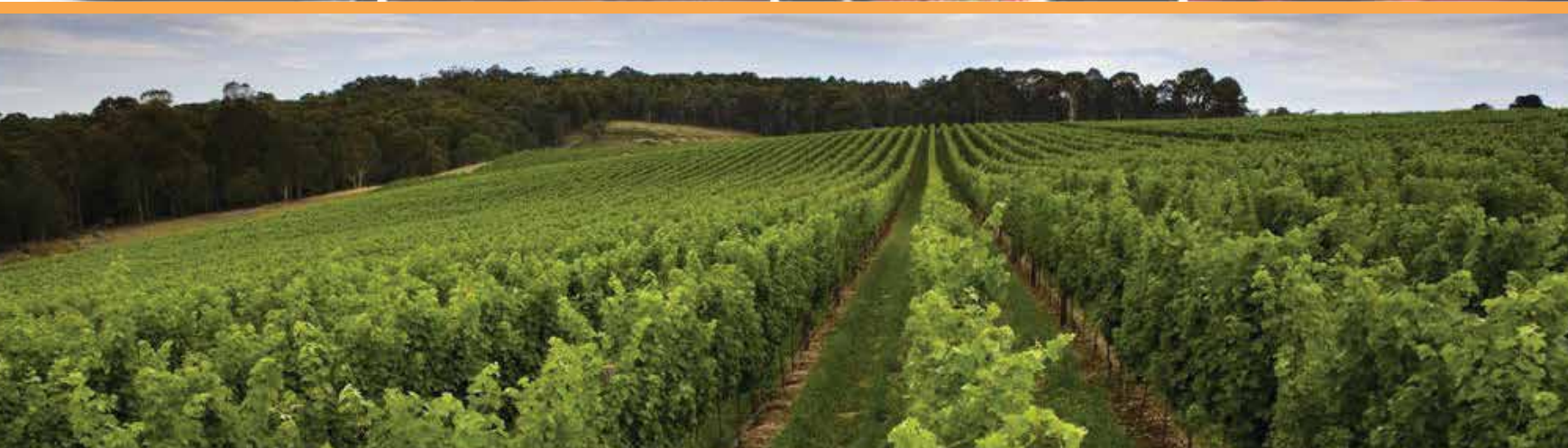


Menu & Wine List

FLAVOURS OF *PUNJAB*

Authentic Indian Restaurant

"All You Taste is Quality"



Beverages

Non Alcoholic

OUR SPECIALS

Lassi.....3.95
Delicious smoothie drink made with yoghurt & milk

Mango Lassi5.95
Lassi made with sweet mango

TRADITIONAL FAVOURITES

Orange Juice.....3.50

Apple Juice.....3.50

Mineral Water.....3.50

Soda Water.....3.50

Tonic Water3.50

Ginger Beer3.50

Fire Engine3.50

Coke2.95

Fanta.....2.95

Diet Coke2.95

Coke Zero.....2.95

Lemonade.....2.95

Lipton Ice Tea.....3.50

Jugs of Soft Drink.....8.95

Lemon, Lime and Bitters.....3.50

Coffee or Tea2.95

Alcoholic

BEER

Hahn Premium Light6.95

Victoria Bitter.....6.95

XXXX Gold6.95

King Fisher (Indian).....6.95

Heineken (Dutch)6.95

Crown Lager.....6.95

Corona (Mexican).....6.95

Royal Bombay (Indian).....6.95

SPIRITS

Jim Beam Bourbon5.95

Vodka.....5.95

Beefeater Gin.....5.95

Johnnie Walker Red Label.....5.95

Jack Daniels.....5.95

Bundaberg Rum.....5.95

Corkage \$1.50 per person

Please note that under our new liquor license if you have enjoyed your wine you may purchase another bottle to enjoy at home.

Wine List

White Wines

Brown Brothers 1889

Sauvignon Blanc 6.50 25.00

(Tasmania)

It is a vibrant colour with green hues. Aromas of melon and passionfruit with hints of freshly cut grass. This refreshing wine is true in style to its cool-climate origin and is best consumed when young and fresh.

Devil's Corner Pinot Grigio 6.50 25.00

(Tasmania)

True to the Italian Pinot Grigio style, this wine is made from grapes that are fermented at very cool temperatures to retain the natural fruit flavours. It is bottled soon after fermentation and is full of aromas of pear and apple.

Enjoy as a young, crisp and fresh dry white wine.

Brown Brothers 1889

Chardonnay 6.50 25.00

(King Valley VIC)

Golden colour in the glass with a youthful green hue; lovely aromas of melons and pear. Crisp and vibrant with fresh stone fruit flavours and a long satisfying finish. Balanced oak handling adds interesting nutty characters to the wine.

