

Covent Garden

Home of Distinctive Punjabi Cuisine

"This is the reason I come to London"
Lucy McIroy, Shrewsbury, Shropshire, England

"Food at the Punjab,...the second best feeling I have ever had"
Alan Tosh, Solihull, England



"Was recommended by a friend,...didn't disappoint"
Gareth Davies, Woodford, England

"The food is great and people here are funny"
Alex C Castilles, Sao Paulo, Brazil

"We've become addicted" (4 times in one week!)"
Lisa Stone, Chelsea, Quebec, Canada

"My first exposure to Indian food, now I'm spoiled"
Michelle Tvelon, Lansburg, Minnesota, USA



"Home away from home - Wonderful! Superb!"
Vinnay Kumar, Jersey City, USA

"A great restaurant to celebrate my birthday"
Ann Timmer, Scottsdale, Arizona, USA

"I travelled to India in a very small moment"
Noel McLaren, London, England

"Food is brilliant, it reminds me of the Punjab"
Arvin Singh, Slough, England

"If it were not the best, I would not come here so often for the last thirty years, would I?"
John Mandelberg, Cheshire, England

"My favourite restaurant when I come to London, just great"
Ann 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"
Phil Grudolphin, Somerset, England



"Thank you for a lovely evening, all the meals we've had in the past and those still to come, loved every mouthful"
Brendan Talbott, London, England

"The best jalfrezi in London"
Steve Parkin, Bristol, England

"Great fun!! Great food!!"
Steve Bratt, Harpenden, England



"An institution, safe in a world of change, keep it up"
Stephen Perriman, Winchester, England

"Really delicious, see you all at the 100th anniversary"
Rashpal Panesar, London, England



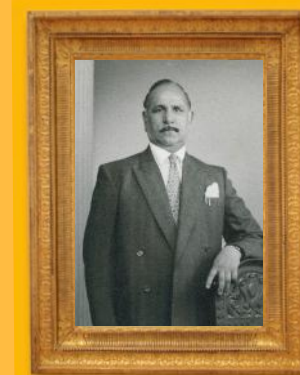
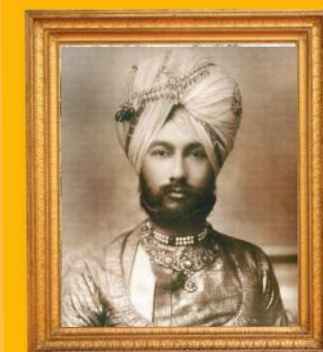
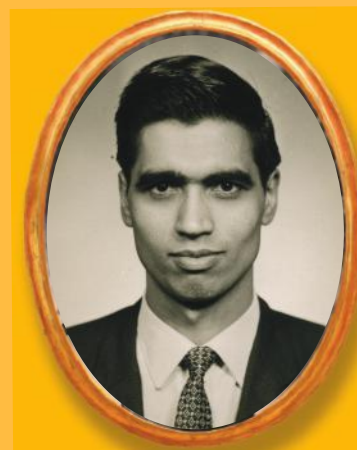
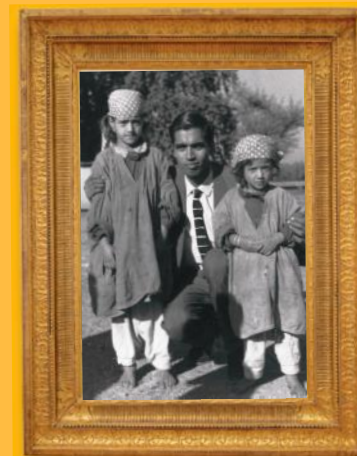
"This is to wish the Punjab the next 60 years of prosperity, good humour, excellent cuisine and laughter"
J Gautora, London, England

"The older generation is right when they say 'curry isn't what it used to be.'
To find out what it should be, everyone should visit the Punjab."

Pat Chapman, Editor Cobra Good Curry Guide

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UK's Oldest North Indian Restaurant
Serving Distinctive Punjabi Cuisine

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UK's Oldest North Indian Restaurant
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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 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 walls.

