



CHAKRA A La Carte



Chakras are seven energy centres in our body and the second chakra is Svadhishtana Chakra.

‘Svashidhthana’ meaning one’s own abode and is associated with the unconscious and with emotion. Svadhisthana is associated with the element of water, the sense of taste and the act of procreation. The second chakra is located at the lower belly and inner pelvis. Additionally the interior design encompasses the term ‘Navaratna’. Each stone in the collection has a particular planet in its alignment, and corresponds to a particular Chakra. The healing properties of this collection of gems are unique.

Navaratna is a Sanskrit compound word meaning ‘nine gems’

INDIA KI GALIYON SE

Poppadum (G, D) (V) £4.50

Served with Tomato, Mint and Mango chutney

Calcutta’s Pani Puri (G) (V) (Ve) £8.00

Semolina spheres stuffed with potato and stuffed with flavoured mint and mango water

Crispy Spinach Chaat (D) (V) £11.00

Spinach leaf coated with batter served with sweet yogurt and and spicy chutney

Lucknowi Samosa Chaat (G, D, M, S) (V) £11.00

Vegetarian and samosa and chickpeas topped with tamarind, mint chutney and yogurt

Avocado ke Gole (G, M) (V) (Ve) £11.00

Avocado dumplings served with beetroot puree

Paneer Tikka Kathi Roll (G,D,M) £11.00 / Chicken Kathi Roll (G,D,M) £12.00

Flat bread rolled with chargrilled cottage cheese/ Chicken, mixed with onions, cucumber, and mint chutney

Chilli Paneer £14.00 (C,G,S,SD)/ Chilli Chicken £16.00 (C,G,S,SD)/ Chilli Prawns £18.00 (C,Cr,G,S,SD)

Pan fried paneer/chicken/prawns tossed with Szechuan sauce

Crispy Okra (M) (V) (Ve) £11.00

Battered okra tossed with burnt garlic, salt, pepper, and chillies

Amritsari Fish and Masala Wedges (F, D) £12.00

Gram flour battered tilapia filedy served with masala wedges and mint chutney

Classic Onion Bhaji (D) (V) £11.00

Crispy gram flour battered Indian fritters, made with onion, and red chillies

Raj Kachori (G, D) £14.00

Crispy pastry shell filed loaded with potato-vada mix, sweet yogurt, mint and tamarind chutney finished with sev and pomegranate

DESI CLASSICS

Old Delhi Butter Chicken (D, N) £18.00

Chargrilled chicken simmered in creamed tomatoes, dried fenugreek leaves

Highway Chicken Curry (D) £18.00

A rustic chicken preparation with whole spices, browned thick slow-cooked onion gravy

Kerala Fish Curry (F, M, D) £18.00

Tender Tilapia fish simmered in a spiced coconut based gravy with curry leaves and coastal spices

Kashmiri Lamb Rogan Josh (D) (Dairy-free option available) £19.00

Slow cooked texel lamb with brown onions, Kashmiri red chillies, plum tomatoes

Classic Chicken Korma (D, N, M) £20.00 / Lamb Korma (D, N) £22.00

Chicken/ texel lamb simmered in almond sauce, sundried coconut and saffron

Saag Chicken (D) £20.00 / Saag Lamb (D) £22.00

Chicken/tixel lamb simmered in spinach, green chillies, and cilantro

Goan Prawn Curry (Cr, M) £22.00

King prawns in caramelised onion sauce, coconut, roasted spices and palm vinegar

Nalli Nihari (D) (Dairy-free option available) £25.00

8 hours slow cooked Hampshire lamb shank and Rajasthani chillies

BREADS

Tandoori Roti (G) (V) (Ve) £4.00 / Butter Tandoori Roti (G, D) (V) £5.00

Bread made with wheat flour

Plain Naan (G) (V) (Ve) £4.00 / Butter Naan (G, D) (V) £5.00

Leavened flour bread

Garlic & Coriander Naan (G, D) (V) (Ve) £6.00

Garlic and coriander infused bread

Lachha Paratha (G, D) (V) £6.00

Flaky, layered Indian flatbread made from whole wheat bread

Keema Naan (G, D) £8.00

Chargrilled minced lamb stuffed naan served with Raita

Peshawari Naan (G, D, N) (V) £8.00

Dried fruits, dry coconut and nuts stuffed bread

Cheese Chilli Naan (G, D) (V) £8.00

Soft bread stuffed with a blend of mozzarella, cheddar and chilli

SAATH ME

Boondi Raita (D) (V) £4.00

Crispy boondi in a cool, greek style yoghurt with roasted cumin

Lachha Pyaz (V) (Ve) £4.00

Sliced onion rings flavoured with chilli and lemon

Desi Salad (V) (Ve) £4.00

Fresh cucumber, tomato, red onion, green chilli and lemon

FROM THE TANDOOR (GRILL)

