

TO SHARE

Roasted papadums served with pickles & chutneys	8
Naan squares with Shammi's special dips	14
- Baingan-Bhartha - aubergines tandoor roasted, mashed, then cooked in olive oil with garlic, ginger and pureed tomatoes	
- Keema Paneer - home made cottage cheese crumbed with a pinch of saffron and sautéed with roasted cumin	
- Kabuli Chana Simla-Mirch - chickpeas with char grilled capsicum made to a paste and blended with lemon juice and 'garam masala'	
Baingan Pakoras - aubergine fritters light fried. sliced aubergines dipped in a spicy chickpea flour batter with fresh coriander and carum seeds	12
Zafrani Paneer Kabab - cottage cheese made in-house with a pinch of saffron, mixed with crumbed cashews and spices, rolled into flat patties and light fried	12
Amritsari Fish Masala - marinated in our home made pickling spices, then dusted with roasted herbs and light fried / served with cubed cumin potatoes	17
Mantra Platter for two - papadums with chutneys, baingan pakoras, paneer kabab, chicken tikka, seekh kabab, barra kabab	29
Vegetarian Platter for two - papadums with chutneys, onion bhaji, baingan pakoras, alu tikki, tandoori mushrooms, paneer kabab	29

FROM OUR TANDOOR

Tandoori Vegetarian Shashlik - mix of fresh vegetables marinated in our tandoori masala and tandoor roasted	16
Narial Murgh Tikka Til - <i>quite exotic!</i> chicken pieces marinated in coconut milk with green cardamoms, crushed coriander seeds, ginger paste and rolled in a sesame seed mix	16
Tandoori Prawn - <i>a definite for prawn lovers!</i> marinated in curry leaf powder & mustard seeds, yoghurt & spices	20
Achaari Fish Tikka - <i>a favourite from the Punjab!</i>	17
Lamb Tikka Kandahari - <i>Kabul & Kandahar are known for their tandoori specialties!</i> tikkas in our special marinade of Mantra 'aromatic garam masala' and almonds	18
Kakori Seekh Kabab - <i>Kakori in the Oudh region of Lucknow is well known for its' most exotic kababs!</i> marbled mince blended with powdered cardamom, cloves and nutmeg, served with Tandoori 'gobi'	16
Banjara Lamb Kabab - <i>the 'Banjara' are one of the gypsy tribes of India.</i> whilst travelling in India I sat with them for a 'Tandoori Nite!' Their kababs are marinated with yoghurt, mint and a burst of spices. <i>WOW!! what a feast that was.....!</i>	17
Kalmi Chicken Kabab - <i>i often get asked to cook this for dinner parties!</i> marinated in subtle flavours with green cardamoms, cashews, and creamed yoghurt	18
Tandoori Jeera Chicken - marinated in our tandoori masala with roasted ground cumin	16

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All Mains Served With Basmati Rice

All 19.50

Prawn / Fish Add 2.00

Please advise us your spice preference - mild, medium, hot

BUTTER CHICKEN

A forever favourite! chicken pieces first cooked in the tandoor and finished in a sauce of crushed cashews, cream and spices

KADHAI CHICKEN / KADHAI LAMB GOSHT / KADHAI

PRAWNS

We always get asked for this recipe! cooked in our special gravy sauce with fresh tomato, finely sliced onions, ginger, green chillies and fresh coriander

CHICKEN VINDALOO / LAMB VINDALOO / FISH VINDALOO

Usually eaten hot! this tangy dish originates from Goa. cooked with vinegar, whole black peppers and capsicum

NAWABI CHICKEN KORMA / NAWABI LAMB KORMA

The real korma! sautéed with almonds, then cooked with bay leaves in cream and raisins

CHICKEN TIKKA MASALA / LAMB TIKKA MASALA

Popularised in the U.K. and now getting a good following at Mantra! meat first cooked in our tandoor then finished in our home gravy sauce with a blend of fenugreek

CHICKEN SAAG MUGHLAI / LAMB SAAG MUGHLAI

A classic from North India! meat sautéed with onion, tomatoes, garlic & ginger then folded in spinach

MURGH LA-JAWAB

We introduced this dish at Mantra, and now it's one of the favourites! Chicken cooked in a smooth creamed yoghurt sauce with selected spices, tomatoes, chopped ginger and fenugreek

COCONUT CHICKEN / LAMB 'MALLI CHAR'

One of my favourites from the State of Kerala! cooked with curry leaves, mustard seeds, whole black pepper, cinnamon, coconut milk and fresh coriander

ALU LAMB GOSHT

A popular dish from the State of Kashmir! cooked with lamb and potato in a thick gravy sauce with ginger, garlic, tomatoes and pomegranate seeds

ROGHAN JOSH

This is a must have in India! lamb cooked in a rich gravy sauce of yoghurt, cardamoms, cinnamon, cloves, onion, tomatoes and ginger

