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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 菠 菜 薯 蓉 **Hara Bhara Kebab (3 pcs)** \$57  
*Deep fried mashed potato and fresh chopped spinach corquette*
6. 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*
7. 印 度 炸 雜 菜 **Assorted Vegetable Pakora** \$52  
*Deep fried assorted fresh vegetable fritters*
8. 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*
9. 印 度 香 料 烤 魚 **Fish Amritsari (5 pcs)** \$75  
*Deep fried sole fish marinated with spice gram flour batter*



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# देही चाट वाला 輕盈小食

- |   |                            |      |
|---|----------------------------|------|
| 10. 咖 喱 角 沙 律   | <b>Samosa Chaat</b>        | \$70 |
| <i>Fried mashed samosa served with chick peas, freshly cut vegetable topping with yogurt &amp; chutneys</i> |                            |      |
| 11. 輕 煎 薯 仔 沙 律   | <b>Aaloo Tikki Chaat</b>   | \$70 |
| <i>Fried mashed potato cutlet with chick peas, freshly cut vegetable topping with yogurt &amp; chutneys</i> |                            |      |
| 12. 酸 奶 醬 配 油 炸 麵 包   | <b>Dahi Poori</b>          | \$78 |
| <i>Fried wheat puff stuffed with potato, chickpeas, yogurt &amp; chutneys</i>                               |                            |      |
| 13. 酸 奶 醬 配 脆 餅   | <b>Pani Poori</b>          | \$78 |
| <i>Wheat puff served with potato, chickpeas, spice &amp; sour flavour water</i>                             |                            |      |
| 14. 薯 仔 沙 律   | <b>Aaloo Chaat</b>         | \$56 |
| <i>Potato chunks freshly cut vegetable toasted with spices, sweet &amp; sour chutneys</i>                   |                            |      |
| 15. 串 燒 雞 沙 律   | <b>Chicken Tikka Chaat</b> | \$78 |
| <i>Grill boneless chicken with freshly cut vegetable toasted with sweet and sour chutneys</i>               |                            |      |



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# accompaniment 輕盈小食

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

## Soup 湯類

- |               |   |      |
|---------------|---|------|
| 21. 蕃茄湯       | <b>Tomato Soup</b>  | \$50 |
|               | <i>Home made fresh roasted tomato soup</i>                            |      |
| 22. 蘑菇湯       | <b>Mushroom Soup</b>  | \$50 |
|               | <i>Assorted cream of mushroom soup</i>                                |      |
| 23. 蕃茄扁豆香菜湯   | <b>Tomato Lentil Coriander Soup</b>                                   | \$53 |
|               | <i>Home made tomato soup with yellow lentils and fresh coriander</i>  |      |
| 24. 黃扁豆配飯及檸角湯 | <b>Mulligatawny Soup</b>  | \$53 |
|               | <i>A mixed yellow lentis soup served with rice &amp; lemon wedges</i> |      |



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# tandoori इलेction

## 印度炭燒鐵板餐

- |                         |   |       |
|-------------------------|---|-------|
| 25. 天多羅燒雞(無骨)           | <b>Chicken Tikka</b><br><i>Boneless pieces of chicken marinated with spices and cooked in a clay oven</i>                       | \$128 |
| 26. 天多羅香燒雞(有骨)          | <b>Tandoori Chicken</b><br><i>Chicken leg marinated with spices cooked in a clay oven</i>                                       | \$134 |
| 27. 香滑串燒雞(不辣)           | <b>Reshmi Kebab</b><br><i>Soft boneless chicken marinated with cashewnut paste, gram flour and cream cooked in a clay oven</i>  | \$128 |
| 28. 串燒羊肉串               | <b>Lamb Sheek Kebab</b><br><i>Ground baby lamb seasoned with spices and herbs cooked in a clay oven</i>                         | \$140 |
| 29. 印式香料燒魚              | <b>Fish Tikka</b><br><i>Chunks of fish marinated with anise seed &amp; spices cooked in a clay oven</i>                         | \$142 |
| 30. 香草滑燒雞(無骨)           | <b>Hariyali Chicken Tikka</b><br><i>Boneless pieces of chicken marinated with spices &amp; mint paste cooked in a clay oven</i> | \$128 |
| 31. 天多羅燒羊架              | <b>Tandoori Lamb Chop</b><br><i>Baby rack of lamb marinated with mint and chilli paste cooked in a clay oven</i>                | \$235 |
| 32. 燒烤芝士及什菜             | <b>Paneer Tikka</b><br><i>BBQ cottage cheese with assorted vegetable marinated with spices cooked in a clay oven</i>            | \$112 |
| 33. 天多羅烤西蘭花             | <b>Tandoori Gobi</b><br><i>Marinated cauliflower with spices cooked in a clay oven</i>  | \$112 |
| 34. 雜菜烤通心卷              | <b>Sheek Kebab Vegetable</b><br><i>Sheek Kebab</i>  | \$112 |
| 35. 天多羅香料配<br>酸 奶 烤 鯧 魚 | <b>Tandoori Pomfret</b><br><i>Fresh whole pomfret marinated with yoghurt and spices cooked in a clay oven</i>                   | \$180 |



