



Essence

at The Pantiles

ESSENCE LIGHT BITES MENU

Monday – Friday 12-3pm | Saturday and Sunday 12-5pm

SNACKS

Jhalmuri (v,mu) £5 • Masala peanuts (v,mu,n) £4

TAPAS

We recommend a minimum of three-four dishes per couple

VEGETARIAN

Tangra chilli paneer (d,so,gl) £6 • Vegetable samosa chaat (d,gl) £6
Achari paneer tikka sashlik (d,mu) £7 • Chilli cheese toastie (d,gl) £7



SEAFOOD AND FISH

Tangra chilli prawns (cr,s,d,e,gl) £8 • Tandoori salmon (f,d,mu) £9
Fish koliwada toastie (f,d,gl) £10



MEAT

Punjabi chicken pakoda £7 • Hariyalli chicken tikka (d) £7
Tandoori lamb chops (d,mu) £10 per piece • Gilafi lamb seekh kebab (d) £8
Wagyu beef toastie (d,gl) £12 • Angus fillet steak, jus, gunpowder chips (d) £18

SALADS

Curried prawns, mango and kimchi salad £7
Chargrilled chicken, pickled cucumber, cherry tomato,
lettuce and masala corn salad £6
Feta cheese, three beans, pickled red onion and croutons salad £6

DESSERTS

Fresh mangoes with vanilla ice-cream (d) £7
Bhapa doi and seasonal compote (d) £6

All prices are inclusive of VAT. A discretionary service charge of 12.5% will be added to your bill.

Allergens: (CR)-Crustaceans, (M)-Mussels (D)-Dairy, (E)-Eggs, (GL)-Gluten, (MU)-Mustard, (N)-Nuts, (SO)-Soya, (V) Vegan, (P) Peanuts, (S) Soya, (SE) Sesame, (SU) sulphites