

Welcome to

sagar

South Indian Vegetarian Restaurant

Est. 2001

Our chefs are from Udupi, a small town in the coastal region of the Western Ghats, about 360km from Bangalore in Karnataka. At a famous temple there is an idol of Lord Krishna richly adorned in jewels. The town is an acknowledged centre for authentic South Indian Cuisine. Udupi chefs are renown for the cooking of traditional South Indian Vegetarian Food.

Sagar is a restaurant recognised as breaking new ground in the presentation of South Indian vegetarian dishes, including some which are new to this country.

We hope you enjoy dining at Sagar, Harrow.

Each item on this menu is marked for allergens using the following key;

D - Contains Dairy

G - Contains Gluten

M - Contains Mustard

N - Contains Nuts

Gluten-free, onion & garlic free, nut-free and vegan menus are also available. Please ask your waiter if you require any further information regarding allergen info.

FAMOUS STARTERS FROM INDIA

Idli <small>M</small>	£3.45
Gently steamed rice dumplings served with sambar and coconut chutney	
Kancheepuram Idli <small>N, M</small>	£3.75
Traditional rice and lentil dumplings with green chilli, pepper and cashew nuts, served with red chutney and sambar	
Medu Vada <small>M</small>	£3.00
Fried lentil doughnuts, soft in the middle and crispy on the outside	
Rasa Vada <small>M</small>	£3.00
Soft lentil doughnuts soaked in warm tangy rasam	
Potato Bhajia <small>M</small>	£3.45
Seasoned potatoes and mild spice, flattened then fried in a gram flour batter	
Special Upma <small>D, N, G, M</small>	£2.75
Cream of wheat cooked with delicate spice, fresh tomato, peas and rich cashew nuts	
Samosa <small>N, G</small>	£3.75
Crisp pasty turnovers filled with delicately spiced potatoes, peas and cashew nuts	
Potato Bonda <small>M</small>	£3.00
Seasoned potatoes and mild spice fried in a gram flour batter	
Vegetable Kebab <small>G</small>	£3.00
Mixed vegetables and potatoes tenderly mixed, served with salad and coconut chutney	
Bhajia	£3.45
Chopped onions dipped in light batter of gram flour, rice coriander seeds and fried to give an extra crunch	
Chilli Paneer <small>D</small>	£4.95
Cottage cheese stir fried with capsicum, green chillies, garlic and tossed in soya sauce	
Pappadam	£1.50
Two crispy snakes made of black gram lentils served with pickle and chutney	

SOUPS

Rasam M £2.25
Traditional South Indian spicy soup

Dal Soup £2.25
Lentil broth

BOMBAY CHOWPATI SPECIAL

Bhel Puri G £3.45
Tender potatoes, onions and puffed rice mixed with sour and garlic chutney

Sev Puri £3.75
Crispy poori prepared with onions, tamarind, coriander, yoghurt and garlic chutney

Dahi Potato Puri G, D £3.75
Small crispy poori stuffed with potatoes, sweet and sour spicy chutney and yoghurt

Aloo Papadi Chat D, G £3.45
Crispy puri served with potatoes, sour and spicy chutney and yoghurt

Pani Puri G £3.45
Small crispy poori served with chickpeas, sour and spicy consommé

