



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.

For catering and booking please either call at 04 4730342 or email us at [induswellington@gmail.com](mailto:induswellington@gmail.com); Corkage \$7.00 per bottle; Doggy bag \$1.00 per container.



### VEGETARIAN ENTRÉE

<b>Vegetarian Platter (min. 2 people)</b>	\$10.00/person
Platter consists of veg pakora, onion bhaji & Cocktail samosa served with tamarind sauce	
<b>Onion Bhaji</b>	\$7.50
Onion mixed with chickpea flour, spices & deep fried until crispy	
<b>Samosa (vegetarian 2 pieces)</b>	\$7.50
Deep fried pastry filled with potatoes, mild spices and green peas	
<b>Vegetable Pakora</b>	\$7.50
Fresh assorted vegetable dipped in mildly spiced chick peas batter & fried	
<b>Paneer Pakora</b>	\$10.00
Marinated Indus made Cottage paneer dipped in a batter and deep fried makes a crispy mouth-watering snack	
<b>Sago Vada</b>	\$7.50
Deep fried balls of sago mixed with mild spiced mashed potatoes served with mint sauce	
<b>Rava Tikki</b>	\$7.50
A south Indian dish, the amazing and super scrumptious taste of rava cutlets flavoured with roasted spice, mix vegetables and curry leaves will surely make you tempt for more.	
<b>Gullar Kebab</b>	\$10.50
Delicious and extremely popular Indian snack, is stuffed using mix vegetable, nuts mint perfume and few spices. (special Indus Dish)	
<b>Masala Poppadum</b>	\$3.50
Crispy lentil-based pan cake topped with chopped onions, tomatoes, lemon juice, cottage cheese and sprinkled with chat masala	
<b>Poppadum fried/roasted</b>	\$1.00
<b>Mix pickle &amp; Mango chutney</b>	\$3.50

### NON-VEGETARIAN ENTRÉE

<b>Mix Platter (min. 2 people)</b>	12.00 /person
Platter consist of cocktail samosa, pakora, chicken tikka and Seekh Kebab, served with mint and tamarind sauce	
<b>Tandoori Platter (min. 2 people)</b>	\$13.00/person
Consists of chicken tikka, seekh kebab, lamb chops, chicken wings & served with mint sauce	

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<b>Chicken Tikka</b>	\$12.50
Boneless pieces of chicken marinated with cheese, cream, lime juice & spices roasted in tandoor to a mouth melting finish	
<b>Murgh Malai tikka</b>	\$13.50
Boneless pieces of chicken marinated with yogurt & spices roasted in tandoor flavoured with cashew nuts.	
<b>Dohra Kebab</b>	\$13.50
Combination of chicken and seekh kebab with spices roasted in tandoor.	
<b>Kalmi Kebab</b>	\$13.50
Delicious kebab from Mughlai cuisine, marinated in Indian style with spices and yogurt and roasted in tandoor. This is served with mint sauce	
<b>Tandoori Chicken Wings</b>	\$13.50
Chicken wings marinated with yoghurt & combination of spices roasted in tandoor & served mint sauce	
<b>Seekh Kebab</b>	\$12.50
Tender rolls of lamb mince with exotic spices cooked in tandoor.	
<b>Burrah Kebab</b>	\$19.00
Delicious lamb chops marinated overnight with kiwi-fruit & herbs & spices, roasted in tandoor.	
<b>Tandoori Chicken</b>	half \$14.00 full \$26.00
Whole chicken marinated with yoghurt & combination of spices roasted in tandoor	
<b>Tandoori Prawns</b>	\$25.50
Prawns delicately marinated with spices & lime juice, skewered & roasted in tandoor with onion & capsicum	

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## Mains

All mains are served with one serving of rice and plain naan. Upgrade from plain naan to flavoured Garlic or cheese naan for \$1.50. some flavoured naans may have different prices to upgrade. Some mains can be served as vegan. Standard of making all the curies are medium but can be prepared mild, kiwi-hot and Indian hot. All curries are gluten free except where noted \*  
Add more chicken/meat piece with \$1 each piece.