Brown Brothers Crouchen Riesling 18.00

(VIC)

This blend of Crouchen and Riesling is a bright straw colour with youthful green tinges. The nose is lifted with aromas of exotic fruits as well as ripe pear and spicy peach. They follow through to the palate which is mouth filling, full of natural grape sweetness and rounded out with a crisp balancing finish.

Red Wines

Brown Brothers 1889 Merlot 6.50 25.00

(Heathcote VIC)

Bright purple hues. Lifted aromas of red berries dried herbs and spices with undercurrents of liquorice. These aromas follow through to the palate where the berry fruit flavours balance the soft tannins.

Devil's Corner Pinot Noir 25.00

(Tasmania)

This cool climate Pinot Noir comes from The Hazards Vineyard at Freycinet on the east coast of Tasmania. It is a beautiful fruit-driven wine that is light, bright and easy drinking, with lots of fresh red berry fruit flavours.

Brown Brothers 1889 Shiraz 25.00

(Heathcote VIC)

A bright brick red colour and medium-bodied in style. This wine has fantastic lifted aromas of red and dark berry fruits and the classic pepper notes of Heathcote Shiraz. These aromas follow through to the palate which has generous juicy fruit and a fine tannin structure.

House White or Red 5.50

Small Bottles and Piccolos

At Flavours of Punjab we offer a selection of smaller format bottles if you wish to enjoy a couple of glasses with your meal. Below is a selection of what we have available...

Brown Brothers Prosecco 6.50

200ml

A delightful, fresh and dry sparkling wine with hints of apple and pear flavours coming through on the palate. Prosecco is a very popular sparkling style and a great way to start your evening!

Sparkling Moscato Rosa 6.50

200ml

This is a fresh, fruity sparkling option made by Brown Brothers. As there is a level of sweetness the alcohol is lower than in "dry" wines and each of these little bottles works out at around a "standard drink".

Moscato 6.50

275ml

A fruity table wine, lower in alcohol because of natural grape sweetness. Delightful ice cold on a sunny day. This wine is made by Brown Brothers and in this size bottle works out at around a "standard drink".

Cienna 6.50

275ml

Cienna is a light wine with a vibrant ruby red colour and aromas of fresh red berry fruit and a hint of spice. With fruit sweetness on the palate it is rich and juicy with a refreshing spritzig finish. A sip of this wine is like tasting summer berries in a glass, while the mixture of natural acidity and fruit sweetness leaves a refreshing sensation on the palate. This wine is best enjoyed young and well chilled.

Entrée

Main Courses

GOLDEN STARTERS

Onion Bhaji Pakora (4 pce) **GF DF NF** **6.95**

Sliced onion and spinach fritters dipped in chick pea batter with spices and golden fried. Served with home-made tamarind chutney

Vegetable Samosa (2 pce) **DF NF** **6.95**

Spiced potatoes with peas, onion and fresh Coriander filled into a home made pastry. Served with home-made tamarind chutney

Keema Samosa (2 pce) **DF NF** **6.95**

Spiced beef mince seasoned with fresh herbs and spices filled into a home made pastry. Served with home-made tamarind chutney

Alu Tikki (3 pce) **GF NF** **6.95**

Golden patties of smashed spiced potatoes smothered with home-made mint raita and tamarind chutney, finished with fresh ring of onions and dusted with chat spices. A true street-food favourite!

Chicken Pakora **GF NF** **8.95**

Tender chicken fillets dipped in spiced chick pea batter and golden fried served with home made mint raita.

Samosa Chat **NF** **8.95**

We take a crispy golden vegetable somasa and smash it! Then we add spiced chickpeas, fresh chopped onions and tomatoes and finally dress it up with home-made mint raita, tamarind chutney, dusting of chat spices and fresh coriander.

Machi Pakora **GF DF NF** **8.95**

Tender pieces of fish marinated in ground cumin spices. Served with a lemon wedge, fresh coriander and home-made mint raita.

Papadums (4 pce) **GF DF NF** **3.50**

Pappadum Platter **GF** **6.95**

Four Pappadums accompanied with chutney, pickles and yoghurt raita

Tandoori Starters

Tandoori Drumsticks (2 pcs) **GF NF** **6.95**

Tender chicken drumsticks marinated in yoghurt, fresh herbs and spices then grilled in the Tandoor. Served with lemon wedge and home-made mint yoghurt raita

Sheek Kebabs **GF DF NF** **8.95**

Prime minced lamb blended in herbs and spices, skewered then grilled in the Tandoor oven. Served with lemon wedge and home-made mint yoghurt raita

Chicken Tikka - Starter (Halal) **GF NF** **8.95**

Tender chicken pieces marinated in yoghurt, fresh herbs and spices then skewered and grilled in the Tandoor oven. Served with lemon wedge and home-made mint yoghurt raita

Mixed Entrée (for two) **GF NF** **15.95**

Tempting platter with onion bhaji pakoras, samosas, Tandoori drumsticks and sheek kebabs. Served with home-made mint yoghurt raita and tamarind chutney.

