





01.



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appetizers 開胃小食

APPETIZERS

1. 咖 喱 角 **Samosa (3 pcs)** \$48
Deep fried cone pastries stuffed with potatoes and green peas
2. 香 炸 洋 蔥 絲 **Onion Bhaji** \$48
Deep fried onion fritters
3. 香 草 薯 餅 **Mix Vegetable Aaloo Tikki (3 pcs)** \$48
Deep fried mashed potato and mix vegetable cutlets
4. 香 炸 蝦 球 **Prawn Pakora (4 pcs)** \$75
Deep fried selected pieces of prawn with onion, coriander, spices & gram flour
5. 炸香料胡椒餅 **Fry Masala Papadum (1 pcs)** \$25
Fried pulse flour wafer sprinkle with chilli powder & chat masala topping with onion, tomato & cucumber
6. 印 度 炸 雜 菜 **Assorted Vegetable Pakora** \$52
Deep fried assorted fresh vegetable fritters
7. 烤香料胡椒餅 **Roasted Masala Papadum (1 pcs)** \$20
Roasted pulse flour wafer sprinkle with chilli powder & chat masala topping with onion, tomato & cucumber
8. 印 度 香 料 烤 魚 **Fish Amritsari (5 pcs)** \$75
Deep fried sole fish marinated with spice gram flour batter



please kindly state your preference for "HOT, MEDIUM or MILD" spicy foods while ordering

貴客點菜時，請註明香辣程度

10% Services Charge 加一服務費

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देही चाट वाला 輕盈小食

9. 咖 喱 角 沙 律 **Samosa Chaat** \$70
Fried mashed samosa served with chick peas, freshly cut vegetable topping with yogurt & chutneys
10. 輕 煎 薯 仔 沙 律 **Aaloo Tikki Chaat** \$70
Fried mashed potato cutlet with chick peas, freshly cut vegetable topping with yogurt & chutneys
11. 酸 奶 醬 配 油 炸 麵 包 **Dahi Poori** \$78
Fried wheat puff stuffed with potato, chickpeas, yogurt & chutneys
12. 酸 奶 醬 配 脆 餅 **Pani Poori** \$78
Wheat puff served with potato, chickpeas, spice & sour flavour water
13. 薯 仔 沙 律 **Aaloo Chaat** \$56
Potato chunks freshly cut vegetable toasted with spices, sweet & sour chutneys
14. 串 燒 雞 沙 律 **Chicken Tikka Chaat** \$78
Grill boneless chicken with freshly cut vegetable toasted with sweet and sour chutneys



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accompaniment 輕盈小食

- | | | |
|-------------|---|------|
| 15. 青瓜酸奶 | Cucumber Raita | \$48 |
| | <i>Home made fresh yogurt with cucumber and roasted ground cumin</i> | |
| 16. 雜菜酸奶 | Mix Raita | \$48 |
| | <i>Home made fresh yogurt with onion, cucumber, tomato & roasted ground cumin</i> | |
| 17. 鬆化胡椒餅 | Roasted Papad (1 pcs) | \$15 |
| | <i>Roasted pulse flour wafer</i> | |
| 18. 什菜沙律 | Green Salad | \$48 |
| | <i>Freshly cut vegetable served with lemon wedges</i> | |
| 19. 烤什菜配油菜醬 | Kuchumber Salad | \$48 |
| | <i>Freshly cut vegetable toasted with lemon vinaigrette</i> | |
| 20. 洋蔥及辣椒 | Sliced Onion and Chilli | \$15 |

SOUP 湯類

- | | | |
|-------------|--|------|
| 21. 蕃茄湯 | Tomato Soup | \$50 |
| | <i>Home made fresh roasted tomato soup</i> | |
| 22. 蘑菇湯 | Mushroom Soup | \$50 |
| | <i>Assorted cream of mushroom soup</i> | |
| 23. 蕃茄扁豆香菜湯 | Tomato Lentil Coriander Soup | \$53 |
| | <i>Home made tomato soup with yellow lentils and fresh coriander</i> | |



