

Veganuary



Welcome to our Vegan Food Festival!
This exciting menu is all about fresh,
flavourful, healthy and colourful cuisine.
Prepare to be inspired and discover a journey
of unique tastes and ingredients.



PUSHKAR
COCKTAIL BAR & DINING



STARTERS

Onion Bhaji £6.95

Sliced onions and spinach, with fresh herbs and spices, dipped in gram flour then deep fried.

Palak & Jamun Ki Tikki £7.95

Chopped prune with a piquant hint of balsamic vinegar encased in a mildly spiced spinach cake, golden fried.

Vermicelli Williams £8.95

Potato shapes filled with spiced peas and rolled in vermicelli, served golden fried over sweet yoghurt and fruity tamarind sauce.

Chukunder Ke Bulbule £8.95

Grated beetroot, vegetable and herbs: popular among vegetarians.

Moong Dal Ki Bhajiya £8.95

Coarse yellow lentils mixed with ginger, chilli and powder spices served with radish salad and mint chutney .

MAINS

Yellow Dal Fry £8.25

House speciality of lentils, tempered with garlic, whole red chilli and cumin seeds.

Palak Baby Corn £8.75

A stir fried preparation of fresh baby corn and chopped spinach with a hint of garlic.

Channa Pindi £8.75

A tangy chickpea preparation in onion, tomato, ginger, mint and coriander, with a squeeze of lemon

Gobi Aloo £8.95

Florets of cauliflower and potatoes with ginger, onion and tomato.

Vegetable Chilli Milli £9.25

Chopped mix vegetables cooked with onion and tomato masala.

Dal Makhani £9.25

Black lentils slow cooked over night to the house recipe, finished with cream and butter.

Aubergine Tikka Masala £9.25

Grilled aubergine slow cooked in subtle and smooth tomato and cashew nut sauce flavoured with dried fenugreek leaves, ginger and honey.

Jalfrezi Subj £9.25

Dices of seasonal vegetable stir fried with colourful cubes of peppers and onions spiced with slit chillies creating a slight hint of sweet and sour taste.

Makhani Subj £9.25

Mixed vegetables cooked in a rich tomato sauce flavoured with dried fenugreek, ginger and honey.

Palak Paneer (vegan) £10.25

A traditional Punjabi dish of spinach puree and chunks of tofu cooked in onion, garlic, green chilli, ginger flavoured with fenugreek leaves, finally blended.

Paneer Makhani £10.25

Cubes of Tofu cooked in rich tomato gravy flavoured with dried fenugreek, ginger and honey.

DESSERT

Gajar Ka Halwa £ 6.50

Broad Street's award-winning, fine dining Indian restaurant, Pushkar, is taking on the vegan diet (Veganuary) for one month only. From the 2nd to the 31st January there will be a limited edition vegan menu, bringing an exciting fresh and flavoursome interpretation to veganism. Head Chef, Vindod Singh has created a Veganuary menu inspired from his childhood to prove how tasty vegan food can be.

Veganuary has become the latest trend for those looking to bring in the New Year with a detox, as supermarkets have revealed an increase in demand for meat and dairy free food.



Celebrities such as Formula 1 driver, Lewis Hamilton and pop singer, Ariana Grande have both converted to the vegan life style as the trend ever grows.

Pushkar are bringing this new trend to the fine dining market, promoting its nutritional benefits. Several studies have reported that vegan diets tend to provide more fibre, antioxidants and beneficial plant compounds. They also appear to be richer in potassium, magnesium, folate and vitamins A, C and E. Pushkar's Creative Director, Rai Singh comments:

"As the New Year approaches, opportunities arise to better yourself and get healthy. By taking part in Veganuary, you will notice the health benefits straight away. Give it a go and see the results!"

TO BOOK A TABLE CALL 0121 643 7978
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WWW.PUSHKARDINING.COM