

Manjal

INDIAN & SRI LANKAN CUISINE

À LA CARTE MENU



  manjalrestaurantuk

 Langston Road, Loughton, IG10 3TQ

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COCKTAILS

Purple Rain	10.95
Blue Curacao, Archers & Bacardi White Rum	
Walking Zombie	10.95
Apricot Brandy, White Rum, Dark Rum, Pineapple & Orange Juice	
Maharaja Manjal	10.95
Tequilla, Mint, Lime & Chilli	
Rose & Lychee Martini	12.95
Hendricks Gin, Lychee Liqueur, Rose Syrup, Lychee Juice & Lime	
Mai -Tai	10.95
Light & Dark Rum, Lime, Orange Curacao, Orgeat Syrup	
Champagne Cocktail	14.95
Brown Sugar Cube, Angostura, Cognac, Champagne	

Margarita	10.95
Tequilla, triple Sec, Lime & Sugar	
Mojito	10.95
White Rum, Lime, Mint & Soda Water	
Long Island Iced Tea	10.95
5 White Spirit With Lime & Coke	
Cosmopolitan	10.95
Absolute Citron, Triple Sec, Cranberry Juice & Fresh Juice	
Pornstar Martini	12.95
vanilla Vodka Passoa, passion fruit, Pineapple, Orange juice & Lime	
Blue Lagoon	12.95
Refreshing Cocktail Made With Vodka, Malibu, Lychee, Lemon Juice & Blue Curacao	

MOCKTAILS

Hurricane	7.50
Orange Juice, Cranberry Juice, Grape Fruit Juice & Apple Juice	
Sunrise	7.50
Mango, Lime & Grenadine	

Strawberry Colada	7.50
Fresh Strawberry, Pineapple Juice, Coconut Cream	
Shirley Temple	7.50
Ginger Ale, Grenadine, Lime Juice	

CHAMPAGNE & SPARKLING WINES

	125ML	BTL
Borgo Molino Extra Dry Prosecco	8.99	36.00
Veuve Clicquot Yellow Label Brut		99.00
Veuve Clicquot Brut Rosé		99.00
Dom Pérignon Brut		379.00
Krug Brut		399.00

WHITE WINE

	175ML	BTL
Las Condes Sauvignon Blanc	7.25	28.25
La Delizia Pinot Grigio	8.50	33.25
Villa Wolf Dry Riesling		39.99
Mirror Lake		45.00
Domaine Louis Moreau Chablis		62.00
Puligny - Montrachet, Domaine Jean Louis		175.00

RED WINE

	175ML	BTL
Las Condes Chile	7.25	28.25
Grover La Reserve	8.50	33.25
Marqués De Reinosia Rioja Crianza		42.00
Raza Malbec Reserva		45.00
Cent'anni Amarone Della Valpolicella		89.00
Chateau Pindefleurs, St Emillion Grand Cru		99.00

ROSE WINE

	175ML	BOTTLE
Wildwood Zinfandel	7.00	27.25
La Delizia Pinot Grigio Bluch		33.25
Sancerre Rose Hubert Brochard		45.00

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SOUP

HOT & SOUR SOUP £5.99 / £6.75 / £6.99

Choices of Veg / Chicken / Prawns

Delicious hot & sour soup added with peppers & fresh vegetables resulting a perfect appetizer before lovely meal.

SWEET CORN SOUP £5.99 / £6.75 / £6.99

Choices of Veg / Chicken / Prawns

Nutritious smooth sweet corn soup enriched with proteins, fiber & vitamins.

VEGETARIAN STARTERS

BASKET OF PAPAD £3.25

Selection of papad served with homemade chutneys.

GREEN SALAD £4.50

Assortment of garden fresh cucumber, tomatoes, red onion, lime & green chillies.

METHU VADA / SAMBAR VADA £6.95 / £7.95

South Indian traditional urad dal based fried snack served with chutney or dipped with Sambhar.

BHEL PURI CHAT £7.95

Special Mumbai Street chat prepared with puffed rice, sev, tomato, potato, cashew nut, red onions mixed with sweet & sour chutneys.

PANI PURI - 6pcs £7.95

Hollow, fried dough balls (puri) stuffed with boiled potatoes, chickpeas & chat spices served with spicy tangy water & a sweet chutney.