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tandoori selection

印度炭燒鐵板餐

- | | | |
|----------------|---|-------|
| 24. 天多羅燒雞(無骨) | Chicken Tikka
<i>Boneless pieces of chicken marinated with spices and cooked in a clay oven</i> | \$128 |
| 25. 天多羅香燒雞(有骨) | Tandoori Chicken
<i>Chicken leg marinated with spices cooked in a clay oven</i> | \$134 |
| 26. 香滑串燒雞(不辣) | Reshmi Kebab
<i>Soft boneless chicken marinated with cashewnut paste, gram flour and cream cooked in a clay oven</i> | \$128 |
| 27. 串燒羊肉串 | Lamb Sheek Kebab
<i>Ground baby lamb seasoned with spices and herbs cooked in a clay oven</i> | \$140 |
| 28. 印式香料燒魚 | Fish Tikka
<i>Chunks of fish marinated with anise seed & spices cooked in a clay oven</i> | \$142 |
| 29. 香草滑燒雞(無骨) | Hariyali Chicken Tikka
<i>Boneless pieces of chicken marinated with spices & mint paste cooked in a clay oven</i> | \$128 |
| 30. 天多羅燒羊架 | Tandoori Lamb Chop
<i>Baby rack of lamb marinated with mint and chilli paste cooked in a clay oven</i> | \$235 |
| 31. 燒烤芝士及什菜 | Paneer Tikka
<i>BBQ cottage cheese with assorted vegetable marinated with spices cooked in a clay oven</i> | \$112 |



25.



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chicken item 特色雞類

- | | | |
|--------------------|--|-------|
| 32. 牛油雞 | Butter Chicken | \$104 |
| | <i>All time favourite boneless BBQ chicken cooked in tomato & butter based sauce</i> | |
| 33. 瑪沙拉雞 | Chicken Masala  | \$102 |
| | <i>Slow cooked sauteed chicken cooked with tomato, onion based sauce</i> | |
| 34. 瑪沙拉燒雞 | Chicken Tikka Masala  | \$104 |
| | <i>A BBQ chicken cooked with tomato, onion & butter based sauce</i> | |
| 35. 甜酸咖喱無骨雞 | Chicken Jalfrezi | \$102 |
| | <i>A boneless chicken cooked with fresh julienne vegetable, tomato ketchup and a masala sauce</i> | |
| 36. 椰奶咖喱無骨雞 (南印度菜) | Chicken Madras  | \$102 |
| | <i>A boneless chicken cooked with peanuts and a coconut base sauce</i> | |
| 37. 菠菜咖喱無骨雞 | Chicken Saagwala | \$104 |
| | <i>A boneless chicken curry cooked with fresh spinach</i> | |
| 38. 薯仔勁辣雞 | Chicken Vindaloo    | \$104 |
| | <i>Hot and spicy chicken curry cooked with potato</i> | |
| 39. 腰果汁咖喱無骨雞 | Chicken Korma | \$104 |
| | <i>A boneless chicken cooked with a cashewnut & cream base sauce</i> | |
| 40. 鑊仔雞件 | Kadai Chicken  | \$104 |
| | <i>Chunks of chicken, onion & bell pepper cooked in a masala base sauce</i> | |
| 41. 蘑菇咖喱雞 | Chicken Jaipuri  | \$106 |
| | <i>Chunks of chicken, mushroom cooked with a masala base sauce</i> | |
| 42. 傳統印度咖喱雞 | Chicken Curry | \$102 |
| | <i>All time favourite authentic indian chicken curry</i> | |
| 43. 洋蔥香料辣雞 | Chicken Bhuna  | \$106 |
| | <i>Chunks of chicken, onion & dry whole chillie cooked in a masala sauce</i> | |
| 44. 洋蔥香料雞 | Chicken Do Pyaza | \$106 |
| | <i>Chunks of chicken, onion cooked in a masala sauce</i> | |



