

## SELECTION OF BIRYANIS

Biryani – a dish with spiced rice & mixed pieces of either lamb, chicken, prawn or vegetable

<b>King Prawn</b>	<b>£7.95</b>
<b>Tandoori Chicken</b>	<b>£7.95</b>
<b>Mixed</b>	<b>£7.95</b>
<b>Chicken</b>	<b>£5.95</b>
<b>Lamb</b>	<b>£5.95</b>
<b>Prawn</b>	<b>£5.95</b>
<b>Mushroom</b>	<b>£4.95</b>
<b>Vegetable</b>	<b>£4.95</b>
<b>Egg</b>	<b>£4.95</b>

All Biryani dishes served with raitha or vegetable curry

## FROM KERALA'S VEGETABLE BACKYARD

<b>Avial</b> Keralian vegetable dish made of assorted fresh vegetables cooked with coconut, yoghurt & spices.	<b>£4.50</b>
<b>Theeyal</b> Okra cooked in tamarind & mixed with fried coconut masala.	<b>£4.50</b>
<b>Vegetable Malabar</b> Fresh vegetables cooked with spices, tomato, fresh coconut milk & curry leaves.	<b>£4.50</b>
<b>Mutter Panner</b> Mutter paneer is a delicious dish made of peas and home-made cheese cubes.	<b>£4.95</b>
<b>Vegetable Kurma</b> Mix vegetable curry cooked in a sweet coconut sauce.	<b>£4.50</b>
<b>Dal &amp; Spinach</b> Lentils cooked with fresh spinach, turmeric, garlic & cumin seeds.	<b>£4.50</b>
<b>Cauliflower Manchurian</b> Cauliflower mixed with a corn flour batter, deep fried and tossed with onion & capsicum with a hint of green chilli.	<b>£4.50</b>
<b>Saag Paneer</b> Fresh spinach cooked with cubes of home-made cheese.	<b>£4.50</b>
<b>Brinjal Masala</b> Aubergines cooked in fresh Masala of coconut & spices, tempered with curry leaves.	<b>£4.50</b>
<b>Paneer Masala</b> Deep fried home made cheese tossed in spices, onions & made in a creamy sauce.	<b>£4.95</b>
<b>Vegetable Chilli</b> Vegetables cooked with tomato, onion, spices, curry leaves and crushed red chilli.	<b>£4.50</b>

## SIDE DISHES

<b>Parippu Curry (Dai)</b> Lentils cooked with turmeric and cumin seeds.	<b>£2.95</b>
<b>Bhindi</b> Fresh okra mildly spiced with onion & tomato.	<b>£2.95</b>
<b>Brinjal</b> Aubergines cooked with tomato, onion & chillies.	<b>£2.95</b>
<b>Mushroom Thoran</b> Mushrooms cooked with onion, garlic & curry leaves.	<b>£2.95</b>

<b>Beans &amp; Coconut</b> Green beans lightly cooked with mustard seeds, curry leaves & coconut.	<b>£2.95</b>
<b>Bombay Aloo</b> Dry potatoes marinated in spices & cooked with onions.	<b>£2.95</b>
<b>Saag Aloo</b> Spinach & potato cooked with onion & light spices.	<b>£2.95</b>
<b>Carrot Poriyal</b> Carrots cooked with onions, fresh coconut & mustard seeds.	<b>£2.95</b>
<b>Cabbage Thoran</b> Chopped cabbage, fresh coconut, tempered with mustard seeds, flavoured with turmeric, and curry leaves.	<b>£2.95</b>
<b>Green Banana</b> Green Bananas flavoured with spices & onions.	<b>£2.95</b>
<b>Beetroot Thoran</b> Fresh beetroot tossed with ground coconut and mustard seeds seasoned with curry leaves.	<b>£2.95</b>

## RICE

<b>Plain Rice</b>	<b>£2.00</b>
<b>Pilau Rice</b>	<b>£2.50</b>
<b>Lemon Rice</b>	<b>£2.50</b>
<b>Coconut Rice</b>	<b>£2.50</b>
<b>Tomato Rice</b>	<b>£2.95</b>
<b>Mushroom Rice</b>	<b>£3.95</b>
<b>Egg Rice</b>	<b>£3.95</b>
<b>Vegetable Pilau Rice</b>	<b>£3.95</b>
<b>Spinach Rice</b>	<b>£3.95</b>
<b>Kerala Fried Rice</b> (Rice mixed with small prawns & egg)	<b>£3.95</b>