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# chicken item 特色雞類

- |                                   |   |       |
|-----------------------------------|---|-------|
| 36. 牛油雞                           | <b>Butter Chicken</b>   | \$104 |
|                                   | <i>All time favourite boneless BBQ chicken cooked in tomato &amp; butter based sauce</i>                        |       |
| 37. 瑪沙拉雞                          | <b>Chicken Masala</b>          | \$102 |
|                                   | <i>Slow cooked sauteed chicken cooked with tomato, onion based sauce</i>  |       |
| 38. 瑪沙拉燒雞                         | <b>Chicken Tikka Masala</b>  | \$104 |
|                                   | <i>A BBQ chicken cooked with tomato, onion &amp; butter based sauce</i>   |       |
| 39. 甜酸咖喱無骨雞                       | <b>Chicken Jalfrezi</b>   | \$102 |
|                                   | <i>A boneless chicken cooked with fresh julienne vegetable, tomato ketchup and a masala sauce</i>               |       |
| 40. 椰奶咖喱無骨雞 <small>(南印度菜)</small> | <b>Chicken Madras</b>          | \$102 |
|                                   | <i>A boneless chicken cooked with peanuts and a coconut base sauce</i>  |       |
| 41. 菠菜咖喱無骨雞                       | <b>Chicken Saagwala</b>   | \$104 |
|                                   | <i>A boneless chicken curry cooked with fresh spinach</i>   |       |
| 42. 薯仔勁辣雞                         | <b>Chicken Vindaloo</b>       | \$104 |
|                                   | <i>Hot and spicy chicken curry cooked with potato</i>   |       |
| 43. 腰果汁咖喱無骨雞                      | <b>Chicken Korma</b>  | \$104 |
|                                   | <i>A boneless chicken cooked with a cashewnut &amp; cream base sauce</i>  |       |
| 44. 鑊仔雞件                          | <b>Kadai Chicken</b>         | \$104 |
|                                   | <i>Chunks of chicken, onion &amp; bell pepper cooked in a masala base sauce</i>                                 |       |
| 45. 蘑菇咖喱雞                         | <b>Chicken Jaipuri</b>       | \$106 |
|                                   | <i>Chunks of chicken, mushroom cooked with a masala base sauce</i>  |       |
| 46. 傳統印度咖喱雞                       | <b>Chicken Curry</b>  | \$102 |
|                                   | <i>All time favourite authentic indian chicken curry</i>  |       |
| 47. 洋葱香料辣雞                        | <b>Chicken Bhuna</b>         | \$106 |
|                                   | <i>Chunks of chicken, onion &amp; dry whole chillie cooked in a masala sauce</i>                                |       |
| 48. 洋葱香料雞                         | <b>Chicken Do Pyaza</b>   | \$106 |
|                                   | <i>Chunks of chicken, onion cooked in a masala sauce</i>  |       |