Khumani Paneer Tikka (D, M) (V) £13.00

Clay oven cooked cottage cheese marinated with chilli powder, fermented mustard and

yoghurt served with mint chutney

Chargrilled Malai Broccoli (D) (V) £13.00

Marinated chargrilled broccoli florets

Mirchi Murg Tikka (D, M) £13.00

Grilled chicken breast marinated with Kashmiri red chilli and homemade spice mix

Malai Murg Tikka (D) £13.00

Greek yogurt, cheese and Indian spice marinated grilled chicken breast

Raunak -E- Lamb Seekh Kebab (D) £14.00

Minced lamb galette with spices cooked on skewers

Tandoori Prawns (Cr, M, D) £21.00

King prawns coated with hung yogurt, freshly ground pepper cooked in clay oven

Patiala Lamb Chop (D, M) £21.00

Marinated lamb chop with chef special spices cooked in clay oven

Chakra Mixed Grill Platter - Vegetarian Selection (For 2) (G, D, M) (V) £27.00

Paneer Tikka, Chargrilled Broccoli, Avocado ke Gole, Chilli Cheese naan served with mint chutney

Chakra Mixed Grill Platter - Non-Veg Selection (For 2) (Cr, D, M) £32.00

Mirchi murg tikka, Lamb Seekh Kebab, Tandoori Prawns, Patiala Lamb Chop

VEGETARIAN MAINS

Dal Makhni (D) (V) £13.00

24 hours slow cooked black lentils

Lahsooni Tadka Dal (D) (V) (Ask for Vegan) £13.00

Yellow lentils tempered with cumin, curry leaves

Vegetable Kadai (D, N) (V) £13.00

Seasonal Vegetables with brown onions, tomato, and homemade spices

Baingan ka Bharta (G, D) (V) (Ask for Vegan) £13.00

Smoked aubergine mash braised with garlic, chillies, and tomatoes

Chakra Chana (D, N) (V) (Ask for Vegan) £13.00

Carom seeds infused chickpeas with homemade spices

Methi Malai Matar (D, N) (V) £13.00

Fresh fenugreek and green peas simmered in a rich, creamy sauce

Palak Paneer (D, N) (V) £13.00

Cottage cheese, Spinach, tomato, fenugreek & fresh green chilli

Matar Paneer (D, N) (V) £13.00

Paneer cubes and green peas simmered in a creamy spiced tomato onion gravy

BIRYANI & RICE

Steamed Basmati Rice (V) (Ve) £6.00

Long grain steamed basmati rice

Saffron Pulao (G) (V) (Ve) £7.00

Saffron, whole spice infused braised long grain basmati rice topped with fried onions

Egg Fried Rice (E, S) £12.00

Long grain basmati rice stir-fried with fried onions and scrambled eggs

Vegetable Biryani (G, D) (V) £15.00

Seasonal vegetables, basmati rice, brown onions, yoghurt, mint served with Raita

Chicken Biryani (G, D) £20.00

Braised basmati rice, flavoured chicken, fried onions, mint and saffron served with Raita

Lamb Biryani (G, D) £22.00

Long grain basmati rice cooked with marinated pieces of lamb, fried onions, mint, rose

petal served with Raita

Prawn Biryani (G, D, Cr, M) £24.00

Long grain basmati rice, fried onions, prawns served with Raita

DESSERTS

Mini Gulab Jamun with Vanilla Ice cream (D, N) (V) £9.00

An Indian dessert of fried dough balls that are soaked in a sweet, sticky sugar syrup

Amritsari Kheer (D, N) £9.00

Slow-cooked rice pudding enriched with milk and subtle aromatic spices

Chocolate Fondant with Ice Cream (D) £14.00

Warm chocolate fondant served with ice cream

Homemade Kulfi Falooda (D, N) (V) £9.00

Traditional frozen milk dessert flavoured with cardamom and saffron served with falooda strands