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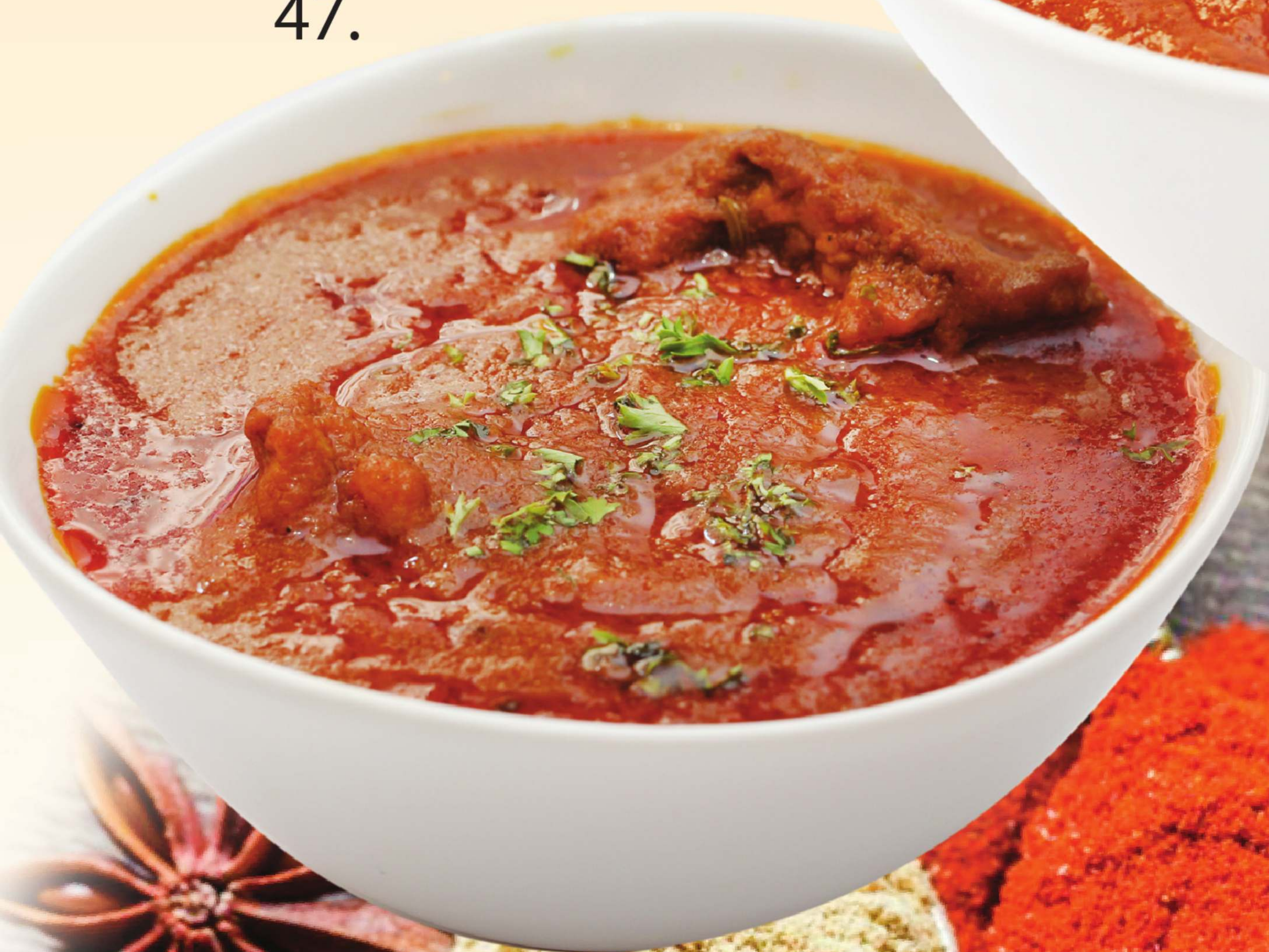
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*T*पोड़ी 羅勒
indian restaurant

45.



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52.



