



# Essence

at The Pantiles

## WEEKDAY LUNCH MENU

### Starters

**Crispy Kale Chaat:** Crispy kale, spiced chickpeas, splash of chutneys, Mumbai sev, fresh pomegranate (d) (V)

**Makali Fry:** Crispy fried squid with chilli and lime dressing

**Gilafi Lamb Seekh Kebab:** Fine spiced minced lamb coated with peppers, onions, feta cheese crumble skewered in the tandoor (d)

**Murg Do Tarika:** An assortment of lehsuni malai tikka and tulsi ka tikka, baby leaf salad (d)

### Mains

**Jaffna Chicken:** Chicken supreme, coconut sauce with curry leaves and kokum, idiyappam (d)

**Sri Lankan Lamb Sukka:** Diced leg of lamb cooked with onions, curry leaves, peppercorns, served with malabar paratha (mu,gl)

**Malabar Fish Curry:** Pan-seared sea bass, beetroot and potato mash, moilee sauce (d)

**Awadhi Shahi Kofta:** Vegetable dumplings stuffed with spiced jungle berries, awadhi korma sauce (d,n)

All mains are served with Chef's choice of vegetables and jeera pulao

**Breads £4.50 Each** (d,e,gl)

Naan • garlic naan • tandoori naan • chicken kulcha • peshwari naan (n)

**Additional Nibbles £4.50 Each**

Samosa chaat (gl) • onion bhaji

### Desserts

**Chocolate Samosa:** Cocoa nibs, orange curd ice-cream (d,gl)

**Date Pudding:** Stem ginger ice cream, toffee sauce (d,n,gl)

**Coconut Mousse:** Chocolate shell, lavender dust (d,n)

**2 Courses £24 | 3 courses £28**

**Monday to Friday 12:00 pm - 2:45 pm**

Despite our best efforts and whilst we have strict controls in place, our food and drink is prepared in areas where cross contamination may occur, and therefore, we are unable to guarantee that our dishes are free from any allergens. Not all ingredients are listed in each dish, please inform your server of any allergies, or dietary requirements. 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