SOYA VARUVAL £7.25

Cooked soya tossed with traditional chettinad spices with onion & coriander.

PUNJABI SAMOSA £6.25

Deep fried stuffed vegetable pastry.

GOBI 65 £8.50

Specially selected cauliflower / broccoli florets mixed with South Indian spiced batter & deep fried.

MUMBAI STREET CHATS £7.95

Potato Tikka Chats / Samosa Channa Chat

Mumbai special snack - crispy potato patties or veg samosa topped with channa masala, onion, tomato, mint & tamarind sauce.

INDO CHILLI PANEER £10.50

Cottage cheese sautéed in chefs' special hot sauce with diced onion, colourful capsicum & spring onion.

GOBI / MUSHROOM MANCHURIAN £9.95

Fresh gobi / mushroom florets sautéed with special sauce & peppers.

BHINDI JAIPURI £7.95

Fresh ladyfingers / okra starter beautifully flavoured with Indian spices & fried.

ONION BHAJI £6.25

Sliced Onion Smothered in a fragrantly spiced batter & fried to crispy Perfection

MEAT & FISH STARTERS

NETHILI / TILAPIA FISH FRY £10.95

Anchovy-unique fresh sea fish's or Tilapia fish flavoured with South Indian spices, taste of its own in every crispy bite seasoned with onion and spices.

FISH POLLICHATHU (whole sea bream) £14.95

Pollichathu Fish Sea Bream marinated with special manjal spices cooked wrapped with Banana leaf.

HOT BUTTER CUTTLE FISH £12.75

Fresh baby squid cooked with peppers, spring onions with a hot & sour sauce.

CHICKEN / LAMB VARUVAL £11.95 / £12.50

Varuval Meaning - Dry Roasted starter

Chicken breast / lamb pieces tossed with traditional chettinad spices with onion and coriander.

CHICKEN LOLLIPOP £12.95

Chicken wings marinated with chef's specially grounded natural spices & deep fried, served on its own or tossed with Mysore chilly garlic sauce.

CHICKEN 65 £10.25

Fresh Chicken thigh Pisces spiced with South Indian Masala & deep fried.

CHICKEN DEVIL / LAMB DEVIL £11.95 / £12.95

Battered chicken / lamb deep fried and sautéed with onion, capsicum, fresh spices & chefs special hot devil sauce.

LAMB ROLL £6.95

Hot South Indian delicacy prepared with specially grounded spices mixed with lamb, potato wrapped with care, crumbed and fried.

LAMB CHOPS DEVIL £14.95

New Zealand lamb chops sautéed with onion, capsicum, fresh spices & Chefs special hot devil sauce.

PRAWN 65 / PRAWN DEVIL £14.95

Fresh medium sized prawns battered & fried / sautéed with onion, capsicum, fresh spices & chefs special hot devil sauce.

TANDOOR SIZZLERS- STARTERS

TANDOORI CHICKEN (HALF) £12.00

Yogurt and fresh grounded spices marinated overnight with chicken on the bones, slowly cooked in tandoori oven.

TANDOORI MEAT PLATTER £21.95

An assortment of meat lamb chops, chicken thighs, sheek kebab, chicken tikka and malai chicken cooked in clay oven.

PANEER TIKKA SHASHLIK £9.95

Homemade cottage cheese grilled with onion, tomato & peppers.

MALAI CHICKEN (Mild & Creamy) £12.95

CHICKEN TIKKA £12.00

PESHAWARI SHEEK KEBAB £10.95

Minced lamb marinated with cardamom, nutmeg, skewered & grilled.

ADARAKI TANDOORI LAMB CHOPS £14.95

New Zealand lamb chops marinated with garlic, spices & cooked in tandoori oven.

GARLIC KING PRAWN £13.50

King prawns marinated with indian spices & cooked in tandoori oven.

SALMON TIKKA £11.50

Scottish fresh salmon marinated with indian spices cooked in a tandoori oven.

TANDOORI VEG PLATTER £16.95

Soya Kebab, paneer tikka, mushroom.