હાલો ઇટલ 特色羊類

- | | | |
|--|---|-------|
| 45. 印度咖喱羊肉 | Rogan Josh  | \$128 |
| <i>Slow cooked boneless lamb with indian spices</i> | | |
| 46. 椰奶咖喱羊肉 | Lamb Madras  | \$128 |
| <i>Tender pieces of lamb curry cooked with peanut and coconut base sauce</i> | | |
| 47. 勁辣薯仔羊 | Lamb Vindaloo  | \$130 |
| <i>Tender pieces of lamb cooked in a hot and spicy base sauce</i> | | |
| 48. 菠菜咖喱羊肉 | Lamb Saagwala | \$130 |
| <i>Lamb curry cooked with a fresh spinach</i> | | |
| 49. 洋葱香料羊肉 | Lamb Bhuna Ghost  | \$130 |
| <i>Selected pieces of lamb toasted with coriander seed and cooked with a masala base sauce</i> | | |
| 50. 腰果醬咖喱羊肉 | Lamb Korma | \$130 |
| <i>A very mild lamb curry which is cooked with cashewnut and cream base sauce</i> | | |
| 51. 微辣蕃茄腰果羊肉 | Lamb Laziz | \$130 |
| <i>A very mild lamb curry with tomato & cashewnut base sauce</i> | | |
| 52. 瑪沙拉羊肉 | Lamb Masala | \$130 |
| 53. 北印度香料羊肉 | Lamb Kadai  | \$130 |
| <i>Chunks of lamb, onion & bell pepper cooked with a masala base sauce</i> | | |
| 54. 醃菜酸辣醬羊肉 | Lamb Achari  | \$130 |
| <i>Lamb curry cooked with a pickle chutney</i> | | |



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Vegetable itel 特色素類

- | | | |
|---------------|---|------|
| 55. 白醬芝士薯仔球 | Malai Kofta
<i>Potato and cheese corquette in a rich mild and lightly sweet gravy</i> | \$90 |
| 56. 咖喱雜菜 | Vegetable Curry
<i>Assorted mixvegetable in a mild curry sauce</i> | \$90 |
| 57. 蕃茄咖喱什菜 | Vegetable Makhani
<i>Mixed vegetable cooked in a tomato base gravy with cream & butter</i> | \$90 |
| 58. 椰菜薯仔 | Aaloo Gobi
<i>An alltime favourite combination of potato & cauliflower</i> | \$90 |
| 59. 瑪沙拉毛瓜 | Bhindi Masala
<i>Lady finger (okra) cooked with onion, tomato & spices</i> | \$90 |
| 60. 芝士菠菜 | Paalak Paneer
<i>Cubes of indian cottage cheese cooked with fresh spinach</i> | \$90 |
| 61. 瑪沙拉牛油芝士 | Paneer Butter Masala
<i>Cubes of indian cottage cheese cooked with a tomato & onion based masala sauce</i> | \$90 |
| 62. 鑊仔什菜芝士瑪沙拉 | Kadai Paneer 
<i>Cubes of fresh bell pepper & onion tosated with cottage cheese and masala gravy</i> | \$90 |
| 63. 焗茄瓜 | Baingan Bhartha
<i>Mashed eggplant cooked with spices</i> | \$90 |
| 64. 茴香薯仔 | Aaloo Jeera
<i>Sauteed potato with garlic, cumin & spices</i> | \$90 |
| 65. 牛油香料蘭度豆 | Dal Makhani
<i>An alltime favourite north indian style black lentils cooked with butter and cream</i> | \$90 |
| 66. 黃豆咖喱 | Dal Tarka
<i>An all time favourite yellow lentils cooked with cumin and curry leaf</i> | \$90 |
| 67. 甜酸什菜咖喱 | Vegetable Jalfrezi
<i>Assorted mix vegetable cooked with curry sauce & tomato ketchup</i> | \$90 |
| 68. 孟買薯仔 | Bombay Aaloo
<i>Sauteed potato with mustard seed, curry leaf & dry whole chilli</i> | \$90 |
| 69. 青豆蘑菇咖喱 | Mutter Mushroom
<i>A combination of green peas and mushroom curry</i> | \$90 |
| 70. 青豆芝士咖喱 | Mutter Paneer
<i>A combination of green peas and indian cottage cheese curry</i> | \$90 |
| 71. 瑪莎拉菠菜粟米 | Corn Paalak
<i>Fresh from the farm spinach and corn masala</i> | \$90 |
| 72. 芝士蕃茄薯仔 | Dum Aaloo Kashmiri
<i>Whole potato stuffed with cheese and nuts cooked with a tomato base sauce</i> | \$90 |
| 73. 瑪沙拉菠菜薯仔 | Aaloo Saag
<i>Fresh from the farm spinach and potato masala</i> | \$90 |
| 74. 腰果蕃茄印度芝士 | Shahi Paneer
<i>Cube of indian cottage cheese cooked with cashewnut & tomato base sauce</i> | \$90 |
| 75. 牛油蕃茄印度芝士 | Paneer Makhani
<i>cubes of indian cottage cheese cooked with a tomato, cream & butter base sauce</i> | \$90 |



