

PANAS

By Sujan Katuwal MBE

Lunch and Dinner Menu 12 noon- 10:30pm

Starter

Seekh Kebab (D)	£9.95
Chargrilled spiced minced lamb skewers, mixed bell peppers and onions, mint sauce	
Aachari Til Chicken (Se)	£8.95
Pickle-spiced chicken fillets coated in toasted sesame seeds, chargrilled to perfection	
Smoky Lamb Chops (D)	£11.95
Kent-produced lamb chops, chef's spices, chilli garlic yoghurt	
Beetroot Bombom (Ve)	£8.95
Crispy beetroot dumplings, coated with tapioca pearls, apple-mango chutney	
Delhi Wali Chaat (G) (D) (V)	£8.95
Indian street-food, sweet potatoes, chickpeas, yoghurt, mint, fresh pomegranate, and tamarind chutney	
Onion Kale Bhaji (Ve)	£7.95
Golden-fried fritters, tangy tamarind chutney	
Punjabi Samosa (G) (Ve)	£7.95
Crisp pastry filled with spiced potatoes and peas, tamarind chutney	
MoMo (G) (S) (Se)	£8.95
Steam / Chilli - Traditional Nepalese dumplings (chicken or vegetable), either delicately steamed with house chutney or wok-tossed with garlic, chilli, and peppers	
Achhari Paneer Tikka (D)	£9.95
Pickle-spiced homemade cottage cheese, mint and beetroot sauce	
Crab Cake (C)	£11.95
Kerela spiced crab cake, fresh mango mint salsa	

Delicacy of Nepal - "Authentic Nepalese flavours inspired by the Himalayan region"

Himalayan Jimbu Chicken	£14.95
Chicken breast cooked with Himalayan jimbu spices	
Lamb Bhutuwa	£15.95
Tender lamb cooked with Nepalese herbs, smoked garlic, onions, tomatoes, and spring onions	

Paneer Lababdar (D) (V)	£14.95
Cottage cheese in a creamy tomato sauce, aromatic spices	
Mum's Chicken Curry	£14.95
Traditional home-style chicken curry, full of comfort and flavour	
Lasuni Kukhura Khursani	£14.95
Fiery chicken with garlic, green chillies, onions, and peppers	
Jhaneko Masu (D) (Mu)	£17.95
Tandoor-grilled lamb strips tossed with spring onions, chillies, mustard oil, and fenugreek	

Main Course - A carefully curated selection of flavourful curries, combining the rich cultural heritage of Nepal and India

Lasuni King Prawn (C)	£18.95
Grilled tiger prawns served on a bed of spiced puffed rice, and balsamic reduction	
Monkfish Meen Moilee (F) (D)	£20.95
Baby monkfish fillet cooked in South Indian coconut curry	
Panas Grilled Platter (C) (D) (Se)	£19.95
Achari til chicken, classic chicken tikka, seekh kebab, lamb chop, and king prawn, served with garlic yoghurt and mango-mustard sauce	
Kerela Chicken Curry (D)	£15.95
Fragrant chicken curry with black pepper and coconut masala, tempered with curry leaves and mustard seeds	
Chicken Tikka Butter Masala (D) (N)	£15.95
North Indian chicken curry simmered in a butter, creamy tomato gravy	
Chicken Korma (D)	£14.95
Chicken breast cooked in velvety coconut sauce	
Laal Maas	£15.95
Rajasthani style fiery lamb curry in a smoky red chilli sauce	
Vegetable/Chicken/Lamb Biryani (D)	£16.95/£17.95/£18.95
Saffron-infused basmati rice layered with lamb, spices, and caramelised onions, served with boondi raita	

Vegetables Sides

Nepali Pumpkin Curry (Ve)	£8.95
Slow-cooked pumpkin in spiced, aromatic gravy	
Kadai Panner (D) (V)	£9.95
Cottage cheese stir-fried with peppers, onions, and garlic in a tangy tomato base	

Jimbu Daal Makhani (D) (V)	£9.95
Slow Cooked black lentils infused with butter, cream, and aromatic Himalayan spices for a rich and creamy finish	
Aloo Gobi Mutter Masala (Ve)	£8.95
Cauliflower, peas, potato bhaji tempered with garlic and tomato masala	
Saag Bhaji / Paneer / Aloo (D) (V)	£8.95
Spinach sautéed with garlic, whole red chillies, and coriander, with your choice of vegetable	
Green Bean Foogath	£8.95
Fresh green beans stir-fried with mustard seeds, curry leaves, and coconut	
Chana Masala (Ve)	£8.95
Tangy chickpea curry cooked Amritsari style	
Amilo Piro Brinjal (Ve)	£8.95
Aubergine cooked with tamarind, onions, and Nepalese spices	
Jeera Alu (Ve)	£8.95
Baby potatoes sauteed with cumin, onion and tomato	
Tarka Daal (Ve)	£8.95
Yellow lentils tempered with garlic, cumin, and red chillies	

Rice, Bread and Condiments

Pulau Rice (V)	£4.95
Steam Rice (V)	£4.25
Lemon Rice (V)	£5.95
Plain Naan (G) (D) (V)	£4.95
Garlic and Onion Rice (G) (D) (V)	£5.95
Lachha Paratha (G) (D) (V)	£5.95
Cheese Chilli Naan (G) (D) (V)	£5.95
Peshwari Naan (G) (D) (V)	£5.95
Multi Grain Tandoori Roti (G) (V)	£4.95
Boondi Raita (D) (V)	£3.95
Papadum Bag (Ve)	£3.95
Mango Chutney	£1.50
Carrot Chutney	£1.50
Pineapple Chutney	£1.50
Mix Berries Chutney	£1.50