



One of the most respected Indian Cuisine 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 skilful 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. **If you're sensitive or allergic to any of our ingredients, please let us know.**



APPETIZERS

1. **PAKORA (V)** £3.30
Onions cooked in chickpea batter with herbs & spices
2. **ALOO TIKKI (V)** £3.30
Lightly spiced potato tikki served with our signature sweet and sour sauce
3. **PUNJABI SAMOSA (V)** £3.30
Crisp triangular pastry filled with vegetables
4. **KADU PURI (V)** £3.30
Golden pumpkin on a crispy puri (bread), favourite among regulars
5. **CHICKEN CHAT** £3.60
Diced pieces of juicy chicken, served with our signature sweet and sour sauce
6. **CHICKEN WINGS** £3.75
Order early! Roasted in the tandoor for 20 mins. Cooked to order. Can also be served with your mains
7. **FISH TIKKI** £4.35
Fresh cod cutlets with herbs and spices, shallow fried
8. **PAPADUM (V) Plain or Masala (spiced)** £0.80
with chutney and pickles



TANDOORI

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

13. **CHICKEN TANDOORI** £9.50
World famous Punjabi roast chicken, served on the bone. Marinated in fresh yogurt and tandoori masala.
14. **CHICKEN TIKKA** £9.50
Small chunks of boneless chicken marinated in tandoori masala and roasted on skewers.
15. **LAMB BOTI KEBAB** £9.70
Pieces of very tender lamb marinated with spiced yoghurt
16. **LAMB SEEKH KEBAB** £9.70
Spiced minced lamb kebab, delicately threaded and cooked on skewers in the tandoor
17. **TANDOORI KING PRAWNS** £14.20
Mildly spiced succulent king prawns
18. **TANDOORI MIXED GRILL** £14.15
Pieces of tandoori chicken, chicken tikka, seekh kebab and boti kebab
19. **CHICKEN TIKKA SPECIAL** £11.80
Chicken Tikka, served flaming at your table with a shot of brandy, we are notoriously known for this historic flambé dish
20. **HARIYALI CHICKEN TIKKA** £9.40
Tender breast pieces of chicken marinated with an intoxicating taste, made with fresh mint and coriander
21. **TANDOORI VEGETABLES (V)** £9.15
Marinated mixed vegetables roasted in the Tandoor
23. **TANDOORI PANEER (V)** £9.65
Homemade cottage cheese marinated with herbs and spices

(V) - Vegetarian
(H) - Hot



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!

27. **CHICKEN KORMA** £8.95
Tender chicken served with cream and mildly spiced sauce
28. **CHICKEN MADRAS (H)** £8.95
Chicken served in hot Punjabi spicy sauce
29. **ACHARRI MURGHA** £9.60
Our famous Punjabi pickle-style chicken, tangy and medium spiced, has to be experienced at least once in a lifetime!
- **Punjabi speciality**
30. **METHI MURGHA** £9.70
This is a real Punjabi treasure. Succulent pieces of chicken cooked with fresh fenugreek
31. **CHICKEN KARAHI** £9.70
Pieces of succulent chicken cooked with tomatoes and green peppers in a traditional Punjabi sauce
32. **CHICKEN TIKKA MASALA** £9.50
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
33. **CHICKEN JALFREZI** £9.50
Semi dry fried julienne chicken pieces with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices
35. **SAAG CHICKEN** £8.95
Diced boneless chicken cooked with spinach in Indian spices
90. **BUTTER CHICKEN** £9.75
The godfather of all punjabi dishes, succulent chicken **on the bone** served in a creamy sauce laced with butter
- **Punjabi speciality**



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.

47. **LAMB KORMA** £9.20
Mildly spiced lamb cooked with cream in a sauce
48. **LAMB MADRAS (H)** £9.20
Lamb served in hot Punjabi spicy sauce
49. **KARAHI GOSHT** £9.85
Succulent pieces of lamb cooked with tomatoes and green peppers in a traditional Punjabi sauce
50. **LAMB JALFREZI** £9.90
Semi dry fried julienne pieces of tandoori lamb with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices
51. **SAAG GOSHT** £9.50
Succulent pieces of meat cooked with spinach
52. **METHI GOSHT** £9.70
This is another real Punjabi treasure. Succulent pieces of lamb cooked with fresh fenugreek, a favourite Punjabi herb
53. **PUDINA GOSHT** £9.70
Lamb marinated in mint cooked with herbs, spices and green peppers
54. **ACHARRI GOSHT** £9.80
Pickle-styled lamb curry, suffice to say that Punjabi's go crazy for this delicious, tangy & irresistible medium spiced dish - **Punjabi speciality**

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.

