


FOOD


THALI MONTPELIER

SNACKS


POPPADOMS [DF GF] 1 

HOUSE CHUTNEYS [V GF VO] 3 House chutneys: **Tamrind**, tomato & tamarind, mango, chilli & pineapple,


coriander.

CITY SNACKS [DF GF] 4.50 

1 x Aloo Bonda, 1 x Pūnjabi Samosa and 1 x Spinach Pakoda

ALOO BONDAS [DF GF] 4.5 

Spiced mashed potato balls in chickpea batter s/w mango, pineapple & chili chutney.

PUNJABI SAMOSAS [DF] 4 

Classic spiced potato & pea samosas s/w mango, pineapple & chili chutney.

SPINACH PAKODA [DF] 4 

Fresh spinach, cabbage and onion fried with chickpeas flour s/w mango, pineapple & chili chutney.

CHICKEN & CORIANDER SAMOSAS 5

Free range chicken and coriander samosas s/w Green coriander chutney.

THALIS

The word "Thali" refers to the way meals are eaten in India – a selection of healthy, and nutritious dishes served together on one plate. Our Thalīs are a complete meal.

Choose a main from below s/w gunpowder potatoes, tarka daal, yoghurt, crunchy Keralan salad & basmati rice. [GF VO]

SPINACH TARKA DAAL [GF DF] 9.5 

Lightly spiced split lentil soup with handfuls of fresh spinach s/w Benagali Aubergine curry.

KERALAN NANDAN CHICKEN [GF DF] 11.5

Free range chicken thighs simmered in a creamy coconut, cumin and green cardamom sauce.

BRAISED LUCKNOWI LAMB [GF DF] 13.5

Lamb cooked until falling-apart-tender in a rich spicy tomato sauce with warming garam masalas.

GOAN FISH CURRY [GF DF] 11.0

A little known fish curry made using pollock, tomatoes and the gently sour kokum fruit.

MALABAR KING PRAWN [GF DF] 13.5

Prawn cooked in creamy coconut sauce with crunchy broccolli and aubergine .

HOUSE PUNJABI PANEER [V GF] 10.5

Paneer in a creamy spinach and fenugreek sauce – our tribute to one of North India's favourite pleasures.

PUMPKIN OLAN [GF DF] 10.5 

A vegan show stopper. sweet roasted pumpkin in a coconut, and black-eyed bean sauce.

DILLI CHANNA MASALA [GF DF] 10.5 

Traditional northern Indian chickpeas curry from heart of India; Delhi, cooked with heart warming masals.

NO COMPROMISE

This menu has been awarded the highest rating by the Sustainable Restaurant Association.



2017

Our chicken is free-range, fish is sustainably sourced and we use sustainable, organic and seasonal produce wherever possible.

EXPRESS LUNCH THALI 12PM - 5PM

A fresh & fast Indian lunch, choose any main served with papads, crunchy Keralan salad, basmati rice, tomato & tamarind chutney.

7.00 (Lamb and Prawn 2.00 supplement)

DAILY STAPLES / SIDES

CHAPATTI [DF] 1 

Wholemeal Indian flatbread.

PARATHA 3.5 [VO]

Homemade flatbread stuffed with spicy potatoes s/w lime pickle & yogurt.

UTTAPAM [GF DF] 3.5 

South Indian rice bread with fresh herbs, coconut, tomato and onion.

MASALA FRIED-POTATOES [DF GF] 3.5 

Fried spiced potatoes coated in chickpea batter s/w tomato & tamarind chutney.

CRUNCHY KERALAN SALAD 

[DF GF] 3.5

Crunchy salad with fresh coconut, parsley & coriander.

BASMATI RICE [GF DF] 3 

SHARE THE LOVE / SMALL BOWLS

KERALAN NANDAN CHICKEN [GF DF] 5


LUCKNOWI LAMB [GF DF] 7

GOAN FISH [GF DF] 5

PUNJABI PANEER [V GF] 5

MALABAR KING PRAWN [GF DF] 7

DILLI CHANNA MASALA [GF DF] 5 

PUMPKIN AND COCONUT OLAN [GF DF] 5 


SPINACH TARKA DAAL [GF DF] 4 

GUNPOWDER POTATOES [GF DF] 4 

BENGALI AUBERGINE CURRY [GF DF] 5 

ALLEGEN INFO

We have the 14 allergens listed and available – please ask your server for a copy. If you suffer from food allergies and intolerances please speak to your server. Food may contain nuts.

 = Vegan

[VO] = Vegan Option available

[V] = Vegetarian

[GF] = Gluten-free

[DF] = Dairy Free

SWEETS

RAW CHOCOLATE CHEESECAKE [GF] 5

Our take on the German bakery speciality, a backpackers favourite across India.

GULAB JAMUN [V] 3.5

Freshly baked warm doughnut steeped in a saffron cardamom syrup s/w scoop of vanilla ice cream.

PISTACHIO OR CHOCOLATE KULFI

[V GF] 3.5

Creamy Indian ice cream.

MANGO SORBET [GF DF] 3.5 

Dairy free iced alphonso mango sorbet.