

Manjal

INDIAN & SRI LANKAN CUISINE

À LA CARTE MENU



  **manjalrestaurantuk**

 **Langston Road, Loughton, IG10 3TQ**

Manjal

INDIAN & SRI LANKAN CUISINE

COCKTAILS

Purple Rain	£12.95
Blue Curacao, Archers & Bacardi White Rum	
Walking Zombie	£12.95
Apricot Brandy, White Rum, Dark Rum, Pineapple & Orange	
Maharaja Manjal	£11.50
Tequilla, Mint, Lime & Chilli	
Rose & Lychee Martini	£13.95
Hendricks Gin, Lychee Liqueur, Rose Syrup, Lychee Juice & Lime	
Mai-Tai	£12.95
Light & Dark Rum, Lime, Orange Curacao, Orgeat Syrup	
Margarita	£13.50
Tequila, triple Sec, Lime & Sugar	
Champagne Cocktail	£14.95
Brown Sugar Cube, Angostura, Cognac, Champagne	

Mojito/Strawberry	£12.95
White Rum, Lime, Mint & Soda Water / Fresh Strawberry	
Long Island Iced Tea	£12.95
White Spirit with Lime & Coke	
Cosmopolitan	£12.95
Absolute Citron, Triple Sec, Cranberry Juice & Fresh Juice	
Pornstar Martini	£13.95
Vanilla Vodka Passoa, passion fruit, Pineapple, Orange juice & Lime	
Blue Lagoon	£13.95
Refreshing Cocktail Made with Vodka, Malibu, Lychee, lemon Juice & Blue Curacao	

MOCKTAILS £7.99

Hurricane	
Orange Juice, Cranberry Juice, Pineapple Juice & Apple Juice & Grenadine	
Sunrise – Mango, Lime & Grenadine	
Shirley Temple – Ginger ale, Grenadine, Lime juice	

Strawberry Colada / Pina Colada

Strawberry, Pineapple Juice, Coconut Cream

Virgin Mary

Tomato Juice, Lemon, Worcestershire sauce, salt.

CHAMPAGNE & SPARKLING WINES

	125MI	Bott
Borgo Molino Extra Dry Prosecco	£8.99	£36.00
Veuve Clicquot Yellow Label Brut		£99.00
Veuve Clicquot Brut Rosé		£99.00

DRAUGHT BEER

Cobra	£8.25
Kingfisher	£8.25
Guinness	£8.99

WHITE WINE

	125MI	Bott
Las Condes Sauvignon Blanc	8.99	29.00
La Delizia Pinot Grigio	8.99	32.00
Villa Wolf Dry Riesling		40.00
Mirror Lake		47.00
Domaine Louis Moreau Chablis		65.00
Puligny Montrachet, Domaine Jean Louis		175.00

RED WINE

	125MI	Bott
Las Condes Chile	8.99	29.00
Grover La Reserve	8.99	32.00
Marqués De Reinoso Rioja Crianza		47.00
Raza Malbec Reserva		49.00
Cent 'anni Amarone Della Valpolicella		91.00
Chateau Pindefleurs, St Emillion Grand		99.00

ROSE WINE

	125MI	Bott
Wildwood Zinfandel	8.50	29.00
La Delizia Pinot Grigio Blush		34.00
Sancerre Rose Hubert Brochard		45.00

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

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SOUP

HOT & SOUR SOUP £6.95 / £7.95 / £8.95

Choices of Veg / Chicken / Prawns

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

VEGETARIAN STARTERS

BASKET OF PAPAD £3.75

Selection of papad served with homemade chutneys.

CHILLI CASSAVA/CASSAVA FRY £10.99

METHU VADA / SAMBAR VADA £7.95 / £8.95

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

BHEL PURI CHAT £8.95

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

PANI PURI - 6pcs £8.95

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

PUNJABI SAMOSA (3pcs) £7.25

Deep fried stuffed vegetable pastry.

BHINDI JAIPURI £8.95

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

ONION BHAJI (3 pcs) £7.25

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

GOBI 65 £8.50

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

MUMBAI STREET CHATS £8.95

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 £11.50

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

IDLI / GOBI / MUSHROOM / MANCHURIAN £9.95

Fresh Idly / gobi / mushroom / florets sauteed with special sauce & peppers.