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# lamb itel 特色羊類

- |  |  |       |
|--|--|-------|
| 49. 印度咖喱羊肉   | <b>Rogan Josh</b>         | \$128 |
| <i>Slow cooked boneless lamb with indian spices</i>  |  |       |
| 50. 椰奶咖喱羊肉   | <b>Lamb Madras</b>        | \$128 |
| <i>Tender pieces of lamb curry cooked with peanut and coconut base sauce</i>                   |  |       |
| 51. 勁辣薯仔羊  | <b>Lamb Vindaloo</b>      | \$130 |
| <i>Tender pieces of lamb cooked in a hot and spicy base sauce</i>                              |  |       |
| 52. 菠菜咖喱羊肉   | <b>Lamb Saagwala</b>   | \$130 |
| <i>Lamb curry cooked with a fresh spinach</i>  |  |       |
| 53. 洋蔥香料羊肉   | <b>Lamb Bhuna Ghost</b>  | \$130 |
| <i>Selected pieces of lamb toasted with coriander seed and cooked with a masala base sauce</i> |  |       |
| 54. 腰果醬咖喱羊肉  | <b>Lamb Korma</b>  | \$130 |
| <i>A very mild lamb curry which is cooked with cashewnut and cream base sauce</i>              |  |       |
| 55. 微辣蕃茄腰果羊肉   | <b>Lamb Laziz</b>  | \$130 |
| <i>A very mild lamb curry with tomato &amp; cashewnut base sauce</i>                           |  |       |
| 56. 瑪沙拉羊肉  | <b>Lamb Masala</b>   | \$130 |
| 57. 北印度香料羊肉  | <b>Lamb Kadai</b>        | \$130 |
| <i>Chunks of lamb, onion &amp; bell pepper cooked with a masala base sauce</i>                 |  |       |
| 58. 醃菜酸辣醬羊肉  | <b>Lamb Achari</b>      | \$130 |
| <i>Lamb curry cooked with a pickle chutney</i>   |  |       |



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# Vegetable itel 特色素類

- |               |   |      |
|---------------|---|------|
| 59. 白醬芝士薯仔球   | <b>Malai Kofta</b><br><i>Potato and cheese corquette in a rich mild and lightly sweet gravy</i>   | \$90 |
| 60. 咖喱雜菜      | <b>Vegetable Curry</b><br><i>Assorted mixvegetable in a mild curry sauce</i>  | \$90 |
| 61. 蕃茄咖喱什菜    | <b>Vegetable Makhani</b><br><i>Mixed vegetable cooked in a tomato base gravy with cream &amp; butter</i>  | \$90 |
| 62. 椰菜薯仔      | <b>Aaloo Gobi</b><br><i>An alltime favourite combination of potato &amp; cauliflower</i>  | \$90 |
| 63. 瑪沙拉毛瓜     | <b>Bhindi Masala</b><br><i>Lady finger (okra) cooked with onion, tomato &amp; spices</i>  | \$90 |
| 64. 芝士菠菜      | <b>Paalak Paneer</b><br><i>Cubes of indian cottage cheese cooked with fresh spinach</i>   | \$90 |
| 65. 瑪沙拉牛油芝士   | <b>Paneer Butter Masala</b><br><i>Cubes of indian cottage cheese cooked with a tomato &amp; onion based masala sauce</i>  | \$90 |
| 66. 鑊仔什菜芝士瑪沙拉 | <b>Kadai Paneer</b> <br><i>Cubes of fresh bell pepper &amp; onion tosated with cottage cheese and masala gravy</i> | \$90 |
| 67. 焗茄瓜       | <b>Baingan Bhartha</b><br><i>Mashed eggplant cooked with spices</i>   | \$90 |
| 68. 茴香薯仔      | <b>Aaloo Jeera</b><br><i>Sauteed potato with garlic, cumin &amp; spices</i>   | \$90 |
| 69. 牛油香料蘭度豆   | <b>Dal Makhani</b><br><i>An alltime favourite north indian style black lentils cooked with butter and cream</i>   | \$90 |
| 70. 黃豆咖喱      | <b>Dal Tarka</b><br><i>An all time favourite yellow lentils cooked with cumin and curry leaf</i>  | \$90 |
| 71. 甜酸什菜咖喱    | <b>Vegetable Jalfrezi</b><br><i>Assorted mix vegetable cooked with curry sauce &amp; tomato ketchup</i>   | \$90 |
| 72. 孟買薯仔      | <b>Bombay Aaloo</b><br><i>Sauteed potato with mustard seed, curry leaf &amp; dry whole chilli</i>   | \$90 |
| 73. 青豆蘑菇咖喱    | <b>Mutter Mushroom</b><br><i>A combination of green peas and mushroom curry</i>   | \$90 |
| 74. 青豆芝士咖喱    | <b>Mutter Paneer</b><br><i>A combination of green peas and indian cottage cheese curry</i>  | \$90 |
| 75. 瑪莎拉菠菜粟米   | <b>Corn Paalak</b><br><i>Fresh from the farm spinach and corn masala</i>  | \$90 |
| 76. 芝士蕃茄薯仔    | <b>Dum Aaloo Kashmiri</b><br><i>Whole potato stuffed with cheese and nuts cooked with a tomato base sauce</i>   | \$90 |
| 77. 瑪沙拉菠菜薯仔   | <b>Aaloo Saag</b><br><i>Fresh from the farm spinach and potato masala</i>   | \$90 |
| 78. 腰果蕃茄印度芝士  | <b>Shahi Paneer</b><br><i>Cube of indian cottage cheese cooked with cashewnut &amp; tomato base sauce</i>   | \$90 |
| 79. 牛油蕃茄印度芝士  | <b>Paneer Makhani</b><br><i>cubes of indian cottage cheese cooked with a tomato, cream &amp; butter base sauce</i>  | \$90 |