## BREAD

<b>Plain Nann</b>	<b>£2.00</b>
<b>Garlic Naan</b>	<b>£2.50</b>
<b>Keema Naan</b>	<b>£2.95</b>
<b>Peshwari Naan</b>	<b>£2.50</b>
<b>Malabar Paratha (plain)</b>	<b>£2.00</b>
<b>Green Chilli Paratha</b>	<b>£2.50</b>
<b>Sweet Coconut Paratha</b>	<b>£2.50</b>
<b>Garlic Paratha</b>	<b>£2.50</b>
<b>Aloo Paratha</b>	<b>£2.50</b>
<b>Keema Paratha</b>	<b>£2.95</b>
<b>Chapathi (two per portion)</b>	<b>£2.00</b>
<b>Poori (two per portion)</b>	<b>£2.00</b>

## ACCOMPANIMENTS

<b>Salad</b>	<b>£1.95</b>
<b>Raitha</b>	<b>£1.95</b>
<b>Pappadoms</b>	<b>£0.50</b>
<b>Chutneys &amp; pickles Tray</b>	<b>£1.95</b>

visit our website [www.keralagroup.co.uk](http://www.keralagroup.co.uk) and you can also book online.

**Tandave**  
*South meets North Indian Cuisine*

260 High Street, Sutton. Surrey- SM1 1PG.  
Tel: 020 8642 1833

**Take Away Menu**  
*Free delivery on orders over £15 within a 3 mile radius*

**OPENING HOURS**  
SUNDAY - THURSDAY  
12.00pm - 3.00pm  
\* 6.00pm - 11.00pm  
FRIDAY - SATURDAY  
12.00pm - 3.00pm  
\* 6.00pm - 12.00pm

## SOUP

**Dal Soup** £2.95  
A soup made from a combination of three different lentils, flavoured with tomato, garlic, coriander and black pepper.

**Rasam** £2.95  
The essence of Kerala – a peppery lentil broth laced with garlic, tomatoes, spices and tamarind.

## TANDAV STARTERS

(All pancakes and iddly served with sambar & chutney)

**Mini Masala Dosa** £2.95  
A paper-thin crispy pancake made from rice and lentils, filled with potato stuffing.

**Iddly** £3.50  
Steam cake made of rice & black grams.

**Chilli Iddly** £3.95  
Steam cake made of rice and black grams, pan fried and sautéed with onions.

**Poori Masala or Chana Masala** £3.95  
South Indian puffed bread made of wheat flour served with lightly spiced potato masala or chick peas cooked dry with onions and spices.

**Cashew Nut Pakoda** £3.95  
Cashew nuts dipped in spicy batter & fried.

**Chicken Pakoda** £4.95  
Pieces of chicken breast dipped in spicy batter and deep fried.

**Vada** £2.50  
Fried doughnut made of lentils, flour, ginger, onions and green chillies.

**Masala Vada** £2.50  
Fried doughnut made of whole lentils and spices.

**Onion Bhaji** £2.50  
Onions and spices mixed with chickpea flour – deep fried.

**Samosa (Vegetable or Meat)** £2.50

## TANDAV SPECIALITIES

(Can be ordered as Main Courses)

**Chicken 65** £5.95  
A spicy deep-fried chicken dish popular in South India. The flavour of the dish comes from ginger, cayenne pepper and mustard powder.

**Chilli Paneer** £5.95  
Home made cottage cheese marinated with chilli and coriander, sautéed with onions, fresh tomato and pepper.

**Pepper Lamb Fried** £6.95  
Tender pieces of lamb, slow cooked and gently marinated with crushed garlic, turmeric, dry chilli & black pepper.

**Spicy Fish Fry** £7.50  
Pan fried kingfish coated with fennel powder, turmeric, chillies ginger, garlic and curry leaves.

**Pepper Wings** £6.95  
Chicken wings marinated in spices & fried & tossed with onions, black pepper and capsicum.

**Chicken or King Prawn Poori** £7.95  
Puffed bread, sandwiched with chicken or king prawns, marinated in spices & cooked with onions & capsicum.

## TANDOORI SPECIALITIES

What is tandoor? Tandoor is a clay oven made from special clay and all the items are cooked or grilled over a charcoal fire. No fat is used to cook any Tandoori dish. So tandoori is gift from heaven to weight watchers.

**Tandoori Chicken**  
Chicken on the bone marinated in a spiced yogurt and grilled in a clay oven.  
STARTER £3.95 MAIN £5.95

**Chicken Tikka**  
Cubes of chicken breast marinated in fresh spices and grilled in a clay oven.  
STARTER £3.95 MAIN £5.95

**Lamb Tikka**  
Cubes of lamb marinated in fresh spices and grilled in a clay oven.  
STARTER £3.95 MAIN £5.95

**Sheek Kebab**  
Minced lamb meat mixed with fresh spices and cooked in a clay oven.  
STARTER £3.95 MAIN £5.95

**Chicken Tikka Masala** £6.95  
Cubes of chicken marinated in spices and yogurt then cooked in a tandoor oven in a masala (Can be ordered on the bone).