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पोइ रोले
indian restaurant

77.

83.



इंदारिन्दे 海鮮類

- | | | |
|---------------------|--|-------|
| 76. 咖 喱 魚 塊 | Fish Curry | \$113 |
| | <i>Authentic north indian style boneless fish curry</i> | |
| 77. 椰 奶 咖 喱 魚 塊 | Fish Madras  | \$113 |
| | <i>Chunks of fish cooked with peanut and coconut base sauce</i> | |
| 78. 腰 果 醬 魚 塊 | Fish Korma | \$113 |
| | <i>Chunks of sole fish cooked with cashewnut and cream base sauce</i> | |
| 79. 勁 辣 薯 仔 魚 塊 | Fish Vindaloo    | \$113 |
| | <i>Hot and spicy fish curry</i> | |
| 80. 椰 醬 咖 喱 魚 塊 | Goan Fish Curry | \$113 |
| | <i>Chunks of fish toasted with mustard oil and curry leaf cooked in a coconut base curry sauce</i> | |
| 81. 咖 喱 蝦 | Prawn Curry | \$113 |
| | <i>Selected pieces of prawn cooked with indian spices and curry sauce</i> | |
| 82. 椰 奶 咖 喱 蝦 | Prawn Madras  | \$113 |
| | <i>Fresh prawn cooked in a peanut and coconut base sauce</i> | |
| 83. 腰 果 醬 咖 喱 蝦 | Prawn Korma | \$113 |
| | <i>Prawn cooked with a cashewnut and cream base sauce</i> | |
| 84. 勁 辣 薯 仔 蝦 | Prawn Vindaloo    | \$117 |
| | <i>Hot & spicy prawn curry</i> | |
| 85. 北 印 度 菠 菜 咖 喱 蝦 | Prawn Saagwala | \$117 |
| | <i>North indian style prawn curry cooked with fresh spinach</i> | |
| 86. 北 印 度 香 料 蝦 | Kadai Prawn  | \$117 |
| | <i>Chunks of onion, bellpepper & prawn cooked in a masala base sauce</i> | |



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indian restaurant



www.tulsi.com.hk

bread 印式烤餅

87. 特 式 烤 餅	Naan	\$26
	<i>Baked soft leavened bread</i>	
88. 蒜 蓉 烤 餅	Garlic Naan	\$32
	<i>Garlic soft leavened bread</i>	
89. 薯 仔 烤 餅	Potato Naan	\$32
	<i>Potato soft leavened bread</i>	
90. 洋 蔥 烤 餅	Onion Naan	\$32
91. 印 度 芝 士 烤 餅	Paneer Naan	\$32
92. 芝 士 烤 餅	Cheese Naan	\$32
93. 雜 果 烤 餅	Kashmiri Naan	\$32
	<i>Roasted nuts, coconut, and mix fruit soft leavened bread</i>	
94. 黑 松 露 烤 餅	Black Truffle Naan	\$32
95. 千 層 餅 麵 飽	Plain Paratha	\$26
96. 香 草 (薄 荷) 麵 飽	Pudina Paratha	\$28
97. 羅 勒 千 層 麵 飽	Tulsi Paratha	\$28
98. 烤 麥 餅	Roti	\$20
99. 牛 油 烤 麥 餅	Butter Roti	\$22
100. 薯 仔 千 層 餅 麵 飽	Aaloo Paratha	\$32
101. 芝 士 千 層 餅 麵 飽	Paneer Paratha	\$32
102. 炸 酥 餅	Puri (1 pcs)	\$22
103. 香 料 餅	Ajwain Kulcha	\$32
104. 辣 椒 粉 酥 餅	Chilli Paratha	\$32
	<i>Layered bread topping with chilli powder</i>	