Dahi Vada D £3.00
Lentil doughnuts soaked in cold home made yoghurt

Mogo Chips £3.95
Served with tomato ketchup and sweet chutney

Potato Chips £2.25
Served with tomato ketchup

MAIN MEALS

All Dosa's served with sambar & coconut chutney

Plain Dosa <small>M</small>	£3.25
Rice and lentil pancake	
Masala Dosa <small>M</small>	£4.00
Rice and lentil goldem pancake filled with potato, onions and carrot	
Mysore Masala Dosa <small>M, D</small>	£4.75
Very famous rice and lentil spicy pancake spreaded with red coconut chutney filled with potato, onions and carrot	
Rava Dosa <small>G, M</small>	£4.00
Cream of wheat and rice pancake	
Rava Masala Dosa <small>G, M</small>	£4.75
Cream of wheat and rice pancake filled with potato, onions and carrot	
Onion Rava Dosa <small>G, M</small>	£4.95
Cream of wheat and rice pancake with sautéed onions	
Onion Rava Masala Dosa <small>G, M</small>	£5.25
Cream of wheat and rice pancake with potatoes, onions and carrot	
Paneer Dosa <small>M, D</small>	£5.00
Rice and lentil pancake filled with home made cottage cheese, potato, onion, carrot and capsicum (red and green) with mild spices	
Cheese Dosa <small>M, D</small>	£3.95
Rice and lentil pancake with cheese	
Spring Dosa <small>M</small>	£4.50
Rice and lentil pancake filled with onions, tomatoes and capsicum	
Sagar Special Dosa <small>M, D</small>	£5.95
Rice and lentil pancake filled with onions, tomatoes, coriander and smashed mixed vegetables cooked in tomato sauce and spices	
Paper Masala Dosa <small>M</small>	£6.25
Crispy rice and lentil pancake served with potato, onions, carrot and filling on the side	
Paper Paneer Dosa <small>M, D</small>	£6.75
Crispy rice and lentil pancake served with home made cottage cheese, potato, onion, carrot and capsicum (red and green) filling on the side with mild spices	

UTHAPPAMS (LENTIL PIZZA)

All Uthamppams served with sambar & coconut chutney

Plain Uthappam M	£3.25
Traditionally prepared rice and lentil pizza	
Onion Uthappam M	£3.95
Traditionally prepared rice and lentil pizza topped with onion	
Tomato Uthappam M, D	£4.25
Traditionally prepared rice and lentil pizza topped with tomato	
Cheese Uthappam M, D	£4.25
Traditionally prepared rice and lentil pizza topped with cheese	
Onion & Chilli Uthappam M	£4.75
Traditionally prepared rice and lentil pizza topped with onion and chillies	
Mixed Uthappam M	£4.95
Traditionally prepared rice and lentil pizza topped with tomato, onion and coconut	
Masala Uthappam M	£5.25
Traditionally prepared rice and lentil pizza topped with potato, onion, coriander and mulaga podi	
Sagar Special Uthappam M	£5.75
Traditionally prepared rice and lentil pizza topped with onion, tomato, capsicum and cheese	

EXTRAS

Channa Batura G, D	£4.25
Puri Bhajee G	£4.45
Chappathi with Kurma G, D, N	£4.45
Pav Bhaji G, D	£4.25
Raitha D	£1.25
Special salad made with carrots, cucumber and yoghurt	
Green Salad	£2.95
Cucumber, tomato, onions, lettuce, carrots, chilli and lemon	
Mulaga Podi [Gun Powder] D	£1.75
Combination of lentils ground together with spices and served with ghee	

OUR FAMOUS CURRY DISHES

Vegetable Kurma <small>D, N</small>	£4.75
Creamy curry of fresh vegetables cooked in mild sauce with cashew nuts	
Channa Masala	£4.75
Chick peas simmered in a tomato curry with fresh spices, ideally eaten with batura	
Mutter Paneer <small>D, N</small>	£5.25
A delicious curry with fresh home made cottage cheese, peas, cashew nuts and cream	
Aloo Ghobi	£4.75
A delicious curry with cauliflower, potato, fresh tomato and capsicum (red and green) with home blended South Indian spices	
Saag Aloo	£4.75
A delicious curry with spinach and potato, blended with South Indian spices	
Saag Paneer <small>D</small>	£5.25
Lightly spiced fresh spinach cooked with fresh home made cottage cheese	
Bombay Bhajee <small>D</small>	£4.75
Smashed mixed vegetables cooked in tomato sauce and spices	
Bhindi Bhajee	£5.25
Fresh okra cooked in fresh tomato with home blended South Indian spices	
Brinjal Bhajee	£5.25
Fresh aubergine cooked in fresh tomato and capsicum (red and green) with home blended South Indian spices	
Vegetable Kootu <small>M, N, D</small>	£4.25
Fresh mixed vegetables cooked in coconut, cashew nuts and cream with home made South Indian spices	
Fried Dal	£4.25
Yellow pulse with light chilli, tomato and lemon seasoning	
Dal Makhani	£4.25
A very rich dish made of creamy black dal and kidney beans tempered with traditional Indian spices	
Sambar <small>M</small>	£4.25
Fresh mixed vegetables cooked in fresh coconut and lentil with home made South Indian spices	
Suki Bhajee <small>M</small>	£4.25
Fresh dry vegetables tossed in karahi with coconut and South Indian spices	
Potato Palya <small>M</small>	£4.25
Potatoes cooked with home blended South Indian spices	

