

DAAL (GF)

Tarka Daal (V)
Smooth and rich Chana daal cooked with onion, tomatoes & Punjabi spices

£5.95

Daal Makhani (CV)
Smoked whole black lentils simmered for several hours with fresh cream, butter and blend of garam masala

£5.95

THALI (CV)

(starters, mains, dal, rice, roti, salad, dessert and mini papad all in one plate)

£12.95

(available on Tuesday and Wednesday only)

RICE (GF) (V)

Pilau Rice

£3.45

Mushroom Rice

£3.95

Brown Rice (Healthy Option)

£3.25

Vaghareli Khichdi
Mixed rice and lentils cooked with vegetables and spices

£4.50

Boiled Basmati Rice

£2.25

Plain Khichdi
Steamed mixed rice and lentils, (consistency of porridge)

£3.50

ROTIS/NAAN (V)

Family Garlic Naan

£4.75

Peshwari Naan

£3.65

Family Naan

£4.25

Lachha Paratha
Multi layered Indian flat bread, whole wheat bread

£2.50

Bread Basket
(Garlic naan, Tandoori Roti & Methi Thepla)

£5.50

Stuffed Paratha
Multi layered Indian flat bread stuffed with spicy potatoes, whole wheat bread

£2.95

Fulka Rotli (3 pcs)
Paper thin soft Indian bread cooked on tava

£3.25

Personalised Naan
Garlic /Chilli /Coriander /Cheese/Sesame
Make your own Naan by adding a maximum of three from above

£3.45

Methi Thepla (3 pcs)
Thin bread made from wheat flour, turmeric, ginger, garlic and fresh fenugreek leaves

£3.25

Puran Pori
Flat bread stuffed with sweet lentil filling flavoured with cardamom powder

£2.95

Plain Naan

£2.10

Bajra or Juwar Rotlo (GF)
Hand flatten thick Indian bread made from Millet or Sorghum flour

£3.65

Tandoori Roti

£1.75

ACCOMPANIMENT

Cucumber & Mint Raita

£2.25

Kachumber Salad

£2.25

Raw onions and green chillies

£1.00

Mixed Pickle

£1.00

V = Vegan CV = Can be made vegan

GF = gluten free N = Nuts

Our restaurant is not a gluten free or nut free facility, therefore we cannot guarantee any cross contamination even if we have stated on the menu that certain dishes are free of allergens / ingredients. Kindly inform your server of any food allergies.

- Most items can be prepared mild, medium and hot on request
- Please ask a member of staff for information about parties and function

Sanskriti

— RESTAURANT —

VEGETARIAN
& VEGAN

MENU

Proud to be among The Sunday Times and The Guardian's best restaurants

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the guardian

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STREET FOOD

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| Pani Puri (V) (Healthy Option) £3.95 Small crispy puris filled with potatoes, chickpeas and served with chilled mint water and dates-tamarind chutney. | Sev Puri (V) (Healthy Option) £3.95 Puris served as the base to hold an astounding topping of vegetables and chutneys, garnished with sev. An appetiser that can steal the thunder out of any meal |
| Chowpaty Bhel (V) (GF) (Healthy Option) £3.95 Puffed rice and sev mixed with tomato, onion, pomegranate, chutneys etc. Refreshing and crispy. | Vada Pav (V) £3.95 Spicy potato vadas served inside a soft bun with spicy dry chutney (Famous Bombay Burger) |
| Papdi Chaat (V) (Healthy Option) £3.95 A medley of chick peas, mash potatoes, chutneys etc. topped on crispy canapés, garnished with sev & pomegranate | Ragda Patis (V) (GF) (Healthy Option) £4.95 Potato patty dipped in Marrowfat peas gravy and topped with an assortment of chutneys and garnished with crispy sev, onions and coriander. |
| Dahi Puri (Healthy Option) £3.95 An arrangement of tiny, crisp puris amidst a melange of potatoes, chick peas and a topping of chutneys and beaten yoghurt | Pav Bhaji (V) £4.95 Spicy blend of fresh vegetables cooked in tomato and onion served with a bun. |
| | Samosa Chaat (CV) £3.95 Samosa mashed and topped with chick peas, onions, tomato & chilled yogurt, to make a tempting snack |

