



ROSHNI KITCHEN

Menu

MEALS

AYURVEDIC THALI MEAL V/VG/GF)

A plate of food with six tastes, sweet, sour, salty, bitter, pungent and astringent, gently spiced to balance the effect of the current season.



VEGETARIAN/VEGAN THALI MEAL £11 (V/VG/GF)

Dahl and two seasonal vegetable curries and Aloo Tikki (spiced potato patties) served with Rice along with fresh seasonal pickle, coconut chutney, cucumber, coconut salad and sweet semolina halwa. kindly ask for Gluten free option.

CHICKEN THALI MEAL £12 (GF)

Chicken curry, two seasonal vegetable curries and Aloo Tikki served with Rice along with fresh seasonal pickle, coconut chutney, cucumber and coconut salad . kindly ask for gluten free option of desert.

LOW CARB THALI MEAL (LOW GI MEAL) £12 (V/VG/GF)

Dahl and two seasonal vegetable curries and lentil kebab served with Barley flatbread along with fresh seasonal pickle, coconut chutney, cucumber coconut salad and low carb chickpea flour halwa.

LOW CARB CHICKEN THALI MEAL (LOW GI MEAL) £13 (GF)

Chicken curry and two seasonal vegetable curries and lentil kebab served with Barley flatbread along with fresh seasonal pickle, coconut chutney, cucumber coconut salad and low carb chickpea flour halwa.

CURRY MEALS

Choice of curry served with Rice or Roti, green chutney and side salad.

DAHL MEAL £5/£6 (V/VG/GF)

Tarka Dahl cooked with spices, served with choice of rice or roti with green chutney and side salad

VEGETABLE MEAL £5/£6 (V/VG/GF)

Seasonal vegetables cooked in ayurvedic style cooked in traditional style served with choice of Rice or Roti and served with green chutney and side salad. Kindly enquire for choice of vegetables curry

CHANA MASALA MEAL £5/£6 (V/VG/GF)

White Chickpea curry cooked with onions and tomato gravy in traditional blend of spices, served with choice of Rice and Roti with green chutney and side salad

CHICKEN CURRY MEAL £7/£8 (GF)

A chicken curry cooked with unique blend of spices in onion and tomato gravy

CURRIES

Served with green chutney. Roti or Rice can be ordered as an extra

TARKA DAHL £7 (V/VG/GF)

VEGETABLE CURRY £7 (V/VG/GF)

CHICKPEA CURRY £7 (V/VG/GF)

CHICKEN CURRY £9 (GF)

HALF DAHL AND VEGETABLE CURRY £8 (V/VG/GF)

HALF CHICKEN AND VEGETARIAN CURRY £9 (GF)



STREET FOOD

**KINDLY CHOOSE THE LEVEL OF SPICE
ACCORDING TO THE TASTE AND ASK
TO REMOVE YOGURT FOR DAIRY-FREE
OPTIONS**

PANI PURI £5 (V/VG)

Crisp bread puffs filled with spiced chickpeas and potatoes, served with a sweet and sour sauce



SAMOSA CHAT - SMALL £3.50/ LARGE £6 (V)

Samosas served with spiced chickpeas, tamarind chutney, coriander and chilli chutney and yoghurt, garnished with gram threads and pomegranate seeds



ALOO TIKKI CHAT-SMALL £3.50/LARGE £6(V/VG/GF)

Aloo tikki served with spiced chickpea, tamarind chutney, green chutney and garnished with coriander, onions, tomatoes and pomegranate seeds

CHANA PAPRI CHAT £5.50 (V/VG)

Spicy chickpeas infused in unique blend of tamarind, chilli and coriander sauce and topped with yogurt, potatoes and salad, garnished with crunchy crisp bread, gram flour threads and pomegranate seeds



DAHI BHALAY £6.50 (V/VG)

Split lentil dumplings soaked in sweet and savoury yogurt, topped with special spices, tamarind and chilli sauces and garnished with chickpea, potatoes, salad and pomegranate seeds. kindly ask for gluten free option

SNACKS

TWO ALOO TIKKI WITH CORIANDER CHUTNEY £3.50
(V/VG/GF)

TWO LENTIL KEBABS WITH CORIANDER CHUTNEY, £3.50
(V/VG/GF)

TWO SHAMI KEBAB WITH CORIANDER CHUTNEY £4.50
(GF)

TWO VEGETABLE SAMOSAS WITH CORIANDER CHUTNEY £4
(V/VG)

SPICY FLAT BREAD MADE WITH CHICKPEA FLOUR, ONIONS, GREEN CHILLIES AND CORIANDER SERVED WITH CORIANDER CHUTNEY £2.50 (V/VG/GF)



PARATHAS

FLAT BREAD MADE WITH BUTTER GHEE (ALL THE PRATHAS ARE MADE WITH WHOLEWHEAT, STONEGROUND FLOUR AND BUTTER GHEE, FRESHLY PREPARED IN OUR KITCHEN) KINDLY ASK TO REPLACE THE BUTTER GHEE FOR VEGAN OPTIONS.

