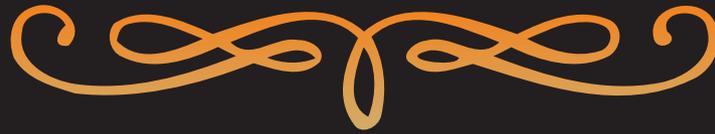


INDIAN LOUNGE

RESTAURANT & BAR



A very warm welcome

to Indian Lounge Edinburgh, where you will taste true Punjabi flavours of India.

We have been cooking for over 30 years and our head chef is regarded as one of the best in Edinburgh. Only the best will do in our establishment. We buy free range poultry, grass-fed Scottish lamb, ship to plate seafood in 48 hours or less & fresh vegetables all on a daily basis, all delivered from local and reputable suppliers. Our spices we buy whole and grind our-self, that way we know exactly what is in our food. We only cook with olive oil and healthy ingredients.

Our policy is simple **COOK FRESH EAT FRESH**, around 80% of our menu is

Gluten Free.

Unlike large companies we do not buy frozen & reheat in an oven as many

big chain establishments do. Only frozen food we buy is green peas and

chips.



GRILL TANDOORI SPECIALS ☒

Tandoori specialties from North India. Tandoori food is cooked in a clay oven called a Tandoor. It is medium spiced, marinated in yogurt and seared over charcoal. This traditional way of cooking captures all the flavours and natural goodness of meat and fish. It is extremely healthy too. All dishes are served with salad and side sauce.

Options below are served on a sizzling platter.

Tandoori Chicken £10.95

Half spring chicken marinated overnight.

Chicken Tikka Kebab £10.95

Boneless sliced chunks of chicken.

Tandoori Lamb Chops £12.95

Tender lamb chops marinated overnight.

Tandoori King Prawns £14.95

Full flavoured Prawns.

Tandoori Seek Kebab £11.95

Sausage minced meat.

Tandoori Salmon £14.95

Local caught Scottish salmon.

Mixed Tandoori £14.95

Chicken tikka, tandoori chicken, seek kebab and lamb chop.

(for shashlik style dishes with tomatoes, green pepper and large onions please add £1.75)

☒ = Gluten Free ♣ = Vegan

IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

CHICKEN SPECIALS ☒

We only use free range poultry and our chicken is 100% breast.

Tawa Rooflifter £9.95

Chicken, lamb and prawns with tandoori spices and chutney.

Chicken Jhall Farazi £8.25 (hot)

A rich hot spicy curry dish.

Chicken Balti £8.95

Chicken pieces sauted traditionally with fresh peeled and grated garlic and ginger with some fresh herbs.

Chicken Channa £8.25

Chicken cooked with chick peas.

Garlic Chilli Chicken £8.25

Succulent pieces of chicken cooked in chili garlic sauce.

Karahi Chicken £8.95

Breast of chicken cooked with sweet green pepper and specially selected herbs and spices.

Chicken saag £8.25

A medium curry cooked in methiseed, fenugreek and spinach.

Zerra chicken £8.95

Cooked with cumin and herbs.

Ginger chicken £8.95

Cooked with fresh ginger and spices.

Butter chicken £8.95

Buttery dish cooked with tomatoes and aromatic herbs.

Chicken and aubergine £11.95

Sliced aubergine pan fried with cumin and spices cooked in a juicy sauce.

Chicken Nepal £8.25

A medium curry cooked with fresh cream, egg yolk and spinach. Mild to medium spiced.

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IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

STARTERS

GRILLED TANDOORI STARTERS

Marinated overnight in our special mix of Punjabi spices and grilled in clay oven. These are also very healthy.

Mixed Kebab £4.95 ☒

Chicken tikka, seek kebab and chicken wings.

Chicken Tikka £4.25 ☒

Boneless chicken.

Salmon Tikka £5.50 ☒

Finest Scottish Salmon.

Lamb Chops £5.95 ☒

Superb flavorsome.

Seek Kebab £4.25 ☒

Spiced mince meat.

King Prawn Tikka £5.50 ☒

Chicken Wings £4.25 ☒

Pakoras are nuggets made with our special batter, deep-fried and served with a delicious dip:

Chicken Pakora £4.25 ☒

Mix Pakora £4.50 ☒

Vegetable Pakora, onion bhaji and chicken.

Fish Pakora £4.95 ☒

King Prawn Butterfly £5.50 ☒

Puri is an unleavened Indian bread, commonly consumed on the Indian subcontinent. Below are options of various delicious fillings to choose from:

Prawn Puri £4.75

King Prawn Puri £5.75

Chicken Puri £5.50

Lamb Puri £5.95

Samosa £3.85

Exquisite minced meat enclosed peas, potato, coriander and spices in a crunchy pastry.

