



Essence

at The Pantiles

WEEKDAY LUNCH MENU

Starters

Punjabi Samosa Chaat: Crispy vegetable parcels, splash of chutneys, Mumbai sev, fresh pomegranate (d,gl)

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)

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



Main Courses

Dum Ka Murg: Saffron-infused chicken supreme, slow-cooked on dum with caramelised onion and aromatic spices (d)

Sri Lankan Lamb Sukka: Slow-braised lamb, roasted coconut, curry leaf, black pepper and caramelised onion, served with crisp Malabar paratha (mu,gl)

Fish Moillie: Pan-seared catch of the day, beetroot-potato mash, moillie sauce (d)

Shahi Jackfruit Ka Kofta: Delicate jackfruit kofta in a velvety, aromatic tomato and cashew sauce (d,n)

Main courses are served with Chef's choice of vegetables and jeera pulao

Breads £4.50 Each (d,e,gl,n)

Naan • Garlic naan • Tandoori roti • Cheese chives naan • Peshwari naan

Additional Nibbles £4.50 Each

Samosa chaat (gl,d) • Onion bhaji (d)



Desserts

Sticky Date Pudding: Fresh ginger ice cream, jaggery caramel, candied ginger (d,gl)

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

Rose and Raspberry Bhapa Doi: Pistachio barfi (d,n)

2 Courses £24 | 3 courses £28

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

Dishes are subject to availability. Please alert our staff if you have any food allergies before you order your food and drink. All prices are inclusive of VAT.
A discretionary service charge of 12.5% will be added to your bill.

Allergens: (CR)-Crustaceans, (M)-Mussels, (MO)-Mollusc, (D)-Dairy, (E)-Eggs, (GL)-Gluten, (MU)-Mustard, (N)-Nuts, (SO)-Soya, (V)-Vegan, (C)-Celery