**Chicken Shaslik** £6.95  
Diced chicken mildly marinated and barbecued with onion, tomato and capsicum.

**Tandoori King Prawn** £9.95  
King prawns marinated in fresh spices and grilled in a clay oven.

**Tandoori Mixed Grill** £10.95  
A selection of chicken tikka, lamb tikka, sheek kebab, tandoori chicken & tandoori king prawn.

## MAIN COURSES

### DOSA

Dosai's are crepes made of fine ground rice and lentils cooked on a flat griddle. These gluten-free treats can be stuffed with a variety of fillings and are enjoyed throughout South India and beyond accompanied with the Sambar and coconut chutney

**Masala Dosa** £4.95  
A paper-thin crispy pancake made from rice and lentil, filled with potato masala.

**Ghee Roast Masala Dosa** £5.50  
Crispy pancake roasted in clarified butter filled with potato masala.

**Meat or Chicken Masala Dosai** £5.95  
Non-vegetarian pancake delicacy.

**Prawn Masala Dosai** £5.95  
Steamed shrimp prawn cooked in a masala of potato, onion, green chilli and tomato..

**Salmon Masala Dosai** £5.95  
Seafood pancake delicacy.

**Uthappam** £4.95  
South India's speciality or you can call it Indian "Pizza" made of rice & lentil batter topped with tomato, curry leaves, chillies & onions.

### FROM OUR FISHERMEN'S NET

**Mangalore Fish Curry** £7.95  
Whole pomfret Fish marinated in chilly & ginger garlic paste served on a tomato & red chilly base.

**Kerala Fish Curry** £7.50  
Prepared with King Fish flavoured with ginger, curry leaves, fenugreek and cocum.

**Fish Chilli** £7.50  
Marinated pieces of fish seasoned with onions, spices and fresh green peppers.

**King Fish Grilled** £7.50  
Marinated pieces of king fish grilled in garlic & butter sauce.

**Konju Manga Curry** £7.50  
King Prawns cooked with turmeric, chillies, green mango and coconut and spicy flavour.

**Alleppey Konju Curry** £7.50  
A rich and thrilling dish from allappuzha, the Venice of the East, king prawns cooked in coconut, black pepper, and ginger gravy, flavoured with lemon and curry leaves.

**Chilli Fried Chemmeen** £7.50  
King prawns cooked with onion, chillies, curry leaves, tomatoes & capsicum.

**Chemmeen Poriyal** £7.50  
Marinated king prawns pan fried & tossed with brown sliced coconuts.

**Fish Molie** £7.50  
King fish cooked in coconut milk with spices, tomatoes, curry leaves & pepper sauce.

## CHICKEN

**Chicken Malabar** £5.95  
Tender boneless chicken cooked in roasted coconut milk base with tomatoes, spices and curry leaves.

**Kerala Chicken Curry** £5.95  
The most common poultry dish in Kerala, diced chicken breast cooked in pepper masala, garlic, mustard seeds, curry leaves and ginger.

**Butter Chicken** £5.95  
Boneless pieces of chicken sautéed to form a thick sauce, friendly with low chilli users.

**Ginger Chicken** £5.95  
Marinated cubes of chicken cooked in fresh ginger & spices.

**Chilli Chicken** £6.95  
Boneless chicken pieces marinated in refreshing Spices, seasoned with onion & green pepper.

## LAMB

**Meat Malabar** £5.95  
Speciality of North Kerala. Tender pieces of lamb cooked in a roasted coconut milk base with tomato, spices and curry leaves.

**Kerala Meat Curry** £5.95  
A very tasty dish made with lamb cubes, red chilli, chopped tomato, garam masala, onion, curry leaves & coconut oil.

**Green Meat Masala** £5.95  
Cubes of lamb marinated in green masala cooked with tomato, onion & curry leaves.

**Rogan Josh** £5.50  
Diced lamb cooked with tomato and green peppers in a medium spicy sauce.

**Erachi Ulathiyathu** £6.95  
Lamb cooked in a way you have never seen before, deliciously spiced with pepper, chopped coconut slices, coriander & chilli.

## CHICKEN/LAMB/PRAWN/KEEMA

### £5.50

**Masala/Dansak/Dupiaza/Bhuna  
Methi/Madras/Saag/Kurma**

1st south indian eatery in Sutton

Catering Functions & Events Possible