Garlic Prawns £4.50 ☒

Selected prawns sauteed in Punjabi spices.

Prawn Cocktail £4.50 ☒

Succulent prawns soaked in a delectable recipe sauce.

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VEGETARIAN STARTERS

Panner Stir Fry £4.25 ☒

Pan fried panner in chefs selected Punjabi spices.

Lentil Soup £3.50 ☒

Homemade watery soup with lentils and spices (no flour added to thicken soup).

Vegetable Samosa £4.15 ☒

Vegetables enclosed in a crunchy pastry.

PAKORA

Pakoras are nuggets made with our special batter, deep-fried and served with a delicious dip:

Scottish Haggis Pakora £4.25 ☒

Vegetable Pakora £3.50 ☒

Onion Bhajee £3.50 ☒

Aubergene Pakora £3.50 ☒

Panner Pakora £4.25 ☒

Mushroom Pakora £3.50 ☒

Aloo Pakora £3.50 (potato) ☒

Mix Pakora £4.35 ☒

Vegetable pakora, onion bhaji and aubergene.

PURI

Puri is an unleavened Indian bread, commonly consumed on the Indian subcontinent. Below are options of various delicious fillings to choose from:

Chana Puri £4.50 (chickpeas)

Mushroom Puri £4.50

Aloo Puri £4.50 (potato)

Vegetable Puri £4.95

ACCOMPANIMENTS

Homemade Plain Yogurt £2.75 ☒

Cucumber Homemade Riatha £1.95 ☒

Popadum 80p ☒

Bowl of Olives £2.45 ☒

Chutney Tray £1.95 ☒

Spiced onions, mango chutney, mint yoghurt and mix pickle.

Bowl of Tortilla chips £4.50 ☒

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IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

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BIRYANI

Grand festive dishes prepared from Basmati rice cooked with delicate herbs and spices, served with a mixed vegetable curry sauce.

CHICKEN £10.95 ☒

LAMB £11.95 ☒

PRAWNS £11.95 ☒

KING PRAWNS £13.95 ☒

VEGETABLE £9.95 ☒ ♡

SPECIAL MIX (chicken, lamb and prawns) £13.95 ☒

SPECIAL TANDOORI (chicken, lamb and seek kebab)

£13.95 ☒

EUROPEAN

FISH AND CHIPS £9.95 ☒

80Z STEAK £16.95 ☒

Served with mushrooms, tomato and chips.

GRILLED CHICKEN AND CHIPS £9.95 ☒

GRILLED CHICKEN AND SALAD £9.95 ☒

OMELETTE AND CHIPS £8.95 ☒

FISH AND CHIPS £9.95 ☒

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BREAD

Our bread dough is made freshly on a daily basis and cooked to order. Our Nan breads are very light and thin.

(per person size)

Gluten free Chapati £2.95 ☒

Nan Bread £2.95

Garlic Nan £3.50

Peshwari Nan (Sweet Bread) £3.85

Cheese Nan £3.85

Cheese and Garlic Nan £4.25

Keema Nan £3.95

Green Chili Nan £3.75

Onion Nan £3.75

Wholemeal Chapati £2.20 ☒

Wholemeal Tandoori Roti £2.20

Puri Fried Bread £2.20

Paratha £3.95 ☒

Vegetable Paratha £4.50 ☒

Aloo Paratha £4.45

RICE / CHIPS

We only use high quality basmati rice.

(per person size)

Bowl of chips £2.95 ☒

Pilau Rice £2.95 ☒

Boiled Rice £2.95 ☒

Mushroom Pilau rice £3.95 ☒

Garlic Pilau rice £3.95 ☒

Special fried rice (egg & peas) £3.95 ☒

Vegetable Pilau rice £3.95 ☒

Chickpea Pilau rice £4.30 ☒

Keema Pilau rice (minced meat) £4.85 ☒

Lemon Pilau rice £4.50 ☒

Royal Pilau rice (nuts) £4.85 ☒

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ALL DISHES ARE PER PERSON SERVING

MINIMUM CHARGE £12.00 DURING PEAK TIMES

CHEF'S SIGNATURE DISHES

LAMB CHOP KARAHİ £12.95 ☒

Selected chops lightly grilled and then added into chefs blend of spices in a medium Punjabi sauce.

Special Tandoori Balti £12.95 ☒

Our glorious and exclusive recipe consists of chicken, lamb and tandoori kafta cooked with fresh tomatoes and coriander.

