

मंथन

# Manthan

MAYFAIR



## Gali Ka Khaana / Starters

### Ram Laddoo 8

YELLOW LENTILS, DATES, RADISH

### Pyaaz Kachori 10

ROSCOFF ONION, MINT, TAMARIND, SPROUTS

### Artichoke Tikki 9

CRISPY JERUSALEM CAKE, PICKLE, STRAWBERRY CHUTNEY

### Jackfruit Uthappam 12

RICE LENTIL PANCAKE, SOUTHERN SPICE, CHUTNEY

### Samosa Chaat 10

SOYA YOGHURT, POMEGRANATE, WHEAT CRISP

### Paneer Paratha Achaar 9

HOME-CHURNED BUTTER, PICKLE

### Scallops Amritsari 12

GRAM FLOUR, CAROM SEED, RAW MANGO

### Ghati Masala Prawns 14

SESAME, PEANUT, COCONUT, CHILLI

### Fish Recheado 14

GRILLED SEA BASS, GOAN SPICE, TAMARIND

### Chicken Buttermilk 12

PINK PEPPERCORN, GINGER, CURRY LEAF

### Beef Stew Idiyappam 12

STRING HOPPERS, SOUTHERN SPICE, COCONUT

### Shami Kebab 12

GOAT, BONE MARROW SAUCE, BLACK CARDAMOM, PARATHA



## Chatpata Chops & Tikkas / Grills

### Soya Chops 12

GOOSEBERRY, YOGHURT, GREEN CARDAMOM

### Paneer Tikka 14

RAW MANGO, CORN CHAAT, MINT

### Tandoori Salmon 16

DILL, MUSTARD, KACHUMBER

### Tulsi Chicken 14

BASIL, PHILADELPHIA, SPROUT SALAD

### Lamb Chops 24

INDIAN ONION, ROYAL CUMIN, MINT

### Bone Marrow Sauce 4

### Makhani Sauce 4



## Rassedar / Mains

### Jaffna Lamb 20

CURRY LEAF, BLACK PEPPER, WHOLE SPICES

### Chicken Tikka Masala 18

KASHMIRI CHILLI, FENUGREEK, TOMATO

### Fish Curry 18

TAMARIND, MATHANIA CHILLI, CURRY LEAF

### Paneer Makhani 16

COTTAGE CHEESE, VINE TOMATO, GARLIC

### Egg Kurma 12

BURFORD BROWN EGG, CURRY LEAF, STONE FUNGUS

### Bharli Vangi 12

BABY EGGPLANT, POPPY SEEDS, BLACK SPICE



## Thoda Aur / Sides

### Saag Paneer 8

### Wild Mustard Potato 8

### Kaali Dal 8

### Tawa Paratha 5

### Pol Roti 5

### Basmati Rice 6

### Popaddums & Chutneys 5

### Raita 5

### Pickled Onions & Chilli 3

 - Manthan Favourites

Please speak to your server for allergens information. Dishes may contain traces of allergens/nuts despite our persistent efforts. Prices include VAT. A discretionary service charge of 13% applies