



One of the most respected Indian Cuisine is the Punjabi style, which owes much to the geographical position of the Punjab itself. The land of the five rivers is an affluent agricultural region set in a plain in the foothills of the Himalayas with rivers running into fertile fields. Punjabi food requires a skilful blending and cooking to produce a rich taste and smooth texture. Balance is the key, as Punjabi spices gently promote **(and never dominate)** the flavour and texture of the primary ingredient, be it fish, meat or vegetables. Established in 1947, we are the oldest North Indian Restaurant in the UK, serving distinctive Punjabi cuisine to generations of diners in Covent Garden. Third generation family owned, we feature an eclectic Punjabi atmosphere with many historical pictures on our silk walls. If you're sensitive or allergic to any of our ingredients, please ask for help.

APPETIZERS

1. **PAKORA (V)** £2.80
Onions cooked in chickpea batter with herbs & spices
2. **ALOO TIKKI (V)** £2.80
Potato cutlets spiced with a hot and sour taste
3. **PUNJABI SAMOSA (V)** £2.80
Crisp pastry filled with vegetables
4. **KADU PURI (V)** £2.80
Sumptuous pumpkin on puri bread
5. **CHICKEN CHAT** £3.10
Diced pieces of juicy chicken, spiced with a tantalising hot and sour taste
6. **CHICKEN WINGS** £3.10
Wings cooked in a tandoori sauce
7. **FISH TIKKI** £3.90
Need we say more?
8. **PAPADUM (V) Plain or Masala (spiced)** £0.75
with chutney and pickle



TANDOORI

The traditional Punjabi clay oven is truly the heart of all Indian barbeque. Everything from meat and vegetables can be roasted in the Tandoor, emerging with a juicy and tender taste, thanks to the intense dry heat and quick cooking. All our tandooris are served on a sizzling bed of onions in a traditional skillet, accompanied with refreshing mint sauce.

13. **CHICKEN TANDOORI** £8.60
Tender chicken specially marinated in yogurt and spices
14. **CHICKEN TIKKA** £8.45
Diced boneless chicken marinated in mild spices
15. **BOTI KEBAB** £8.60
Very tender lamb marinated with spices
16. **SEEKH KEBAB** £8.45
Lamb, minced with onions special herbs and spices, skewered and barbecued
17. **TANDOORI KING PRAWNS** £11.35
Mildly spiced succulent king prawns
18. **TANDOORI MIXED GRILL** £12.55
Pieces of tandoori chicken, chicken tikka, seekh kebab and boti kebab
19. **CHICKEN TIKKA SPECIAL** £10.45
Diced chicken marinated with mild spices, with a generous shot of brandy served flaming at your table. We are notoriously known for this historic flambe dish
20. **TANDOORI PANIR (V)** £8.60
Homemade cottage cheese marinated with herbs and spices
21. **TANDOORI MIXED VEGETABLES (V)** £8.45
Marinated mixed vegetables roasted in the Tandoor



(V) - Vegetarian

CHICKEN CURRY

We must warn you our chicken curry dishes can be very addictive. They really do stimulate your endorphins and electrify your nerves. Ask Geoff Lawrence, who dined at the Punjab twice a day, five days a week for forty years, before retiring!

27. **CHICKEN KORMA** £8.10
Tender chicken served with cream and mildly spiced sauce
28. **CHICKEN MADRAS** £8.10
Chicken served in hot Punjabi spicy sauce
29. **ACHARRI MURGHA** £8.70
*Made with all the same spices that go into a pickle, delicious and tangy - **speciality of the chef***
30. **METHI MURGHA** £8.80
Succulent pieces of chicken cooked with fresh fenugreek
31. **CHICKEN KARAHI** £8.50
Pieces of succulent chicken cooked with tomatoes and green peppers in a traditional thick Punjabi sauce
32. **CHICKEN TIKKA MASALA** £8.85
No standard recipe exists for this classic dish, however our 1973 formula continues to withstand the test of time, Chicken Tikka served with tandoori masala sauce
33. **CHICKEN JALFREZI** £8.80
*Stir fried chicken with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices - **speciality of the chef***
34. **ANARI MURGHA** £8.80
*Sweet and sour tangy pomegranate flavoured chicken - **speciality of the chef***
35. **SAAG CHICKEN** £8.25
Diced boneless chicken cooked with spinach in Indian spices
90. **BUTTER CHICKEN** £8.95
*The godfather of all punjabi dishes, succulent chicken **on the bone** served in a creamy sauce laced with butter*

