

EST. India™

GROUP MENUS

minimum
OF 6
PEOPLE

NON-VEGETARIAN - £35

NIBBLES

PAPADUM SERVED WITH DIPS **V**

STARTERS

KASHMIRI LAMB CHOPS **GF**

Rack of lamb Kashmiri spice rubbed

CHICKEN 65 **GF**

Battered fried chicken cubes mixed with herbs & spices, tempered with mustard leaves, curry leaves & yoghurt

HARIYALI CHICKEN TIKKA **GF**

Chicken breast in a lush marinade of coriander, mint & green chillies

ONION BHAJIA **VG**

Classic onion fritters. Deep fried, onion, Bengal gram

MAINS

KADAI MURG

A North Indian specialty of chicken breast cooked with onion, peppers & ground spices

NORTH INDIAN FISH KARI

Fish cubes cooked with onion tomato masala, fresh chilli, ginger & chilli flakes

PALAK LAMB

An aromatic Kashmiri dish prepared with spinach & flavoured with Kashmiri spices

KERALA CHICKEN CURRY

Hot South Indian curry, red chillies, coconut, roasted spices, star anise, cloves & curry leaf

VEGETARIAN - £30

NIBBLES

PAPADUM SERVED WITH DIPS **V**

STARTERS

ONION BHAJIA

Classic onion fritters. Deep fried onion, Bengal gram

PANEER SHASHLICK

Homemade cottage cheese, peppers & red onion skewers

SAMOSA **G**

Aromatic spiced mix vegetable seasoned with herbs, wrapped with light pastry & crispy fried

MAINS

KADAI PANEER

Homemade cheese, onion, pepper & tomato masala

CREAMY MIXED
VEGETABLE CURRY

Mixed vegetables in a creamy butter & tomato sauce, ginger & crushed fenugreek leaves

SAG BHAJI **V**

Fresh spinach cooked with onion, garlic & house spices

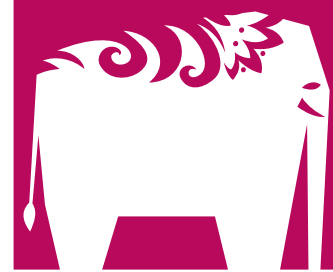
TADKA DALL **V**

Mixed lentils tempered with garlic & Kashmiri chilli

SIDES

BOMBAY
JEERA ALOO **V**Lightly spiced potatoes
with onion & cumin seedsMUSHROOMS **V**Sliced mushroom,
lightly spiced onion
& tomato masalaTADKA DALL **V**Mixed lentils
tempered with garlic
& Kashmiri chilliSELECTION
OF BREADS
& PULAO
RICE

EST. India™



menu

The secret of a popular restaurant is that there is no secret except to offer good food, fabulous drinks and friendly service. All the wonderful aspects of a fantastic restaurant, which typify Est India and the avid following it has attracted for many years for its contemporary, primarily North Indian cooking.

Like any decent restaurant that cares about its guests, it has evolved and today enjoys a reputation for its perfect balance of the traditional to the street food and more along with notable cocktails, craft beers and ciders to thoroughly appealing wines and spirits.



Free Guest WiFi



estindialondon



estindia.co.uk

ALLERGENS **G** Contains Gluten **GF** Gluten Free **VG** Vegetarian **V** Vegan **N** Contains Nuts

Minimum order spend from 5.30pm onwards is £25 per person. A 12.5% service charge will be added to the bill.

NIBBLES

Papadum served with dips **V** £1.85pp

Extra Papadum **V** £3

STARTERS

ONION BHAJIA **VG**

Classic onion fritters. Deep fried, onion, Bengal gram. £5.50

SAMOSA **Veg VG £5 Meat G £6**

Aromatic spiced mix vegetable or lamb mince seasoned with herbs, wrapped with light pastry and crispy fried.

