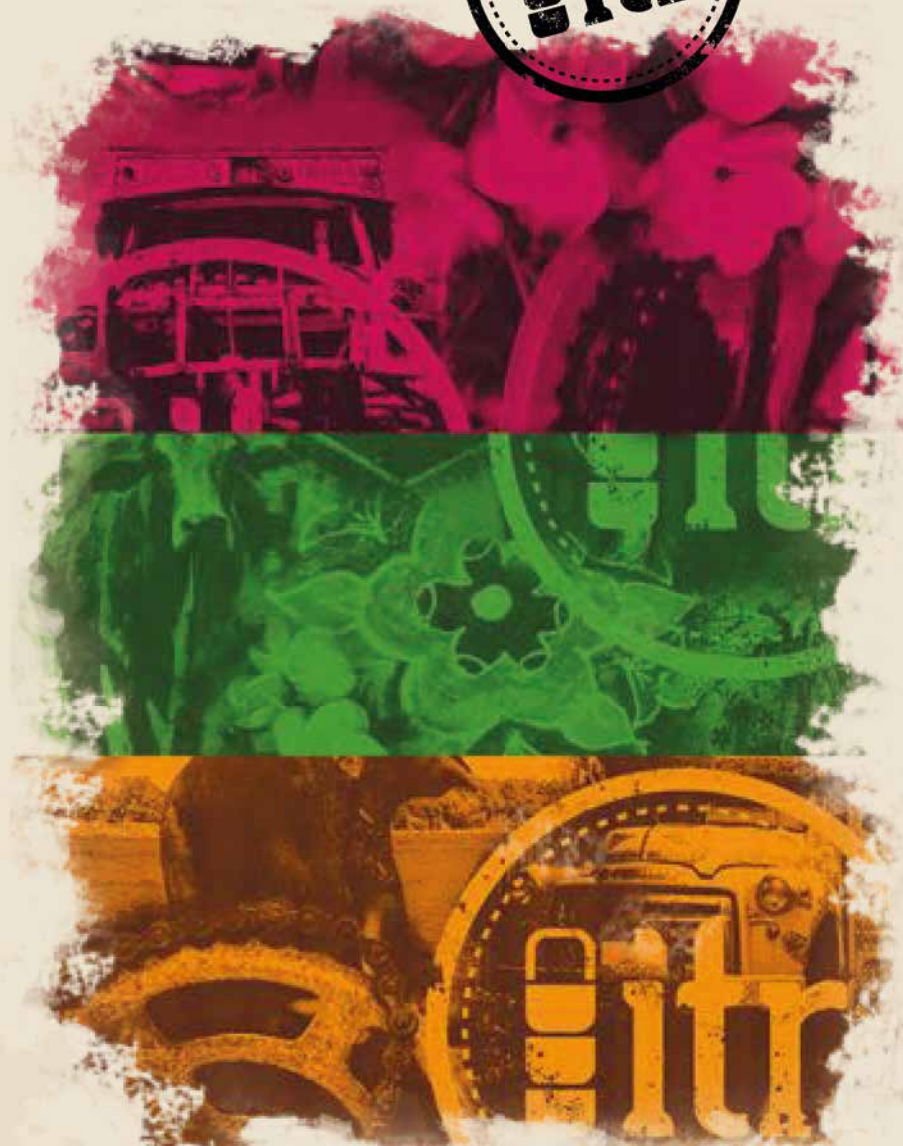


SIDES

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 £3.95 (G)
Indian veg burger

Mysore Bonda £3.95
Crunchy lentil fritters with chutney

Home Made Samosa £4.00 (G)
Authentic Punjabi style served with tamarind and mint chutney

Gobi Manchurian £4.95 (G)
Cauliflower wok fried the Indo-Chinese way

Beetroot Shami Kebab £4.75 (G)
Pan fried beetroot pattie

Shimla Mirch Bajji £4.20
Batter fried Indian chilli

VEG COOL

Bhel Puri £3.95 (G)
Crushed crispy pastry, seasoned potatoes and puffed rice coated in a date chutney

Paani Puri £3.95 (G)
Puffed hollow pastry rounds filled with seasoned potatoes and chilled mint flavoured water – pop them whole in the mouth for a flavour explosion

Sev Puri £3.95 (G)
Pastry rounds topped with chopped onions, garnished with tamarind chutney and pastry vermicelli

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 £3.50
Rice and lentil steamed dumplings

Medu Vada £3.50
Fried lentil flour doughnut

Idly Vada £4.25
Combination of dumplings and doughnut

Mini Idly £4.00
Coin sized rice and lentil dumpling dipped in sambar

Pan Fried Idly £4.50
Crushed idli sautéed with onions and ITR spice

Plain Dosa £3.75
Thin rice and lentil crepe

Masala Dosa £4.25
Thin rice and lentil crepe with potato masala filling

ITR Mysore Masala Dosa £4.95
Thin rice and lentil crepe with ITR chutney and potato masala filling

Madurai Dosa £4.95
Thin rice and lentil crepe with spicy red chilli chutney and potato masala filling

Rava Dosa £4.75 (G)
Thin and crispy semolina crepe, mildly spiced and garnished

Rava Masala Dosa £4.95 (G)
Thin and crispy crepe with potato masala filling

Onion Rava Dosa £4.95 (G)
Thin and crispy semolina crepe, sprinkled with onion, mildly spiced and garnished

Uttapam £4.50
Thick rice and lentil pancake

Pessarattu £4.95
Thin ground moong dal crepe, mildly spiced and garnished

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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 £7.95
Sweet potato, Shimla Chilli in a rich gravy

Aloo Palak £7.75
Spinach cooked with potatoes

Dal Makhani £7.25
Black lentils and red kidney beans cooked with ITR spices in a rich creamy sauce

Puri Masala £6.10
Puffed wheat flour bread served with potato masala

Channa Batura £7.00
Authentic puffed bread served with chickpea masala

Vegetable Biryani £8.00
Served with lentil stew and raita

