Woodlands Restaurant Finest Indian Vegetarian Cuisine

Woodlands in London was opened by Mr. Ranjit Sood in 1981. In India as in London, Woodlands is synonymous with the delights of the finest south Indian vegetarian cuisine. In London we count celebrities from the worlds of Music, Sport, Bollywood & Hollywood amongst our regular guests as well as our loyal local patrons whom we consider our friends. We are critically acclaimed by some of the most respected food critics and guides in the country. Historically we have specialised in authentic south Indian cuisine. But by popular demand we have extended are delicious north Indian menu and have introduced a Tandoori menu (clay oven).

Our food is lighter yet more flavoursome than what you might expect of an Indian meal because most of our dishes do not contain any butter or cream yet they are delicious due to the unique recipes' and cooking methods used by our chefs, some of whom have been with us for 20 years. All our mouth-watering dishes from the pastry on our samosas and cool creamy yoghurt to the Indian cheese (paneer) we use are all home –made lovingly by our master chefs in each of our restaurants. These qualities not only make our cuisine appetising for dinner, but also an ideal choice for lunch. Choose one of our light 'Chaat' dishes (piquant roadside snacks, served cold) with a Dosa (waffer thin rice & lentil pancake filled with seasoned potatoes and onions) which will leave you satisfied but not bloated.

Whether you join us for lunch, dinner or snack in between, we look forward to seeing you soon and greeting you with a warm Woodlands Welcome.

Pre Appetiser Nibbles

6	CASHEW NUT PAKORA Cashew nuts, quick fried in a crunchy batter with aromatic spice. Ideal with drinks.	£5.95
	POPPADUMS & CHUTNEYS (2 pieces)	£2.25
	MASALA POPPADUMS (1 piece) Savoury crisps garnished with chopped onion, tomato, cucumber and green chilli and coriander.	£2.25



£3.95

£3.95

DAL SOUP Lentil soup infused with lemon and ginger.

Traditional South Indian spicy lentil consommé.

LEMON RASAM



	IDLI Gently steamed rice and lentil pillows served with Sambar and coconut chutney With Malaga Pudi and Ghee (Gunpowder).	£5.25 £1.50 extra	
١	VEGETABLE MASALA IDLI Gently steamed rice and lentil pillows studded with mixed vegetables and spice. Served with Mysore chutney and Sambar	£5.50	
	MINI UTTAPPAM SELECTION Mini South Indian lentil pizza(4), each with its own unique topping , chilli, onion, coconut and masala. Served with coconut and Mysore chutneys'.	£5.50	
	MEDU VADA Delicious golden fried lentil doughnuts, fluffy in the middle and crispy on the outside. Served with Sambar and coconut chutney.	£5.50	
	RASA VADA Soft lentil doughnuts soaked in warm tangy Rasam (consommé).	£5.50	
J	ALOO MATTAR KI TIKKI Potato and green peas tempered with mint, green chilli and fresh coriander. Served with chutney and an onion salad.	£5.50	6
	Key = / – Spicy		\smile

	SPECIAL BHAJJIA Crispy fried onion fritters in a gram flour batter.	£5.25
(SPECIAL UPMA Cream of wheat tempered with curry leaves and spices, studded with cashew nuts. Served with a spicy Mysore coconut chutney.	£5.50
	VEGETABLE SAMOSA Crispy pastry turnovers filled with seasoned potato and peas. Served with a chickpea garnish	£5.75
	MULTANI PANEER PAKORA Sliced Indian homemade cheese layered with date chutney, dipped in a chickpea batter and shallow fried. Served with mint and coriander dip.	£6.50
(PANEER LAL MIRCH Cubes of Indian cottage cheese tossed in a combination of red and green chillies	£6.50