LAMB CURRY

This is what the Punjabi women give their menfolk when they want to be strong enough to perform with gusto. So men, please watch it. Ladies, watch out.

47. **LAMB KORMA** £8.20
Mildly spiced lamb cooked with cream in a sauce
48. **LAMB MADRAS** £8.20
Lamb served in hot Punjabi spicy sauce
49. **KARAHI GOSHT** £8.70
Succulent pieces of lamb cooked with tomatoes and green peppers in a traditional thick Punjabi sauce
50. **LAMB JALFREZI** £8.90
*Stir fried lamb with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices - **speciality of the chef***
51. **SAAG GOSHT** £8.50
Succulent pieces of meat cooked with spinach
52. **METHI GOSHT** £8.70
Succulent pieces of lamb cooked with fresh fenugreek
53. **PUDINA GOSHT** £8.70
Lamb marinated in mint cooked with herbs, spices and green peppers
54. **ACHARRI GOSHT** £8.90
*Made with all the same spices that go into a pickle, delicious and tangy - **speciality of the chef***
55. **ANARI GOSHT** £8.80
*Sweet and sour tangy pomegranate flavoured lamb - **speciality of the chef***

VEGETABLE

Our classic vegetable dishes have always been in demand. In 1951, Grandfather was forced to relocate the Punjab to its present site in Covent Garden in order to be close to the Indian Embassy, where many clerical officers were homesick for authentic Punjabi vegetarian dishes.

60. **DALL** £4.90
Nutritious home made Punjabi lentil dish, indispensable and full of protein
61. **GRANDAD'S SPECIAL KALI DALL** £5.10
We do not exaggerate; you will have never tasted dall like this, taken from our grandad's secret recipe
62. **SAAG** £4.80
Spinach prepared in true punjabi style, well loved by all Punjab's musclemen
63. **SAAG PANIR** £5.15
Diced cottage cheese cooked with spinach and spices
64. **SAAG ALOO** £5.00
Spinach cooked with potatoes in spices
65. **BAIGAN** £5.60
Aubergines cooked punjabi style, sensational and healthy
66. **MUTTER PANIR** £5.30
Cottage cheese simmered with peas in spices
67. **VEGETABLE KOFTA** £5.80
Diced spicy pumpkin dumplings served with a herby sauce
68. **PANIR MAKHNI** £5.80
Cottage cheese cooked with spiced tandoori sauce
69. **MIXED VEGETABLES CURRY** £4.90
Mixed vegetables cooked with cumin seeds and spices
70. **CHANNA MASALA** £4.90
Chickpeas cooked with spices and herbs
71. **CHANNA ALOO** £4.90
Chickpeas and potatoes cooked with spices and herbs
72. **TINDA MASALA** £5.50
Suffice to say that the punjabi's go crazy for these rare little pumpkinettes
73. **BOMBAY ALOO** £4.50
Hot, spicy potatoes
74. **GOBI ALOO** £5.15
Cauliflower and potatoes lightly spiced and sautéed. Every Punjabi mother passes this classic recipe down to her daughter
75. **BHINDI MASALA** £5.30
Fresh okra sauteed with herbs and spices
76. **MUSHROOM** £4.60
Curried mushrooms with spices and herbs
77. **KADU SABJI** £4.50
*Sumptuous sweet pumpkin - **speciality of the chef***
78. **DAHI** £1.90
Natural nutritious yoghurt, Punjabi homes are seldom without
79. **CUCUMBER RAITA** £2.40
Natural yogurt with fresh cucumbers, delicious and cooling
80. **BOONDI RAITA** £2.10
Fried droplets of gram flour in natural yogurt
81. **PUNJABI SALAD** £2.80



