

143-145 STRAND, WC2R IJA • T: 020 7836 4880

• EMAIL: STRANDCONTINENTALHOTEL@GMAIL.COM • WEBSITE: WWW.THEINDIACLUB.CO.UK

Starters

CHICKEN 65 £6.50

Succulent boneless chicken pieces marinated in fresh spices, dipped in riceflour ,cornflour, plain flour and deep fried.

ONION BHAJIAS (V) £3.50

Chopped onions lightly dipped in gram flour batter and deep fried. Served with coconut chutney.

CHILLI BHAJIAS (V) £3.75

Whole chillis lightly dipped in gram flour batter and deep fried. Served with coconut chutney.

VEGETABLE PAKORAS (V) £3.50

Mixed vegetables marinated in fresh spcies, dipped in gram flour and deep fried.

KING PRAWN PAKORA £8.00

King prawns marinated in freshspices, dipped in riceflour, cornflour, plain flour and deep fried.

SAMOSA - 3 pieces (V) £3.75

Triangular pastry stuffed with specially prepared vegetables and deep fried. Served with mint sauce.

BHEL PURI (V) (N)

£4.00

Crispy poori served with potatoes, onions and puffed rice, mixed with a date and mint chutney. Contains nuts.

PANI PURI (V) £4.00

Crispy poori served with chickpeas, onions, coriander and diced potatoes in specially prepared sauce.

POPPADOM (V) £0.50

CHUTNEYS £0.60

(V): Vegetarian

(N): Contains nuts and peanuts

Dosas

Typical South Indian style pancake made with rice and blackgram. Served with sambar and coconut & onion chutney

GHEE DOSA (V) £5.00

Dosa made with ghee.

MASALA DOSA (V) £7.20

MASALA DOSA (V) £7.20
Dosa filled with spiced potato

PANEER DOSA (V) £7.75

Dosa filled with home-made cottage cheese and mild potato masala.

CHICKEN MASALA DOSA £8.20 Dosa filled with finely chopped chicken tossed in a

masala of potato, onion, chillis and tomato.

LAMB MASALA DOSA £8.75

Dosa filled with finely chopped meat tossed in a masala of potato, onion, chillis and tomato.

MINI MASALA DOSA (V) £5.50

Express Lunch Boxes*

OPTION 1 £7.00

Lamb Curry, French Beans & Coconut, Dhal, Pilau Rice

OPTION 2 £6.90

Chicken Curry, French Beans & Coconut, Dhal, Pilau Rice

OPTION 3 (V) £6.50

Chana Masala, French Beans & Coconut, Dhal, Pilau rice

DUM BIRYANI LUNCH-BOX £7.50

Chicken OR Vegetarian Dum Biryani with Raitha and pickle.

*Boxes served in the afternoon for takeaway/delivery only

ALLERGY NOTICE: We cannot guarantee our food is free from allergens due to the possibility of cross-contamination. We are happy to accommodate requests. Please speak to a staff member for more information about our food and preparation.

Non-vegetarian

PRAWN DISHES

KING CHILLI PRAWN

£12.00

King prawns marinated in a combination of spices and fried with capsicums, onions and tomatoes.

LAMB DISHES

BHUNA LAMB **CHEF SPECIAL** £10.20

Succulent boneless lamb pieces cooked in spiced tomato and onion masala, garnised with capsicum.

SAAG LAMB

£10.20

A delicious combination of slow cooked lamb pieces in a tangy spinach curry.

SOUTH INDIAN LAMB CURRY

£10.00

Lamb pieces in a rich tomato and onion sauce mixed with South Indian spices.

CHICKEN DISHES

BUTTER CHICKEN (N)

£9.50

Succulent chicken pieces ina mild cream curry of garam masala, butter, garlic, ginger and lemon juice.

MUGHLAI CHICKEN

£9.50

Succulent chicken on the bone cooked in an aromatic curry of ginger, garlic, cumin, coriander and chilli.

SOUTH INDIAN CHICKEN CURRY

£9.00

Chicken pieces in a rich tomato and onion sauce mixed with South Indian spices.

CONDIMENT

RAITHA (V)

£3.75

Condiment made with dahi together with cucumber. It has a cooling effect to contrast with spicy dishes.