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Pooja 羅勒  
indian restaurant

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# इएवाfood 海鮮類

- |                       |  |       |
|-----------------------|--|-------|
| 80. 咖 喱 魚 塊           | <b>Fish Curry</b><br><i>Authentic north indian style boneless fish curry</i>   | \$113 |
| 81. 椰 奶 咖 喱 魚 塊       | <b>Fish Madras</b> <br><i>Chunks of fish cooked with peanut and coconut base sauce</i>  | \$113 |
| 82. 腰 果 醬 魚 塊         | <b>Fish Korma</b><br><i>Chunks of sole fish cooked with cashewnut and cream base sauce</i>   | \$113 |
| 83. 勁 辣 薯 仔 魚 塊       | <b>Fish Vindaloo</b>  <br><i>Hot and spicy fish curry</i>          | \$113 |
| 84. 椰 醬 咖 喱 魚 塊       | <b>Goan Fish Curry</b><br><i>Chunks of fish toasted with mustard oil and curry leaf cooked in a coconut base curry sauce</i>   | \$113 |
| 85. 椰 醬 咖 喱 煮 全 條 鰻 魚 | <b>Pomfret Meen Moilee</b><br><i>Whole fish served in a coconut curry sauce</i>  | \$188 |
| 86. 咖 喱 蝦             | <b>Prawn Curry</b><br><i>Selected pieces of prawn cooked with indian spices and curry sauce</i>  | \$113 |
| 87. 椰 奶 咖 喱 蝦         | <b>Prawn Madras</b> <br><i>Fresh prawn cooked in a peanut and coconut base sauce</i>  | \$113 |
| 88. 腰 果 醬 咖 喱 蝦       | <b>Prawn Korma</b><br><i>Prawn cooked with a cashewnut and cream base sauce</i>  | \$113 |
| 89. 勁 辣 薯 仔 蝦         | <b>Prawn Vindaloo</b>  <br><i>Hot &amp; spicy prawn curry</i> | \$117 |
| 90. 北 印 度 菠 菜 咖 喱 蝦   | <b>Prawn Saagwala</b><br><i>North indian style prawn curry cooked with fresh spinach</i>   | \$117 |
| 91. 北 印 度 香 料 蝦       | <b>Kadai Prawn</b> <br><i>Chunks of onion, bellpepper &amp; prawn cooked in a masala base sauce</i>   | \$117 |



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indian restaurant



[www.tulsi.com.hk](http://www.tulsi.com.hk)

# bread 印式烤餅

## BREAD

92. 特 式 烤 餅	<b>Naan</b>	\$26
	<i>Baked soft leavened bread</i>	
93. 蒜 蓉 烤 餅	<b>Garlic Naan</b>	\$32
	<i>Garlic soft leavened bread</i>	
94. 薯 仔 烤 餅	<b>Potato Naan</b>	\$32
	<i>Potato soft leavened bread</i>	
95. 洋 蔥 烤 餅	<b>Onion Naan</b>	\$32
96. 印 度 芝 士 烤 餅	<b>Paneer Naan</b>	\$32
97. 芝 士 烤 餅	<b>Cheese Naan</b>	\$32
98. 雜 果 烤 餅	<b>Kashmiri Naan</b>	\$32
	<i>Roasted nuts, coconut, and mix fruit soft leavened bread</i>	
99. 黑 松 露 烤 餅	<b>Black Truffle Naan</b>	\$32
100. 千 層 餅 麵 飽	<b>Plain Paratha</b>	\$26
101. 香 草 ( 薄 荷 ) 麵 飽	<b>Pudina Paratha</b>	\$28
102. 羅 勒 千 層 麵 飽	<b>Tulsi Paratha</b>	\$28
103. 烤 麥 餅	<b>Roti</b>	\$20
104. 牛 油 烤 麥 餅	<b>Butter Roti</b>	\$22
105. 薯 仔 千 層 餅 麵 飽	<b>Aaloo Paratha</b>	\$32
106. 芝 士 千 層 餅 麵 飽	<b>Paneer Paratha</b>	\$32
107. 咖 喱 白 鷹 嘴 豆 配 麵 飽	<b>Bhatura (1 pcs)</b>	\$30
108. 炸 酥 餅	<b>Puri (1 pcs)</b>	\$22
109. 香 料 餅	<b>Ajwain Kulcha</b>	\$32
110. 辣 椒 粉 酥 餅	<b>Chilli Paratha</b>	\$32
	<i>Layered bread topping with chilli powder</i>	