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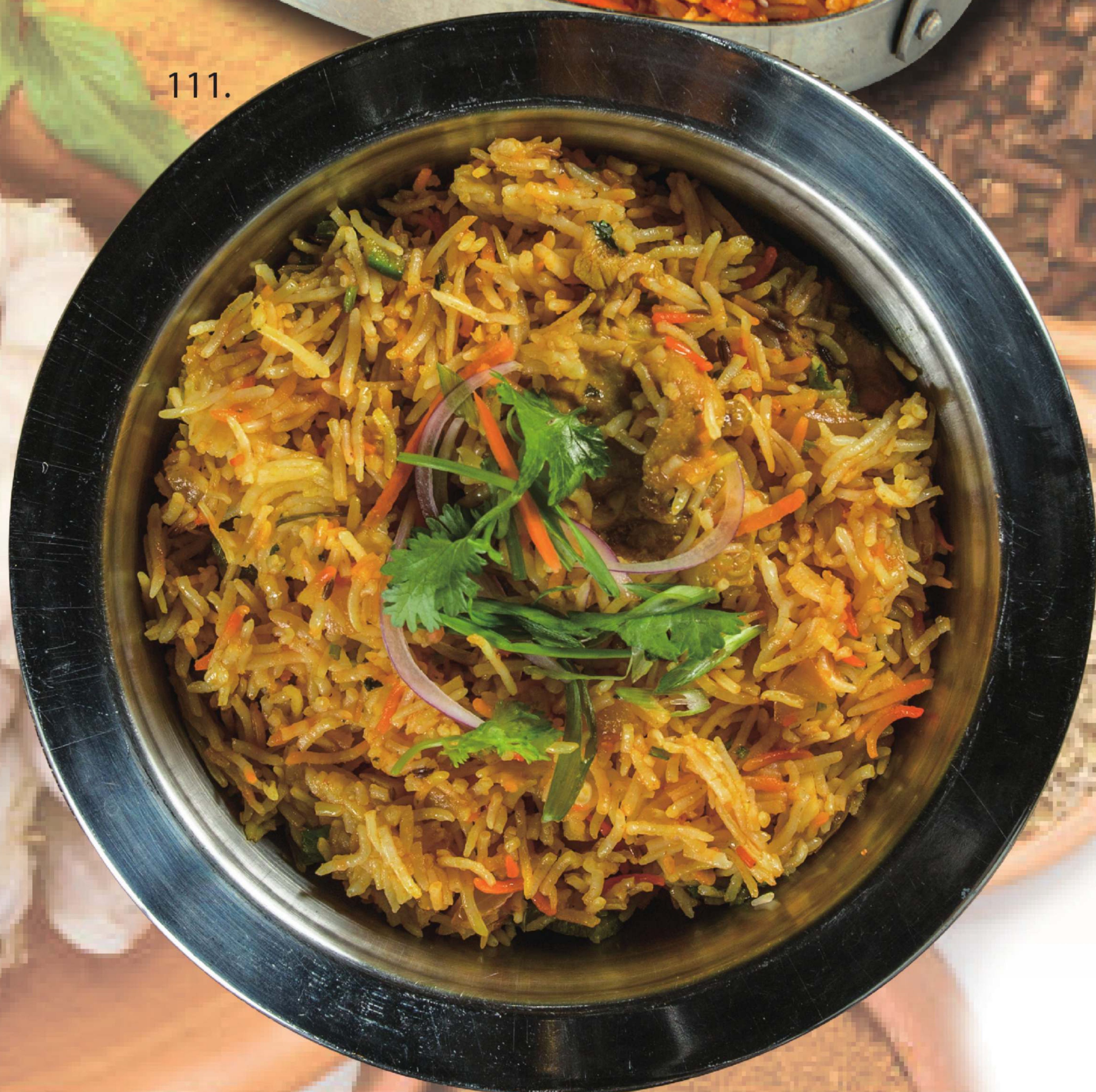
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rice 飯類

