

# APNA PUNJAB

## Food Menu

### LIGHT SNACKS

- Papad (Poppadum) (V, Vg) 2.75**  
Crispy Indian crackers, served with chutneys.
- Spicy Peanut Chaat (V, Vg) 3.50**  
Dry roasted peanuts in a tangy mix of onions, herbs and spices. A very popular snack.

### SMALL PLATES (From the Tandoor)

#### Non-Veg

- Lamb Chops 9.95**  
Tender lamb chops marinated with a blend of herbs and spices, served with a spiced potato mash. Warming and flavourful.
- Seekh Kebabs 7.50**  
A delicacy of lamb mince with Indian herbs & spices, skewered and grilled in a clay oven. Soft and succulent with a smoky flavour.
- Chicken Wings 6.25**  
Traditionally spiced chicken wings, chargrilled in a clay oven.
- Chicken Tikka 6.50**  
Succulent pieces of chicken marinated in a mix of garlic, ginger and Apna Punjab's blend of spices & seasoning, grilled in a clay oven.
- Pork Chops 7.95**  
Pork chops marinated in Apna Punjab's unique mix of spices, cooked in a clay oven (created by Deesch).
- Salmon Tikka 11.95**  
Succulent fillets of salmon, marinated in lime and our own blend of spices, grilled in a clay oven.
- Chilli Jhinga (King Prawns) 9.95**  
King prawns marinated in a delicious blend of peppers, ginger, garlic and lime, skewered and cooked over charcoal in a clay oven.
- Fish Pakora 7.95**  
Flaky fish pieces, marinated in aromatic Indian spices and coated in gram flour, and then deep fried to golden perfection. Crunchy on the outside, tender on the inside.

### MIXED GRILL

#### Non-Veg

29.95

Seekh Kebabs, Pork Chops, Chicken Tikka, Chicken Wings and Fish Pakora served with sizzling onions and capsicum peppers.

Please inform us if you have any food allergens. Whilst every care is taken to reduce the risk of cross-contamination, we cannot guarantee that any of our dishes are 100% free from allergens and therefore cannot accept any liability in this respect.

Guests with severe allergies are advised to assess their own level of risk and consume dishes at their own risk.

V = Vegetarian

Vg = Vegan

All our dishes are moderately spiced. If you would like a variation in spice levels, please ask.

#### Vegetarian

- Veg Samosas (V, Vg) 4.00**  
Golden fried pastry, stuffed with a delicately spiced potato and pea filling. A Punjabi favourite.
- Kenyan Style Maru Crispy Bhajia (V, Vg) 4.50**  
Crispy and crunchy potato snacks. Thin slices of potato, coated with a spiced gram flour mix, and then deep fried. Indulgent, comforting and delightful.
- Paneer Spring Rolls (V) 4.00**  
Lightly spiced cottage cheese, with shredded potato, carrots and sweetcorn, hand rolled in a light, crispy pastry and then deep fried.
- Chilli Paneer (V) 6.25**  
Fried, crispy paneer with mixed peppers & onions, tossed in an Indo-Chinese spicy style sauce.
- Samosa Chaat (V) 5.25**  
Crunchy samosas and chickpeas dressed with tamarind, yoghurt & mint chutney, sprinkled with sev and pomegranate. Tangy and spicy, bursting with flavour and texture.
- Okra Fries (V, Vg) 4.95**  
Sliced okra pods covered in a seasoned mixture, and lightly fried until golden brown. Addictive and super tasty.

- Malai Paneer (V) 8.50**  
Succulent pieces of Indian cottage cheese, filled with a creamy fig mixture, grilled in a clay oven.

### PLATTER

#### Vegetarian

20.95

Veg Samosas, Maru Crispy Bhajia, Paneer Spring Rolls, Okra Fries and Malai Paneer.

## MAINS

### Non-Veg

- Chicken Curry** 8.25  
Traditional Punjabi style chicken curry (boneless thigh). Homely and rustic.
- Murgh Makhini (Butter Chicken)** 8.25  
North Indian style dish, made with charcoal grilled pieces of chicken in a fragrant, rich, tomato and butter sauce.
- Lamb Curry** 9.95  
Tender pieces of boneless lamb, cooked traditionally with onion, tomato and spices.
- Keema Mutter** 9.25  
Minced lamb, cooked with green peas, onions, tomatoes, ginger, garlic and green chillies.
- Salmon Curry** 11.95  
South Indian style Salmon dish, cooked with a creamy, coconut infused sauce.

### Vegetarian

- Punjabi Chole (V, Vg)** 6.50  
Chickpeas simmered in tomatoes, onions and our blend of spices and masala.
- Mutter Paneer (V)** 6.50  
Indian cottage cheese and garden peas in a rich spicy, creamy sauce.
- Baingan Masala (V, Vg)** 6.95  
Char-smoked baby aubergine, sauteed with onions, tomatoes and spices.
- Bhindi Masala (V, Vg)** 6.75  
Stir fried okra cooked with onions, tomatoes and spices.
- Sarson Ka Saag (V)** 6.95  
Spinach and mustard leaves cooked into a thick paste combined with spices.
- Tarka Dhal (V, Vg)** 6.50  
Yellow lentils tempered with spices, garlic, tomatoes and onions.
- Dhal Makhini (V)** 6.50  
Slow cooked Urid dhal (black lentils), braised with butter and tomatoes, flavoured with garlic, finished with cream.

## TANDOORI INDIAN BREADS

- Plain / Butter Naan (V)** 2.50  
Plain Indian flatbread, drizzled with butter if required.
- Garlic Naan (V)** 2.50  
Layered with flakes of garlic.
- Peshwari Naan (V)** 2.95  
Made with nuts, coconut and almond.
- Tandoori Roti (V, Vg)** 2.95  
Chapati made with whole wheat flour.

## RICE

- Plain Rice (V, Vg)** 3.50  
Fluffy white rice steamed to perfection.
- Punjabi Rice (V)** 4.25  
Aromatic flavoured rice, cooked with roasted cumin and other spices.

## DESSERTS

- Ice Cream (V)** 2.95  
Please ask the team for our flavours.
- Gulab Jamun (2 pcs) (V)** 4.00  
Indian sponge dumplings served in a rich honey syrup.

## SIDES

- Seasonal Mixed Salad (V, Vg)** 2.75  
Onions, tomatoes and cucumber.
- Apna Punjab Spicy Salad (V)** 3.75  
Spiced cheese, onion and tomato salad (created by Deesch).
- Chips (V, Vg)** 3.00
- Masala Chips (V, Vg)** 4.50  
Chips coated with a special blend of Apna Punjab's spices.
- Plain Yoghurt (V)** 1.95
- Boondi Ka Raita (V)** 2.95  
Vibrant yoghurt made with ground spices and melt-in-the-mouth balls of gram flour.

All prices are inclusive of VAT. There is a discretionary service charge of 10% added to your bill when dining in, all of which is passed onto staff. All major credit cards are accepted.

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Dishes may contain traces of nuts. Please speak to staff about other allergens