

# Lunch Tiffins

# £12.95

## The Story of the Tiffin...

Every day in Mumbai thousands of workers look forward to receiving their tiffin lunch. The delivery of these delicious freshly cooked meals, either from a worker's home or their favourite restaurant, by the city's dabbawallas (box carriers) has existed since around 1890.

Traditionally the tiffin box, which usually has at least 3 layers and includes several delights, would be collected by the dabbawallas each morning from their customer's residence and then delivered to them at work filled with a nutritious home cooked meal. Today they are often collected and filled from restaurants or specialist tiffin caterers. After lunch, once the hungry workers have devoured the contents of their tiffin, the dabbawallas then take the empty boxes back to the appropriate residence or restaurant. What is so interesting about the tiffin is that in Mumbai it has become a fundamental part of the city's culture. It is ingrained in the life of the workers and the dabbawallas are so amazingly committed to their trade that the service remains uninterrupted even during the peak of the monsoon season.

# Weekly Tiffin Menu

Available Monday to Friday 12 noon - 4pm  
Served with rice and naan bread

## Monday

### Meat Tiffin

Vegetable Samosa **2,7,9,13**  
Butter Chicken **1,7,9,10,11,13**  
Lamb Karahi **13**

### Vegetarian Tiffin

Vegetable Samosa **2,7,9,13**  
Mutter Paneer **7,13**  
Dall Makhani **2,7,9**

## Tuesday

### Meat Tiffin

Chicken Imlee **1,2,7,9,10,11,13**  
Chicken Jalfrezi **4,13**  
Lamb Laziz **7,9,10,13**

### Vegetarian Tiffin

Paneer Tikka **1,2,7,9,10,11,13**  
Bindi **13**  
Tarka Dall **2,7,9,13**

## Wednesday

### Meat Tiffin

Vegetable Samosa **2,7,9,13**  
Chicken & Spinach **7**  
Lamb Karahi **13**

### Vegetarian Tiffin

Vegetable Samosa **2,7,9,13**  
Bengan Masala **2,7,9,13**  
Palak Aloo **13**

## Thursday

### Meat Tiffin

Chicken Imlee **1,2,7,9,10,11,13**  
Chicken Tikka Masala **1,7,9,10,11**  
Lamb Handi **13**

### Vegetarian Tiffin

Paneer Tikka **1,2,7,9,10,11,13**  
Palak Paneer **2,7,9,13**  
Tarka Dall **2,7,9,13**

## Friday

### Meat Tiffin

Vegetable Samosa **2,7,9,13**  
Methi Malai Chicken **7,10,13**  
Lamb Laziz **7,9,20,13**

### Vegetarian Tiffin

Vegetable Samosa **2,7,9,13**  
Palak Aloo **13**  
Chole Masala **13**

## Tiffin Grill

We also have grill option for diners looking for a healthier alternate at lunch available in meat or vegetarian. Both of these options are available Monday to Friday 12noon - 4pm.

### NEW Tandoori Chicken Grill

Half a Tandoori Char-Grilled chicken **1,2,7,9,10,11,13**  
Basmati Rice **13**  
Spiced Potatoes **13**  
Sautéed Veg **13**  
Curry Sauce  
Raita **7**

### Grilled Veg & Paneer

Paneer Tikka **1,2,7,9,10,11,13**  
Vegetable Tikka **1,2,7,9,10,11**  
Hummus **4,7,12**  
Salad  
Naan Bread **2,4,7,9,13**

### Curry Accompaniments

Served with raita, rice and naan **2,4,7,9,13**

Please check the number key by each dish for details of any allergens present:

**1 = celery, 2 = gluten, 3 = crustaceans, 4 = eggs, 5 = fish, 6 = lupin, 7 = milk, 8 = molluscs, 9 = mustard, 10 = nuts, 11 = peanuts, 12 = sesame seeds, 13 = soya, 14 = sulphur dioxide**

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