Please specify your Spice level while placing your order mild, medium, spicy or extra spicy

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VEG MAGNUM OPUS (Chef's work of Art)

PANEER BHURJI £11.95

Thick mix of grated cottage cheese & green peas cooked with Indian spices.

BHINDI MASALA £11.25

Fresh lady fingers / okra sautéed with small onion & coriander.

TARKARI HANDI £10.95

Garden fresh vegetables with cumin, lemon juice & ginger.

BOMBAY ALOO £9.50

Specially selected baby potatoes cooked with tomato & onion sauce.

ALOO GOBI £8.50

Steamed potato, cauliflower cooked with onion paste & North Indian spices.

PAGARKAI PORICHA CURRY £11.25

Fresh bitter gourd cooked with onion & South Indian spices.

BABY AUBERGINE CURRY / ALOO BAINGAN £10.25

Baby aubergines moderately spiced / Aubergine & aloo curry.

DAL MANJAL £10.95

Black Channa Dal, tomatoes cooked with aromatic chef's special coconut curry and South Indian spices.

DAL TADKA £10.95

DAL & SPINACH £10.95

Yellow lentils & baby spinach cooked with aromatic herbs & spices.

DAL MAKHANI £10.95

Black urad dal simmered in creamy gravy sautéed with tomatoes, onions and mild spices.

NON - VEG MAGNUM OPUS (Chef's work of Art)

PRAWN HARA PAYZ £14.95

Succulent Prawns nestled in a sauce cooked with plenty of Onions

NELLUR FISH CURRY £14.95

Nellur - district / county in South India, famous for its specially grown spices, this fish curry is with those specially imported Nellur spices cooked with onion, tomato & tamarind.

FISH MOLE £14.95

Fresh fish cooked with coconut based mild curry sauce.

LAMB SHANK ROGAN £16.50

Aromatic persian origin spices slowly cooked with specially selected New Zealand lamb shank, creating a medium spiced rogan.

SOUTHERN RAILWAY LAMB CURRY £16.95

Famous Southern railway lamb curry, prepared with handpicked South Indian special spices & coconut.

MUTTON CURRY ON THE BONE £13.95

Home style thick Mutton curry cooked with Mutton on the bones with Liver. A beautiful spiced curry.

EGG MASALA £10.95

Thick onion and tomato masala cooked with chef's special spices. (Enjoy)

CHICKEN CURRY ON THE BONE £12.95

Home style chicken curry cooked with chicken on the bones.

CHICKEN CHETTINAD £12.95

Boneless chicken cooked in typical chettinad spices and onion gravy, Chettinad-Region in South India which is well known for its unique spices.

BUTTER CHICKEN £12.95

Mild & creamy sweet chicken curry.

SRI LANKAN SIGNATURE KOTHU ROTI

SPECIAL MUTTON / CHICKEN KOTHU ROTI £14.95 / £13.95

Shredded bread infused with mutton / chicken curry, egg, onion, leeks and chilly.

VEG KOTHU PARATHA £12.95

Infusion of fresh vegetable curry with paratha cooked on a griddle.

CLASSICS

TIKKA MASALA

Choices of Prawns £14.95 / Lamb £13.95 / Chicken £12.95 / Veg/Paneer £11.95

A mild curry cooked with tomato, cream, indian spices, almonds & cashew nuts.

KORMA

Choices of Prawns £14.95 / Lamb £13.95 / Chicken £12.95 / Veg / Paneer £11.95

Mild curry sauce with cream and Almonds.

KADAI / JALFREZI

Choices of Prawns £14.95 / Lamb £13.95 / Chicken £12.95 / Veg/ Paneer £11.95

Aromatic sauce prepared with cubes of peppers, onions & tomato.

BHUNA

Choices of Prawns £14.95 / Lamb £13.95 / Chicken £12.95 / Veg / Paneer £11.95

Rich thick sauce with garlic, onions & tomato.

SAAG / SPINACH

Choices of Prawns £14.95 / Lamb £13.95 / Chicken £12.95 / Veg / Paneer £11.95

Fresh spinach based curry with ginger, garlic, onions & tomato.

Please specify your Spice level while placing your order mild, medium, spicy or extra spicy

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SOUTH INDIAN PANCAKES

APPAM £6.50

Hopper made from a fermented batter of rice flour cooked in a traditional vessel.

