

Welcome to Mantra

Think of India and one of the first things that comes to mind is its diversity. Its languages and cultures are numerous and every state (29) is unique in its traditions and very importantly, its distinctive food that reflect their regional and cultural heritage, influenced by religious and cultural choices and traditions. In fact, food from one region may actually be totally alien to a person from another region! The common thread is the use of numerous spices to create flavour and aroma.

The culture of Indian food

Cooking is considered an art and mothers usually begin to teach their daughters and pass down family recipes by show-and-tell, fairly young in life. Mealtimes are important occasions for family to get together. Most meals comprise of several dishes ranging from meat, vegetables, daal, rice and roti.

The country's culinary tapestry is complex. Food preparation is bound up with spirituality, varied and ancient, underpinned by a masterful use of spices. Its roots firmly planted in Ayurvedic practice with each spice having therapeutic properties.

A wide variety of spices play a key role in this dynamic cuisine.

India is a visual feast, a gastronomic paradise with warm hospitality.



We encourage a shared style of dining to reflect the way in which food is enjoyed in India

TO START

Roasted Papadoms, Pickles & Chutneys	8
Onion bhaji	4 ea
Samosa Chaat	7
Naan Squares & Dips - Eggplant, Paneer, Chickpeas	14
Spiced Eggplant Fritters	14
Coconut Poached Scallops pan seared, fennel, ginger, sesame	16
Mantra Platter for 2 or more Veg and Non-Veg Tikkas and Kebabs	20 pp

FROM OUR TANDOOR

Chicken Tikka Banjara - <i>mint and black pepper with a burst of spices</i>	15
Tandoori Prawns - <i>a definite for prawn lovers!</i>	20
Fish Tikka - <i>a favourite from the Punjab!</i>	16
Masala Lamb Chops	20
Tandoori Chicken	20

ON THE SIDE

Papadum	1	Mint Chutney	4
Raita	5	Mango chutney	5
Mixed Hot Pickle	5	Kechumber	5
Indian Salad	8	Chicken Tikka Salad, Mango and Cashews <i>(seasonal availability)</i>	13

BREADS

Naan / Roti	3.5	Lachha Naan / Garlic Naan	4.5
Keema Naan	6	Paneer Kulcha	6
Onion Kulcha	6	Shammi's Special Naan <i>filling of cashews & coconut</i>	7

BASMATI RICE

Plain Rice	5	Mixed Veg Pulao	7	Kashmiri Pulao	8
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SWEET

Vanilla Ice Cream	6
Salted Caramel Ice Cream	7
Mango Sorbet	8
Gulab Jamun	7
Gulab Jamun with Ice Cream	8
Lassi	6
Mango Lassi	7



MANTRA FAMILY FAVOURITES served with Basmati Rice **23 each**
Done to your spice preference - mild, medium, hot

BUTTER CHICKEN

Forever favourite!

KADHAI CHICKEN / KADHAI LAMB / KADHAI PRAWNS

Simmered slowly in a kadhai sauce

VINDALOO - LAMB / CHICKEN / FISH / PRAWN

Usually eaten hot! This tangy dish originates from Goa

NAWABI KORMA - CHICKEN / LAMB

The real korma! Almonds, bay leaves, raisins, cream

CHICKEN TIKKA MASALA / LAMB TIKKA MASALA

Popularised in the U.K!

CHICKEN SAAG MUGHLAI / LAMB SAAG MUGHLAI

A classic from North India! Spinach, garlic

MURGH LA-JAWAB

We introduced this dish at Mantra. Chicken, tomato, ginger, fenugreek

COCONUT CHICKEN / LAMB

From the State of Kerala. Curry leaves, mustard seeds, black pepper, cinnamon, coconut milk

ALU LAMB GOSHT

From the State of Kashmir. Lamb, potato, dry pomegranate

LAMB ROGHAN JOSH

Yoghurt, cardamom, cinnamon, cloves

GOAN PRAWN CURRY

Coconut milk, ginger, paprika

FISH PUNJABI TAK-A-TAK

Green chillies, fenugreek

Mantra

BANQUET

Minimum 2 persons or more

BEGIN WITH

Papadoms and Chutneys
Onion Bhaji, Lamb Chops,
Chicken Tikka

FOLLOWED BY

2 Non-Veg and 1 Veg dish
with Rice, Naan / Garlic Naan

FINISH WITH

Gulab Jamun with
Vanilla Ice Cream or
Mango Sorbet

\$46 per person

*For Vegetarian Banquet
options please ask*

VEGETARIAN FAMILY SHARE 21

***Sides 14**

***DAL KABILA** - Yellow split lentils

DAL MAHARANI - Black lentils, aromatic 'garam masala'

KABULI CHANA MASALA - Chickpeas, tamarind

PANEER TIKKA MASALA - Home made cottage cheese, cream, almonds

***GOBI ALU MATAR** - Cauliflower, potatoes and peas, roasted cumin

PAALAK PANEER - Cottage cheese, spinach

MALAI KOFTA - Crumbed paneer, crushed cashew, spices

***MUSHROOM MASALA**

KADHAI PANEER - Cottage cheese, capsicum, onions

VEGETABLE KORMA - Herbs, almonds, cream

***JALFREZI** - Seasonal steamed veggies, cumin



Enquire for Shammi's Cooking Classes



TRAVELS with SHAMMI
EXPECT THE UNEXPECTED!