

मंथन
Manthan
 MAYFAIR

GLUTEN-FREE

GALI KA KHAANA / STARTERS

Ram Laddoo YELLOW LENTILS, DATES, RADDISH	8
Jackfruit Uthappam RICE LENTIL PANCAKE, SOUTHERN SPICE, CHUTNEY	12
Ghati Masala Prawns SESAME, PEANUT, COCONUT, CHILLI	14
Fish Recheado GRILLED SEA BASS, GOAN SPICE, TAMARIND	14
Chicken Buttermilk PINK PEPPERCORN, GINGER, CURRY LEAF	12
Beef Stew Idiyappam STRING HOPPERS, SOUTHERN SPICE, COCONUT	12



THODA AUR / SIDES

Saag Paneer	8
Kaali Dal	8
Wild Mustard Potato	8
Raita	5
Rice-Lentil Pancake	5
Basmati Rice	6

CHATPATA CHOPS & TIKKA / GRILLS

Paneer Tikka RAW MANGO, CORN CHAAT, MINT	14
Tandoori Salmon DILL, MUSTARD, KACHUMBER	16
Tulsi Chicken BASIL, PHILADELPHIA, SPROUT SALAD	14
Lamb Chops INDIAN ONION, ROYAL CUMIN, MINT	24



RASEDAAR / MAINS

Bharli Vangi BABY EGGPLANT, POPPY SEEDS, BLACK SPICE	12
Egg Kurma BURFORD BROWN EGGS, CURRY LEAF	12
Paneer Makhani VINE TOMATO, GARLIC, KASHMIRI CHILLI	16
Fish Curry TAMARIND, MATHANIA CHILLI, CURRY LEAF	18
Chicken Tikka Masala BONELESS THIGH, FENUGREEK, TOMATO	18
Jaffna Lamb BONELESS, CURRY LEAFS, BLACK PEPPER	20

DESSERTS

Anjeer Kheer FIG, CHILLED RICE PUDDING, KULFI	12	Chocolate Narangi KUMQUAT, BERRIES, CHOCOLATE SOIL	12
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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.