## SEAFOOD

<b>Fish Malabari</b>	\$14.90
Fish piece cooked with coconut gravy and tempered with mustard & curry leaves.	
<b>Fish Vindaloo</b>	\$14.90
Hot & spicy specialty from Goa made with chilies, garam masala, garlic & vinegar	
<b>Fish Makhani</b>	\$14.90
Boneless fish cooked in creamy tomato gravy.	
<b>Fish Masala</b>	\$14.90
Boneless fish pieces cooked in onion tomato gravy & tempered with ajwain.	
<b>Prawn Jalfrazi</b>	\$15.90
Prawns cooked with juliennes of onion, tomato & capsicum tempered with pounded coriander & cumin seeds	
<b>Prawn Madras</b>	\$15.90
Cooked in subtly spiced coconut gravy & tempered with mustard seed & curry leaves	
<b>Prawn Masala</b>	\$15.90
Prawns cooked with onion & capsicum in a tomato based semi-thick gravy.	
<b>Prawn Saagwala</b>	\$15.90
Prawns simmered in subtly spiced spinach gravy.	
<b>Prawn Makhani</b>	\$15.90
Prawns Cooked in creamy tomato gravy	
<b>Prawn Vindaloo</b>	\$15.90
Prawns cooked in hot and spicy ground vindaloo paste, specialty from Goa	
<b>Prawn Korma</b>	\$15.90
Prawns cooked with grounded almond & cashew nut in a creamy sauce.	
<b>Prawn Curry</b>	\$15.90
Prawns cooked in mouth-watering coconut gravy, tempered with curry leaves.	

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### NON - VEGETARIAN

<b>Butter Chicken</b>	\$13.90
World famous delicacy, boneless tandoori chicken pieces cooked in rich creamy.	
<b>Chicken Tinakori</b>	\$13.90
Boneless chicken pieces cooked in creamy apricot sauce flavoured with nutmeg	
<b>Chicken Curry</b>	\$13.90
Chicken drumsticks cooked in special Indus sauce	
<b>Chicken Ponsonby (Chicken Tikka Masala)</b>	\$13.90
Boneless chicken tikka cooked with onion & capsicum in tomato-based gravy.	
<b>Do Pyaza Chicken/Lamb/Beef</b>	\$13.90
Cooked confit onion, garlic, ginger, tomatoes and spices – a dish with more onion	
<b>Bhuna Chicken/Lamb</b>	\$13.90
This Dish is cooked with ginger and garlic, fried onion and tomato paste plus various aromatic spices which enhances its flavours	
<b>Karahi Chicken/Lamb/Beef</b>	\$13.90
This mouth-watering dish is cooked with crushed tomatoes, onions, fresh coriander.	
<b>Peela Chicken</b>	\$13.90
Boneless Chicken in yellow lentil gravy	
<b>Mango Chicken</b>	\$13.90
Boneless chicken pieces cooked in a creamy mango sauce.	
<b>Lamb Punjabi (Rogan Josh)</b>	\$13.90
Tender lamb pieces in a rich golden gravy cooked in traditional Punjabi style.	
<b>Chicken/Lamb/Beef Saagwala</b>	\$13.90
Simmered in subtly spiced spinach gravy.	
<b>Jalfrezi Chicken/Lamb/Beef</b>	\$13.90
Cooked with juliennes of onion, tomato & capsicum tempered with pounded coriander & cumin seeds.	
<b>Korma Chicken/Lamb/Beef</b>	\$13.90
Boneless meat cooked with ground almond and cashew nut in a creamy sauce.	
<b>Madras Chicken/Lamb/Beef</b>	\$13.90
Cooked in subtly spiced coconut gravy & tempered with mustard seed & curry leaves.	
<b>Vindaloo Chicken/Lamb/Beef</b>	\$13.90
Hot & spicy specialty from Goa made with chilies, garam masala, garlic & vinegar.	