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# rice 飯類

111. 印 度 香 米	<b>Indian Basmati Rice</b>	\$50
112. 小 茴 香 料 飯	<b>Jeera Rice</b>	\$54
113. 青 豆 炒 飯	<b>Peas Pulao</b>	\$56
114. 印 度 香 料 炒 飯	<b>Pulao Rice</b>	\$54
115. 微 辣 雜 菜 炒 飯	<b>Kashmiri Pulao / Vegetable Pulao</b>	\$56
116. 雞 肉 炒 飯	<b>Chicken Biryani</b>	\$124
117. 羊 肉 炒 飯	<b>Lamb Biryani</b>	\$145
118. 雜 菜 炒 飯	<b>Vegetable Biryani</b>	\$118
119. 蝦 肉 炒 飯	<b>Prawn Biryani</b>	\$130
120. 蘑 菇 炒 飯	<b>Mushroom Biryani</b>	\$118
121. 印 度 芝 士 蛋 炒 飯	<b>Egg / Paneer Biryani</b>	\$122



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10% Services Charge 加一服務費

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पूजे रोले  
indian restaurant

122.



123.



124.



# DESSERT 甜品

- |           |                    |      |
|-----------|--------------------|------|
| 122. 熱情仔寶 | <b>Gulab Jamun</b> | \$68 |
| 123. 印式雪糕 | <b>Kulfi</b>       | \$58 |
| 124. 香濃奶球 | <b>Rasmalai</b>    | \$58 |

DESSERT

10% services charge 加一服務費  
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પોદો રોલે  
indian restaurant





135.



136.

# chef special 廚師推介

CHEF SPECIAL

- |                    |   |       |
|--------------------|---|-------|
| 125. 咖 喱 牛 肉       | <b>Beef Curry</b>   | \$104 |
| 126. 瑪 沙 拉 牛 肉     | <b>Beef Masala</b>   | \$104 |
| 127. 微 辣 腰 果 汁 牛 肉 | <b>Beef Korma</b>   | \$104 |
| 128. 鑊 仔 牛 肉       | <b>Beef Kadai</b>    | \$106 |
| 129. 薯 仔 香 辣 牛 肉   | <b>Beef Vindaloo</b>             | \$106 |
| 130. 牛 肉 串 燒       | <b>Beef Sheek Kebab</b>   | \$128 |
| 131. 瑪 沙 拉 鯧 魚     | <b>POMFRET MASALA</b><br><i>Whole Fish Cooked in A Mild Spiced Curry Sauce</i>  | \$198 |
| 132. 飛 毯 燴 羊 腿     | <b>JAHANGIRI RAAN</b><br><i>Leg of Lamb Emperor Recipe</i>  | \$198 |
| 133. 醉 酒 炭 燒 蝦     | <b>JHEENGA SHOLA</b><br><i>A Special of The House Prawns Barbecued</i>  | \$208 |
| 134. 天 多 羅 印 度 雜 錦 | <b>TANDOORI MIX GRILL</b><br>炭燒無骨魚 <i>Fish Tikka</i> 2pcs<br>羊肉通心燒卷 <i>Sheek Kebab</i> 2pcs<br>天多羅燒雞 <i>Tandoori Chicken</i> 1 leg<br>燒香滑雞翅 <i>Reshmi Kebab</i> 2pcs<br>燒 羊 架 <i>Lamb Chop</i> 2pcs | \$328 |
| 135. 印度傳統皇室烤雞      | <b>Nawabi Chicken</b>   | \$188 |



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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# chef's special 廚師推介 (qb)

## CHEF SPECIAL

125. 瑪沙拉鯧魚 **POMFRET MASALA** \$198  
*Whole Fish Cooked in A Mild Spiced Curry Sauce*
126. 飛毯燴羊腿 **JAHANGIRI RAAN** \$198  
*Leg of Lamb Emperor Recipe*
127. 醉酒炭燒蝦 **JHEENGA SHOLA** \$208  
*A Special of The House Prawns Barbecued*
128. 天多羅印度雜錦 **TANDOORI MIX GRILL** \$328  
炭燒無骨魚 *Fish Tikka* 2pcs  
羊肉通心燒卷 *Sheek Kebab* 2pcs  
天多羅燒雞 *Tandoori Chicken* 1 leg  
燒香滑雞翅 *Reshmi Kebab* 2pcs  
燒羊架 *Lamb Chop* 2pcs
129. 印度傳統皇室烤雞 **Nawabi Chicken** \$188