105. 印 度 香 米	Indian Basmati Rice	\$40
106. 小 茴 香 料 飯	Jeera Rice	\$54
107. 青 豆 炒 飯	Peas Pulao	\$56
108. 印 度 香 料 炒 飯	Pulao Rice	\$54
109. 微 辣 雜 菜 炒 飯	Kashmiri Pulao / Vegetable Pulao	\$56
110. 雞 肉 炒 飯	Chicken Biryani	\$124
111. 羊 肉 炒 飯	Lamb Biryani	\$145
112. 雜 菜 炒 飯	Vegetable Biryani	\$118
113. 蝦 肉 炒 飯	Prawn Biryani	\$130
114. 蘑 菇 炒 飯	Mushroom Biryani	\$118
115. 印 度 芝 士 炒 飯	Paneer Biryani	\$122



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116.



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118.



dessert 甜品

- | | | |
|-----------|--------------------|------|
| 116. 熱情仔寶 | Gulab Jamun | \$68 |
| 117. 印式雪糕 | Kulfi | \$58 |
| 118. 香濃奶球 | Rasmalai | \$58 |

तेहई स्पेशल **廚師推介**

- | | | |
|--------------------|---|-------|
| 119. 咖 喱 牛 肉 | Beef Curry | \$104 |
| 120. 瑪 沙 拉 牛 肉 | Beef Masala  | \$104 |
| 121. 微 辣 腰 果 汁 牛 肉 | Beef Korma | \$104 |
| 122. 鑊 仔 牛 肉 | Beef Kadai  | \$106 |
| 123. 薯 仔 香 辣 牛 肉 | Beef Vindaloo  | \$106 |
| 124. 天 多 羅 印 度 雜 錦 | TANDOORI MIX GRILL | \$328 |
| | 炭 燒 無 骨 魚 <i>Fish Tikka</i> | 2pcs |
| | 羊 肉 通 心 燒 卷 <i>Sheek Kebab</i> | 2pcs |
| | 天 多 羅 燒 雞 <i>Tandoori Chicken</i> | 1 leg |
| | 燒 香 滑 雞 腿 <i>Reshmi Kebab</i> | 2pcs |
| | 燒 羊 架 <i>Lamb Chop</i> | 2pcs |

124.



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咖喱的11種原料 - 健康益處

11 Basic Ingredients to make Currys & Their Health Benifits



胡蘆巴 種子有控制糖尿病、降膽固醇、促進乳房發育和孕期產乳量等作用。有刺激出汗的功效，是家裡的退燒藥。草本製的可治療皮膚炎，也是著名的豐胸草本。

Fenugreek:
Fenugreek seeds have been found to contain vitamin C, protein, niacin, potassium & diosgenin. 1: home remedy for balancing cholesterol. 2: Treating diabetes & lowering blood sugar level. 3: herbal cure for skin inflammation. 4: home remedy for fever. 5: Breast enlargement. 6: Remedy to aid milk production in lactating women.

咖喱粉的4大健康益處，就是控制血糖、抑制癌細胞生長、膽固醇管理、解毒和排毒作用。

Curry powder: Curry powder may offer cholesterol lowering benefits.
4 major health benefits of curry powder:
1: blood sugar control. 2: anti cancer benefits. 3: cholesterol management 4: Detoxification



洋蔥 有助分解脂肪，有抗炎、防腐和抗菌的特性，有助預防感染。它有助減少患頭頸和結腸癌的機曾。還有改善消化、增強記憶和加強中樞神經系統等益處。

Onion:
1: Onion have anti-biotic, antiseptic & antimicrobial properties to help stay away from infection.
2: onion contains sulphur, fibers, potassium, vitamin A, vitamin C they are all low in fat.
3: onion can improve digestive system.
4: onion can be used to prevent cancer, it works against head, neck & colon cancer.
5: onion is good for memory & strong nervous system, consuming onion is your best bet.

