



CELEBRATE
NATIONAL VEGETARIAN WEEK
14 - 20 May 2018

4 COURSE VEGETARIAN MENU

डेनल मल
दुध THE DHABBA
AUTHENTIC NORTH INDIAN DINER

£20 per person

This week is National Vegetarian Week and it is all about eating delicious and exciting vegetarian food.

Our chefs have created a completely vegetarian four course menu showcasing some Indian vegetables you may not have tasted before.

Take this opportunity to branch out and give the vegetarian lifestyle a try.

THANDAI

A cold drink of milk with a mixture of almonds, fennel seeds, watermelon seeds, rose petals, black pepper, cardamom, saffron, and sugar. ^{[d][n]}

ARVI AUR SOYA KABAB

A mixture of blanched **Arvi**¹ and **Soya Granules**² coated with finely chopped vegetables and roasted in the tandoori oven. ^[sy]

LATAO KE SUBZI

Turai³, **Parval**⁴, **Chichinda**⁵ and **Tinda**⁶ subtly spiced with turmeric, green chillies, and fresh fenugreek bringing out the unique taste of the vegetables.

NAKLI ANDA

Potato and paneer koftas stuffed with spiced yellow lentils, simmered in a sauce of onions, tomato, and poppy seeds. ^[d]

GAWAR PULAO

Rice cooked with **Gawar ki Phali**⁷ and carrots. ^[d]

SINGHARA PURI

A puffy deep fried bread of **Singhara**⁸ flour. ^[g]

LAUKI CHUKUNDER HALWA

A dense and sweet pudding of **Lauki**⁹ and beetroot with cardamom, and butter ghee. Served warm with a topping of toasted almond flakes. ^{[d][n]}

1. ARVI

Also known as the Taro Root or Eddoe, it is the underground stem of a tropical plant. Believed to be one of the earliest cultivated plants, there is evidence of its cultivation from over 7000 years ago.

4. PARWAL

It is a vine plant similar to cucumber or squash and known as Pointed Gourd or Green Potato. It is a good source of vitamins and minerals and is used to make several Auryedic medicines.

7. GAWAR KI PHALI

This is a legume commonly known as Guar or Cluster Bean. It is not known where this bean originated from since it has never been found in the wild, however 80% of the world's supply is grown in the Indian sub-continent.

2. SOYA GRANULES

Popular in India as a meat substitute, it is made from soy beans after extracting its oil and milk. It is fat free, extremely nutritious, and its protein content exceeds that of meat, eggs or milk.

5. CHICHINDA

Known to grow to lengths of 1.5 metres, this vegetable is also known as Snake Gourd. It is very good for health and can lessen the effects of diabetes and is an effective remedy for arterial disorders.

8. SINGARA

Commonly referred to as Water Chestnut, it is a large white seed, surrounded by an inedible black fruit. In India, the bread made from it's flour is eaten during religious fasting because it is not made of grain.

3. TURAI

Commonly known as Ridged Gourd, this vegetable resembles a cucumber. It also has quirky English names like Angled Luffa, Dish Cloth Gourd, Ribbed Loofah, Sinkwa Towelsponge amongst others.

6. TINDA

This is a small vegetable that looks like a cross between a green apple and a pumpkin. Its high water and fibre content facilitates digestion and inhibits the absorption of toxic chemicals.

9. LAUKI

Commonly known as Calabash, it is harvested young to be consumed as a vegetable. The mature vegetable can used as a utensil. This plant was first cultivated primarily for its use as a container and not for food.

If you're interested in seeing what these vegetables look like, please ask us and we'll be happy to show them to you.

Allergy and Intolerance [g] Contains Gluten [d] Contains Dairy [n] Contains Nuts [sy] Contains Soy