



Essence

at The Pantiles

WEEKEND LUNCH MENU

Starters

Tangra Chilli Prawn: Kolkata inspired batter-fried king prawns, peppers, spring onions, chilli garlic sauce (cr,so,e,gl)

Tandoori Rattan: An assortment of tandoori prawn, lamb chop and malai tikka (£6 supplement) (cr,d)

Khasta Murg: Atul's signature chicken tikka pie with mixed berry chutney (gl,d)

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

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

Mains

Goan Seafood Curry: Pan-seared king prawn, sea bass, mussels and pak choi, coconut and fresh tomato sauce (cr,mu,d,m)

Tandoori Murg: Chargrilled half spring chicken, mace and dried chillies marinade, roast baby potatoes, makhni sauce (d)

Gosht Ki Biryani: Tender pieces of lamb, cooked with saffron basmati rice, served with salan and raita (d,gl)

Steak Two Ways: Chargrilled angus fillet steak, sorpotel curry, gunpowder chips (£9 supplement) (d,mu)

Bharwan Courgettes: Courgettes stuffed with a melange of garden fresh vegetables, benarasi sauce (V)

All mains are served with Chef's choice of vegetable and saffron pulao

Breads £4.50 Each (d,e,gl)

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

Additional Nibbles £4.50 Each

Samosa chaat (gl) • onion bhaji • crispy squid

Desserts

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

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

Rajbhog: Besan laddu tart, rasmalai, rabdi foam (d)

Kulfi Falooda (d,n)

2 Courses £30 | 3 courses £34

Saturday 12:00 pm - 3:30 pm | Sunday 12:00 pm - 3:30 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