

मंथन

# Manthan

MAYFAIR



## Gali Ka Khaana / Starters

### Ram ~ Laddoo 8

ONION CORIANDER CHUTNEY, RADISH, TAMARIND

### Pyaaz ~ Kachori 10

ROSCOFF ONION, MINT, TAMARIND, SPROUTS

### Artichoke ~ Tikki 10

CRISPY JERUSALEM CAKE, PICKLE, STRAWBERRY CHUTNEY

### Jackfruit ~ Uthappam 12

RICE LENTIL PANCAKE, SOUTHERN SPICE, CHUTNEY

### Samosa ~ Chaat 10

SOYA YOGHURT, POMEGRANATE, WHEAT CRISP

### Gobhi Paratha ~ Achaar 9

CAULIFLOWER, TURNIP PICKLE, MULTI-GRAIN FLOUR

### Lamb ~ Ghee Roast 12

KAL DOSA, PACHADI, CLARIFIED BUTTER

### Ghati Masala ~ Prawns 14

SESAME, PEANUT, COCONUT, CHILLI

### Fish ~ Recheado 14

GRILLED SEA BASS, GOAN SPICE, TAMARIND

### Chicken ~ Buttermilk 12

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 20

CURRY LEAF, BLACK PEPPER, WHOLE SPICES

### Chicken Tikka ~ Masala 18

KASHMIRI CHILLI, FENUGREEK, TOMATO

### Kacchi Mirch ~ Gosht 22

SLOW-COOKED VENISON, GREEN PEPPERCORN, FENNEL

### Fish ~ Curry 18

TAMARIND, MATHANIA CHILLI, CURRY LEAF

### Mattar Paneer ~ Makhani 16

GREEN PEAS, COTTAGE CHEESE, FENUGREEK

### Bharli ~ Vangi 14

BABY EGGPLANT, POPPY SEEDS, BLACK SPICE



## Thoda Aur / Sides

### Saag Paneer 10

### Broccoli & Brussels Sprout Poriyal 8

### Kaali Dal 8

### 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 13% applies