



Essence

at The Pantiles



THE SPA HOTEL

ESSENCE - THE SPA HOTEL - SET DINNER MENU

3 courses £35

Including a complimentary glass of Prosecco or a soft drink
Available Sunday to Wednesday, 5.30pm 'til 10pm
(excluding special events)

Amuse Bouche



Appetisers (choose one)

Makali Fry

Crispy fried squid with chilli and lime dressing

Tangra Chilli Prawns (cr,so,e,gl)

Kolkata inspired batter fried king prawns, pepper, spring onions,
chilli garlic sauce

Khasta Murg (d,gl)

Atul's signature chicken tikka pie with spiced berry compote

Gilafi Lamb Seekh Kebab (d)

Fine spiced minced lamb coated with peppers & onions skewered
in the tandoor

Samosa Chole Chaat (d,gl,v)

Crispy vegetable parcels, spiced chickpeas, splashed with sweet yoghurt,
mint & tamarind chutneys, Mumbai sev



Mains (choose one)

Essence Kebab Platter (£6 supplement) (d,cr,mu)

An assortment of lamb chop, lime scented king prawn, lehsuni malai tikka,
amritsari murg tikka and mustard salmon served with apple and corn salad

Amritsari Tandoori Murg (d)

Chargrilled half a spring chicken, mace and cinnamon marinade, makhni sauce

Methi Gosht (d)

Best cuts of baby lamb leg, baby spinach, fresh fenugreek with fresh ginger

Kuzhambu Seafood Curry (cr,mu,m,d)

Pan-seared king prawns, sea bass, mussels and grilled asparagus in an
aromatic fresh tomato and coconut sauce

Malabar Vegetable Biryani (d,gl)

A melange of exotic vegetables cooked with tamarind pulp, coconut milk,
curry leaves, served with salan and boondi raita

*Mains are served with saag makai (d), saffron pulao,
garlic coriander naan(d,e,gl)*



Dessert (choose one)

Passion Fruit Mousse (d,e) Chocolate shell, passion fruit sorbet

Chandrakala (d,gl) Saffron pastry stuffed with mixed dried fruits,
burnt ghee ice cream and cardamom milk

Choice of Ice Creams (d,e) Turmeric ginger | Burnt ghee | Orange curd

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