MILK APPAM £6.75

Crispy appam served with a sweet coconut milk topping.

EGG APPAM £6.75

Crispy thin appam topped with egg.

PLAIN DOSA / GHEE DOSA £8.75 / £9.50

Thin pancake made of rice and lentils served with sambar (dal & vegetable curry) and chutney.

MASALA DOSA / GHEE MASALA DOSA £10.50 / £11.95

Thin pancake made of rice & lentils stuffed with potato masala.

PANEER DOSA £10.95

Thin pancake made of rice & lentils spread with indian cottage cheese.

ONION RAVA DOSA /

ONION RAVA MASALA DOSA £10.50 / £11.95

Special semolina pancake cooked with onion.

UTHAPPAM £11.25

Thick pancake topped with onion, tomato & chilly.

NON - VEG PANCAKES

CHICKEN MASALA DOSA £13.95

Thin pancake made of rice & lentils stuffed with chicken potato masala.

LAMB MASALA DOSA £14.95

Thin pancake made of rice & lentils stuffed with lamb potato masala.

RICE

STEAMED RICE £3.75

JEERA RICE £4.75

Pulao Rice £4.25

Rice spiced up with cinnamon, cardamom & cloves.

Peas Pulao £5.50

Spiced pulao rice mixed with freshly grown garden peas.

Mushroom Pulao £5.50

Spiced pulao rice mixed with fresh mushrooms.

FRIED RICE

VEG FRIED RICE £7.25

Plain rice sautéed / stir-fried with garlic, cabbage, celery, mixed peppers, spring onion & fresh vegetables.

EGG FRIED RICE £7.50

Plain rice sautéed / stir-fried with garlic, cabbage, celery, mixed peppers, spring onion & fresh Eggs.

CHICKEN FRIED RICE £10.95

Plain rice sautéed / stir-fried with garlic, cabbage, celery, mixed peppers, spring onion & flavoured chicken.

PRAWN FRIED RICE £13.95

Plain rice sautéed / stir-fried with garlic, cabbage, celery, mixed peppers, spring onion & flavoured prawns.

BIRYANI

VEG BIRYANI £12.50

Slow cooked rice specially spiced with Indian spices added with fresh vegetables. Served with cucumber & onion raita.

CHICKEN BIRYANI £14.50

Slow cooked rice specially spiced with Indian spices added with boneless chicken. Served with cucumber & onion raita & sauce.

LAMB BRIYANI £15.50

Slow cooked rice specially spiced with Indian Spices added with boneless New Zealand lamb. served with cucumber & onion raita & sauce.

BREAD ITEMS

MALABAR PARATHA £3.50

Special South Indian soft layered bread prepared with Maida / all-purpose flour & milk, cooked on hot pan.

PLAIN NAAN/ BUTTER NAAN £3.50

White bread prepared with plain flour & milk, cooked in the clay oven.

TANDOORI ROTI / BUTTER ROTI £2.95

Brown bread prepared with wheat flour, cooked in the clay oven.

CHAPATI £2.95

Thin brown bread prepared with wheat flour, cooked on hot pan.

GARLIC NAAN / CHILLI NAAN £3.99

Special South Indian soft layered bread prepared with Maida / all-purpose flour & milk, cooked on hot pan.

PESHWARI NAAN £3.99

Naan bread stuffed with mixture of nuts & raisins.

CHEESE NAAN £3.99

Naan bread stuffed with mature local farm cheese.

KEEMA NAAN £3.99

Naan bread stuffed with spiced New Zealand lamb mince meat.

DESSERTS

TASTE OF INDIA £14.95

Assortment of gulab jamun, rasmalai, carrot halwa & ice cream.

GULAB JAMUN £7.50

CARROT HALWA £7.50

RASMALAI £7.50

ICE-CREAM £6.25

Vanilla / Strawberry / Chocolate

PISTACHIO/VANILLA KULFI £6.25

BROWN MILK APPAM £7.50

Please always speak to us about any allergies or intolerances before placing your order.

Discretionary 12.5% service charge will be added to your bill.

Please specify your Spice level while placing your order mild, medium, spicy or extra spicy