

मंथन

# Manthan

MAYFAIR



## Gali Ka Khaana / Starters

### Ram Laddoo 8

YELLOW LENTILS, DATES,  
RADDISH

### Pyaaz Kachori 10

ROSCOFF ONION, MINT, TAMARIND,  
SPROUTS

### Beetroot Cutlet 9

PEANUT, PACHADI, VANILLA

### Jackfruit Uthappam 12

RICE LENTIL PANCAKE,  
SOUTHERN SPICE, CHUTNEY

### Vegetable Rolls 10

SEASONAL GREENS, TOMATO CHUTNEY,  
ONION

### Paneer Paratha Achaar 9

HOME-CHURNED BUTTER,  
PICKLE

### Samosa Chaat 10

SOYA YOGHURT, POMEGRANATE,  
WHEAT CRISP

### Ghati Masala Prawns 12

SESAME, PEANUT, COCONUT,  
CHILLI

### Cafreal Machhi 14

SEA BASS, GOAN SPICE,  
BURNT TOMATO

### Chicken Buttermilk 12

PINK PEPPERCORN, GINGER,  
CURRY LEAF

### Kerala Beef 10

PANCAKE, COCONUT, BANANA,  
SHALLOTS

### Shami Kebab 12

GOAT, BONE MARROW SAUCE,  
BLACK CARDAMON, PARATHA



## Chatpata Chops & Tikkas / Grills

### Soya Chop 12

GOOSEBERRY, YOGHURT, GREEN CARDAMON

### Paneer Tikka 14

RAW MANGO, CORN CHAAT, MINT

### Catch Of The Day 16

MINT CHUTNEY, MUSTARD, KACHUMBER

### Tulsi Chicken 14

BASIL, PHILADELPHIA, SPROUT SALAD

### Lamb Chops 22

INDIAN ONION, ROYAL CUMIN, MINT

### Bone Marrow Sauce 4

### Makhani Sauce 4



## Rassedar / Mains

### Jaffna Lamb 18

BONELESS, CURRY LEAF, BLACK PEPPER

### Chicken Tikka Masala 18

BONELESS THIGH, FENUGREEK, TOMATO

### Fish Curry 18

TAMARIND, MATHANIA CHILLI, CURRY LEAF

### Paneer Makhani 16

VINE TOMATO, GARLIC, KASHMIRI CHILLI

### Egg Korma 12

BURFORD BROWN EGG, CURRY LEAF, STONE FUNGUS

### Plantain Kofta 12

FENUGREEK, CASHEW, BLACK CUMIN



## Thoda Aur / Sides

### Saag Paneer 8

### Wild Mustard Potato 8

### Kaali Dal 8

### Tawa Paratha 5

### Pol Roti 5

### Basmati Rice 6

### Popaddums & Chutneys 5

### Raita 5

### Pickled Onions & Chilli 3

 - Manthan Favourites

Please speak to your server for allergens information. Dishes may contain traces of allergens/nuts despite our persistent efforts.  
Prices include VAT. A discretionary service charge of 15 % applies