



# Manjal

A LA CARTE MENU





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## PRE-STARTERS

- Popadoms £3.25
- Mixed Nuts £6.95
- Potato Tikki Chat £7.95
- Samosa Channa Chat £6.95
- Pani Puri (6) deep fried breaded sphere filled with potato, onion and chickpea served with Tamarind water sauce £7.95
- Nethili Fish Fry £8.95
- Bel Puri Chat Special Mumbai Street Chat prepared with puffed rice, sev, tomato, potato, cashew nut, red onions mixed with sweet & sour chutneys £8.95

## NON-VEGETARIAN STARTERS

- Poricha Fish (Sea Bream fillet in banana leaf) £12.99
- Mutton Rolls (2) £6.95
- Devilled Chicken £11.65
- Lamb Varuval £12.50
- Chicken 65 £10.50
- Hot Butter Cuttlefish - £10.25
- Garlic King Prawns £13.50
- Attukal Soup also known as "Paya" which means leg/foot - £9.95
- Himalayan Chicken Wings £12.25

## KOTHUS

- Chicken £14.25
- Mutton £15.25
- Vegetable £12.95
- Ceylon Beef Kothu £15.00

## EXTRAS

- Seeni Sambal £2.00
- Pol Sambal £2.00
- Katta Sambal £2.00
- Kuni Sambal £2.00

## VEGETARIAN STARTERS

- Onion Bhaji £6.25
- Punjabi Samosa £6.25
- Gobi 65 / Gobi Manchurian £8.50
- Chilli Paneer £10.50
- Bhindi Kurkuri £7.95
- Vada (2) £6.99
- Mulligatawny Soup originates from the Tamil words milagu and tanni which translates "pepper water" £6.95

## TANDOOR SIZZLERS

- Panneer Tikka Shaslik £9.95
- New Delhi Sheek Kebab £10.95
- Chicken Tikka £12.00
- Nawabi Lamb Chops £14.95
- Salmon Tikka £11.50
- Tandoori Meat Platter (Chicken Tikka, Sheek Kebab & Lamb Chops) £17.95
- Malai Chicken mild & creamy £12.95

## HOPPERS & DOSA'S

- Hoppers (2) £6.50
- Egg Hoppers (2) £6.75
- Milk Hoppers (2) 6.75
- Plain Dosa £8.75
- Chilli Cheese Dosa £10.95
- Onion Rava Dosa £10.50
- Masala Dosa £10.50

## BIRYANI

- Hyderabad Chicken Biryani £14.50
- Lamb Biryani £15.50
- Root Veg Biryani £13.50




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## NON-VEGETARIAN CURRY

- Jaffna Mutton Curry on the bone £13.95
- Upcountry Chicken Curry on the bone £12.95
- Lamb Shank Rojan £16.50
- Old Delhi Butter Chicken £12.95
- Chettinad Chicken Curry £12.95
- Southern Railway lamb Curry £16.75
- Lamb Liver Roast £12.00

## SEAFOOD CURRY


- Prawn Hara Payz £14.95
- Kerala Mole Fish Curry £14.95
- Nelore Fish Curry £14.95 
- King Crab Curry £24.95

## VEGETARIAN CURRY

- Paneer Bhurji Grated Cottage Cheese mixed with Peas & Indian Spices £11.95
- Bombay Aloo £9.50
- Dal Makhani £10.95
- Dal Tadka £10.95
- Baby Aubergine Curry £10.25
- Egg Masala £10.75 
- Sri Lankan Pumpkin Curry £10.00
- Bhindi Masala - Fresh Okra / Ladyfingers sauteed with onion and coriander £11.25

## CLASSICS

*Choice of Prawn £14.95, Lamb £13.95, Chicken £12.95 or Veg (Paneer) £11.95*

- Bhuna - rich thick sauce with garlic, onion tomato
- Tikka masala - creamy tomato and nuts curry
- Korma - mild & creamy
- Jalfrezi - aromatic hot fry 
- Saag - spinach based curry