(V): Vegetarian

(N): Contains nuts and peanuts

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Vegetarian

EGG CURRY

£6.50

South Indian tomato-based curry with boiled eggs. Garnised with capsicums.

VEGETABLE CURRY

£6.75

Mixed seasonal vegetables finished in a sauce of Indian spices.

DHAL

£5.50

DHAL WITH SPINACH

£6.50

Yellow lentils cooked in garlic, onions, tomatoes tempered with cumin seeds and spinach.

CHILLI PANEER

£7.00

Soft & crispy cubes of home-made cottage cheese tossed in Indian spcies with peppers and onion.

PANEER BUTTER MASALA (N)

£7.00

Cubes of home-made cottage cheese cooked in a mild cream curry of garam masala, butter, garlic, ginger and lemon juice.

GARLIC MOGO

£7.00

Delicious appetiser made from the root vegetable, cassava. Fried with garlic, chillies, spring onion, mustard seeds and soya sauce.

CHANA MASALA

£6.50

Chickpeas cooked in onion, chilli and garam masala.

BHINDI

£6.90

Okra sauteed with cumin seeds and mixed spices.

BRINJAL

£6.90

Aubergine sauteed with cumin seeds and mixed spices.

FRENCH BEANS & COCONUT

£6.00

Long french beans tossed with desicated coconut, mustard seeds and ginger garlic.

SAMBAR

£5.00

Lentil based vegetable stew with tamarind.

Set Menu

ALL DISHES ARE INCLUDED;
MINIMUM 2 PEOPLE ORDERING;
THE WHOLE TABLE TO ORDER SET MENU

SET MENU: £20 PER PERSON

Starters

Masala Dosa
Onion Bhajias
Chilli Bhajias
Papad Mango Chutney,
Coconut Chutney,
Lemon Pickle,
Salad

Main Course

Bhuna Lamb
Butter Chicken (N)
Vegetable Curry
Dhal
South Indian Parathas
Pilau Rice

SPECIAL SET MENU: £22 PER PERSON

Starters

Masala Dosa
Onion Bhajias
Chilli Bhajias
Papad Mango Chutney,
Coconut Chutney,
Lemon Pickle,
Salad

Main Course

Bhuna Lamb
Butter Chicken (N)
Chilli Paneer
Chana Masala
Dhal
South Indian Parathas
Pilau Rice

To accompany dishes

PLAIN RICE	£3.00	
PILAU RICE	£3.50	
SOUTH INDIAN PARATHA (2)**	£3.00	
CHAPATTI (2)	£3.00	
PAPAD	£0.50	
MANGO CHUTNEY /	£0.60 each	
LEMON PICKLE/		
COCONUT CHUTNEY/ BEETROOT CHUTNEY		

**: Recommended

(N): Contains nuts and peanuts

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Dum Biryani

A favourite Indian dish of slow-cooked meat or vegetables layered with rice in a sauce of onion, ginger, tomatoes, coriander, mint leaves and ghee. The method of cooking infuses flavours from various spices.

KING PRAWN DUM BIRYANI	£14.00
LAMB DUM BIRYANI	£13.00
CHICKEN DUM BIRYANI	£11.50
VEGETABLE DUM BIRYANI (V)	£10.50
EGG DUM BIRYANI (V)	£ 9.50

Desserts and Drinks

GULAM JAMAN £ 3	3.50
Popular sweet Indian dessert dough made	
wheat flour, milk and cardamon and deep	fried

£ 4.00

£2.50

Traditional Indian 'ice-cream.' Flavours: Malai, Mango or Pistachio

KULFI

GAJAR HALWA (N) £ 3.50 Slow-cooked traditional Indian dessert made by simmering carrots with milk and cardamom. Contains pistachios and almonds.

HOUSE WHITE/RED	
Glass	£ 4.90
Bottle	Bar Price
COBRA/KINGFISHER D	RAUGHT BEER
Half pint	£ 3.75
Pint	£ 5.20
LASSI	f 2.75

LASSI	£ 2.75
MANGO LASSI	£ 3.75
SOFT DRINK	£2.50
MINERAL WATER Small	£2.00
Large	£3.50
COFFEE TEA	£2.50 £2.00

MASALA TEA