ACHARI GOSHT £8.95 ☒

Diced cubes of tender lamb cooked with mix pickle and cumin with fresh coriander.

GARLIC CHILI CHICKEN £8.95 ☒

Fresh garlic, green chili in our exclusive Punjabi sauce.

PUNJABI CHICKEN BALTI £8.95 ☒

Home style dish in a juicy sauce.

SALMON CURRY £12.95 ☒

finest salmon sliced and prepared in tomatoes, coriander and cumin in a medium sauce.

Keema Karahi £9.95 ☒

Minced Scottish lamb slowly cooked with cumin, coriander seeds, garlic and ginger in a cast iron pot for full flavour.

Meatball style Punjabi Rogan Josh £9.95 ☒

Meat is lighty grilled in clay oven, sliced and added into this juicy sauce with selected spices.

Chicken Nentara £8.95 ☒

Bite size pieces of breast chicken cooked with onions in freshly ground medium strength masala with kasturie methi and fresh coriander.

Murgh Parsi Masala £8.95 ☒

Fresh sliced breast of chicken slowly cooked with onions, ginger, fresh coriander with a dash of white wine.

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LEAN SCOTTISH LAMB SPECIALS

Our Lamb is lean and from Scotland.

Karahi Gosht £9.95 ☒

Famous Punjabi dish cooked in a cast iron pot with selected spices in a thick sauce.

Lamb Jai Puri £8.95

Prepared in a delicate sauce with coriander, selected herbs and cumin.

Lamb Saag £8.95 ☒

Cumin, coriander, fenugreek and spinach.

Lamb Chop Karahi £12.95 ☒

Marinated chops cooked in a cast iron pot.

Lamb & Aubergine £10.95 ☒

Excellent dish cooked with Punjabi ground spices.

Bindi Gosht £10.95 ☒

Pan fried with okra.

Padina Gosht £8.95 ☒

Cooked with mint and cumin.

KEEMA SPECIALS ☒

Keema is minced lamb cooked with selected Punjabi spices. Our Lamb is 100% Scottish and lean.

Keema Matar £9.50

Minced meat and green peas.

Keema Karahi £9.95

Cooked in a cast iron pot, very tasty dish.

Keema Balti £9.95

Selected spices and ingredients cooked in a juicy sauce.

Achari Keema £9.95

Excellent dish cooked in a splash of mixed pickle and spices.

IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

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INDIAN LOUNGE CLASSICS

Below are available in the following options:
Chicken £7.95, Chicken Tikka £8.45, Scottish Lamb £8.45, prawns £8.50
King prawns £10.95 Fish £10.95 or mixed vegetables £6.95 ✓

PUNJABI CHICKEN TIKKA MASALA ☒

A medium strength dish with tandoori spices.

COCONUT CHICKEN TIKKA MASALA ☒

A mild coconut dish with herbs and mild spices.

BHUNA ☒

Medium strength traditional dish with a thick sauce of onions, tomatoes, fresh herbs and spices.

ROGAN JOSH ☒

A special preparation of pimento and garlic garnished with pan fried tomatoes.

SPECIAL KARAH BHOONA ☒

Prepared in a cast iron pot with onions, capsicums, tomatoes, fenugreek leaves, ginger and garlic. Flambeed in cognac. +£2.55

ACHARI ☒

Exquisite dish meticulously cooked with mix lime and pickle to give a distinct taste and aroma.

CHASNI ☒

A tangy and sweet taste, this is how we make Punjabi chasni in Edinburgh.

DUPIAZA ☒

Cooked with abundance of fried onions, coriander and cumin.

KORMA (mild) ☒

Creamy coconut dish with mild herbs and cumin.

PATHIA ☒

A magnificent sweet and sour dish cooked with mangoes and chutney to give full robust flavour.

DHANSAK ☒

A traditional Sunday dish of the Parsi community of Bombay. Cooked with lentils in a sweet and sour sauce.

MADRAS ☒

A hot spicy and moist classic of south India.

CEYLON ☒

A rich combination of delicate tasting sauce consisting of coconut, spices and fresh herbs in a medium sauce.

VINDALOO ☒

A south India dish with a very hot and rich taste.

PHALL ☒

Very, very hot south Indian dish.

☒ = Gluten Free ✓ = Vegan

IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

SEAFOOD SPECIALS ☒

All our seafood is caught and served within 48 hours. All seafood is 100% from Scotland.

Fish Balti £9.95

Cuts of white fish in a juicy Punjabi sauce with cumin.

Salmon Curry £12.95

Finest salmon cooked the Punjabi way.

Tandoori Salmon £14.95

Marinated finest salmon grilled in our clay oven.

