



**'Authentic royal Indian dining
from the era of the
Indus Valley.'**

Lunch Menu

For all indoor and outdoor catering enquiries:

www.indusrestaurant.co.nz | induswellington@gmail.co.nz | (04)4730342

ENTRÉE

Masala Papadum	\$2.50
<i>Crispy lentil based pancake topped with chopped onions, tomatoes, lemon juice and sprinkled with chat masala.</i>	
Papadum fried/roasted	\$1.00
Onion Bhaji	\$6.90
<i>Onion mixed with chickpea flour, spices & deep fried until crispy.</i>	
Samosa (Vegetarian 2 pieces)	\$6.00
<i>Deep fried pastry filled with potatoes, mild spices and green peas.</i>	
Vegetable Pakora	\$6.50
<i>Fresh assorted vegetables dipped in mildly spiced chick pea batter and fried.</i>	
Sago Vada	\$7.00
<i>Deep fried balls of sago mixed with mildly spiced mashed potatoes served with yoghurt-coconut chutney.</i>	
Fish Amritsari	\$9.50
<i>Deep fried battered fish Punjabi style, served with mint sauce.</i>	
Prawn Amritsari	half \$11.50 full \$21.00
<i>Deep fried battered Prawns Punjabi style, served with mint sauce.</i>	

PLATTERS

Vegetarian Platter (min. 2 people)	\$8.00/person
<i>Platter consists of vege pakora, onion bhaji & two pieces of samosa served with tamarind sauce.</i>	
Mix Platter (min. 2 people)	\$9.00/person
<i>Platter consists of samosa, pakora, chicken tikka & seekh kebab, served with mint & tamarind sauce.</i>	
Tandoori Platter (min. 2 people)	\$12.00/person
<i>Consists of chicken tikka, seekh kebab, lamb chops, chicken wings and served on a sizzling platter with mint sauce.</i>	

TANDOORI STARTERS

Chicken Tikka	\$10.00
<i>Boneless pieces of chicken marinated with cheese, cream, lime juice & spices, roasted in tandoor to a mouth-melting finish.</i>	
Tandoori Chicken Wings	\$9.90
<i>Chicken wings marinated with yoghurt and a combination of spices roasted in tandoor and served with mint sauce.</i>	
Seekh Kebab	\$9.50
<i>Tender rolls of lamb mince with exotic spices cooked in tandoor.</i>	
Fish Tikka	\$9.90
<i>Chunks of fish delicately marinated & roasted in tandoor.</i>	

MAINS

*All mains are served with one serving of rice & plain naan.
Upgrade from plain naan to flavoured Garlic or cheese naan for \$1. Some of the flavoured naans may have different prices to upgrade. Some mains can be served as vegan. Standard of making all the curries are medium but can be prepared mild, medium hot, Kiwi-hot, Indian-hot.
All curries are gluten free except where noted**

VEGETARIAN

Daal Makhani	\$8.90
<i>A harmonious combination of lentils and kidney beans cooked with butter and cream.</i>	
Tarka Daal	\$8.90
<i>Yellow lentils tempered with garlic and cumin seeds (Punjabi style).</i>	
Mix Vegetable Curry (Dry)	\$8.90
<i>Assorted vegetables spiced and tempered with cumin seeds.</i>	
Aaloo Gobi	\$8.90
<i>Fresh garden cauliflower and potatoes cooked to taste with a hint of exotic Indian spices.</i>	
Navratan Korma	\$9.90
<i>A combination of vegetables, dry fruits and nuts cooked in a creamy sauce.</i>	
Vegetable Makhani	\$9.90
<i>Freshly diced assorted vegetables cooked in creamy tomato gravy.</i>	
Punjabi Chole	\$9.90
<i>Traditional Punjabi chick pea delicacy.</i>	
*Malai Kofta	\$10.90
<i>Cottage cheese and potato dumplings served in a creamy sauce.</i>	
Mutter Paneer	\$10.90
<i>Indus made cottage cheese cubes and peas in onion and tomato gravy.</i>	
Karahi Paneer	\$11.90
<i>This mouth watering dish is cooked with crushed tomatoes, onions, cream and fresh coriander. It has a thick gravy and goes really well with one of our tandoori breads.</i>	
Paneer Jalfrazi	\$11.90
<i>Cottage cheese cooked with juliennes of onion tomatoes and capsicum tempered with pounded coriander seeds.</i>	
Paneer Makhani	\$10.90
<i>Fresh cottage cheese cooked in creamy tomato gravy.</i>	
Paneer Bhurji	\$10.90
<i>(A unique vegetarian delicacy.) Scrambled cottage cheese cooked with onions, peas, sultanas and cashew nuts.</i>	
Saag Aaloo	\$11.90
<i>Potato cubes simmered in subtly spiced spinach gravy.</i>	
Saag Paneer	\$11.90
<i>Fresh Indus made cottage cheese cubes simmered in subtly spiced spinach gravy.</i>	