LAMB KOFTA CURRY

A delicacy of mince meatballs cooked in an aromatic gravy with crushed cashews

GOAN PRAWN CURRY

This dish may well be the pride of Portuguese Goa! shrimps cooked in coconut milk, curry leaves, grated fresh ginger, paprika and pepper corns

PRAWN BALCHAO

One of my best from Goa! prawns rubbed with turmeric, ginger, garlic and red chillies, then cooked with mustard seeds, onions, tomatoes and coconut cream

FISH PUNJABI TAK-A-TAK

For those who love their fish hot 'n spicy! cooked with lots of tomatoes, green chillies, fenugreek, ginger and garlic

N O N - V E G E T A R I A N

Served With Basmati Rice

17.00

Please advise us your spice preference - mild, medium, hot

DAL TARKA - Yellow split lentils cooked with turmeric, ginger, garlic, tomatoes and a sprinkle of lemon juice. Served with a papadum

DAL MAKHANI - Black lentils cooked on slow fire with our aromatic 'garam masala'

KABULI CHANA MASALA - Chickpeas cooked soft in a thick gravy with tamarind, crushed tomato, ginger & coriander

PUNJABI JEERA ALU - Diced potatoes cooked with cumin seed and spices

ALU NAZAAKAT - Baby potatoes sautéed with sesame seeds, raisins and cashew, then simmered in a rich gravy sauce

GOBI ALU MATAR - Cauliflower, potatoes and peas cooked dry with roasted cumin, sautéed browned onion & chopped tomatoes

PAALAK PANEER - Our home made cubed cottage cheese in a creamed gently spiced spinach base

MALAI KOFTA - A mix of our crumbed paneer and potatoes, crushed cashew and spices, light fried and immersed in our rich sauce of crushed tomatoes & cream

MUGHLAI SUBZ SHAHJAHANI - Fresh vegetables sautéed with desiccated coconut, then cooked in an aromatic base of spices with creamed yoghurt and coconut milk

MUSHROOM MASALA - mushrooms sautéed with ginger, garlic and sliced onions with wedges of tomatoes

KADHAI PANEER - Home made cottage cheese cooked with capsicum, onions, tomatoes and spices

MUGHLAI SHAHI PANEER - Home made cottage cheese cut in cubes and cooked with cream, tomatoes and almonds

VEGETABLE KORMA - Fresh vegetables cooked in our aromatic base of herbs, spices, almonds and mixed in with milk and creamed yoghurt

JALFREZI - Strips of seasonal steamed vegetables and cubed 'paneer' sautéed with cumin in a tomato base

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MANTRA BANQUET

(Minimum two persons or more)

We can design a menu to suit your specific requirement

STARTERS

Mantra Platter

MAINS

(a choice of 1 Chicken or Prawn, 1 Lamb and 1 Veg Dish)

Kadhai Chicken / Goan Prawn Curry
Nawabi Lamb Korma / Lamb Saag Mughlai
Alu Nazaakat / Mughlai Subz Shahjehani / Malai Kofta
choice of Naan / Garlic Naan / Shammi's Special Naan
Rice

DESSERT

Gulab Jamun with vanilla ice cream

\$40 per person

VEGETARIAN

STARTERS

Vegetarian Platter

THALI

(a choice of 3 mains)

Dal Tarka or Dal Makhani
Gobi Alu Matar / Malai Kofta / Paalak Paneer
choice of Lachha Naan or Tandoori Roti
Kashmiri Pulao or Jeera Peas Pulao

DESSERT

Gulab Jamun with vanilla ice cream

\$40 per person

M A N T R A B A N Q U E T S

INDIAN BREADS

Naan	3.00
Lachha Naan	4.00
Garlic Naan	3.50
Tandoori Roti	3.00
Tandoori Paratha	4.00
Keema Naan – spiced lamb mince filling	4.50
Chicken Naan – spiced chicken filling	4.50
Sheermal Kulcha – mixed veg & nuts filling	4.50
Paneer Kulcha – cottage cheese filling	4.50
Onion Kulcha – spiced onion filling	4.50
Shammi's Special Naan – filling of cashews & coconut	5.00

RICE — We serve only Bas-mati

Bas - Fragrance **Mati** - Queen

Plain Rice	3.00
Jeera Peas Pulao – with roasted cumin	5.00
Kashmiri Pulao – with nuts, raisins and dessicated coconut	5.00
Mixed Vegetable Pulao – with fresh vegetables and spices	6.00
Chicken / Lamb Pulao	8.00
with chicken or lamb, peas, sautéed onions and green coriander	

SIDES

Papadum	1.00
Mint Chutney	3.00
Raita	3.00
Mango chutney	3.00
Mixed Hot Pickle	3.00
Kechumber	3.00
Indian Salad	4.50

INDIAN DRINKS

Lassi	4.00
Mango Lassi	5.00
Masala Chai pot	8.00

DESSERT

Gulab Jamun with Ice cream	7.00
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