TRADITIONAL FAVOURITES

CHICKEN, BEEF or LAMB **18.95**

Rogan Josh **GF DF NF**

The chef's special creation, your choice of meat is simmered with lentils and flavoured with fresh lemon juice and garlic.

Korma **GF**

The Korma was specially created for the Moghul Emperors. Ground cashews, yoghurt and selected spices are used to create this rich and exotic curry.

Madras (Coconut) **GF DF NF**

South Indian spices feature in this curry cooked with desiccated coconut, and coconut milk.

Vindaloo **GF DF NF**

This is the seasoned curry lovers dream - uniquely blended spices make it tangy and . . . hot

Chana **GF DF NF**

Your choice of protein cooked to perfection with spiced chickpeas, potatoes, crushed tomatoes and onions, whole roasted cumin seeds and fresh coriander.

Bhoona **GF DF NF**

A delicious curry from the south of India prepared with tomatoes, onions, shredded cabbage and fresh herbs and spices.

Grewal **GF**

Chef's special creation! Tender meat pieces cooked in a curry of ground peanuts, sweet chilli and a touch of cream.

Balti **GF DF NF**

Your choice of meat tikka pieces cooked with fresh tomatoes, onions, cubed capsicum and coriander.

Mushrooms **GF DF NF**

Your choice of curried meat cooked with juicy fresh mushrooms, capsicum and crisp onions.



**ALL CURRIES CAN BE MILD, MEDIUM OR HOT.
COMPLIMENTARY RICE WITH EVERY MAIN CURRY.
ALL OUR CURRIES ARE GLUTEN FREE**

GF - Gluten Free **DF** - Dairy Free **NF** - Nut Free

Tandoori Mains

A tandoor oven is made of clay, shaped like a barrel and fuelled with charcoal. The tandoori dishes are marinated in yoghurt with fresh herbs and spices and cooked in the tandoor until tender.

- Full Tandoori Chicken** GF NF 18.95
 - Half Tandoori Chicken** GF NF 14.95
 - Chicken Tikka Tandoori** GF NF 18.95
 - Tandoori Mix** GF NF 19.95
- Tandoori platter for the tempted Raja – tandoori chicken, sheek kebabs and chicken tikka served with mild home made mint sauce. Served with lemon wedge and home-made mint yoghurt raita.

Samundar

(Seafood)

21.95

Fish/Prawn Nariyal GF NF

Cooked in a rich sauce with coconut milk and traditional spices.

Fish/Prawn Vindaloo GF DF NF

A seafood curry prepared with a wide array of spices, garlic and ginger simmered in a special onion sauce.

Fish/Prawn Masala GF DF NF

Your choice of seafood marinated with ginger and garlic then panfried with spices, fresh tomatoes and coriander.

Fish/Prawn Korma GF

Prawns cooked with ground cashews and yoghurt with selected spices to create an exotic dish.

Chilli Prawns GF

Shelled prawns sauteed and simmered in a fresh garlic, sweet chilli and spice blend.

Chef's Specials

18.95

Chicken Tikka Masala GF

Boneless chicken pieces baked in the charcoal oven then blended in a gentle ground cashews and mild tomato creamy sauce.

Butter Chicken GF

Boneless curried chicken pieces cooked in tomato, ground cashews and spices in a smooth thick gravy.

Palak GF NF

Your choice of Chicken, Lamb or Beef. This is a flavoursome Punjabi curry with spinach and herbs.

Mango Chicken GF

Boneless curried chicken pieces cooked in a gentle mango sauce.

Do'Pizza GF DF NF

Your choice of curried chicken, lamb or beef cooked with fresh eschallots and crisp sliced onions. Best eaten spicy hot!

Chilli Chicken GF NF

Crispy chicken stir fried with fresh capsicum, onions, shredded cabbage, sweet chilli and garden fresh herbs. A true Indian favourite!

Sabji

(Vegetables)