PANEER SHASHLICK **GF**

Homemade cottage cheese, peppers and red onion skewers. £7 / £12

CHILLI PANEER **GF**

Cubes of homemade cottage cheese flavoured with chilli and soy sauce tossed with pepper, onion and green chillies. £7

STREET FOOD

CHICKEN 65 **GF**

Battered fried chicken cubes mixed with herbs and spices and tempered with mustard leaves, curry leaves and yoghurt. £7

KEEMA PAV **G**

Enticing spiced minced lamb, served with toasted buttered bap. £7.50 (Extra Pav £2 per portion)

PAV BHAJI **VG**

Classic Mumbai street food, vegetable curry mash, served with toasted buttered bap. £6.50 (Extra Pav £2 per portion)

CRISPY BHINDI **VG**

Deep fried okra in gram flour and spices. Just the kind of street food that's perfect with drinks. Served with chilli sauce. £7.50

SAMOSA CHAAT **VG**

Punjabi samosa, curried chickpea, crispy wafer, puffed rice, crispy gram noodles, onions, coriander, chilli, tamarind sauce and yoghurt. £6.50

ALOO TIKKI **VG**

Made with spiced potatoes and herbs, fried to give a crispy coating and served with channa (chickpeas) masala. £6

DOSA

Thin rice and lentil crepe filled with a choice of chicken or masala potato. Served with vegetable sambar and coconut chutney.

Chicken **G** £12.50

Masala Potato **VG** £11

TANDOOR & GRILL

(Small plate or main)

KEBAB PLATTER **GF**

Bhatti ka murgh, gilafi sheek kebab, lamb chops, achari chicken tikka and hariyali chicken tikka. Served with kachumber salad. Ideal to share as a starter. £22

HARA TANDOORI KING PRAWN **GF**

Char grilled jumbo prawns marinated in coriander, mint and green chillies. Served with roasted asparagus sprinkled with salt and pepper and lemon juice. £22

KASHMIRI LAMB CHOPS **GF**

Rack of lamb Kashmiri spice rubbed. £17.50 / £8

TANDOORI BROCCOLI **VG**

Broccoli florets, marinated with aromatic spices, cream cheese and yoghurt. £6.50 / £12

AACHARI CHICKEN TIKKA **GF**

Chicken breast chunks, pickling spices, hung yoghurt. £6.50 / £12

GILAFI SEEK KEBAB **GF**

Fine lamb mince, aromatic spices, chopped onion and peppers. £7.50 / £13

KASUNDI SALMON TIKKA **GF**

Salmon cubes marinated with kasundi mustard, yoghurt, fenugreek and spices, cooked in the tandoor. £7 / £15

BHATTI KA MURGH **GF**

Baby chicken on the bone, hung yoghurt and spices, roasted in the tandoor. £6.50 / £12

HARIYALI CHICKEN TIKKA **GF**

Chicken breast in a lush marinade of coriander, mint and green chillies. £6.50 / £12

MAINS

KASHMIRI LAMB SHANK WITH PULAO RICE **N**

Shallow cooked with cashew nut paste, ginger, mint and kashmiri spices. £18

DUCK KACUTI WITH PULAO RICE

With its famed Goan based masala sauce, this is an unmissable treat for lovers of duck. £16

LAMB PEPPER FRY (HERALAN STYLE)

Diced lamb with red and green pepper, garlic, green chilli and spices tempered with mustard seeds and curry leaves. Served with Mushroom Rice. £16

NORTH INDIAN FISH HARI

Fish cubes cooked with onion tomato masala, fresh chilli, ginger and chilli flakes. £14

GOAN PRAWN CURRY

Tiger prawn, kashmiri chilli, ginger, garlic, onion, whole coriander and coconut milk. £15

KEEMA HOFTA CURRY

Lamb dumplings cooked in the chef's secret sauce with a creamy texture. £14

HERALA CHICKEN CURRY

Hot South Indian curry, red chillies, coconut, roasted spices, star anise, cloves and curry leaf. £13.50

BHUTANI LAMB

A house signature dish of lamb chunks in a hick sauce of fresh ground spices caramelized fried onion, garlic, ginger, cinnamon, star anise and mace. £14.50

PALAK LAMB

An aromatic Kashmiri dish prepared with spinach and flavoured with Kashmiri spices. £14.50

RAILWAY LAMB CURRY

A wonderful partnership of lamb and potatoes with aromatic cinnamon, clove, and Kashmiri chillies. This recipe is from the era of the British Raj, served on the first-class train carriage. £14.50