Cold appetisers

Piquant roadside snacks

BHEL POORI Crushed crispy pastry, seasoned potatoes and puffed rice coated in a sweet and sour tamarind chutney.	£4.95
SEV POORI Pastry rounds, topped with chopped onions and fresh yoghurt. Garnished with tamarind chutney pastry vermicelli and mixed spice.	£4.95
DAHI BATETA POORI Puffed hollow wheat biscuits filled with potato, yoghurt and tangy chutneys. Pop them whole in the mouth for a flavour explosion.	£4.95
ALOO PAPRI CHAAT Crispy pastry rounds topped with potato, yoghurt and tamarind sauce.	£4.95
SAMOSA CHAAT Spicy potato filled pastry turnovers topped with crispy vermicelli, yoghurt, coriander, tamarind chutney and chickpeas.	£6.25
RAJ KACHORI Large whole wheat puff filled with potatoes, chickpeas, a trio of lentils all drizzled with yoghurt, mint and tamarind chutneys.	£6.25

Tandoori appetisers & Platters

The Tandoori is a clay oven which is traditional to North Indian cooking The Tandoori cooks with an even heat sealing in all the flavours of the food prepared in it. **Tandoori cooked food is not only very flavoursome but also lighter and healthier.**

WOODLANDS VARIETY PLATTER (for two)£12.50Medu vadas, Aloo Mattar Ki Tikki, Cashewnut pakoda and Special bhajjia served with two chutneys and salad garnish.£12.50TANDOORI PLATTER (for two)£12.50Mushroom tikka, cauliflower, baby corn and paneer tikka all marinated in chefs special spices and tandoori roasted. Served with a salad garnish.£12.50TANDOORI MASALA POTATOES£6.50Whole baby Potatoes marinated in cumin, chilli and yoghurt. Tandoori roasted. Served with tomato chutney.£6.50MUSHROOM TIKKA£6.50RAW BANANA KEBAB£6.50Raw banana, potato and dry fruit kebab with fresh coriander and chilli. Served with mint chutney and Indian salad.£6.50TANDOORI BABY CORN£6.50Tandoori cauted in our spice mix and roasted. Served with a tangy tomato chutney.£6.50MOSHROON TIKKA£6.50Row banana, potato and dry fruit kebab with fresh coriander and chilli. Served with mint chutney and Indian salad.£6.50TANDOORI BABY CORN£6.25Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste.£6.50PANEER TIKKA£6.50Home made cottage cheese slices, green peppers and onions marinated in chefs special spices and cooked in the tandoori.£6.75		
Mushroom tikka, cauliflower, baby corn and paneer tikka all marinated in chefs special spices and tandoori roasted. Served with a salad garnish. TANDOORI MASALA POTATOES £6.50 Whole baby Potatoes marinated in cumin, chilli and yoghurt. Tandoori roasted. £6.50 Served with tomato chutney. £6.50 MUSHROOM TIKKA £6.50 Mushrooms marinated in yoghurt and chefs special tikka paste with dried fenugreek. £6.50 Served with a mint and yoghurt sauce. £6.50 RAW BANANA KEBAB £6.50 Raw banana, potato and dry fruit kebab with fresh coriander and chilli. £6.50 Served with mint chutney and Indian salad. £6.25 Tandoori BABY CORN £6.25 Tender baby corn coated in our spice mix and roasted. Served with a tangy tomato chutney. £6.50 TANDOORI CAULIFLOWER £6.50 Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste. £6.50 PANEER TIKKA £6.75 Home made cottage cheese slices, green peppers and £6.75	Medu vadas, Aloo Mattar Ki Tikki, Cashewnut pakoda and	£12.50
Whole baby Potatoes marinated in cumin, chilli and yoghurt. Tandoori roasted. Served with tomato chutney.£6.50MUSHROOM TIKKA Mushrooms marinated in yoghurt and chefs special tikka paste with dried fenugreek. Served with a mint and yoghurt sauce.£6.50RAW BANANA KEBAB Raw banana, potato and dry fruit kebab with fresh coriander and chilli. Served with mint chutney and Indian salad.£6.50TANDOORI BABY CORN Tender baby corn coated in our spice mix and roasted. Served with a tangy tomato chutney.£6.25TANDOORI CAULIFLOWER Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste.£6.50PANEER TIKKA Home made cottage cheese slices, green peppers and£6.75	Mushroom tikka, cauliflower, baby corn and paneer tikka	£12.50
Mushrooms marinated in yoghurt and chefs special tikka paste with dried fenugreek. Served with a mint and yoghurt sauce. RAW BANANA KEBAB £6.50 Raw banana, potato and dry fruit kebab with fresh coriander and chilli. £6.50 Served with mint chutney and Indian salad. £6.25 Tandoori BABY CORN £6.25 Tender baby corn coated in our spice mix and roasted. Served with a tangy tomato chutney. £6.50 TANDOORI CAULIFLOWER £6.50 Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste. £6.50 PANEER TIKKA £6.75	Whole baby Potatoes marinated in cumin, chilli and yoghurt. Tandoori roasted.	£6.50
Raw banana, potato and dry fruit kebab with fresh coriander and chilli. Served with mint chutney and Indian salad. TANDOORI BABY CORN £6.25 Tender baby corn coated in our spice mix and roasted. Served with a tangy tomato chutney. £6.25 TANDOORI CAULIFLOWER £6.50 Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste. £6.75 Home made cottage cheese slices, green peppers and £6.75	Mushrooms marinated in yoghurt and chefs special tikka paste with dried fenugreek.	£6.50
Tender baby corn coated in our spice mix and roasted. Served with a tangy tomato chutney. £6.50 TANDOORI CAULIFLOWER Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste. £6.50 PANEER TIKKA Home made cottage cheese slices, green peppers and £6.75	Raw banana, potato and dry fruit kebab with fresh coriander and chilli.	£6.50
Cauliflower filled with yoghurt, ginger, garlic and cashew nut paste. PANEER TIKKA £6.75 Home made cottage cheese slices, green peppers and	Tender baby corn coated in our spice mix and roasted. Served with	£6.25
Home made cottage cheese slices, green peppers and		£6.50
	Home made cottage cheese slices, green peppers and	£6.75

