

## 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

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

### FROM OUR TANDOOR

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

### ON THE SIDE

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

### BREADS

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

### BASMATI RICE

<b>Plain Rice</b>	<b>5</b>	<b>Mixed Veg Pulao</b>	<b>7</b>	<b>Kashmiri Pulao</b>	<b>8</b>
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### SWEET

<b>Vanilla Ice Cream</b>	<b>6</b>
<b>Salted Caramel Ice Cream</b>	<b>7</b>
<b>Mango Sorbet</b>	<b>8</b>
<b>Gulab Jamun</b>	<b>7</b>
<b>Gulab Jamun with Ice Cream</b>	<b>8</b>
<b>Lassi</b>	<b>6</b>
<b>Mango Lassi</b>	<b>7</b>



**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!