60. **DALL** £5.35
Nutritious home made Punjabi yellow lentil dish, indispensable and full of protein
61. **GRANDAD'S KALI DALL** £5.80
Our classic black dall taken from our grandad's secret recipe
62. **SAAG** £5.55
Spinach prepared in true punjabi style, well loved by all Punjab's musclemen
63. **SAAG PANEER** £5.95
Diced cottage cheese cooked with spinach and spices
64. **SAAG ALOO** £5.70
Spinach cooked with potatoes in spices
65. **BAIGAN** £6.30
Whole stuffed aubergines cooked punjabi style, sensational and healthy
66. **MUTTER PANEER** £6.10
Delicious curry of green peas and home made cottage cheese cubes - all time favourite
67. **VEGETABLE KOFTA** £6.40
Diced spicy pumpkin dumplings served with a herby sauce
68. **PANEER MAKHANI** £6.50
Cottage cheese cooked in rich gravy with tomatoes, butter and cream. Noted Delhi delicacy
69. **MIXED VEGETABLES CURRY** £5.40
Mixed vegetables cooked with cumin seeds and spices
70. **PUNJABI CHOLE** £5.45
Traditional Punjabi curried chickpeas, homely and hearty
71. **ALOO CHOLE** £5.45
Another iconic Punjabi delicacy, curried chickpeas with potatoes, lightly spiced
72. **KARAHI PANEER** £8.20
Vegetarian's delight, strips of cottage cheese sautéed with green peppers and ginger-garlic paste in a spicy tomato based gravy. Popular Punjabi and Delhi delicacy
73. **BOMBAY ALOO** £5.10
Hot, spicy potatoes
74. **GOBI ALOO** £5.75
Cauliflower and potatoes lightly spiced and sautéed. Every Punjabi mother passes this classic recipe down to her daughter
75. **BHINDI MASALA** £6.95
Fresh okra, sautéed with herbs and spices
76. **MUSHROOM** £5.35
Curried mushrooms with spices and herbs
77. **KADU SABJI** £5.30
Sumptuous sweet pumpkin curry - **Punjabi speciality**

ACCOMPANIMENTS

78. **DAHI** £2.25
Natural nutritious yoghurt, Punjabi homes are seldom without
79. **CUCUMBER RAITA** £2.45
Natural yogurt with fresh cucumbers, delicious and cooling
80. **BOONDI RAITA** £2.70
Crispy gram flour granules in cool yogurt
81. **PUNJABI SALAD** £2.45
Fresh garden salad served with onions
82. **KACHUMBER SALAD** £2.70
This popular salad is a blend of diced green salad

SEAFOOD CURRY

56. **PRAWN BHUNA** £9.40
Prawns cooked with tomatoes and green peppers in a thick sauce
57. **KING PRAWN BHUNA** £13.95
King prawns cooked in a thick spicy sauce
58. **BENAAM MACCHI TARKARI** £10.55
Nameless fish curry



BASMATI RICE

Fresh silky, aromatic rice from the Himalyan foothills

98. **PILAU RICE (V)** £3.25
Flavoured rice with cumin seeds
99. **PLAIN RICE (V)** £3.10
White rice boiled to perfection

BIRYANI

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

24. **VEGETABLE BIRYANI (V)** £8.60
25. **CHICKEN BIRYANI** £11.60
26. **LAMB BIRYANI** £12.10

PUNJABI BREADS (V)

36. **BUTTER NAAN** £2.35
Simple but sumptuous flatbread expertly baked against the walls of the tandoor
37. **CHEESE NAAN** £3.70
Punjabi flatbread with a thin layer of smooth light French cheese. This also makes a delicious starter!
38. **KULCHA NAAN** £3.65
With spiced onions
39. **GARLIC NAAN** £3.65
If you have any erotic activities planned for after you leave us, perhaps you should resist this sensational garlic naan
40. **CHILLI NAAN** £3.25
Special punjabi yeast bread with chilli
41. **PESHWARI NAAN** £3.65
With dry fruits and coconut
42. **LACCHA PARATHA** £3.25
Crispy and multi-layered bread, the perfect accompaniment for any thick-gravied dish
43. **ALOO PARATHA** £3.45
Stuffed with spiced potato
44. **TANDOORI ROTI** £2.00
Whole wheat flatbread cooked in the tandoor
45. **CHAPATI** £1.95
Irresistible bread made fresh to order on our tawa (traditional hot plate)
46. **TANDOORI PARATHA** £3.10



WE ARE OPEN SEVEN DAYS A WEEK FOR LUNCH AND DINNER • TAKE AWAY SERVICE AVAILABLE • AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED • **MINIMUM CHARGE £15.00 PER PERSON**



HOME OF DISTINCTIVE PUNJABI CUISINE

This is the reason I come to LondonLucy McLroy, Shrewsbury, Shropshire
 Food at the Punjab, ..the second best feeling I have ever hadAlan Tosh, Solihull
 Was recommended by a friend, ..didn't disappointGareth Davies, Woodford
 the food is great and people here are funnyAlex C Castilles Sao Brazil
 We've become addicted" (4 times in one week !)Lisa Stone, Chelsea, Quebec Canada
 My first exposure to Indian food, now I'm spoiledMichelle Tvelon, Lansburg Minnnesota, USA
 Home away from Home - Wonderful ! Superb !Vinnay Kumar Jersey City, USA
 A great restaurant to celebrate my birthdayAnn Timmer Scottsdale, Arizona, USA
 I travel to india in a very small momentNoel McLaren, London
 Food is brilliant, it reminds me of the PunjabArvin Singh, Slough
 If it were not the best, I would not come here so often for the
 last thirty years, would I?John Mandleberg, Cheshire



My favourite restuarant when I come to London, just greatAnn Sophie, Paris, France
 Punjab is the best, open a branch in NYC!Dr Joseph Cjarette, New York, USA
 No, open a branch in Sydney!Alastair McIntyre Sydney, Australia
 No one produces better Onion Pakora or BaiganPhil Grudolphin, Somerset, England
 Thank you for a lovely evening, all the meals we have had
 in the past and those still to come, loved every mouthfulBrendan Talbott, London
 The best jalfrezi in LondonSteve Parkin, Britol
 Great fun!! Great food!!Steve Bratt, Harpenden
 This is a wish to the Punjab the next 60 years of prosperity,
 good humour, excellent cusine and laughterJ Gautora, London
 An Institution, safe in a world of change, keep it up ...Stephen Perriman, Winchester
 Really delicious, see you all at the 100th anniversaryRashpal Panesar, London



Punjab™
1946

UK's Oldest North Indian Restaurant
Serving Distinctive Punjabi Cuisine