THALIS

Traditional Udupi Thali £7.25

Traditional South Indian platter made mostly with lentils, served with pappadam, yoghurt, palya, suki bhajee, kootu, vegetable sambar, dal, rasam, basmati rice, poori and dessert

Sagar Thali £6.95

Restaurant special platter served with pappadam, yoghurt, potato palya, kootu, dal, curry of the day, special rice of the day, chappathi and dessert

Rajdani Thali £8.25

Traditional North Indian platter served with pappadam, bhajia, yoghurt, vegetable kurma, channa masala, mutter paneer, aloo gobi, pilau rice, chappathi and dessert

HOME MADE FRESH BREAD

Poori G £2.50

Two pieces of deep fried puffy dough

Batura D, G £3.25

Large fluffy fried bread

Chappathi G £2.25

Two pieces of unleavened baked bread

Stuffed Paratha D, G £2.95

One piece of leavened bread filled with spiced potato

Paratha D, G £2.25

One piece of delicious flaky leavened plain flour bread

HOME MADE SPECIALITY RICE

Lemon Rice D, G, M, N £2.95

Basmati rice tossed in a deep pan with peas and fresh lemon juice served with raita

Garlic Rice D, M £2.95

Basmati rice tossed in a deep pan with fresh garlic, cumin seeds, dried red chillies served with raita

Vegetable Biryani D, N £4.25

Basmati rice cooked with vegetables and home made spices served with vegetable kurma, raita and salad

Vegetable Pilau Rice £2.95

Basmati rice prepared with mixed vegetables and vegetable ghee

Boiled Rice £2.25

Basmati rice

Bakalbath D, M £2.95

A cooling mixture of rice, cucumber and yoghurt, tempered with asafoetida, served with home made pickle

DESSERTS

Gulab Jamun <small>G, D</small>	£2.45
Home made condensed milk rolled into balls, deep fried and soaked in sugar syrup	
Jagery Dosa with Ice Cream	£2.45
Golden butter crepe smothered with warm sugar cane, served with ice cream	
Payasam <small>G, D, N</small>	£2.25
Hot pudding made with cermicelli, sugar, milk, cashew nuts and raisins	
Gajjar Halwa <small>D, N</small>	£2.45
Warm carrot fudge infused with cardamom and studded with nuts and raisins	
Ras Malai <small>G, D, N, Peanuts</small>	£2.25
Sponge milk pudding	
Sheera <small>G, N</small>	£2.25
Cream of wheat cooked in sugar, with raisins and nuts	
Kulfi <small>G, D, M, N, Peanuts, Sesame, Soya</small>	£2.45
Indian ice cream available in Mango, Malai or Pistachio flavours	

ICE CREAM

Vanilla or Strawberry <small>D</small>	£3.25
Chocolate <small>Soya</small>	£3.25
Mango Sorbet	£3.25
Coconut <small>D</small>	£3.45
Pistachio <small>D, N</small>	£3.45

TEA AND COFFEE

Mysore Coffee <small>D</small>	£2.25
South Indian Latte	
Masala Tea	£1.95
English Tea	£1.25
Lemon Tea	£1.25
Peppermint Tea	£1.25
Green Tea	£1.25

SAGAR SPECIALITY DRINKS

LASSI, Home made creamy yoghurt and milk drink

Salt Lassi <small>D</small>	£3.25
Sweet Lassi <small>D</small>	£3.25
Mango Lassi <small>D</small>	£3.50
Limbu Pani Home made freshly squeezed lemonade	£3.00
Ganga Jamuna Fresh strawberry and lemon juice	£3.25
Kessar Badam (Almond) Milk <small>D, N</small>	£3.75
Pista Milkshake <small>D, N</small>	£3.75
Kashmiri Falooda <small>D, N, G</small>	£3.75
Milkshake <small>D, Soya</small> Chocolate, Vanilla, Strawberry, Mango	£3.55

SOFT DRINKS

Coke / Diet Coke / Fanta Orange / 7Up	£1.50
Ginger Ale / Soda Water / Tonic Water	£1.50
Water - Bottle (Still/Sparkling) 750ml	£3.45
Water - Bottle (Still/Sparkling) 330ml	£1.75