MAIN COURSES

Our Famous Dosas and Uthappams

The people of Southern India have developed over the years the fine art of making the Dosa. The Dosa is a crepe made from a batter of soaked lentils and rice, ground together and fermented. Woodlands is famous for it's Dosas' and have been serving the finest Dosas in London since 1981 and around the world since 1938. All Dosas and Uthappams are accompanied with Sambar (lentil dipping stew) and coconut chutney.

	SADA DOSA Plain rice and lentil pancake.	£4.95	
	RAVA DOSA Delicious cream of wheat pancake. *Please allow 10-15 mins to prepare	£5.25	
	MASALA DOSA Golden pancake filled with the traditional filling of seasoned potato onions and peas.	£6.50	
١	MUSHROOM MASALA DOSA Crepe filled with a creamy, spicy mushroom filling.	£7.25	
١	MALAGA PUDI MASALA DOSA Rice and lentil crepe coated in a little butter and Malaga Pudi spice.	£6.75	
١	MYSORE MASALA DOSA A delicious dosa cooked with butter, spicy 'red' chutney and the traditional potato filling. Highly recommended.	£7.25	
	PAPER MASALA DOSA Large tube shaped crispy crepe with a traditional potato filling served on the side.	£6.50	
	ONION RAVA DOSA Delicious cream of wheat dosa sprinkled with fresh green chillies and sautéed onions. *Please allow 10-15 mins to prepare.	£6.25	
ſ	ONION RAVA MASALA DOSA Cream of wheat pancake with sautéed onions and green chillies. Filled with the traditional potato, onions and peas mixture. *Please allow 10-15 mins to prepare.	£7.25	
	PANEER BHURJI DOSA Dosa filled with home-made cottage cheese and mild spice.	£7.50	
	CHILLI DOSA Golden rice and lentil crepe studded with fresh green chillies and filled with a spicy potato filling.	£6.50	
	SPINACH DOSA Rice and lentil crepe filled with spiced spinach and traditional potato filling.	£7.25	6

Uttappams....South Indian Lentil Pizzas

South Indian lentil pizzas' cooked on both sides.

