

मंथन  
**Manthan**  
MAYFAIR

## GLUTEN-FREE

### GALI KA KHAANA / STARTERS

<b>Ram Laddoo</b> YELLOW LENTILS, DATES, RADDISH	8
<b>Jackfruit Uthappam</b> RICE LENTIL PANCAKE, SOUTHERN SPICE, CHUTNEY	12
<b>Ghati Masala Prawns</b> SESAME, PEANUT, COCONUT, CHILLI	12
<b>Cafreal Machhi</b> SEA BASS, GOAN SPICE, BURNT TOMATO	14
<b>Chicken Buttermilk</b> PINK PEPPERCORN, GINGER, CURRY LEAF	12
<b>Kerala Beef</b> PANCAKE, COCONUT, SHALLOTS	10

### RASEDAAR / MAINS

<b>Plantain Kofta</b> FENUGREEK, CASHEW, BLACK CUMIN	12
<b>Egg Korma</b> BURFORD BROWN EGGS, CURRY LEAF	12
<b>Paneer Makhani</b> VINE TOMATO, GARLIC, KASHMIRI CHILLI	16
<b>Fish Curry</b> TAMARIND, MATHANIA CHILLI, CURRY LEAF	18
<b>Chicken Tikka Masala</b> BONELESS THIGH, FENUGREEK, TOMATO	18
<b>Jaffna Lamb</b> BONELESS, CURRY LEAFS, BLACK PEPPER	18

### CHATPATA CHOPS & TIKKA / GRILLS

<b>Paneer Tikka</b> RAW MANGO, CORN CHAAT, MINT	14
<b>Catch Of The Day</b> MINT CHUTNEY, MUSTARD, KACHUMBER	16
<b>Tulsi Chicken</b> BASIL, PHILADELPHIA, SPROUT SALAD	14
<b>Lamb Chops</b> INDIAN ONION, ROYAL CUMIN, MINT	22

### THODA AUR / SIDES

<b>Saag Paneer</b>	8
<b>Kaali Dal</b>	8
<b>Wild Mustard Potato</b>	8
<b>Raita</b>	5
<b>RiceLentil Pancake</b>	5
<b>Basmati Rice</b>	6

### DESSERT

<b>Payasam</b> JAGGERY, COCONUT, PRALINE	12
---	----

Please speak to your server for allergens information. Dishes may contain traces of allergens despite our persistent efforts.  
Prices include VAT. A discretionary service charge of 15% applies.