PLAIN PARATHA £3 (V/VG)

Flat bread made with wholemeal flour and ghee

PARATHA WITH SPICY OMELETTE £6 (V)

Paratha served with spicy omelette made with fresh ingredients, using free-range eggs served with side salad

PARATHA WITH ALOO TIKKI £5.50 (V/VG)

Paratha with two spiced potato Patties, served with green chutney

PARATHA WITH SHAMI KEBAB £6.50

Paratha with spiced kebabs made with lamb and split chickpeas, served with green chutney



**PARATHA WITH DAHL OR VEGETABLE CURRY
AND SERVED WITH A GREEN CHUTNEY £7
(V/VG)**

**PARATHA WITH CHICKEN CURRY AND GREEN
CHUTNEY £9**

ALOO PARATHA £4 (V/VG)

Paratha with spicy potato filling served
with green chutney

CHICKEN ACHARI PARATHA £5

Paratha stuffed with spiced chicken filling
served with green chutney

CHICKEN PARATHA £5

Paratha with spicy pickle flavoured chicken filling
served with green chutney

CHICKEN CHEESE PARATHA £5.50

Paratha filled with chicken and cheese filling
served with green chutney

BURGERS

**TRADITIONAL STREET FOOD STYLE
BURGERS PREPARED WITH SPECIAL
BLEND OF SAUCES AND SERVED WITH
MINT SAUCE**

ALOO TIKKI BURGER £4.50 WITH FRIES £6 (V/VG)

Traditional burger prepared with aloo tiki, salad, a blend of special sauces
and plain egg omelette (please ask for egg free option if you wish).

SHAMI BUN KEBAB £6 WITH FRIES £7.50

Traditional street food style burger prepared with Shami kebab, tamarind
sauce, salads and plain egg omelette, served with mint sauce.



DISH OF THE DAY

(PRICE VARIABLE-ENQUIRE WITHIN THE CAFÉ)

Please enquire on the day for unique South Asian regional dishes made by our multicultural and talented volunteers and staff

Dish of the day will be served with green chutney, you can order rice or roti as an extra.

EXTRAS

SEASONAL HOMEMADE PICKLE (GINGER AND FRESH TURMERIC) £1.5 (V, VG, GF)

FRESH COCONUT CHUTNEY £1 (V, VG, GF)

AYURVEDIC CUCUMBER & COCONUT SALAD £1 (V, VG, GF)

RICE PORTION £3.50 (V, VG, GF)

WHOLEMEAL ROTI £1 (V, VG)

SPICY FLAT BREAD MADE WITH CHICKPEA FLOUR, ONIONS, GREEN CHILLIES AND CORIANDER £2 (V, VG, GF)

FRENCH FRIES £2.50 (V, VG)



DIETARY NEEDS

V= VEGETARIAN

VG = VEGAN

GF = GLUTEN FREE

PLEASE ALWAYS MENTION YOUR DIETARY NEEDS WHEN YOU ORDER EVEN IF YOU SEE THE ABOVE LABELS IN THE MENU.

Drink Menu

COLD DRINKS

GINGER AND CUMIN LASSI £2.50

Ayurvedic drink to enhance gut health

SELECTION OF FIZZY DRINK CANS £2

J20 BOTTLES £2.50



HOT DRINKS

ESPRESSO £2.20

AMERICANO £2.70

FLAT WHITE £2.90

CAPPUCCINO £2.90

MOCHA £3.30

LATTE £2.90

HOT CHOCOLATE £3.00

MASALA CHAI £2.50

BREAKFAST TEA/YORKSHIRE TEA
/DECAF TEA £2

SELECTION OF HERB TEAS £2



SWEETS

A SELECTION OF CAKES £2.50

SEMOLINA HALWA IN BUTTER GHEE
£2.50 (V)

GRAM FLOUR HALWA (VG, GF) £2

