

One of the most respected Indian cuisines 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 skillful 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 1946, we are the oldest North Indian Restaurant in the UK, serving distinctive Punjabi cuisine to generations of diners in Covent Garden. Fourth generation family owned, we feature an eclectic Punjabi atmosphere with many historical pictures on our silk walls.

APPETIZERS

1. **PAKORA (V)** £3.95
Onions cooked in chickpea batter with herbs & spices
2. **ALOO TIKKI ROLL (V)** £3.95
Lightly spiced potato croquette served with our signature tamarind sauce
3. **PUNJABI SAMOSA (V) – Punjabi Speciality** £3.95
Traditional handmade village samosa, triangular pastry filled with mashed vegetable
4. **PANEER PAKORA (V)** £4.75
Punjabi fritters filled with warm & smooth homemade cottage cheese
5. **KADU PURI (V) – Punjabi Speciality** £4.20
Golden pumpkin on a crispy puri (bread), favourite among regulars
6. **CHICKEN WINGS** £4.75
Order early! Roasted in the tandoor for 20 mins. Cooked to order. Can also be served with your mains
7. **AMRITSARI FISH – Punjabi Speciality** £4.95
Delicacy of the city of Amritsar – popular not only in Punjab but throughout India. Mouthwatering fried fish pakora
8. **PRAWN PURI** £4.95
Lightly spiced prawns on crispy puri bread
9. **LAMB SHAMI KEBAB** £4.95
Smooth silky round patties of minced lamb and lentils, shallow fried. Invented by a highly skilled chef for a toothless Maharaja

TANDOORI SERVED AS A STARTER OR MAIN

The traditional Punjabi clay oven is truly the heart of all Indian barbeques. All our tandooris are served on a sizzling bed of onions in a traditional skillet, accompanied with refreshing mint sauce.

15. **TANDOORI VEGETABLES (V)** £10.80
Marinated mixed vegetables roasted in the Tandoor
16. **TANDOORI PANEER (V)** £11.25
Homemade cottage cheese marinated with herbs and spices
17. **TANDOORI KING PRAWNS** £14.95
Mildly spiced succulent king prawns
18. **CHICKEN TIKKA** £10.75
Small chunks of boneless chicken marinated in tandoori masala and roasted on skewers
19. **CHICKEN TIKKA SPECIAL – Punjabi Speciality** £12.50
Chicken Tikka, served flaming at your table with a shot of brandy, we are notoriously known for this historic flambé dish
20. **CHICKEN MALAI TIKKA – Punjabi Speciality** £10.75
Marinated with cream, cheese and yoghurt, soft, tender
21. **CHICKEN TANDOORI – Punjabi Speciality** £11.25
World famous Punjabi roast chicken, served on the bone. Marinated in fresh yoghurt and tandoori masala
22. **LAMB SEEKH KEBAB** £10.95
Spiced minced lamb kebab, delicately threaded and cooked on skewers in the tandoor
23. **LAMB BOTI KEBAB** £11.25
Pieces of very tender lamb marinated with spiced yoghurt
24. **TANDOORI LAMB CHOPS** £13.95
Marinated lamb chops roasted in the tandoor
25. **TANDOORI MIXED GRILL** £14.95
Pieces of tandoori chicken, chicken tikka, seekh kebab and boti kebab

CHICKEN CURRY

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

30. **CHICKEN KORMA** £10.50
Delicious, creamy and mild chicken curry
31. **CHICKEN MADRAS (H)** £10.50
Chicken served in hot Punjabi fiery spicy sauce
32. **ACHARRI MURGHA – Punjabi Speciality** £10.75
Punjabi chicken curry cooked in a traditional pickling spice mix, tasty, tangy & medium spiced, has to be experienced at least once in a lifetime!
33. **METHI MURGHA** £10.50
Succulent pieces of chicken cooked with fresh fenugreek, a favourite Punjabi herb. A unique and distinctive curry
34. **CHICKEN KARAHAI** £10.50
Pieces of succulent chicken cooked with tomatoes and green peppers in a traditional Punjabi sauce
35. **CHICKEN TIKKA MASALA** £10.50
No standard recipe exists for this classic dish, however our 1973 formula continues to withstand the test of time, Chicken Tikka served in tandoori masala & tomato based sauce
36. **CHICKEN JALFREZI** £10.50
Semi dry fried julienne chicken pieces with medium spiced tomatoes, ginger, green peppers and onions
37. **BUTTER CHICKEN – Punjabi Speciality** £10.75
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.

40. **LAMB KORMA** £10.75
Delicious, creamy and mild lamb curry
41. **LAMB MADRAS (H)** £10.75
Lamb served in hot Punjabi fiery spicy sauce
42. **KARAHAI GOSHT** £10.95
Succulent pieces of lamb cooked with tomatoes and green peppers in a traditional Punjabi sauce
43. **LAMB JALFREZI** £11.00
Semi dry fried julienne pieces of tandoori lamb with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices
44. **METHI GOSHT – Punjabi Speciality** £10.95
Succulent pieces of lamb cooked with fresh fenugreek, a favourite Punjabi herb. A unique and distinctive curry
45. **PUDINA GOSHT – Punjabi Speciality** £10.95
Lamb marinated in mint cooked with herbs, spices and green peppers
46. **ACHARRI GOSHT – Punjabi Speciality** £11.00
Pickle-styled lamb curry, suffice to say that Punjabis go crazy for this delicious, tangy & irresistible medium spiced dish
47. **PUNJABI CHOPS MASALA** £13.95
Tandoori Lamb Chops served in a spicy masala sauce

SEAFOOD CURRY

49. **KING PRAWN BHUNA** £14.95
Cooked with King prawns
50. **BENAAM MACCHI TARKARI** £13.50
Nameless Punjabi style fish curry

VEGETABLE

Our vegetable dishes are neither too large nor too small. In 1951, Grandfather was forced to relocate the Punjab to its present site to be close to the Indian Embassy, where many officers were homesick for authentic Punjabi vegetarian dishes.

