

BASMATI RICE

Fresh silky, aromatic rice from the Himalyan foothills

77. PILAU RICE Flavoured rice with cumin seeds 3.30

78. PLAIN RICE 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 11.95

81. CHICKEN BIRYANI 13.95

82. LAMB BIRYANI  14.95

83. PRAWN BIRYANI 14.95

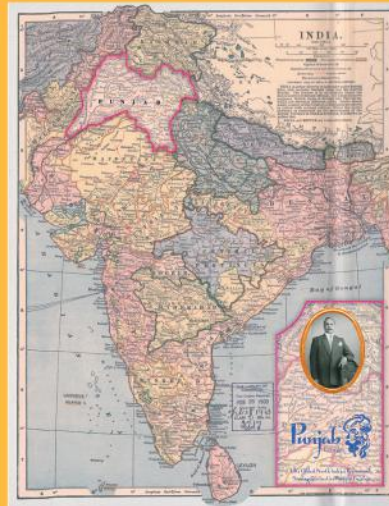
PUNJABI BREADS90. BUTTER NAAN OR PLAIN NAAN 2.60
Simple but sumptuous flatbread expertly baked against the walls of the tandoor91. **CHEESE NAAN – Punjabi Speciality** 3.80
With a thin layer of smooth light French cheese. This also makes a delicious starter!92. KULCHA NAAN 3.65
With spiced onions93. GARLIC NAAN 3.65
If you have any erotic activities planned for after you leave us, perhaps you should resist this sensational garlic naan94. **BULLET NAAN – Punjabi Speciality** 3.65
Spread with chopped fresh chilli and garlic95. PESHWARI NAAN 3.65
With dry fruits and coconut96. LACCHA PARATHA 3.25
Crisp unleavened whole wheat bread97. ALOO PARATHA 3.65
Stuffed with spiced potato98. TANDOORI ROTI  2.20
Whole wheat flatbread cooked in the tandoor

Our home dining experience service enables you to get quality Punjabi North Indian food in your own home. Impress your friends, have a romantic dinner at home or just great food in front of the TV, whatever your reason it will be great with Punjab home dining!

Select your chosen dishes & then give us a call on 0207 240 9979. You will receive a 15% reduction of the published menu price.

Home of Distinctive Punjabi Cuisine

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.



80 Neal Street Covent Garden WC2H 9PA
Tel: 020 7240 9979 www.punjab.co.uk



UK's Oldest North Indian Restaurant
Serving Distinctive Punjabi Cuisine

Home Dining Menu**0207 240 9979**

From 5pm onwards

**COLLECTION & DELIVERY***

*FREE DELIVERY IN THE SEVEN DIALS AREA ONLY

PLEASE LET US KNOW IF YOU'RE SELF-ISOLATING
SO THAT WE CAN MAKE SURE WE'RE DELIVERING SAFELY

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.

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| 17. TANDOORI KING PRAWNS | 16.10 |
| Mildly spiced succulent king prawns | |
| 18. CHICKEN TIKKA | 12.95 |
| Small chunks of boneless chicken marinated in tandoori masala and roasted on skewers | |
| 19. CHICKEN TIKKA SPECIAL – Punjabi Speciality | 14.95 |
| Chicken Tikka, served flaming at your table with a shot of brandy, we are notoriously known for this historic flambé dish | |
| 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 | 13.20 |
| Spiced minced lamb kebab, delicately threaded and cooked on skewers in the tandoor | |
| 23. LAMB BOTI KEBAB | 13.70 |
| Pieces of very tender lamb marinated with spiced yoghurt | |
| 25. TANDOORI MIXED GRILL | 16.95 |
| Pieces of tandoori chicken, chicken tikka, seekh & 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!

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| 30. CHICKEN KORMA | 12.75 |
| Delicious, creamy and mild chicken curry | |
| 31. CHICKEN MADRAS | 12.75 |
| Chicken served in hot Punjabi fiery spicy sauce | |
| 32. ACHARRI MURGHA – Punjabi Speciality | 12.95 |
| 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 | 12.95 |
| Succulent pieces of chicken cooked with fresh fenugreek | |
| 34. CHICKEN KARAH | 12.75 |
| Pieces of succulent chicken cooked with tomatoes and green peppers in a traditional Punjabi sauce | |

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| 35. PAHALWAN AMAR'S MINT CHICKEN – New | 12.75 |
| 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 | 12.95 |
| 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 | 12.95 |
| Semi dry fried julienne chicken pieces with medium spiced tomatoes, ginger, green peppers and onions | |
| 38. BUTTER CHICKEN – Punjabi Speciality | 13.10 |
| 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 | 13.95 |
| Delicious, creamy and mild lamb curry | |
| 41. LAMB MADRAS | 13.95 |
| Lamb served in hot Punjabi fiery spicy sauce | |
| 42. ACHARRI GOSHT – Punjabi Speciality | 13.95 |
| Pickle-styled lamb curry, suffice to say that Punjabis go crazy for this delicious, tangy & irresistible medium spiced dish | |
| 43. METHI GOSHT – Punjabi Speciality | 13.95 |
| Succulent pieces of lamb cooked with fresh fenugreek, a favourite Punjabi herb. A unique and distinctive curry | |
| 44. KARAH GOSHT | 13.95 |
| Succulent pieces of lamb cooked with tomatoes and green peppers in a traditional Punjabi sauce | |
| 45. PUDINA GOSHT – Punjabi Speciality | 13.95 |
| Lamb marinated in mint cooked with herbs, spices and green peppers | |
| 46. LAMB JALFREZI | 13.95 |
| Semi dry fried julienne pieces of tandoori lamb with tomatoes and onions, in an exotic blend of ginger, green peppers and mild spices | |
| SEAFOOD CURRY | |
| 49. KING PRAWN BHUNA | 16.10 |
| Cooked with King prawns | |
| 50. BENAAM MACCHI TARKARI | 15.25 |
| 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.

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| 52. VILLAGE TARKA DAAL – Punjabi Speciality | 7.75 |
| Nutritious home made Punjabi yellow lentil dish, indispensable and full of protein  | |
| 54. SAAG PANEER | 8.25 |
| Diced cottage cheese cooked with spinach and spices | |
| 55. SAAG ALOO | 7.55 |
| Spinach cooked with potatoes in spices | |
| 58. MUTTER PANEER | 8.75 |
| Delicious curry of green peas and home made cottage cheese cubes – all time favourite | |
| 60. PANEER BUTTER MASALA | 9.75 |
| Lavish, rich and sublime. Traditional Punjabi Butter Sauce with cottage cheese | |
| 61. AMRIT'S AMRITSARI CHOLE | 7.75 |
| Amrit's version (our chief food taster) of the famous chickpea curry of Amritsar – Super scrumptious!  | |
| 62. KARAH PANEER – Punjabi Speciality | 9.75 |
| Cottage cheese sauteed with green peppers and ginger-garlic paste in a spicy tomato based gravy. Popular Punjabi & Delhi delicacy | |
| 63. BOMBAY ALOO | 7.10 |
| Spiced curried potatoes, particularly good with chicken or vegetables curries  | |
| 64. GOBI ALOO | 8.10 |
| Cauliflower and potatoes lightly spiced and sautéed. Every Punjabi mother passes down this classic recipe to her daughter  | |

ACCOMPANIMENTS

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| 72. PAPADUM Plain or Masala (spiced) | 0.95 |
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