For every sale of our **Grandad's Special Kali Dall**, we're giving a discretionary 20p on your behalf to support the charity 'Little Blind People', a UK registered charity (no. 287041) that trains blind children to become musicians in Punjab, India, www.littleblindpeople.co.uk

SEAFOOD CURRY

56. **PRAWN BHUNA** £8.50
Prawns cooked with tomatoes and green peppers in a thick sauce
57. **KING PRAWN BHUNA** £11.50
King prawns cooked in a thick spicy sauce
58. **BENAAM MACCHI TARKARI** £9.50
*Nameless fish curry - **speciality of the chef***

BASMATI RICE

Fresh silky, aromatic rice from the Himalyan foothills

22. **PILAU RICE (V)** £2.70
23. **PLAIN RICE (V)** £2.50

BIRYANI

Rice cooked in thick gravy, layered with your choice from three great options. Served with vegetable curry

24. **VEGETABLE BIRYANI (V)** £7.50
25. **CHICKEN BIRYANI** £10.90
26. **LAMB BIRYANI** £11.20

PUNJABI BREADS (V)

36. **NAAN** £1.90
Sumptuous Punjabi flatbread expertly baked against the walls of the Tandoor
37. **CHEESE NAAN** £2.90
Crisp, tandoori baked bread with a thin layer of smooth light French cheese
38. **KULCHA NAAN** £2.90
With spiced onions
39. **GARLIC NAAN** £2.90
If you have any erotic activities planned for after you leave us, perhaps you should resist this sensational garlic naan
40. **CHILLI NAAN** £2.70
Special punjabi yeast bread with chilli
41. **PESHWARI NAAN** £3.10
With dry fruits and coconut
42. **PARATHA** £2.50
Unleavened bread cooked with butter
43. **STUFFED PARATHA** £2.75
With vegetables
44. **TANDOORI ROTI** £1.25
Traditional unleavened punjabi bread, served fresh and hot
45. **CHAPATI** £1.25
Irresistible bread made fresh to order on our tawa (traditional hot plate)
43. **TANDOORI PARATHA** £2.50



WE ARE OPEN SEVEN DAYS A WEEK FOR LUNCH AND DINNER • TAKE AWAY SERVICE AVAILABLE • A DISCRETIONARY 10% SERVICE CHARGE WILL BE ADDED

ALL OUR FOOD SUPPLIERS HAVE INFORMED US THAT THEY WILL NOT SUPPLY US WITH GENETICALLY MODIFIED PRODUCTS



HOME OF DISTINCTIVE PUNJABI CUISINE

- Food is brilliant, it reminds me of the Punjab Arvin Singh, Slough
- If it were not the best, I would not come here so often for the last thirty years, would I? John Mandleberg, Cheshire
- My favourite restaurant when I come to London, just great Ann Sophie, Paris, France
- Punjab is the best, open a branch in NYC! Dr Joseph Cjarette, New York, USA
- No, open a branch in Sydney! Alastair McIntyre Sydney, Australia
- No one produces better Onion Pakora or Baigan Phil Grudolphin, Somerset, England
- The best jalfrezi in London Steve Parkin, Britol



- Great fun!! Great food!! Steve Bratt, Harpenden
- Superb, life changing J Ross, London
- Thank you for a lovely evening, all the meals we have had in the past and those still to come, loved every mouthful Brendan Talbott, London
- The world needs Punjabi food! Thanks for the last sixty years, I look forward to lots more Kali Dall and other delights, lots of good wishes Ali Rathanse, London
- This is a wish to the Punjab the next 60 years of prosperity, good humour, excellent cuisine and laughter J Gautora, London
- An Institution, safe in a world of change, keep it up Stephen Perriman, Winchester
- Really delicious, see you all at the 100th anniversary Rashpal Panesar, London



PunjabTM

— 60 years —

Distinctive North Indian Cuisine

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