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## HAPPY MEAL FOR 1 \$158

**\*Non-Vegetarian\***

STARTER: SAMOSA (1 PC) / 咖喱角(1件)  
TANDOORI: TANDOORI CHICKEN 香燒雞  
MAIN COURSE: CHICKEN OR LAMB MASALA  
瑪沙拉雞 / 香草咖喱羊肉  
BREAD: PLAIN NAAN or ROTI 印式烤餅  
RICE: INDIAN STREAM RICE 印度白飯  
DRINK: TEA OR COFFEE

## HAPPY MEAL FOR 1 \$148

**\*Vegetarian\***

STARTER: SAMOSA (1 PC) / 咖喱角(1件)  
TANDOORI: TANDOORI GOBI / 香燒雜菜  
MAIN COURSE: PANEER BUTTER MASALA OR  
VEGETABLE CURRY 瑪沙拉牛油芝士 / 什菜咖喱  
BREAD: PLAIN NAAN or ROTI 印式烤餅  
RICE: INDIAN STREAM RICE 印度白飯  
DRINK: TEA OR COFFEE

## HAPPY MEAL FOR 2 \$318

STARTER:  
SAMOSA (2 PC)  
咖喱角 (2件)  
  
TANDOORI:  
TANDOORI CHICKEN  
香燒雞  
  
MAIN COURSE:  
LAMB MASALA & VEGETABLE CURRY  
瑪沙拉羊 及 什菜咖喱  
  
BREAD:  
PLAIN OR GARLIC NAAN  
印式烤餅 / 蒜蓉烤餅  
  
RICE:  
PULAO RICE  
印度炒飯  
  
DRINK: TEA OR COFFEE

如轉任何主餐牌雜菜類另加\$20, 肉類另加\$30

CHANGE ANY MAIN COURSE ITEM FROM THE MENU (+\$20 FOR VEGGIE) (+\$30 FOR MEAT)

## HAPPY MEAL FOR 4 \$628

STARTER:  
SAMOSA (4 PC)  
咖喱角 (4件)  
  
TANDOORI:  
CHICKEN TIKKA (4 PC)  
串燒雞 (4件)  
  
MAIN COURSE:  
LAMB CURRY, CHICKEN KORMA & AALOO GOBI  
咖喱羊, 皇牌奶汁咖喱雞 及 椰菜薯仔  
  
BREAD:  
PLAIN OR GARLIC NAAN  
印式烤餅 / 蒜蓉烤餅  
  
RICE:  
STEAM RICE OR PULAO RICE  
印度白飯 / 印度炒飯  
  
DRINK: TEA OR COFFEE

## VEGGIE DELIGHTS FOR2 \$308

STARTER:  
SAMOSA (2 PC)  
咖喱角 (2件)  
  
TANDOORI:  
TANDOORI GOBI  
燒西蘭花  
  
MAIN COURSE:  
DAL FRY & VEGETABLE JALFREZI  
香草蘭度豆 / 印度什菜咖喱  
  
BREAD:  
TANDOORI ROTI (2 PC)  
燒烘麥包 (2件)  
  
RICE:  
PULAO RICE  
印度炒飯  
  
DRINK: TEA OR COFFEE

轉乳酪特飲(原味/芒果)另加\$15 ADD ON SPECIAL DRINK +HK\$15 (MANGO LASSI)

如轉任何主餐牌雜菜類另加\$20, 肉類另加\$30

CHANGE ANY MAIN COURSE ITEM FROM THE MENU (+\$20 FOR VEGGIE) (+\$30 FOR MEAT)



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# 咖喱的11種原料 - 健康益處

## 11 Basic Ingredients to make Currys & Their Health Benefits



**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 B, 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、治療風寒頭痛發燒以及各種過敏症。

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和碘，可增強免疫力，預防和減輕感冒症症狀，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。

Chili:  
1: Lower blood sugar level. 2: Improve heart, health, boost circulation, thin 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，預防癡呆症、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、改善營養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、高纖、含微量鎂。補元陽，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 magnese is a trace mineral that helps the body from 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、蒜羅、丁香以及豆蔻等製成。影響消化酶的分洩，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.