SWEET CORN SOUP £6.95 / £7.95 / £8.95

Choices of Veg / Chicken / Prawns

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

MEAT & FISH STARTERS

NETHILI / TILAPIA FISH FRY £11.95

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) £15.90

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

HOT BUTTER CUTTLE FISH £13.25

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

CHICKEN / LAMB VARUVAL £12.50 / £13.50

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 £10.95

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

CHICKEN DEVIL / LAMB DEVIL £12.95 / £13.95

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

LAMB ROLL (3pcs) £9.95

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

LAMB CHOPS DEVIL (3pcs) £15.50

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

PRAWN 65 / PRAWN DEVIL / TILAPIA DEVIL £15.95

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

TANDOOR SIZZLERS- STARTERS

PANEER TIKKA SHASHLIK / TANDOORI ALOO TIKKA £10.95

Homemade cottage cheese grilled with onion, tomato & peppers
Baby Potatoes marinated in thick, spiced yogurt mixture and roasted crispy.

TANDOORI CHICKEN (HALF) £12.95

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

MALAI CHICKEN (Mild & Creamy) £12.95

CHICKEN TIKKA £12.95

PESHAWARI SHEEK KEBAB £11.95

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

ADARAKI TANDOORI LAMB CHOPS (3pcs) £15.50

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

GARLIC KING PRAWN (3pcs) £14.50

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

SALMON TIKKA £12.50

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

TANDOORI MEAT PLATTER £23.95

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

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INDIAN & SRI LANKAN CUISINE

VEG MAGNUM OPUS (Chef's work of Art)

PANEER BHURJI £12.95

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

BHINDI MASALA £11.95

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

TARKARI HANDI £11.95

Garden fresh vegetables with cumin, lemon juice & ginger.

PAGARKAI PORICHA CURRY £11.95

Fresh bitter gourd cooked with onion & South Indian spices.

BABY AUBERGINE CURRY £11.25

Baby aubergines moderately spiced.

BOMBAY ALOO £10.50

Specially selected baby potatoes cooked with tomato & onion sauce.

ALOO GOBI £10.50

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

DAL MANJAL / CHANNA MASALA £11.50

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

DAL TADKA £11.50 DAL & SPINACH £11.50

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

DAL MAKHANI £11.50

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 £15.50

Succulent Prawns nestled in a sauce cooked with plenty of Onions.

NELLUR FISH CURRY £15.50

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 £15.50

Fresh fish cooked with coconut based mild curry sauce.

LAMB ROGAN JOSH / LAMB SHANK ROGAN

£16.99

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 £14.50

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

EGG MASALA £11.50

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

CHICKEN CURRY ON THE BONE £13.50

Home style chicken curry cooked with chicken on the bones.

CHICKEN CHETTINAD £13.50

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 £13.50

Mild & creamy sweet chicken curry

SRI LANKAN SIGNATURE KOTHU ROTI

SPECIAL MUTTON / CHICKEN KOTHU ROTI £15.50 / £14.50

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

VEG KOTHU PARATHA £13.50

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

CLASSICS

TIKKA MASALA

Choices of Prawns £15.50 / Lamb £14.50 / Chicken £13.50/ Veg/Paneer £11.50
A mild curry cooked with tomato, cream, indian spices, almonds & cashew nuts.

KORMA

Choices of Prawns £15.50 / Lamb £14.50 / Chicken £13.50/ Veg / Paneer £11.50
Mild curry sauce with cream and Almonds.

KADAI / JALFREZI

Choices of Prawns £15.50 / Lamb £14.50 / Chicken £13.50 / Veg/ Paneer £11.50
Aromatic sauce prepared with cubes of peppers, onions & tomato.

BHUNA

Choices of Prawns £15.50 / Lamb £14.50 / Chicken £13.50 / Veg / Paneer £11.50
Rich thick sauce with garlic, onions & tomato.

SAAG / SPINACH

Choices of Prawns £15.50 / Lamb £14.50 / Chicken £13.50 / Veg / Paneer £11.50
Fresh spinach-based curry with ginger, garlic, onions & tomato

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SOUTH INDIAN PANCAKES

APPAM (2pcs) £7.25

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

MILK APPAM (2pcs) £7.75

Crispy appam served with a sweet coconut milk topping.

EGG APPAM (2pcs) £7.99

Crispy thin appam topped with egg.

PLAIN DOSA / GHEE DOSA £9.75 / £10.50

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

MASALA DOSA / GHEE MASALA DOSA £10.95 / £11.99

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

PANEER DOSA / PANEER MASALA DOSA £11.95 / £12.50

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

ONION RAVA DOSA /

ONION RAVA MASALA DOSA £11.00 / £12.25

Special semolina pancake cooked with onion.

UTHAPPAM £11.50

Thick pancake topped with onion, tomato & chilly.

