



Essence

at The Pantiles

WEEKDAY LUNCH MENU

Starters

Punjabi Samosa Chaat: Crispy vegetable parcels, splash of chutneys, Mumbai Sev, fresh pomegranate (d,gl)(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 Tarike: An assortment of lehsuni malai tikka, Punjabi murg ka tikka and baby leaf salad(d)

Mains

Butter Chicken: Chargrilled chicken supreme, creamed tomato-onion sauce(d)

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

Fish Khuzhambu: Pan-seared sea bass, beetroot and potato mash, fresh coconut and tomato sauce (d)

Makhmali Shahi Kofta: Vegetable dumplings stuffed with spiced baby spinach and cottage cheese and 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 roti • Chicken kulcha • Peshwari naan (n)

Additional Nibbles £4.50 Each

Samosa chaat (gl,d) • Onion bhaji (d)

Desserts

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

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

Pineapple Parfait: Charred pineapple and honeycomb ice cream (d)

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 12.5% service charge 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