## RICE

- Steamed Rice £3.75
- Pilau Rice £4.25
- Mushroom Pilau £5.50
- Chicken Fried Rice £9.95
- Vegetable Fried Rice £7.25
- Egg Fried Rice £7.50
- Prawn Fried Rice £10
- Curd rice £5.00
- Samba Rice £5.00

## BREADS

- Naan £2.95
- Garlic Naan £3.50
- Butter Naan £3.50
- Cheese naan £3.75
- Pol Roti (2) £4.50
- Roti £2.95
- Malabar Paratha £3.50
- Peshwari Naan £3.75

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



**JAFFANA**  
LAMB VARUVAL  
MUTTON CURRY ON THE BONE  
HOPPERS  
MUTTON ROLLS

NORTHERN

**EASTERN DISTRICT - TRINCOMALEE**  
MUTTON ROLLS

NORTH CENTRAL -  
ANRURADAHAPURA  
MUTTON ROLLS

NORTH WESTERN -  
KURENGALA  
MUTTON ROLLS

EASTERN  
MUTTON ROLLS

CENTRAL -  
KANDY  
MUTTON ROLLS

HOPPER  
KOTHU  
MUTTON ROLLS  
DEVILLED CHICKEN  
FRIED RICE

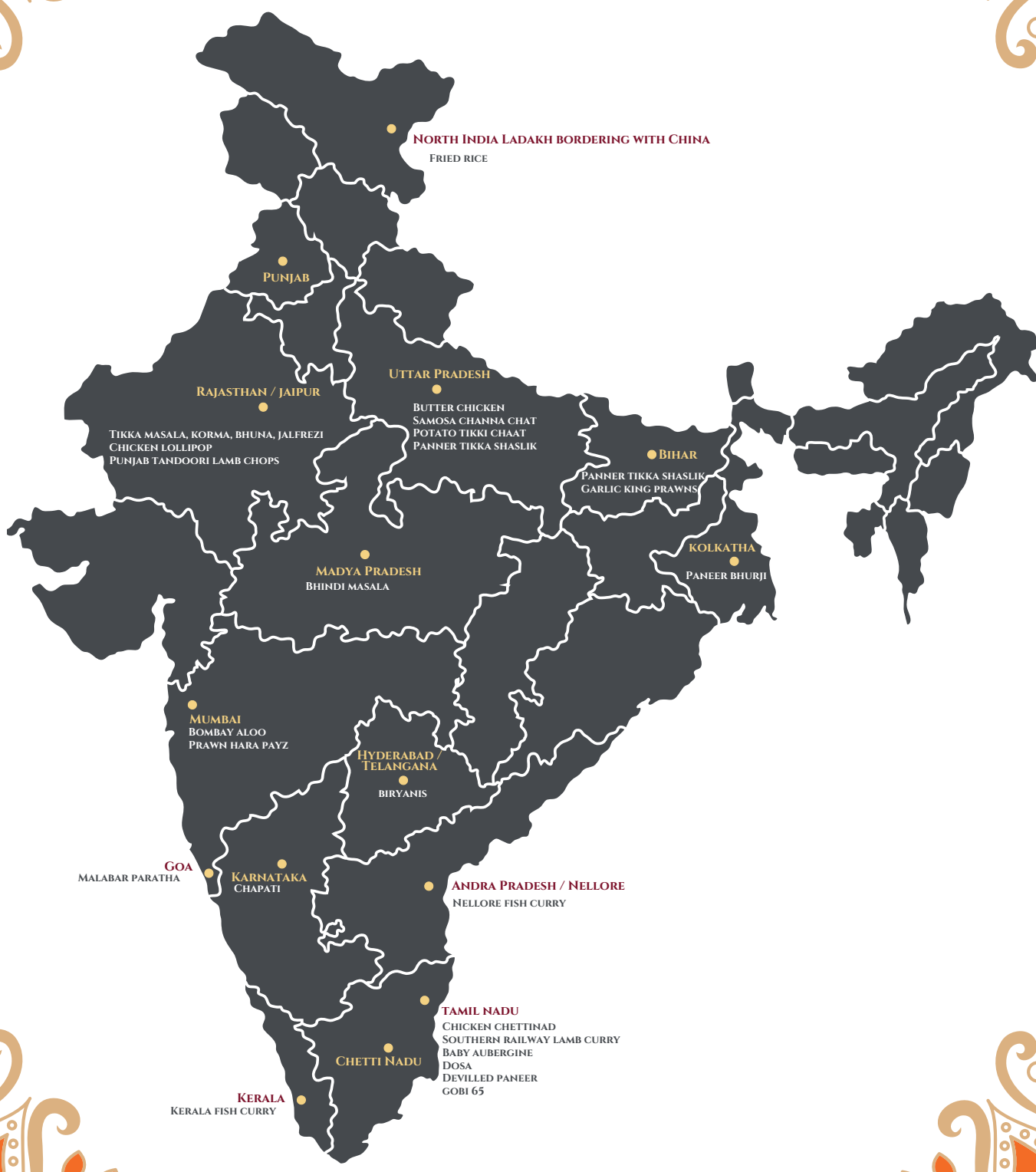
WESTERN -  
COLOMBO

UVA - BADULLA  
MUTTON ROLLS

SABARAGAMUWA -  
RATNAPURA  
MUTTON ROLLS

SOUTHERN - GALLE  
MUTTON ROLLS





**NORTH INDIA LADAKH BORDERING WITH CHINA**  
FRIED RICE

**PUNJAB**

**RAJASTHAN / JAIPUR**

TIKKA MASALA, KORMA, BHUNA, JALFREZI  
CHICKEN LOLLIPOP  
PUNJAB TANDOORI LAMB CHOPS

**UTTAR PRADESH**

BUTTER CHICKEN  
SAMOSA CHANNA CHAT  
POTATO TIKKI CHAAT  
PANNER TIKKA SHASLIK

**BIHAR**

PANNER TIKKA SHASLIK  
GARLIC KING PRAWNS

**KOLKATHA**

PANEER BHURJI

**MADYA PRADESH**

BHINDI MASALA

**MUMBAI**

BOMBAY ALOO  
PRAWN HARA PAYZ

**HYDERABAD / TELANGANA**

BIRYANIS

**GOA**

MALABAR PARATHA

**KARNATAKA**

CHAPATI

**ANDRA PRADESH / NELLORE**

NELLORE FISH CURRY

**TAMIL NADU**

CHICKEN CHETTINAD  
SOUTHERN RAILWAY LAMB CURRY  
BABY AUBERGINE  
DOSA  
DEVILLED PANEER  
GOBI 65

