

SIDES

Tadka Dal	£3.00
Kachumber salad	£2.50
Plain Rice	£2.65
Jeera Pulao	£3.25
Lemon Rice	£4.25
Plain Naan	£1.95 (G)
Garlic Naan	£2.25 (G)
Tandoori Rotil	£1.75 (G)
Peshwari Naan	£2.75 (G)
Puri / Batura	£2.00 (G)
Sliced Onions	£1.50

*Dal and Bread can be prepared with out dairy,
please ask our Team*



*G- Gluten, D- Dairy, N- Nuts

All our dishes may contain traces of nuts, dairy and gluten. Please ask a member of our ITR team for any allergen and special dietary requirements.

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VEGAN MENU



STREET FOOD –
GRAZING OR STARTERS

VEG WARM

Vada pav <i>Indian veg burger</i>	£3.95 (G)
Mysore Bonda <i>Crunchy lentil fritters with chutney</i>	£3.95
Home Made Samosa <i>Authentic Punjabi style served with tamarind and mint chutney</i>	£4.00 (G)
Gobi Manchurian <i>Cauliflower wok fried the Indo-Chinese way</i>	£4.95 (G)
Beetroot Shami Kebab <i>Pan fried beetroot pattie</i>	£4.75 (G)
Shimla Mirch Bajji <i>Batter fried Indian chilli</i>	£4.20

VEG COOL

Bhel Puri <i>Crushed crispy pastry, seasoned potatoes and puffed rice coated in a date chutney</i>	£3.95 (G)
Paani Puri <i>Puffed hollow pastry rounds filled with seasoned potatoes and chilled mint flavoured water – pop them whole in the mouth for a flavour explosion</i>	£3.95 (G)
Sev Puri <i>Pastry rounds topped with chopped onions, garnished with tamarind chutney and pastry vermicelli</i>	£3.95 (G)

GRILLED KEBABS

Vegetables marinated with special spices and cooked in the charcoal tandoor.

Tandoor Broccoli	£6.10
Mushroom Tikka	£6.10

TIFFIN MEETS ITR

South Indian Tiffin dishes are the cornerstone of our menu. These dishes are traditionally eaten for breakfast, lunch or dinner in India even to this day. They are served in Indian streets, restaurants and at homes.

Idly <i>Rice and lentil steamed dumplings</i>	£3.50
Medu Vada <i>Fried lentil flour doughnut</i>	£3.50
Idly Vada <i>Combination of dumplings and doughnut</i>	£4.25
Mini Idly <i>Coin sized rice and lentil dumpling dipped in sambar</i>	£4.00
Pan Fried Idly <i>Crushed idli sautéed with onions and ITR spice</i>	£4.50
Plain Dosa <i>Thin rice and lentil crepe</i>	£3.75
Masala Dosa <i>Thin rice and lentil crepe with potato masala filling</i>	£4.25
ITR Mysore Masala Dosa <i>Thin rice and lentil crepe with ITR chutney and potato masala filling</i>	£4.95
Madurai Dosa <i>Thin rice and lentil crepe with spicy red chilli chutney and potato masala filling</i>	£4.95
Rava Dosa <i>Thin and crispy semolina crepe, mildly spiced and garnished</i>	£4.75 (G)
Rava Masala Dosa <i>Thin and crispy crepe with potato masala filling</i>	£4.95 (G)
Onion Rava Dosa <i>Thin and crispy semolina crepe, sprinkled with onion, mildly spiced and garnished</i>	£4.95 (G)
Uttapam <i>Thick rice and lentil pancake</i>	£4.50
Pessarattu <i>Thin ground moong dal crepe, mildly spiced and garnished</i>	£4.95

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INDO-CHINESE

Indian take on Chinese food!!

The term ‘Indo-Chinese’ was coined from the small Chinese community that lived in Kolkata for over a century. It is an adaptation of Chinese seasoning and cooking according to Indian tastes.

	VEG
Fried Rice	£5.50
Haka Noodles	£5.50
Schezwan Rice	£5.75
Schezwan Noodle	£5.75

TIFFIN

Curry with Rice or Indian Bread

Shimla Mirch Shakrakanda <i>Sweet potato, Shimla Chilli in a rich gravy</i>	£7.95
Aloo Palak <i>Spinach cooked with potatoes</i>	£7.75
Dal Makhani <i>Black lentils and red kidney beans cooked with ITR spices in a rich creamy sauce</i>	£7.25
Puri Masala <i>Puffed wheat flour bread served with potato masala</i>	£6.10
Channa Batura <i>Authentic puffed bread served with chickpea masala</i>	£7.00
Vegetable Biryani <i>Served with lentil stew and raita</i>	£8.00