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### VEGETARIAN

<b>Palak Paneer/Aaloo</b>	\$13.90
Fresh Indus made cottage/Potato cubes simmered in subtly spiced spinach gravy.	
<b>Paneer Makhani</b>	\$13.90
Fresh cottage cheese cooked in creamy tomato gravy.	
<b>Paneer Jalfrazi</b>	\$13.90
Cottage cheese cooked with juliennes of onion tomatoes & capsicum tempered with pounded coriander.	
<b>Mutter Mushroom</b>	\$13.90
Peas and mushroom cooked in creamy sauce.	
<b>Paneer Bhurji</b>	\$13.90
Scrambled cottage cheese cooked with onions, peas, sultanas and cashew nuts.	
<b>Karahi Paneer</b>	\$13.90
This mouth-watering dish is cooked with crushed tomatoes, onion, capsicum and fresh coriander. It has thick gravy	
<b>Daal Makhani</b>	\$12.90
A harmonious combination of lentils cooked with butter & cream.	
<b>Tarka Daal</b>	\$12.90
Yellow lentils tempered with garlic & cumin seeds (Punjabi style).	
<b>Navratan Korma</b>	\$13.90
A combination of vegetables, dry fruits & nuts cooked in a creamy sauce.	
<b>*Malai Kofta</b>	\$13.90
Cottage cheese and Potato dumplings served in a creamy sauce	
<b>Mutter Paneer</b>	\$12.90
Indus made cottage cheese cubes & peas in onion & tomato gravy	
<b>Paneer Masala</b>	\$12.90
Cottage cheese cooked with onion and chopped tomato.	
<b>Channa Masala</b>	\$12.90
Traditional Punjabi chick pea delicacy.	
<b>Mix Vegetable (Dry)</b>	\$12.90
Assorted vegetables spiced & tempered with cumin seeds.	
<b>Aaloo Gobi</b>	\$12.90
Fresh cauliflower & potatoes cooked with a mild hint of exotic Indian spices.	
<b>Vegetable Makhani</b>	\$12.90
Freshly diced assorted vegetables cooked in creamy tomato gravy.	

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### INDO-CHINESE

<b>Chilly Paneer/Chicken</b>	\$19.90
Cottage Cheese/Boneles chicken pieces deep fried and cooked with garlic, ginger, onion and soy sauce.	
<b>Fried Rice</b>	\$15.90
Rice sautéed with Vegetable and soy sauce	
<b>Golden Fried Prawns</b>	\$23.90
This is Indo- Chines dish made with prawns marinated in a very simple battered paste and deep fried until golden in color.	

### RICE DISHES

<b>Chicken/Lamb/Beef Biryani</b>	\$18.90
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	
<b>Vegetable Pulao</b>	\$16.90
Sautéed vegetable, dry fruits and nuts tempered with cumin seeds, cooked with Basmati rice, garnished with cashews, popular rice dish with no gravy, served with raita.	
<b>Extra Rice</b>	\$3.00
Plain, steamed Basmati rice	
<b>Coconut/ Zeera rice</b>	\$4.00

### KIDS MENU

<b>Hot Chips/Potato Wedges with Tomato Sauce</b>	\$5.50
<b>Cheese Rolls</b>	\$9.90
<b>Spring Rolls</b>	\$8.90
<b>Chicken Nuggets and Chips</b>	\$9.90
<b>Butter chicken /Mango Chicken with rice (very Mild)</b>	\$13.90

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### SIDE DISHES

<b>Spicy Onion Salad</b>	\$3.90
Onions seasoned with ground red chilies, fresh coriander, lemon juice & chat masala	
<b>Kachumber Salad</b>	\$6.50
Diced cucumber, tomatoes, carrots, onions with coriander & touch of lemon juice & spices.	
<b>Chickpea Salad</b>	\$5.50
Boiled chickpeas mixed with chopped onions, tomatoes seasoned with fresh coriander, lemon juice and chat masala	
<b>Boondi Raita or Plain Yoghurt</b>	\$4.50
Yoghurt mixed small fried balls made of chickpea flour & mild spices.	
<b>Extra Plain Naan</b>	\$3.00
Leavened bread made of refined flour and baked in tandoor.	
<b>*Extra flavoured Naan</b>	\$4.00
Naan stuffed with cheese or garlic baked in tandoor.	

\*(some of the flavoured naans may have different prices)

### DESSERTS

<b>Gulab Jamun with Ice Cream</b>	\$6.00
Milk dumplings in rose & sugar syrup served with vanilla ice cream.	
<b>Mango/Chocolate Kulfi</b>	\$6.00
Indus made creamy mango/chocolate flavoured ice-cream, served with mango pulp on top.	
<b>Vanilla Ice Cream</b>	\$6.00
With optional topping of mango pulp or chocolate sauce.	

### **BANQUET**

**\$25.50 per person (minimum of 4 People)**

**Choose different curry from menu with \$2.00 per person**

### **STARTERS**

Vegetable pakora, onion bhaji, chicken tikka and seekh kebab served with mint and tamarind sauce

### **MAINS**

Butter chicken, Lamb Punjabi, Daal makhani and Karahi Paneer served with basmati rice and plain naan

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