NON VEGETARIAN

Butter Chicken	\$10.90
<i>A world famous delicacy, boneless tandoori chicken pieces cooked in rich creamy tomato sauce.</i>	
Peela Chicken	\$10.90
<i>Boneless chicken in yellow lentil gravy.</i>	
Korma Beef/Lamb/Chicken	\$10.90
<i>Boneless meat cooked with ground almond and cashew nuts in a creamy sauce.</i>	
Vindaloo Beef/Lamb/Chicken	\$10.90
<i>Hot & spicy specialty from Goa made with chilies, garam masala, garlic and vinegar.</i>	
Punjabi Lamb/Chicken (Rogan Josh)	\$10.90
<i>Lamb pieces in a rich golden gravy cooked in traditional Punjabi style.</i>	
Madras Beef/Lamb/Chicken	\$11.90
<i>Cooked in subtly spiced coconut gravy and tempered with mustard seed and curry leaves.</i>	
Chicken Tinakori	\$11.90
<i>Chicken cooked in creamy apricot sauce flavoured with nutmeg.</i>	
Chicken Ponsonby (Chicken Tikka Masala)	\$11.90
<i>Boneless tandoori chicken tikka cooked with onion & capsicum in a tomato based semi-thick gravy.</i>	
Mango Chicken	\$11.90
<i>Boneless chicken pieces cooked in a creamy mango sauce flavoured with green cardamom.</i>	
Karahi Chicken/Lamb/Beef	\$11.90
<i>This mouth watering dish is cooked with crushed tomatoes, onions, cream and fresh coriander. It has a thick gravy and goes really well with one of our tandoori breads.</i>	
Jalfrazi Lamb/Chicken/Beef	\$11.90
<i>Cooked with juliennes of onion, tomato & capsicum tempered with pounded coriander & cumin seeds.</i>	
Chicken/Lamb/Beef Saagwala	\$12.90
<i>Simmered in subtly spiced spinach gravy.</i>	

SEAFOOD

Fish Makhani	\$12.50
<i>Boneless fish cooked in creamy tomato gravy.</i>	
Fish Masala	\$12.50
<i>Boneless fish pieces cooked in onion tomato gravy and tempered with ajwain.</i>	
Fish Malabari	\$12.50
<i>Fish pieces cooked with coconut gravy and tempered with mustard seeds & curry leaves.</i>	
Fish Vindaloo	\$12.50
<i>Hot and spicy specialty from Goa made with chilies, garam masala, garlic and vinegar.</i>	
Prawn Curry	\$13.00
<i>Prawns cooked in mouth watering coconut gravy, tempered with curry leaves.</i>	
Prawn Jalfrazi	\$13.00
<i>Prawns cooked with juliennes of onion, tomato and capsicum tempered with pounded coriander and cumin seeds.</i>	
Prawn Makhani	\$13.00
<i>Prawns cooked in creamy tomato gravy.</i>	
Prawn Madras	\$13.00
<i>Cooked in subtly spiced coconut gravy and tempered with mustard seed and curry leaves.</i>	

RICE DISHES

Chicken/Lamb/Beef Biryani	\$16.50
<i>A superb combination of meat, Basmati rice, mild spices, dry fruit and nuts cooked to perfection and garnished with cashews. Popular rice dish with no gravy. Served with raita.</i>	
Vegetable Pulao	\$14.00
<i>Sautéed vegetables, dry fruits and nuts tempered with cumin seeds, cooked with Basmati rice, garnished with cashews. Popular rice dish with no gravy. Served with raita.</i>	
Extra Rice	\$2.00
<i>Plain, steamed Basmati rice.</i>	

SIDE DISHES

Spicy Onion Salad	\$2.90
<i>Onions seasoned with ground red chillies, fresh coriander, lemon juice and chat masala.</i>	
Onion & Tomato Kachumber	\$3.50
<i>Chopped onion, tomatoes, coriander seasoned with lemon juice and chat masala.</i>	
Kachumber Salad	\$4.50
<i>Diced cucumber, tomatoes, carrots, onions with coriander & touch of lemon juice & spices.</i>	
Chickpea Salad	\$4.50
<i>Boiled chickpeas mixed with chopped onions, tomatoes seasoned with fresh coriander, lemon juice and chat masala.</i>	
Raita	\$3.50
<i>Yoghurt mixed with cucumber & mild spices.</i>	
Mix pickle & Mango chutney	\$3.50
Extra Plain Naan	\$2.00
<i>Leavened bread made of refined flour and baked in the tandoor.</i>	
*Extra Flavoured Naan	\$3.00
<i>Naan stuffed with cheese or garlic & baked in the tandoor.</i>	

**(Some of the flavoured naans may have different prices).*

The Indian Cuisine is as diverse as its culture, language, religion and climate. Every region of India brings its own unique dishes and subtle variations to this popular cuisine.

We at Indus bring you Punjabi style cooking. This North Indian Punjabi tandoori cooking is celebrated as one of the most popular cuisines throughout the world.

The name Indus comes from ancient India where around five thousand years ago (2600 B.C. to 1700 B.C), a civilization developed on the Indus River known as the Indus Valley.

The cities of the Indus Valley Civilization are noted for their urban planning, baked brick houses, elaborate drainage systems and water supply systems. The civilisation made great technological advances in the accurate measuring of length, mass, and time.