NON - VEG PANCAKES

CHICKEN MASALA DOSA £14.50

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

LAMB MASALA DOSA £15.50

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

RICE

Steam Rice £4.25

Jeera Rice £5.75

Fragrant Indian dish made by tempering basmati rice with cumin seeds and ghee.

Pulao Rice £4.95

Rice spiced up with cinnamon, cardamom & cloves.

Peas Pulao £6.50

Spiced pulao rice mixed with freshly grown garden peas.

Mushroom Pulao £6.50

Spiced pulao rice mixed with fresh mushrooms.

FRIED RICE

VEG FRIED RICE £7.95

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

EGG FRIED RICE £8.50

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

CHICKEN FRIED RICE £11.50

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

PRAWN FRIED RICE £14.50

Plain sautéed rice / 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 BIRYANI £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 (2pcs) £6.95

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 £3.25

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

CHAPATI (2PCS) £4.95

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 £4.25

Naan bread stuffed with mixture of nuts & raisins.

CHEESE NAAN £4.25

Naan bread stuffed with mature local farm cheese.

KEEMA NAAN £4.25

Naan bread stuffed with spiced New Zealand lamb mincemeat.

KIDS MENU

NUTELLA (chocolate) DOSA £10.95

Spreading hazelnut chocolate spread onto a crisp, cooked dosa.

GULAB JAMUN DOSA £10.50

Spreading jamun spread onto a crisp, cooked dosa.

CHICKEN NUGGETS & FRIES £7.50

CHEESE STICK £6.25

A Popular snack featuring cheese cut into sticks, which are often battered and deep fried until crispy.

CHEESE DOSA £11.99

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

14PCS MINI IDLY and SAMBAR £10.99

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

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VODKA

Smirnoff Red	7.00
Absolut	7.00
Cîroc	9.50
Grey Goose	9.00
Skull Head	9.75

BRANDY COGNAC

Courvoisier VS	9.50
Hennessey VS	9.75
Courvoisier VSOP	10.25

Martell Medallion VSOP	8.00
Remy Martin VSOP	10.25
Martell XO	30.00
Hennessey XO	40.00
Remy Martin XO	45.00
Hennessey Fine	45.00

PREMIUM WHISKY

Jameson's Irish Whisky	8.00
Chivas Regal 12yrs	8.25
Chivas Regal 18yrs	18.00
Johnnie Walker Black	9.50
Johnnie Walker Blue Label	40.00

BOURBON WHISKY

Jack Daniels Whisky	9.50
Jim Beam Black Label Bourbon	9.75
Makers Mark Bourbon	9.75
Four Roses Bourbon	10.25

GIN

Gordons	9.50
Bombay Sapphire	9.50
Tanqueray	9.50
Hendricks	10.75

TEQUILA

Jose Cuervo	9.00
Jose Cuervo Gold	9.75

RUM

Bacardi	9.00
Bacardi 8 Year Old	9.50
Captain Morgans	9.50
Morgan's Spiced	9.50
Havana Club 3 Year	9.00
Havana 7 Year Old	11.00

SINGLE MALT WHISKEY

Macallan 12 years	19.25
Isle of Jura 10 years	10.00
Talisker 10 years	10.25
Glenfiddich 12 years	10.25
Glenfiddich 15 years	16.75
Glenlivet	15.00
Glenmorangie 10 years	11.75
Yamazaki 12 years	40.00

SOFT DRINKS

Coke	3.50
Diet Coke	3.50
Lemonade	3.50
Ginger beer	2.50
Ginger Ale	2.50
Red bull	3.50
Juices	2.50
Fresh lime and Soda	3.50
Mixers	2.50
Sweet or Salty Lassi	3.50
Mango Lassi	4.00
Still water	3.50
Sparkling water	3.50

COMBO LUNCH MENU

Combo Lunch Deal £10.00

(Monday - Friday Lunch only menu 12pm to 3pm)

COMBO 1

Paratha (2 pcs) / Chicken Chettinad Curry / Yellow Dal (NV)
Paratha (2 pcs) / Kadai Vegetable / Yellow Dal (V)

COMBO 2

Plain Dosa / Chicken Chettinad Curry / Sambar (NV)
Plain Dosa / Kadai Vegetable / Sambar (V)

COMBO 3

Chapati (2 pcs) / Chicken Chettinad Curry / Yellow Dal (NV)
Chapati (2 pcs) / Kadai Vegetable / Yellow Dal (V)

COMBO 4

Chicken Fried Rice / Gobi Manchurian / Samosa (NV)
Vegetable Fried Rice / Gobi Manchurian / Samosa (V)

COMBO 5

Chicken Biryani / Chicken 65 / Raitha (NV)
Vegetable Biryani / Gobi 65 / Raitha (V)