



Namaste Punjab

@Rainbow

Bar and Authentic Indian restaurant

Appetizers

Handmade Popudums Basket & Chutney Tray £4.95

• Enough for 2 People

Starters (Small Plates)

VEGAN Punjabi Vegetable

Pakorras £5.95

Onion Bhajis

Punjabi Chicken Pakoras

£6.95

VEGAN Spicy Crunchy Peanut

Chat £4.95

VEGAN Punjabi Handmade

Samosa Platter Chat

£7.50

Classic Indian Street Food (V)

VEGAN Punjabi Potato Bhajia

£6.95

VEGAN Paani Poori £6.95

indian spiced water bombs

VEGAN Punjabi Papri and Sev

Chat £6.95

VEGAN Bombay bhel £6.95

VEGAN Punjabi Spicy Momos

£7.50

• Dumplings

Punjabi Garlic Chilli

Calamari £8.95

Punjabi Garlic Salt and

pepper Jhinga £8.95

• King Prawns

Sesame Honey Chilli

Chicken £8.95

VEGAN Punjabi Chilli Panner

£6.95

Punjabi Amritsari Fish

Pakorras £8.95

VEGAN Bombay Style Vada Pav

£6.95

Deep-fried fritter made of mashed potato and spices, bread bun

VEGAN Hara Bhara Kabab £7.95

North Indian snack patties, made with plenty of Leafy greens, vegetables like spinach, coriander leaves, green peas, potato and spices.

VEGAN Punjab's Mix Platter

£12.95

Cauliflower Pakora, Crispy Potato Bhajia, Aubergine Pakora, Onion bhaji, Handmade Punjabi Samosa, Hara Bhara Kabab and Dumplings.

• Chutney



Punjabi Tandoori Starters and Mains £8.95 / £17.95

Punjabi Tandoori Chicken Tikka

Punjabi Tandoori Seekh Kabab

Lamb Mince

Punjabi Tandoori Jhinga King Prawn

Punjabi Main Tandoori Mix

Grill Platter £29.95

Lamb chops, Tandoori Salmon tikka, Punjabi Chicken Tikka, Tandoori Jhinga tikka, Chicken Pakora and Seekh Kabab served with sizzling onions and capsicums and various sauces.

Punjabi Tandoori Sea

Bream, Punjabi Salman

Tikka OR Punjabi

Tandoori Lamb Chops £9.95

/ £17.95

Punjabi Tandoori Panner

Tikka £7.95 £14.95

Indian Cottage cheese

Allergies- Should you have any food Allergies please make our staff aware when ordering. Service charge- Discretionary dine in service charges of 10% will be added to your bill.

Mains (Non-Veg)

Namaste Punjab's Chicken Curry £13.95

Traditional Punjabi style chicken curry (boneless thigh). Homely and rustic

- CHICKEN

Punjabi Garlic Chilli

chicken Curry £15.95

Fiery hot and full of garlic flavour and tomato based, this Indo Punjabi Chilli garlic chicken is a must try dish.

- CHICKEN ONLY

Punjabi Special Rogan Josh

£16.95

A rich tomato, onions & capsicums based sauce with a blend of exotic herbs & spices

- CHICKEN or LAMB

Namaste Punjab's Shahi

Lamb Shank £21.50

Marinated for a day and half then cooked in traditional indian spices and herbs.

Sea Bream Molly £18.95

Molly is a rich, creamy, and mildly spiced and prepared with coconut milk, tamarind paste, tomatoes, fresh double cream, fresh green chilli, mustard seeds, curry leaves and Indian spices

Punjabi Ghar ka Murgh

Daal £15.95

Chicken in Blend of four mix Lentils and Lentils belong to the legume family. They are a good source of B vitamins, folate, iron, and potassium. They also contain high levels of protein and fibre.

- Chicken

Namaste Punjab's Lamb Curry £14.95

Tender pieces of boneless lamb, cooked traditionally with onion, tomato and Indian spices and Herbs.

- LAMB

CHETTINAD £16.95

Chicken or lamb with shallots, tomatoes, garlic, ginger and a special blend of chettinad spices

- CHICKEN or LAMB

Special Punjabi Khana

Khazana £16.95

Curry cooked with mix bell Peppers onion tomato, some fresh green chillies and Indian spices and herbs.

- CHICKEN or LAMB

Jhinga Malai Curry £17.95

King prawns tossed with onions, tomatoes, pepper, coconut milk and finished with roasted coriander ground mace. Served on fresh coconut.

- KING PRAWNS

NOT Punjabi Laal Maas

£16.95

it's Really hot and fragrant and is made with ground spices, onions and tomatoes. We use fresh green chillies instead of red chilli powder in our curries.