- | | Sides | Mains |
|---|-------|-------|
| Mixed Vegetable Curry <small>GF DF NF</small> | 8.95 | 16.95 |
| An assortment of fresh vegetables blended with fresh coriander and various spices. | | |
| Navratan Korma <small>GF</small> | 8.95 | 16.95 |
| Variety of fresh vegetables, ground cashews, yoghurt and selected spices are used to create this exotic dish. | | |
| Alu Gobi <small>GF DF NF</small> | 8.95 | 16.95 |
| Traditional North Indian curry cooked with cauliflower and spiced potatoes. | | |
| Alu Palak <small>GF NF</small> | 8.95 | 16.95 |
| Spinach delicacy blending fresh masala spices and cubed potatoes. | | |
| Paneer Palak <small>GF NF</small> | 8.95 | 16.95 |
| Spinach delicacy blending fresh masala spices and home made paneer cheese. Yum! | | |
| Mushroom Sabji <small>GF DF NF</small> | 8.95 | 16.95 |
| Fresh mushrooms stir-fried with capsicums, onions and spices, cooked with our special gravy. | | |
| Butter Paneer <small>GF</small> | 8.95 | 16.95 |
| Cubes of home made paneer cheese cooked in a gentle tomato curry with a dash of cream. | | |
| Bombay Potatoes <small>GF DF NF</small> | 8.95 | 16.95 |
| Spicy potatoes pan-fried with garlic, onions and herbs. | | |
| Dhal Masala <small>GF DF NF</small> | 8.95 | 16.95 |
| Traditional lentil curry simmered over a slow fire. | | |
| Chana Masala <small>GF DF NF</small> | 16.95 | |
| Famous North Indian style dish made with chickpeas, cubed potatoes, crushed tomato and onions, roasted whole cumin seeds and fresh coriander. | | |
| Malai Kofta <small>GF</small> | 16.95 | |
| Delicately made potato dumplings with cashews and sultanas cooked in a silky smooth creamy sauce with crushed fenugreek leaves | | |

Indian Banquets

(min 4 persons)

The enjoyment is yours, the selection is ours. Papadums to start, followed by a selection of golden fried and Tandoori starters. Then Curries cooked to your liking, chicken, meat and vegetable dishes, rice, hot Indian breads, salads and pickles. Ice cream with sweet mango sauce to finish. Enough to satisfy any hungry Raja.

- Deluxe Banquet** 25.90 p/person
- Without Entrées and desserts**..... 22.90 p/person

Breads

All of our breads are freshly baked in the Tandoor (charcoal oven)

Naan <small>NF</small>	3.95
A traditional Indian bread made with plain flour, yoghurt and milk.	
Roti <small>DF NF</small>	3.95
Round Indian bread simply made with wholemeal flour.	
Garlic Naan <small>NF</small>	4.50
A touch of garlic to flavour this bread.	
Onion Kulcha <small>NF</small>	4.50
Naan bread filled with chopped onion.	
Peshwari Naan	4.50
Sweet naan bread filled with nuts and dried fruit.	
Punjabi Naan <small>NF</small>	4.90
Chef's special. Naan bread filled with cheese and spinach.	
Masala Kulcha <small>NF</small>	4.50
Naan bread filled with lightly spiced potatoes.	
Masala Paratha <small>NF</small>	4.50
Wholemeal layered bread filled with lightly spiced potatoes and indian herbs.	
Keema Naan <small>NF</small>	4.50
Naan bread stuffed with lightly spiced mince.	
Goan Naan <small>NF</small>	4.95
Naan bread stuffed with cheese and sliced black olives.	
Raja Naan <small>NF</small>	4.95
Naan bread stuffed with cheese and garlic. Delicious!	
Agni Naan <small>NF</small>	4.95
Naan bread stuffed with cheese and our hot red chilli spread.	
Cheese Naan <small>NF</small>	4.50
Naan bread stuffed with shredded cheese.	

Accompaniments

Yoghurt and Cucumber Raita	3.95
Tomato and Onion Salad	3.95
Hot Mix Pickle	2.95
Lime Pickle	2.95
Sweet Mango Chutney	2.95
Punjabi Salad	5.50
Rings of red onions, cucumber and tomatoes lightly seasoned with chat masala and fresh lemon juice.	

Rice

Vegetable Biryani <small>DF</small>	12.95
Spiced rice cooked with garden herbs and vegetables.	
Kashmiri Biryani <small>DF</small>	12.95
Sweet rice with nuts and dry fruits.	
Tandoori Biryani	15.95
Diced Tandoori chicken blended with Biryani rice and spices.	

Around the World

Tandoori Chicken Pizza	9.95
Cheese Pizza	8.95
Nuggets & Chips	6.95

Desserts

Gulab Jamun	6.95
Sweet Rose puddings served hot and garnished with Dessicated Coconut with scoops of ice cream topped with mango sauce.	
Lychees	5.95
Shelled sweet Lychees served with ice cream and topped with Mango sauce.	
Mango Kulfi	6.95
Home-made Mango ice cream made with Pistachios and Almonds, topped with Mango sauce.	
Mangoes	5.95
Sweet sliced Mangoes served with ice cream and topped with Mango sauce.	
Ice Cream	2.95
Topped with Mango sauce.	

At Flavours of Punjab, we provide a comprehensive array of dishes from all over India. Each Dish is individually prepared to suit your taste and you have a choice of

MILD, MEDIUM or HOT

We only use Cholesterol Free pure vegetable oil. Our meals are free of MSG, artificial flavours, preservatives and all curries are gluten free.