

PANAS

By Sujan Katuwal MBE

HERITAGE OF THE HIMALAYAS

STARTERS

Himalayan Chilli Momo (Chicken/ Vegetable) (Se, G, S) Handcrafted dumplings, himalayan chilli, bell peppers	10.95
Jhol Momo (Chicken/ Vegetable) (Se, G, S, PN) Handcrafted dumplings, roasted tomato, sesame & peanuts sauce	11.95
Sadeko Duck (M, PN) Roasted chilli glaze, red onions, spring onions	12.95
Timur Fish (F, D) Grilled fish, timur chutney, salad	12.95

MAINS (SIGNATURE DISH)

Mum's Chicken Curry Chicken, traditional Nepalese spices, Inspired by Mum's recipe	16.95
Lamb Bhutuwa Tender lamb, Nepalese herbs, smoked garlic, tomato, spring onions	17.95
Pahadi Saag Ghost Boneless lamb, spiced spinach	17.95
MBE Signature Vegetables (V, D) Sautéed asparagus, oyster mushroom, paneer, garlic	16.95
Lumley Tarkari (<i>Inspired by Dame Joanna Lumley</i>) (VG) Mixed vegetables, Nepalese spices	15.95
Amilo Piro Brinjal (VG) Baby aubergine, tamarind, onion, chilli	14.95

STARTERS

Papadums and Chutneys (Se, G) Selection of papadums, and homemade chutneys	6.95
Grilled Scallops (Mu) Coconut & turmeric curry, pickled cauliflower	13.95
Crab Cake (C, G) Sweet cornish crab, mango and chilli relish	12.95
Classic Chicken Tikka (D, M) Chicken tikka, kashmiri chilli, garam masala, mint sauce	10.95
Murg Malai Tikka (D, N) Chargrilled chicken, cheesy cream, cashew nut	11.95
Lamb Chops (D, M) Kentish baby lamb chops, garlic yogurt	14.95
Seekh Kebab (D) Charred lamb minced, fragrant spices, mint	11.95
Beetroot Shami Kebab (VG) Shallow-fried beetroot kebab, green apple chutney	9.95
Samosa Chaat (V, D) Punjabi samosa, spiced chickpeas, sweet yoghurt, tamarind, mint	9.95
Paneer Tikka (V, D, M) Spiced cottage cheese, gram flour, coriander & mango emulsion	10.95

MAINS

Rajasthani Halibut (F, M) Pan-seared halibut, mashed spinach potato, yoghurt sauce	26.95
Prawn Moilee (C, D) Rich creamy coconut sauce, subtle spice, curry leaf	24.95
Tandoori King Prawn (C, D, M) King prawn, kasundi yoghurt, papaya chutney	21.95
Butter Chicken (D) Grilled chicken, classic tomato sauce, fenugreek	16.95
Malai Chicken Korma (D, N) Tender chicken, traditional korma sauce, cashew nut	17.95
Chicken Chettinad South Indian spiced, stone flower, curry leaf	17.95
Hyderabadi Dum Biryani (D, N) Aromatic chicken biryani, caramelised onions, saffron, boondi raita	21.95
Panas Grill Platter (D, C, M, N) King prawn, lamb chops, seekh kebab, malai tikka, classic chicken tikka	26.95
Lamb Shank Rogan Josh (D) Slow braised baby lamb shank, kashmiri chilli, aromatic rogan josh	24.95
Handi Ghost (M) Boneless lamb, clay pot braise, rustic garam masala	18.95

Duck Vindaloo	21.95
Gressingham duck, vindaloo sauce, asparagus, carrots & potato mash	
Gucchi and Wild Mushroom Kofta (D, R)	21.95
Kashmiri morel and wild mushroom dumpling, velvety saffron sauce	
Paneer Tikka Lababdar (V, D)	17.95
Cottage cheese, rich tomato sauce, fenugreek	
Vegetarian Thali (V, D, G)	29.95
Dal makhani, chana masala, saag aloo, butter paneer, pilau rice, naan, papadum, raita	

VEGETABLE SIDES

Lasooni Dal Tadka (VG)	8.95
Tempered mixed lentils, cumin, garlic	
Dal Makhani (D)	10.95
Whole black lentils, 24 hour slow-cooked, butter & cream	
Saag Aloo	8.95
Garlic, spinach and baby potato	
Chana Masala (VG)	8.95
Punjabi style chickpeas, onions, tomato	
Adraki Gobi Mutter (VG)	10.95
Cauliflower, greenpeas, ginger	

SIDES AND CONDIMENTS

Steam Rice (VG)	5.75
Pilau Rice (D)	6.50
Coconut Rice (D)	6.95
Plain Naan (G, D)	6.25
Garlic/Chilli Naan (G, D)	6.50
Peshwari Naan (G, D, N)	6.95
Bread Basket (G, D)	11.95
An assortment of baby garlic naan, plain naan and lacchha methi paratha.	
Lachha Methi Paratha (D, G)	6.95
Tandoori Roti (VG)	5.50
Boondi/Pomegranate Raita (D)	4.95
Seasonal Salad	4.95

A discretionary service charge of 12.5% will be added to your bill.

Please speak to your server regarding any allergy concerns. Whilst every effort is made, we cannot guarantee that each dish is free from traces of allergens, including peanuts.

PN- 🥜 Peanuts| D- Dairy| G- Gluten| Se- Sesame| S- Soya| C- Crustaceans| N- Nuts| F- Fish|
Mu- Molluscs| M- Mustard| E- Eggs| V- Vegetarian| VG- Vegan| R- Raisins