

healthy food revolution 2011/12

Traditional and Fusion Indian Dishes at Their Healthiest
lo fat, lo salt, hi in antioxidants

- **WARM CHICKEN SALAD** 12.95
leafy green salad topped with grilled chicken
or VEGETARIAN with PANEER or TOFU
with freshly grilled mushroom, cottage cheese or tofu
- **CHICKPEA with wilted ROCKET** 14.95
(after Nigella Lawson)
healthy vegetarian dish with cumin and a touch of wine.
- **MUSHROOM or FISH**
with fresh BABY SPINACH LEAF 14.95/18.95
mild, medium or hot...you choose ! flavoursome healthy delicious!
- **MANGO CHICKEN** 16.95
lean,tandoori grilled chicken in a tasty gluten free vegie sauce with luscious mango
- **SPICY LAMB with INDIAN** 17.95
CARROT SALAD
(after Jamie Oliver)
lightly spiced ground lamb with zingy salad dressed with fresh lemon zest, mint & coriander leaves, sprinkled with toasted sesame seeds served with naan or roti
- **INDIAN BROWN RICE BIRYANI** 15.95
rice cooked in fragrant spices (contains nuts)
- **BROWN RICE** 4.50
whole, natural grain with a mild nutty flavor
- **SIDE DISH**
- **SPINACH ALOO** \$6.95
Pan fried potatoes with spinach
- **BROCOLLI** \$6.95
Pan fried Broccoli
- **MINI ALOO GOBI** \$6.95
Cauliflowers and Potatoes flavoured with cumin seeds
- **BREADS**
- **OLIVE ROTI** 5.95
healthy fresh baked wholemeal bread with black olives
- **ROTI with baby spinach leaf and cottage cheese** 6.95
- **GLUTEN FREE NAAN** 5.95
freshly griddle baked with special flour