Fish Curry £9.95 (runny sauce)

Sliced white fish in a light watery sauce with cumin and herbs.

Fish Punjabi Madras £9.95

Rich hot and spicy dish.

King Prawn Karahi £12.95

Prepared in our famous cast iron pot in a juicy thick sauce.

Achari King Prawns £12.95

Mix pickle prepared with cumin and coriander.

Prawn Rogan Josh £8.95

Prawns cooked in selected spices and garnished with pan fried tomatoes, onion and green peppers.

Punjabi Fish & Chips £10.95

This is how we cook fish & chips in India.

PANEER SPECIALS

Paneer is a fresh non melting cheese common in South Asia..Rich source of milk protein.

Paneer Karahi £8.95

Prepared in a cast iron pot in a thick Punjabi sauce.

Punjabi Paneer Balti £8.95

Cuts of cheese cooked in a juicy Punjabi sauce.

Saag Paneer £8.50

Cooked with spinach and cumin with Punjabi spices.

Matar Paneer £8.50

Peas and cheese.

Chana Paneer £8.50

Cooked with chickpeas, onion, garlic, ginger and cumin.

☒ = Gluten Free ♡ = Vegan

VEGETARIAN SPECIALS ☒

All vegetarian dishes are medium spiced. Please state if you prefer mild or hot spiced.

Main Dish £7.25 Side £4.20

Aubergine cubed aubergine ♡

Aloo Matar green peas and potato ♡

Aloo Gobi potato and cauliflower ♡

Mushroom Bhaji sliced mushrooms ♡

Saag Aloo Spinach and potato ♡

Saag Bhaji Spinach ♡

Turka Dhall Spicy Mixed Lentils ♡

Dhall Makni Creamy Mixed Lentils ♡

Dhall Runny mixed lentils in sauce ♡

Bhindi Okra ♡

Channa Masala Chickpeas ♡

Kidney Bean Curry ♡

Egg Curry Scrambled eggs

Boiled Egg Bhuna sliced egg in a juicy Punjabi sauce

Paneer (see paneer specials)

MILD SPECIALS ☒

Dishes below are available in chicken £8.25,

Lamb £8.95, prawn £8.95,

King Prawn £10.95, Fish £11.95 or mixed vegetables £7.15 ♡

Mild Rogan Josh: selected herbs, cumin and coriander. NO CREAM.

Korma: smooth creamy sweet dish of coconut, cream and ground almonds.

Punjabi Korma: spicy coconut dish with ground almonds.

Kashmiri Korma: banana, lychee and mango in a coconut creamy sauce.

Kashmir: sweet creamy dish with banana, lychee and mango.

Red Fort Special: ground herbs in a smooth creamy sauce with cashew-nuts and almonds.

Pasanda: sliced almonds in a smooth mildly spiced creamy sauce with cumin.

Butter Chicken: sliced chicken in a creamy buttery sauce with ground herbs.

IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

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NON-VEGETARIAN

DINNER FOR ONE PERSON

£19.95

Samosa

Minces meat enclosed in a crunchy pastry

Chicken Tikka Massallam ☒

Chicken kebabs cooked in medium sauce with fresh herbs and spices.

Lamb Balti ☒

Succulent diced lamb in a juicy medium strength sauce.

Sut Ratan Shahi ☒

Mixed vegetables in a medium sauce

Pulao Rice ☒

Basmati rice.

Naan Bread



DINNER FOR TWO £35.00

Our chef will produce a delicious selection of non-vegetarian starters, main dishes, naan and rice.

TANDOORI DINNER

FOR TWO £44.50

Our chef will produce a delicious selection of tandoori starters, main dishes, side dishes, rice and bread.

☒ = Gluten Free ♣ = Vegan

IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED

VEGETARIAN

DINNER FOR ONE PERSON

£17.95

Mix Pakora ☒

Veg Pakora, onion bhaji & aubergine.

Saag Aloo ☒

Spinach with potatoes.

Sut Ratan Sahi ☒

Mixed vegetables cooked in a medium sauce.

Tarka Dal ☒

Lentils cooked with fresh herbs and spices.

Tandoori Roti

Unleavened bread cooked in the clay over.

Basmati Rice ☒



DINNER FOR TWO £32.95

Our chef will produce a delicious selection of vegetarian starters, main dishes, side dishes, naan and rice.

CHEF'S SPECIAL

BANQUET MENU

Are available for parties over three persons.

Please ask our staff who will be pleased to give full details.

☒ = Gluten Free ♣ = Vegan

IF REQUIRED STATE MILD, MEDIUM OR HOT SPICED