APPETIZERS

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| 1. PAKORA (V) | 4.50 |
| Onions cooked in chickpea batter with herbs & spices | |
| 2. ALOO TIKKI ROLL (V) | 4.50 |
| Lightly spiced potato croquette served with our signature tamarind sauce | |
| 3. PUNJABI SAMOSA (V) – Punjabi Speciality | 4.50 |
| Traditional handmade village samosa, triangular pastry filled with mashed vegetable | |
| 4. PANEER PAKORA (V) | 4.75 |
| Punjabi fritters filled with warm & smooth homemade paneer cheese | |
| 5. KADU PURI (V) – Punjabi Speciality | 4.95 |
| Golden pumpkin on a crispy puri (bread), favourite among regulars | |
| 6. CHICKEN WINGS | 5.30 |
| Order early! Roasted in the tandoor for 20 mins. Cooked to order. Can also be served with your mains | |
| 7. AMRITSARI FISH – Punjabi Speciality | 5.75 |
| Delicacy of the holy city of Amritsar, popular in Punjab & throughout India. Mouthwatering tilapia fried fish pakora | |
| 8. PRAWN PURI | 5.75 |
| Lightly spiced prawns on crispy puri bread | |
| 9. LAMB SHAMI KEBAB | 5.50 |
| Smooth silky round patties of minced lamb and lentils, shallow fried. Invented by a highly skilled chef for a toothless Maharaja | |

TANDOORI

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.

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| 15. TANDOORI VEGETABLES (V) | 12.80 |
| Marinated mixed vegetables roasted in the Tandoor | |
| 16. TANDOORI PANEER (V) | 13.50 |
| Homemade paneer cheese marinated with herbs and spices | |
| 17. TANDOORI KING PRAWNS | 15.95 |
| Mildly spiced succulent king prawns | |
| 18. CHICKEN TIKKA | 12.75 |
| Small chunks of boneless chicken marinated in tandoori masala and roasted on skewers | |
| 19. CHICKEN TIKKA SPECIAL – Punjabi Speciality | 14.75 |
| Chicken Tikka, served flaming at your table with a shot of brandy, we are notoriously known for this historic flambe dish | |
| 20. CHICKEN MALAI TIKKA – Punjabi Speciality | 12.75 |
| Marinated with cream, cheese and yoghurt, soft, tender | |
| 21. CHICKEN TANDOORI – Punjabi Speciality | 13.95 |
| World famous Punjabi roast chicken, served on the bone. Marinated in fresh yoghurt and tandoori masala | |
| 22. LAMB SEEKH KEBAB | 13.00 |
| Spiced minced lamb kebab, delicately threaded and cooked on skewers in the tandoor | |
| 23. LAMB BOTI KEBAB | 13.50 |
| Pieces of very tender lamb marinated with spiced yoghurt | |
| 24. TANDOORI LAMB CHOPS | 15.95 |
| Marinated lamb chops roasted in the tandoor | |
| 25. TANDOORI MIXED GRILL | 16.95 |
| 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.

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| 30. CHICKEN KORMA (M) | 12.50 |
| Delicious, creamy and mild chicken curry | |
| 31. CHICKEN MADRAS (H) | 12.50 |
| Chicken served in hot Punjabi fiery spicy sauce | |
| 32. ACHARRI MURGHA – Punjabi Speciality | 12.75 |
| 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 | 12.75 |
| Succulent pieces of chicken cooked with fresh fenugreek | |
| 34. CHICKEN KARAHI | 12.50 |
| Pieces of succulent chicken cooked with tomatoes and green peppers in a traditional Punjabi sauce | |
| 35. PAHALWAN AMAR'S MINT CHICKEN – New | 12.50 |
| Yes, you too can have a body like Amar, our family Pahalwan (wrestler), just eat plenty of this delicious mint dish, avoid strong drink, and stand on your head for at least three minutes a day. | |
| 36. CHICKEN TIKKA MASALA (M) | 12.75 |
| 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 | |
| 37. CHICKEN JALFREZI | 12.75 |
| Tender julienne pieces of chicken in a creamy medium sauce studded with green peppers and onions | |
| 38. BUTTER CHICKEN – Punjabi Speciality | 12.95 |
| 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.

