BREADS

**Plain Naan (G) (V) (Ve) £3.00 / Butterwala Naan (G, D) (V) £4.00**  
Leavened flour bread

**Tandoori Roti (G) (V) (Ve) £3.00 / Butterwali Roti (G, D) (V) £4.00**  
Whole wheat flour bread

**Makke di Roti (G, D) (V) £4.00**  
A traditional Punjabi flatbread made from maize flour

**Garlic & Coriander Naan (G, D) (V) (Ve) £5.00**  
Garlic and coriander infused bread

**Pudina Lachha Paratha (G, D) (V) (Ve) £5.00**  
Mint infused flaky whole wheat bread

**Peshawari Naan (G, D, N) (V) £5.50**  
Dried fruits, dry coconut and nuts stuffed bread

**Cheese Chilli Naan (G, D) (V) £5.50**  
Mature cheddar and chilli, spring onion stuffed bread

## BIRYANI & RICE

**Safed Chawal (V) (Ve) £4.00**  
Long grain steamed basmati rice

**Kesari Pulao (G) (V) (Ve) £6.00**  
Sargol saffron, whole spice infused braised long grain basmati rice

**Mushroom Rice (V) (Ve) £6.00**  
Stir-fried button mushroom and spices with long grain basmati rice

**Sabzi Biryani (G, D, N) (V) £13.00**  
Seasonal vegetables, basmati rice, brown onions, yoghurt, mint

**Saufiyan Murg Biryani (G, D, N) £15.00**  
Fragrant, slow-cooked chicken biryani infused with fennel, saffron, and aromatic spices

**Lamb Biryani (G, D, N) £16.00**  
Long grain basmati rice cooked with marinated succulent pieces of lamb, fried onions, mint, rose petal

## SAATH ME

**Laccha Pyaaz (V) (Ve) £3.00**  
Spiced onion rings tossed with chaat masala and lemon

**Cucumber and Mint Raita (D) (V) £4.00**  
Greek style yoghurt, cucumber and mint infused with roasted cumin

**Desi Salad (V) (Ve) £4.00**  
Melange of Bombay onions, cucumber, tomato and Indian lime

## DESSERTS

**Gulab Jamun (D, N) (V) £7.00**  
An Indian dessert of fried dough balls that are soaked in a sweet, sticky sugar syrup

**Moong Dal ka Halwa (D, N) (V) £7.00**  
Rich, slow-cooked lentil dessert with ghee

**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 ingredients like cardamoms or saffron

**Saffron Cheesecake (G, D) (V) £8.00**  
Creamy cheesecake infused with saffron

**Oreo Chocolate Mousse (D, N) (V) £8.00**  
Silky chocolate mousse with Oreo crunch



## INDO CHINESE



### APPETISERS

**Hot and Sour Soup • Veg (G, S) (V) (Ve) £7.00 • Chicken (G, E, S) £8.00**  
Traditional chinese soup, spicy and sour in taste

**Honey Chilli Potato (Se, S) (V) £7.00**  
Crispy indo-chinese appetiser cooked with spring onions and bell pepper

**Vegetarian Spring Rolls (G, N, Se) (V) £7.00**  
Crispy thin pastry filled with vegetables

**Salt & Pepper Tofu (S) (V) (Ve) £8.00**  
Bean curd sauteed with pepper, chilli and garlic

**Chilli Paneer (G, D, S) (V) £9.00**  
Cubes of home made cheese tossed in a spicy chilli sauce, served with pepper and shallots

**Bombay Chilli Soya (G, S) (V) (Ve) £9.00**  
Indo-Chinese style spicy soy chunks

**Chicken Lollipop (G, E, S) £10.00**  
Crunchy chicken drumsticks marinated in Szechuan sauce

**Chilli Chicken (G, E, S) £10.00**  
Lightly battered shredded chicken sautéed with pepper, fresh chilli and spring onions

**Hyderabadi Chicken (G, E, S) £10.00 / Fish 65 (G, E, F, S) £11.00**  
Chicken/ Fish pieces marinated in yoghurt and tempered with indo-chinese ingredients

**Five Spiced Prawn (Cr, S) £13.00**  
Chilli and garlic marinated prawns tossed with five spices

### MAINS

**Tofu in Hot Garlic Sauce (S, SD) (V) (Ve) £9.00**  
Dices of tofu cooked with garlic and hot chilli sauce

**Vegetable Manchurian (Dry or Saucy) (S) (V) (Ve) £9.00**  
Crispy fried vegetable dumplings tossed in garlic soya and chilli

**Szechuan Chicken (Dry or Saucy) (E, S) £11.00**  
Stir-fried chicken & garlic tossed in a spicy szechuan sauce

**Fish in Hot Garlic Sauce (F, S) £12.00**  
Sliced fish cooked with garlic & hot chilli sauce

**Hong Kong Prawns (G, Cr, S) £15.00**  
Pan-fried prawns tossed in black bean sauce

### CHOICE OF RICE

**Vegetable Fried Rice (S) (V) (Ve) £6.00**

**Schezwan Veg Fried Rice (S, SD) (V) (Ve) £7.00**

**Egg Fried Rice (E, S) £7.00**

**Chicken Fried Rice (E, S) £9.00**

**Chicken Schezwan Fried Rice (E, S, SD) £11.00**

### CHOICE OF NOODLES (HAKKA STYLE)

**Vegetable Hakka Noodles (S) (V) (Ve) £7.00**

**Schezwan Veg Hakka Noodles (G, S, SD) (V) (Ve) £9.00**

**Egg Hakka Noodles (E, S) £8.00**

**Chicken Hakka Noodles (E, S) £9.00**

**Chicken Schezwan Hakka Noodles (E, S, SD) £11.00**