



### DISH OF THE DAY (PRICE VARIABLE - ENQUIRE WITHIN THE CAFÉ)

Please enquire on the day for unique Indian regional dishes made by our multicultural and talented volunteers and staff

## CHICKEN KORMA INFUSED WITH COCONUT MILK £8

Marinated on the bone chicken is cooked with coconut milk, and, flavoured with spices, lime juice and green chillies, served with rice or roti, and side vegetable curry

# DAHL AND RICE WITH SIDE SALAD £6

Split mung beans cooked with spices and ghee

RICE OR ROTI WITH VEGETABLE CURRY £6

RICE OR ROTI WITH HALF PORTION DAHL AND HALF PORTION VEGETABLE CURRY £6



#### PLAIN PRATHA £3 (V)

Flat bread made with wholemeal flour and ghee

## FLAT BREAD MADE WITH WHOLEMEAL FLOUR AND GHEE

# PRATHA WITH SPICY OMELETTE £6

Pratha served with spicy omelette made with fresh ingredients, using free-range eggs

#### ALOO PRATHA £4 (V)

Pratha with spicy potato filling

#### PRATHA WITH SHAMI KEBAB £6.50

Pratha with spiced kebabs made with lamb and split chickpeas

#### CHICKEN ROTI WRAPS £4

Spiced chicken and bell pepper strips served in homemade wraps

#### PANEER ROTI WRAPS £4 (V)

Mixed bell peppers cooked with red onion and spices, with pan fried marinated paneer slices, served with coriander and green chilli chutney and baby spinach, in homemade wraps





AYURVEDIC THALI MEAL (V) (GF) (VEGAN OPTION AVAILABLE) £10

(REPLACE DAHL WITH CHICKEN CURRY £12)

(FOR A LOW CARB THALI, REPLACE RICE WITH COOKED BARLEY GRAINS, AND REPLACE ALOO TIKKI WITH SHAMI KEBAB, MADE WITH LAMB AND SPLIT CHICKPEAS, £12.50)



Dahl and choice of two vegetable curries, Aloo Tikki (spiced potato patties), turmeric and ginger pickle, coconut chutney, cucumber and coconut salad. A plate of food with six tastes, sweet, sour, salty, bitter, pungent and astringent, gently spiced to balance the effect of the current season. Extra dahl and/or rice available at no extra <code>@oatha</code> with spicy potato filling

# STREET FOOD

PANI PURI £5 (VG)

Crisp bread puffs filled with spiced chickpeas and potatoes, served with a sweet and sour sauce

SAMOSA CHAT - SMALL PORTION £3.50/ LARGE PORTION £6 (V)

Vegetable samosas served with spiced chickpeas, tamarind chutney, coriander and chilli chutney and yoghurt, garnished with gram threads and pomegranate seeds



VEGETABLE SAMOSA PORTION WITH CORIANDER CHUTNEY £4.50 (V)

CHUTNEY AND PICKLES MADE WITH FRESH INGREDIENTS £1.50 (VG)





COLD DRINKS

GINGER AND CUMIN LASSI £2.50

Ayurvedic drink to enhance gut health

SELECTION OF FIZZY DRINK CANS £2

J20 BOTTLES £2.50

HOT DRINKS

MASALA CHAI £2.50
Always freshly made

BREAKFAST TEA/YORKSHIRE TEA £2

SELECTION OF HERB TEAS £2