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| 40. LAMB KORMA (M) | 13.50 |
| Delicious, creamy and mild lamb curry | |
| 41. LAMB MADRAS (H) | 13.50 |
| Lamb served in hot Punjabi fiery spicy sauce | |
| 42. ACHARRI GOSHT – Punjabi Speciality | 13.50 |
| Pickle-styled lamb curry, suffice to say that Punjabis go crazy for this delicious, tangy & irresistible medium spiced dish | |
| 43. METHI GOSHT – Punjabi Speciality | 13.50 |
| Succulent pieces of lamb cooked with fresh fenugreek, a favourite Punjabi herb. A unique and distinctive curry | |
| 44. KARAHI GOSHT | 13.50 |
| Succulent pieces of lamb cooked with tomatoes and green peppers in a traditional Punjabi sauce | |
| 45. PUDINA GOSHT – Punjabi Speciality | 13.50 |
| Majestic Punjabi mint lamb curry, gorgeous and delicious, fit for any Punjabi Maharaja | |
| 46. LAMB JALFREZI | 13.95 |
| Julienne pieces of tandoori lamb with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices | |
| 47. PUNJABI CHOPS MASALA | 15.95 |
| Tandoori Lamb Chops served in a spicy masala sauce | |

SEAFOOD CURRY

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| 49. KING PRAWN BHUNA | 15.95 |
| Cooked with King prawns | |
| 50. BENAAM MACCHI TARKARI | 14.95 |
| Nameless Punjabi style tilapia 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.

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| 52. VILLAGE TARKA DAAL – Punjabi Speciality | 7.50 |
| Nutritious home made Punjabi yellow lentil dish, indispensable and full of protein | |
| 53. GRANDAD'S KALI DAAL – Punjabi Speciality | 7.50 |
| Our classic mixed black daal taken from our grandad's recipe | |
| 54. SAAG PANEER | 7.95 |
| Diced paneer cheese cooked with spinach and spices | |
| 55. SAAG ALOO | 7.25 |
| Spinach cooked with potatoes in spices | |
| 56. BAIGAN – Punjabi Speciality | 8.50 |
| Whole stuffed aubergines cooked Punjabi style, sensational and healthy | |
| 57. BAIGAN KA BHARTA | 8.75 |
| Legendary Punjabi roasted aubergine mash with a smokey spicy flavour | |
| 58. MUTTER PANEER | 8.50 |
| Delicious curry of green peas and home made paneer cheese cubes – all time favourite | |
| 59. VEGETABLE KOFTA | 8.50 |
| Spicy supercalifragilisticexpialidocious bottle gourd dumplings! | |
| 60. PANEER MAKHANI | 8.50 |
| Paneer cheese cooked in rich gravy with tomatoes, butter and cream. Noted Delhi delicacy | |
| 61. AMRIT'S AMRITSARI CHOLE | 7.50 |
| The boss's version of the famous chickpea curry of Amritsar – Super scrumptious! | |
| 62. KARAHI PANEER – Punjabi Speciality | 9.50 |
| Paneer cheese sauteed with green peppers and ginger-garlic paste in a spicy tomato based gravy. Popular Punjabi & Delhi delicacy | |
| 63. BOMBAY ALOO | 6.95 |
| Spiced curried potatoes, particularly good with chicken or vegetables curries | |
| 64. GOBI ALOO | 7.95 |
| Cauliflower and potatoes lightly spiced and sautéed. Every Punjabi mother passes down this classic recipe to her daughter | |
| 65. BHINDI MASALA | 8.25 |
| Fresh okra, sautéed with herbs and spices | |
| 66. KADU SABJI – Punjabi Speciality | 6.95 |
| Sumptuous sweet pumpkin curry | |

ACCOMPANIMENTS

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| 72. PAPADUM Plain or Masala (spiced) | 0.85 |
| 73. DAHI | 2.95 |
| Natural nutritious yoghurt, Punjabi homes are seldom without | |
| 74. CUCUMBER RAITA | 3.25 |
| Natural yoghurt with fresh cucumbers, delicious and cooling | |
| 75. MIXED RAITA | 3.25 |
| With fresh tomato and onion | |
| 76. KACHUMBER SALAD | 3.50 |
| Diced cucumber, tomatoes and onion | |

BASMATI RICE

Fresh silky, aromatic rice from the Himalyan foothills

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| 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

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| 80. VEGETABLE BIRYANI (V) | 11.25 |
| 81. CHICKEN BIRYANI | 13.50 |
| 82. LAMB BIRYANI | 14.50 |
| 83. PRAWN BIRYANI | 14.50 |

PUNJABI BREADS

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| 90. BUTTER NAAN OR PLAIN NAAN | 2.60 |
| Simple but sumptuous flatbread expertly baked against the walls of the tandoor | |
| 91. CHEESE NAAN – Punjabi Speciality | 3.80 |
| 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 | 3.65 |
| Stuffed with spiced potato | |
| 98. TANDOORI ROTI | 2.20 |
| Whole wheat flatbread cooked in the tandoor | |

(V) – Vegetarian (M) – Mild (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