JUICES

Apple	£2.25
Guava	£2.25

FRESH JUICES

Orange	£2.95
Mango	£2.95
Passion Fruit	£3.25

BEERS

Kingfisher (330ml) 4.8%	£3.25
Cobra (330ml) 4.8%	£3.25
Cobra (330ml) - Alcohol Free - 0%	£3.25
Pils (275ml) - 5%	£3.25
Kingfisher Large (650ml) 4.8%	£5.75
King Cobra (750ml) 7.5%	£11.95

VEGETARIAN WHITE WINE

125ml / 175ml / Bottle

Ayrum Verdejo Blanco Albali, Valdepeñas, Spain. £2.45 / £2.95 / £10.95

This aromatic Verdejo shows floral notes with green apple and citrus fruit on the palate.

Cullinan View Chenin Blanc, South Africa. £3.75 / £14.25

Delicious fresh and creamy with peach fruit character. A classic South African style.

Monte Verde Sauvignon Blanc, South Africa. (Vegan) £3.95 / £14.95

Classic gooseberry flavours enhanced by tropical fruit and zesty lemon

Callia Chardonnay, San Juan, Argentina. (Vegan) £14.95

Tropical fruit dominates the palate of this Chardonnay which shows a touch of spice

Pinot Grigio di Pavia, Collezione Marchesini, Italy. £15.95

Lovely buttery, crisp and dry style with typical pear fruit from this area of central northern Italy in the Southern section of Lombardy.

Da Luca Pinot Grigio, Terre Siciliane, Italy. (Vegan) £15.95

Delicious fresh and creamy with peach fruit character. A classic South African style.

VEGETARIAN ROSE WINE

Ayrum Tempranillo Rosado Albali, Valdepeñas, Spain.

£2.45 / £2.95 / £11.95

This aromatic Verdejo shows floral notes with green apple and citrus fruit on the palate.

Los Romero Merlot Rosé, Central Valley, Chile. (Vegan)

£2.75 / £3.25 / £12.95

Bright raspberry and strawberry aromas with pleasant blackcurrant flavours make this a soft easy drinking wine

VEGETARIAN RED WINE

125ml / 175ml / Bottle

Borsari Cabernet Sauvignon, Italy.

£2.95 / £3.45 / £12.45

Bright, soft berry-fruits with juicy damsons, a smooth, easy-going red.

Solstice Shiraz, Italy.

£3.75 / £14.25

A softer style of this spicy, full flavoured grape, that thrives in the Sicilian sun - ripe, light and lively.

Monte Verde Merlot, Central Valley, Chile. (Vegan)

£3.75 / £14.25

A supple and intensely juicy style with intense flavours of ripe red berries and plums

Condesa de Leganza Tempranillo, La Mancha, Spain. (Vegan)

£14.95

Pure Tempranilla aged in American oak, so not surprising the wine resembles a light Rioja. Cherries, smoky plums and vanilla.

Callia Malbec, San Juan, Argentina.

£14.95

Plenty of ripe, soft berry fruit flavours with the usual pinch of spice associated with Malbec as well as cinnamon and vanilla oak-spice notes

Da Luca Pinot Grigio, Terre Siciliane, Italy. (Vegan)

£15.95

Delicious fresh and creamy with peach fruit character. A classic South African style.

VEGETARIAN SPARKLING WINES

Da Luca Prosecco, Italy. (Vegan)

£19.95

Pear and peach fruit on a lively, soft and generous palate.

Louis Dornier et Fils Brut, France. (Vegan)

£24.95

A light, fresh, vigorously youthful Champagne with a fine, elegant, slightly lemony nose, and long, crisp palate.

SPIRITS - 25ml

Barcardi	£2.50
Captain Morgan	£2.50
Gordan's Gin	£2.50
Smirnoff	£2.50
Absolut	£2.50

WHISKY - 25ml

Black Label	£2.95
Chivas Regal	£2.95
Red Label	£2.95
Glenfiddich	£2.95
Laphroaig	£2.95
Jameson	£2.95
Jack Daniels	£2.95

APERITIFS - 50ml

Cinzano Bianco	£2.45
Martini (Dry Rosso)	£2.75
Campari	£2.75

LIQUEURS - 50ml & COGNAC - 25ml

Malibu	£2.95
Baileys	£2.95
Drambuie	£2.95
Tia Maria	£2.95
Cointreau	£2.95
Southern Comfort	£2.95
Remy Martin	£2.95