	MIXED UTTAPPAM Topped with onions, tomato and coconut.	£6.75
{	ONION AND CHILLI UTTAPPAM	£6.75
{	MASALA UTTAPPAM Topped with a home made spicy powder.	£6.75
	Extra Toppings:	£0.65

Thalis...Wholesome Set Meals

Green chilli / pepper / onion / coconut / tomato

An age old Indian concept of serving a complete balanced meal on a platter called Thali. A Thali holds small metal bowls or Katoris' with a variety of dishes. Thalis provide a combination of different flavours, textures, colours and tastes.

WOODLANDS THALI Bhel poori followed by Kerela potato masala, Vegetable Puriyal, Bhindi Kootu, Raita, steamed rice and poori. Gajjar halwa for dessert.	£18.50
MYSORE ROYAL THALI (Jain Thali, contains no onion or garlic) Medu vada followed by Puriyal of the day, Bhindi Kootu, Vegetable Sambar, Raita, Poori or Chappati and Steamed rice. Sheera for dessert.	£18.50
LONDON ROYAL THALI Vegetable masala Idli followed by masala Dosa, mixed Uthappam, Woodlands Korma, Saag, Raita, Samber, coconut chutney and Pulao rice. Rasmalai for dessert.	£18.50
DELHI ROYAL THALI Special Bhajjia followed by Channa masala, Woodlands Korma, Panner tikka masala, Tarka dal, Pulao rice and naan, Gulab, Jammun for dessert	£18.50

Vegetable Specialities

BHINDI KOOTU An authentic dish of fresh Okra in a yoghurt and coconut sauce, tempered with delicate south Indian spices. Delicious with rice.	£6.75
MYSORE PURIAL (no onion or garlic) Vegetable(s) of the day tempered with mustard seeds, urid lentil, cumin and fresh coconut. Please ask your server for details.	£6.75
KERELA POTATO MASALA Potatoes sautéed with cumin seeds, red chilli, coriander seeds and the chefs own dry mix of south Indian spices.	£6.25
VEGETABLE SAMBAR (no onion or garlic) Traditional South Indian lentil stew made with Urid lentil and studded with vegetables.	£5.25
SAAG PANEER Spiced spinach studded with home-made Indian cheese, tempered with garlic, cumin seeds and Indian spices.	£7.50
SAAG ALOO Spiced spinach studded with potatoes' tempered with garlic, cumin seeds and Indian spices.	£6.75
PANEER TIKKA MASALA Homemade cheese cubes marinated in dry spices, roasted in a tandoor oven and cooked in a rich tikka masala sauce. Probably the best you have ever had!	£7.50
WOODLANDS KORMA An assortment of garden vegetables cooked in a cashew nut based creamy sauce.	£7.25
VEGETABLE JALFREZI Medley of fresh vegetables tempered with tomatoes, ginger, garlic, cumin, coriander leaves in a spicy sauce.	£7.25
BHINDI MASALA Fresh okra tossed in an onion and tomato masala tempered with ginger, sesame seeds, green chilli and a dry mango powder.	£7.25
BAINGAN KA BHARTHA Charcoal smoked aubergine delicately cooked with onions and tomatoes.	£7.50
WOODLANDS KOFTA Creamy potato, spinach and Pumpkin dumplings cooked a rich tomato gravy, tempered with mustard and cumin seeds.	£7.50
CHANNA MASALA Tender chick peas simmered in a delicious tomato & light masala sauce. Ideally eaten with a bhatura.	£7.25
DAL TARKA Lentil stew finished off with browned onions, ginger, garlic and fresh coriander.	£6.75
DAL MAKHANI A famous north Indian dish of slow cooked black lentils, finished off with butter and cream	£7.25