CHICKEN TIKKA MASALA **N**

A true classic with chicken tikka, cashew nut, coconut, almond, yoghurt, simmered in rich creamy tomato and fenugreek sauce. £13.50

CHICKEN JALFREZI

A renowned hot and spicy favourite with mixed peppers and green chillies. £13.50

BUTTER CHICKEN

Chicken breast simmered in a rich, buttery and creamy tomato sauce with ginger, garlic and fenugreek. Few can resist this delicious offering. £13.50

KADAI MURG

A North Indian specialty of chicken breast cooked with onion, peppers and ground spices. £13.50

KADAI PANEER

Homemade cheese, onion, pepper and tomato masala. £12

CHILLI CHICKEN

Robust and deliciously addictive, this is a sweet, spicy and slightly sour chicken dish with bell peppers, garlic, chilli sauce and soy sauce. £13.50

LUCKNOWI CHICKEN HORMA **N**

A rich and luxurious dish from the Royal households of Lucknow with cashew nut and an aromatic flavour you won't want to miss. £13.50

All main can be prepared with alternative meat or vegetables.

All dietary requirements can be catered for.

DUM BIRYANI

The timeless dish of the Moghul Empire with Basmati rice, aromatic spices, steamed in sealed pot. served with raita.

Lamb £15 King Prawn £16

Chicken £14 Veg £12

EST INDIA BURGER

Served with tongue-tingling gunpowder fries & side salad.

Lamb £11 Vegetarian **VG** £9

SIDES £6.75 / £11

BOMBAY JEERA ALOO **V GF**

Lightly spiced potatoes with onion and cumin seeds.

MUSHROOMS **V GF**

Sliced mushroom, lightly spiced onion and tomato masala.

BHINDI DOPIAZA **V GF**

Okra and diced onion cooked in spiced onion and tomato.

LAHSONI BAINGAN **V GF**

Baby aubergine cooked onion masala sauce and tempered with garlic.

TADKA DALL **V GF**

Mixed lentils tempered with garlic and Kashmiri chilli.

DAL MAKHNI **VG**

Creamy, velvety and luxurious with a texture that speaks for itself!

ALOO GOBI **V GF**

Cauliflower and potatoes in a lightly spiced onion masala.

SAG ALOO **V GF**

Fresh spinach and potatoes cooked with onion, garlic and house spices.

CREAMY MIXED VEGETABLE CURRY **VG GF**

Mixed vegetables in a creamy butter and tomato sauce, ginger and crushed fenugreek leaves.

MUSHROOM AND PEA CURRY **V GF**

Sliced mushrooms with peas in a lightly sliced onion and tomato masala.

SAG BHAJI **VG GF**

Fresh spinach cooked with onion, garlic and house spices.

MASALA POTATO WEDGES **V GF** £4.50

RICE **GF**

BASMATI RICE £3

PILAU RICE £3.50

MUSHROOM RICE £3.75

LEMON RICE £3.75



EXTRAS

RAITHA **VG**

Cool yoghurt with pomegranate, chopped onion, cucumber and roasted cumin. £3.50

KACHUMBER SALAD **V**

Julienne of red onion, cucumber, tomatoes, coriander and green chilli. £4

PUNJABI PIAZ **V**

Sliced onion, green chilli, lime wedge. £2.50

BREADS **G**

BREAD BASKET

Plain, garlic and coriander and Peshawari nan. £8.50

LACHA PARATHA

Unleavened wholewheat flat bread, buttered. £3

ALOO PARATHA

Unleavened whole wheat flat bread with spicy mashed potato filling. £3.50

TANDOORI ROTI

Unleavened whole wheat flat bread cooked in tandoor. £2.50

PLAIN NAAN

Leavened bread baked in tandoor. £3

GARLIC & CORIANDER NAAN

Topped with chopped garlic and coriander. £3.50

KEEMA NAAN

Stuffed with spicy mince lamb. £4

PESHAWARI NAAN

Stuffed with coconut, almond and raisin, sesame seeds. £4

CHILLI & CHEESE NAN

The medium heat of the chilli and the creamy cheese are a perfect match. £4

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CHILLI GUIDE

Mild

Medium

Hot



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