STARTERS

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| Poppadum (V) (GF) £0.60 | Sharing Chaat Platter (for 2) (CV) £10.95 Taster of Bhel, Papdi chaat, Sev puri & Dahi puri |
| Chutney Tray (GF) (CV) £1.95 | Sharing Tandoori Platter (for 2) (GF) £11.95 Taster of Hariyali tikka, Paneer tikka & Vegetable seekh kebab |
| Chips/Masala Chips (V) (GF) £2.50 / £3.95 Masala Chips is potato chips tossed in our special sauces | Vegan omelette (V) (GF) (Healthy Option) £4.95 Savoury pancake made with gram flour |
| Khaman Dhokla (V) (GF) (Healthy Option) £3.95 Savoury steamed cake made of gram flour seasoned with mustard, sesame seeds & curry leaves | Tandoori Paneer Tikka (GF) (Healthy Option) £5.95 Cottage cheese is marinated in yogurt with spices and cooked to a golden hue in tandoor |
| Amiri Sev Khaman (V) (GF) (Healthy Option) £3.95 Popular snack from Surat city in Gujarat. Soft mashed sweet and spicy snack made from gram flour mixed with chutneys garnished with pomegranate | Tandoori Hariyali Tikka (GF) £5.95 Paneer cubes marinated in yoghurt with Mint & coriander to give it a green colour cooked in tandoor |
| Aloo Tikki (V) (GF) £3.95 Lentil and green peas stuffed in spiced potato patties | Vegetable Seekh Kebabs (V) (GF) (Healthy Option) £6.95 Vegetables and soya mixed with special kebab spices to make these absolute must have for those who wonder what seekh kebabs taste like |
| Punjabi Samosa (V) £3.95 Homemade Crispy flaky pastry filled with delicate spice potatoes | Tandoori Mushroom Amritsari (V) (GF) (Healthy Option) £5.95 Mushroom marinated in gram flour with herbs, spices and carom seeds, cooked in tandoor |
| Patra (V) (GF) (Healthy Option) £3.95 Steamed colocassia leaf rolls stuffed with gram flour, sesame seeds & spices, garnished with grated coconut | Onion Bhaji (V) (GF) £3.95 |
| Chilli Paneer (GF) £5.95 Paneer made with onions and peppers spiced with Indo Chinese flavours | |
| Baby Corn Manchurian (V) (GF) £4.95 Special batter coated baby corn tossed with ginger garlic and peppers with Indo-Chinese sauces | |

SOUTH INDIAN PARADISE GF

(All south Indian items are served with sambhar & coconut chutney)

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| Idli dipped in Sambhar (V) (Healthy Option) £3.95 Gently steamed Rice Dumplings dipped in sambhar (lentil based vegetable stew) | Mushroom Dosa (V) £5.95 Thin rice crepe filled with special spiced mushroom masala |
| Masala Dosa (V) £5.45 Thin rice & lentil crepe filled with potatoes and onion masala | Mysore Masala Dosa (V) (Hot) £5.95 Thin rice crepe filled with beet root and potato masala and spicy red chilli-garlic chutney |
| Uttapam (V) £5.95 Rice and lentil pizza like pancake topped with tomatoes, onions, and coriander | Special Sanskruti Dosa £6.25 Thin rice crepe filled with tomatoes onions and cheese |

PUNJABI MAINS (GF)

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| Tofu Makhani (V) £7.95 Cubes of succulent Soya bean curd simmered in a creamy tomato and onion sauce with a subtle blend of cardamom and dried fenugreek leaves | Malai Kofta (CV) (N) £7.95 Slow cooked koftas (soft balls made from spinach & potatoes) simmered in silky cashew nut, onion & tomato gravy | Lasooni Palak (V) £7.95 Smoked spinach leaves cooked with fresh garlic, onions and tomatoes |
| Paneer Lababdar £8.95 Paneer cooked in onion tomato velvety sauce, with a hint of fenugreek garam masala and touch of cream | Vegetable Jaipuri (CV) £7.95 Vegetable dish cooked in special Sanskruti gravy with aromatic rajasthani spices. A rich dish from rajasthani cuisine | Mushroom Palak (V) £7.95 Mushroom and spinach cooked in tangy green gravy |
| Kadai Paneer £7.95 Famous punjabi dish made with freshly pounded corriander seeds and Kashmiri chillies | Kathal Lazeez (V) £8.95 North Indian style Jackfruit curry that will surprise the meat eaters | Channa Palak (V) £7.95 Chickpeas and spinach cooked in aubergine gravy and spices |
| Shahi Paneer (N) £8.95 Paneer cooked in thick, creamy and tangy gravy made from tomatoes, onions and cashew nut paste | Shahi Korma (mild) (N) (CV) £7.95 Vegetables cooked with creamy cashew nut, coconut cream, raisins along with pineapple & fragrant with cardamom | Bhindi Anari (V) £7.95 It's a flavour packed okra dish cooked with onion, tomatoes and fresh pomegranate seeds |
| Kaju Masala (CV) (N) £8.95 Lightly roasted cashew nuts simmered in velvety gravy of onion tomato and aromatic spices | Mushroom Korma (mild) (CV) £7.95 Mushroom cooked with mild spices and coconut cream | Channa Masala (V) £6.95 Chickpeas cooked in onion and tomato along with mixed spices |
| | | Mushroom Masala (V) £7.95 Mushroom cooked with tomato and onion and spices |

GUJARATI MAINS (GF)

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| Ringan Tameta (V) £6.95 Aubergine and tomatoes cooked in Gujarati spices | Ringan no Oro (V) £7.95 Char grilled aubergines mashed and cooked with fresh tomatoes, spring onions and spices |
| Kaju Karela (V) (N) £7.95 Crunchy fried bitter gourd tossed with jaggery, poppy seeds, cashew nuts and special spices | Lasaniya Bateta (Hot) (V) £7.95 Garlic flavoured potatoes sauteed in onions, tomatoes and spices |
| Vatana Bateta (V) £6.95 Combination of potatoes and green peas cooked with curry leaves, ginger, green chilli, lemon juice and coriander gives distinct flavour to this dish | Kela nu Shaak (mild) (V) £6.95 Ripe bananas sautéed with turmeric, asafoetida, curry leaves, lemon juice and various spices. Sweet and tangy combination makes it a delectable dish to go along with fulka rotli |