

मंथन

# Manthan

MAYFAIR



## Gali Ka Khaana / Starters



**Ram ~ Laddoo 10**

ONION CORIANDER CHUTNEY, RADISH,  
TAMARIND



**Pyaz ~ Kachori 12**

ROSCOFF ONION, MINT, TAMARIND,  
SPROUTS

**Artichoke ~ Tikki 10**

CRISPY JERUSALEM CAKE, PICKLE,  
STRAWBERRY CHUTNEY

**Jackfruit ~ Uthappam 14**

RICE LENTIL PANCAKE,  
SOUTHERN SPICE, CHUTNEY

**Samosa ~ Chaat 10**

SOYA YOGHURT, POMEGRANATE, WHEAT CRISP



**Gobhi Paratha ~ Achaar 10**

CAULIFLOWER, TURNIP PICKLE,  
MULTI-GRAIN FLOUR

**Lamb ~ Ghee Roast 14**

KAL DOSA, PACHADI, CLARIFIED BUTTER



**Ghati Masala ~ Prawns 14**

SESAME, PEANUT, COCONUT, CHILLI



**Fish ~ Recheado 14**

GRILLED SEA BASS, GOAN SPICE, TAMARIND



**Chicken ~ Buttermilk 14**

PINK PEPPERCORN, GINGER, CHUTNEY

**Guinea Fowl ~ Kempu 14**

SOUTHERN SPICES, YOGHURT, CURRY LEAF



**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 ~ Chops 14**

CHARRED, SPROUT, BASIL



**Lamb ~ Chops 24**

INDIAN ONION, ROYAL CUMIN, MINT

**Bone Marrow Sauce 4**

**Makhani Sauce 4**



## Rassedar / Mains



**Jaffna ~ Lamb 24**

CURRY LEAF, BLACK PEPPER, WHOLE SPICES

**Chicken Tikka ~ Masala 20**

KASHMIRI CHILLI, FENUGREEK, TOMATO



**Kacchi Mirch ~ Gosht 24**

SLOW-COOKED VENISON, GREEN PEPPERCORN, FENNEL

**Fish ~ Curry 22**

TAMARIND, MATHANIA CHILLI, CURRY LEAF

**Mattar Paneer ~ Makhani 18**

GREEN PEAS, COTTAGE CHEESE, FENUGREEK



**Bharli ~ Vangi 16**

BABY EGGPLANT, POPPY SEEDS, BLACK SPICE



## Thoda Aur / Sides

**Saag Paneer 12**

**Broccoli & Brussels Sprout Poriyal 9**



**Kaali Dal 9**

**Tadka Dal 8**

**Plain Paratha 5**

**Masala Paratha 6**

**Pol Roti 5**

**Basmati Rice 6**

**Papadoms & 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 15% applies