Speci	ality	Rice
	0	

BISE BELE HULIANA (weekends only) A mixture of rice, lentils and vegetables tempered with special spices. Served with crispy a poppadum.	£7.50
BAKALA BHAT A cooling mixture of rice, cucumber and yoghurt, tempered with asafoetida. Served with homemade lime/lemon pickle.	£6.75
SUBZ BIRYANI A unique combination of garden fresh vegetables, spices and aromatic basmati rice. Served with Raita.	£7.95
LEMON RICE Basmati rice steamed with fresh lemons and finished by a special recipe.	£4.95
ZEERA RICE Basmati rice flavoured with roasted cumin seeds.	£4.50
PULAO RICE Basmati rice cooked with mixed vegetable and flavoured with ghee	£4.95
STEAMED RICE	£3.25



Fresh hot breads are delicious with our vegetable specialities

NAAN	£2.75	
GARLIC /CHILLI & CORIANDER / BUTTER NAAN	£2.95	
TANDOORI ROTI	£2.95	
TANDOORI PUDINA PARATHA	£3.50	
PESHAWARI NAAN Soft naan filled with almond powder, Sultanas and Coconut.	£3.75	
MALABAR LACHHADAR PARATHA Delicious flaky unleavened wheat flour bread, pan fried with butter.	£3.25	
ONION KULCHA / PANEER KULCHA	£3.50	
ONION KULCHA / PANEER KULCHA BREAD BASKET (Butter Naan, Roti, Pudina Paratha.)	£3.50 £7.50	
BREAD BASKET (Butter Naan, Roti, Pudina Paratha.) POORI	£7.50	
BREAD BASKET (Butter Naan, Roti, Pudina Paratha.) POORI Three fluffy pieces of fried bread. CHAPPATI (two pieces)	£7.50 £3.25	



PLAIN YOGHURT	£2.25
CUCUMBER & MINT RAITA Freshly made yoghurt with mint and cucumber.	£2.50
OKRA CURD Fresh cold yoghurt shedded with Okra and tempered with traditional South Indian spices.	£3.25
MIRCHI & PYAZ SALAD Sliced onion and green chillies with coriander, spices and lemon dressing.	£2.25
EXTRA SAMBAR Traditional South Indian lentil stew.	£2.50

We hope you have enjoyed your meal at Woodlands. Your comments are always welcome. Please bring them to the attention of the manager or contact our office on: T: 020 8904 7897 E: enquiries@woodlandsrestaurant.co.uk

HAVE YOUR PARTY AT WOODLANDS OR TO MAKE A RESERVATION, CALL US ON THE ABOVE NUMBER.

WE CATER FOR ALL OUTDOOR EVENTS

Woodlands branches in London,

Open for lunch and dinner 7 days a week :

77, Marylebone Lane, London W1U 2PS (off Marylebone High St.) **T: 020 7486 3862 F: 020 7487 4009**

E: enquiries@woodlandsrestaurant.co.uk

37, Panton Street, London SW1Y 4EA (off Haymarket) **T: 020 7839 7258 F: 020 7839 3723**

E: enquiries@woodlandsrestaurant.co.uk

102 Heath Street, Hampstead, London NW3 1DR **T: 020 7794 3080 F:020 8904 7359** E: enquiries@woodlandsrestaurant.co.uk

Visit us at www.woodlandsrestaurant.co.uk

Please be aware that some dishes may contain nuts. Please make your server aware if you are allergic to any foods. All our dishes are prepared fresh to order. Apologies for any delays. Most of our dishes are available to take away A service charge of 12.5% is levied on all bills We have a minimum charge after 6pm of £10 per head There is a minimum charge of £22pp (incl VAT & service) for "walk in"parties of 12 persons or more when ordering from the A la carte menu.