**CHETTI NADU**

**KERALA**

KERALA FISH CURRY

## GLOSSARY

Mutton Roll – a staple of Sri Lankan cooking, available all around the Island.

Peshwari - Area in Pakistan.

Chettinadu - Southern Area of India.

Railway Lamb Curry – From the Colonial era in India when chefs cooked on the railways during long journeys on the train.

Jaffna - Northern Area of Sri Lanka.

Hoppers – Also known as Appam - fermented rice and coconut bowl shaped pancake. Very popular in Sri Lanka and Southern India.

Dosa - fermented rice and lentil pancake. Staple dish all over India.

Nelore – Origins from the Indian State of Andhra Pradesh.

Kerala - South Western Area of India.

Falooda – found all over the Sub Continent, also spelt Faluda. Very similar to an Ice Cream float.

Upcountry - Hill area of Sri Lanka (Nuwara Eliya, Hatton, Kandy).

Gobi 65- Popular street food snack in India, made from Cauliflower florets. The original recipe had 65 types of chilli hence the name.

Bhindi - Okra.

Kurkuri - means crunchy.

Nethili - anchovy.

Pol - Sinhalese for coconut.

Seeni - Sinhalese for sugar.

Hot Butter Cuttlefish - Very popular Dish that can be found almost anywhere in the Commercial Capital of Sri Lanka.

Pirattal - Tamil for "tossed & turned".

Varuval - dry cooked curry from the Tamil nadu region.

Attukal - also known as "Paya" which means leg/foot.

Hara Payz - spring onion.

Mulligatawny - originates from the Tamil words milagu and tanni which translates "pepper water".

Nawabi - persons and families who ruled a princely state.

Manchurian - North East Area of China

### MANJAL CANARY WHARF

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