芫荽 開胃消滯，止痛解毒。放在魚和肉中調味，有去毒作用。更有助於淨化血液、治療風濕頭痛發熱以及各種過敏症。

Coriander:
According to powdered coriander is good for digestion, it also increases appetite, it helps in purifying the blood & curing inflammation fever & as well as various allergies.



大蒜 有助胎兒增加體重，豐富的維生素C和鎂，可增強免疫力，預防和減輕感冒症狀，及有效治療甲狀腺機能亢進。可防癌，如膀胱癌、乳腺癌和胃癌等。

Garlic:
1: Garlic has been found to assist babies to gain weight while they are in womb.
2: Garlic the immune system as well as helps to fight chest infection & cough. In winter garlic is great food to boost your immune system to prevent cold & flu.
3: Garlic contains high level of Iodine which makes it very effective treatment for hyperthyroid condition.
4: Garlic contains good levels of vitamin C.
5: Garlic can prevent of multiple types of cancer for ex: Bladder cancer, Breast cancer & stomach cancer.

番茄 有豐富的維生素A，有助於改善視力，含有大量抗氧化劑，能降低患癌症的風險。番茄不單能夠幫助消化，更能保持血液循環，減少患心臟病的風險。

Tomato: are sweet, juicy & delicious.
1: Tomato contains vitamin A, it helps to improve your eyesight.
2: Tomato contains large amount of antioxidant, which effective in lowering the risk of cancer.
3: Tomato maintain blood circulation, each tomato provides 40% of vitamin A, vitamin C, iron & potassium.
4: Reduce risk of heart disease. 5: Good for digestion.



辣椒 能行氣活血，有助燃燒脂肪。常食可降血脂，改善心臟健康，防止中風。辣椒素能降血糖，控制前列腺癌的蔓延，減低患胃癌的風險，舒緩痛症及減少炎症等。

Chilli:
1: Lower blood sugar level. 2: Improve heart health, boost circulation, thins blood and helps protect against strokes. 3: provides pain relief & reduces inflammation. 4: Helps clear congestion.
5: Limits spreading of prostate cancer. 6: Lower risk of stomach cancer. 7: Chilies help burn fat.



薑黃 含有纖維、維生素C、E等元素。有改善消化、增強免疫力、控制體重和糖尿病、降膽固醇、緩和關節炎，治愈傷口，預防癱瘓症、肝臟疾病和癌症等作用。

Turmeric:
Turmeric contains such as fibre, vitamin C, vitamin E, vitamin K, sodium, potassium, calcium, copper, iron, magnesium & zinc.
Benefits of Turmeric:
1: prevents Alzheimer's Disease. 2: Improve digestion. 3: Prevent liver disease. 4: Prevent cancer.
5: weight management. 6: Relieves arthritis. 7: Controls diabetes. 8: Immune booster.
9: Heals wound. 10: Reduces cholesterol level.

生薑 含有鉻、鎂、鋅。有增加血流量，增進食慾、幫助消化、改善腸胃吸收及預防傷風感冒的作用。能誘導卵巢癌細胞的細胞死亡，有助治療卵巢癌。

Ginger:
1: Ginger contains chromium, magnesium and zinc which can improve your blood flow.
2: Improves absorption: ginger improves the absorption and stimulation of essential nutrients in the body. It does this by stimulating gastric and pancreatic enzyme secretion.
3: Ginger prevent cold and flu.
4: Ginger is ideal in assisting digestion.
5: ovarian cancer treatment: ginger induces cells death in ovarian cancer cells.



肉桂 高鈣、高鐵、含微量鎂。請元陽，暖脾胃，除積冷，通血脈。強健骨骼，強化肌肉，刺激激素。

Cinnamon:
Cinnamon provides high contain of calcium & fibre.
Cinnamon contain magnesium is a trace mineral that helps the body form strong bones, connective tissues & sex hormones.

有辣味的混合香料

(Garam masala)，是由混合乾烤磨碎的香料，如黑胡椒、葫蘆、丁香以及豆蔻等製成。影響消化酶的分泌，從而幫助消化。

Function of spices:
Spices influences salivary, gastric, biliary and pancreatic secretions, terminal digestive enzymes of small intestine and help digestion.