52. **TARKA DAAL – Punjabi Speciality** £6.75
Nutritious home made Punjabi yellow lentil dish, indispensable and full of protein
53. **GRANDAD'S KALI DAAL – Punjabi Speciality** £6.75
Our classic black daal taken from our grandad's secret recipe
54. **SAAG PANEER** £6.95
Diced cottage cheese cooked with spinach and spices
55. **SAAG ALOO** £6.50
Spinach cooked with potatoes in spices
56. **BAIGAN – Punjabi Speciality** £7.25
Whole stuffed aubergines cooked Punjabi style, sensational and healthy
57. **BAIGAN KA BHARTA** £7.95
Legendary Punjabi roasted aubergine mash with a smokey spicy flavour
58. **MUTTER PANEER** £7.25
Delicious curry of green peas and home made cottage cheese cubes – all time favourite
59. **VEGETABLE KOFTA** £7.25
Diced spicy pumpkin dumplings served with a herby sauce
60. **PANEER MAKHANI** £7.25
Cottage cheese cooked in rich gravy with tomatoes, butter and cream. Noted Delhi delicacy
61. **AMRIT'S AMRITSARI CHOLE** £6.25
Amrit's version (our chief food taster) of the famous chickpea curry of Amritsar – Super scrumptious!
62. **KARAHAI PANEER – Punjabi Speciality** £8.95
Cottage cheese sautéed with green peppers and ginger-garlic paste in a spicy tomato based gravy. Popular Punjabi & Delhi delicacy
63. **BOMBAY ALOO** £6.25
Hot, spicy potatoes
64. **GOBI ALOO** £7.00
Cauliflower and potatoes lightly spiced and sautéed. Every Punjabi mother passes down this classic recipe to her daughter
65. **BHINDI MASALA** £7.50
Fresh okra, sautéed with herbs and spices
66. **KADU SABJI – Punjabi Speciality** £6.25
Sumptuous sweet pumpkin curry

ACCOMPANIMENTS

72. **PAPADUM Plain or Masala (spiced)** £0.85
73. **DAHI** £2.50
Natural nutritious yoghurt, Punjabi homes are seldom without
74. **CUCUMBER RAITA** £2.70
Natural yoghurt with fresh cucumbers, delicious and cooling
75. **MIXED RAITA** £2.95
With fresh tomato and onion
76. **KACHUMBER SALAD** £3.10
Diced cucumber, tomatoes and onion

BASMATI RICE

Fresh silky, aromatic rice from the Himalyan foothills

77. **PILAU RICE (V)** Flavoured rice with cumin seeds £3.30
78. **PLAIN RICE (V)** White rice boiled to perfection £3.15

BIRYANI

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

80. **VEGETABLE BIRYANI (V)** £10.25
81. **CHICKEN BIRYANI** £12.50
82. **LAMB BIRYANI** £13.50
83. **PRAWN BIRYANI** £13.50

PUNJABI BREADS

90. **BUTTER NAAN OR PLAIN NAAN** £2.35
Simple but sumptuous flatbread expertly baked against the walls of the tandoor
91. **CHEESE NAAN – Punjabi Speciality** £3.70
With a thin layer of smooth light French cheese. This also makes a delicious starter!
92. **KULCHA NAAN** £3.65
With spiced onions
93. **GARLIC NAAN** £3.65
If you have any erotic activities planned for after you leave us, perhaps you should resist this sensational garlic naan
94. **BULLET NAAN – Punjabi Speciality** £3.65
Spread with chopped fresh chilli and garlic
95. **PESHWARI NAAN (N)** £3.65
With dry fruits and coconut
96. **LACCHA PARATHA** £3.25
Crisp unleavened whole wheat bread
97. **ALOO PARATHA** £3.45
Stuffed with spiced potato
98. **TANDOORI ROTI** £2.00
Whole wheat flatbread cooked in the tandoor
99. **CHAPATI** £1.95
Irresistible bread made fresh to order on our tawa (traditional hot plate)
100. **TANDOORI PARATHA – Punjabi Speciality** £3.10

(V) – Vegetarian (H) – Hot (N) – contains Nuts

ALL OUR FOOD IS COOKED FRESH TO ORDER IN OUR HISTORIC AND SMALL KITCHEN, SO PLEASE BE PREPARED FOR A POSSIBLE DELAY DURING BUSY PERIODS • EXTRA DISHES MAY ALSO TAKE UP TO 15 MINUTES •

WE MONITOR THE PRESENCE OF NUTS IN ALL OF OUR PRODUCTS, HOWEVER WE CANNOT GUARANTEE THAT ANY ITEMS ARE FREE FROM TRACES • PLEASE CLEARLY COMMUNICATE ANY ALLERGIES •

WE ARE OPEN ALL DAY, SEVEN DAYS A WEEK, FOOD SERVED FROM NOON, LAST ORDERS AT 11.15PM AND ON SUNDAY 10.15PM • AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED

• MINIMUM CHARGE £15.00 PER PERSON • ALL OUR FOOD SUPPLIERS HAVE INFORMED US THAT THEY WILL NOT SUPPLY US WITH GENETICALLY MODIFIED PRODUCTS