- CHICKEN or LAMB

Old Delhi Style Original Butter Chicken £15.95

Punjabi style dish, made with charcoal grilled pieces of chicken in a fragrant, rich, tomato and butter sauce.

- CHICKEN

Achari Gosht £16.95

Achari Gosht Recipe is a must try recipe that has great flavors from fennel seeds, cumin seeds, onion seeds, mustard seeds and and dry red chillies. A gravy dish that has the right flavors of spiciness and strong flavors of Pickle.

- LAMB

Shahi Safed Murgh £15.95

Fragrant and creamy chicken.

- CHICKEN

Punjabi Ghar ka Murgh

Saag £15.95

Saag is a classic Punjabi combination of meat in creamy spinach and fresh mustard leaves sauce. A favourite from Puniab.

- CHICKEN

Punjabi Ghar ki Methi

£16.95

Lamb or Chicken cooked with fresh fenugreek leaves with ginger garlic and double cream, Touch a butter and Indian Spices.

- Lamb Or Chicken



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Veg & Vegan - Curries £11.95

VEGAN **Bombay Jeera Aloo**
Sautéed Potatoes with cumin and spices.

VEGAN **Ghar ki Bhindi Bhaji**
Okra with Carom Seeds and Onions

VEGAN **Punjabi Vegetable Molly**
Molly is a rich, creamy, and mildly spiced and prepared with Pure coconut milk, tamarind paste, tomatoes fresh double cream fresh green chillies mustard seeds curry leaves and Indian spices.

Punjabi Kofta Curry
Vegetable Kofta Curry light almond & poppy seed curry with vegetable dumplings.

Punjabi Aloo Methi
Potatoes cooked with very fresh green fenugreek leaves, ginger, garlic and double cream.
• Potatoes



VEGAN **Punjabi Achari Allo Gobhi**
Cauliflowers, Potatoes, picking spices, herbs, Ginger and tomatoes.

Punjabi Saag Paneer
A Punjabi dish with plenty of flavour, saag paneer is a well-loved vegetarian dish. It's rich in calcium and folate from the spinach and fresh mustard leaves.

VEGAN **Punjabi Veg Khana Khazana**
Paneer tossed with red onions, green peppers and Mild spiced sauce of tomato with dried fenugreek leaves and coriander

VEGAN **Punjabi Channa ki Sabzi**
Chana masala is a White Punjabi chickpea curry originating in the North Indian sub-continent. It is a staple dish in North Indian cuisine.
• White Organic ChickPeas



Punjabi Daal Makhni
Dal makhani is a dish originating in Punjab region. A relatively modern variation of traditional lentil dishes. It is made with urad daal, black beans and other pulses. and includes Pure butter

VEGAN **Punjabi Mushroom and spinach Yellow Lentil**
Warm up dinner time with this mild and creamy veggie curry. It mixes meaty mushrooms and nutty 4 mix lentils with velvety spinach, coconut cream and a pinch or two of spice.

VEGAN **Punjabi Mili Juli Vegetable Sabzi**
Fresh seasonal mixed vegetable with Indian spices, herbs and coriander.

VEGAN **Punjabi Shahi Mushroom ki Sabzi**
this dish curry made with mushrooms, onions, tomatoes, ginger, garlic, and basic Indian spices, little pickle and herbs. It has a dry or slightly wet.



Sides

Boondi Ka Raita £4.95
Traditional Indian Yogurt Raita.

Seasonal Mixed Salad £3.95

Punjabi Masala Chilli Chips £4.95

Kids Butter Chicken with Basmati Rice £8.95

Chips £2.50
• add cheese + £2.45

kids Safed Murgh with Basmati Rice £8.95

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Rice and Naan Bar

Punjabi Pilau Rice £4.50
Aromatic flavoured rice, cooked with roasted cumin and other spices.

Plain Naan £4.50

Cheese Naan £5.50

Lachha Paratha £4.95

Onion, Cheese and Coriander Naan £6.50

Plain Basmati Rice £4.50
Fluffy white rice steamed to perfection

Garlic Naan £4.95

Coriander naan £4.95

Chilli Naan £4.95

Punjabi Special Peshwari Naan £5.95

Tandoori chicken tikka Cheese naan £7.95

Garlic Cheese Naan £5.95

keema naan £7.50



Punjabi Everyone's Favourite Thali £29.95

Most Punjab In One Plate

Special Maharaja Patiala Thali
Non-Veg

Pure Vegetarian Thali



Punjab 's Dum Biryanis

Served with Café's special Boondi Raita, Red Lentil and Green Salad.

Punjab's Vegetable Dum Biryani £14.95

Punjab's Chicken Dum Biryani £16.95

Punjab's Lamb Dum Biryani £17.95

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