

# À la Carte Menu

This menu demonstrates the diversity of Indian cooking by utilising quality, local produce. The end result is truly exceptional.



Please note that the menu is subject to change due to seasonal availability.

## Appetizers

<b>Onion Bhajis (v)</b> World famous snack of spicy onions, deep-fried in a coating of gram flour until golden brown	€4.50
<b>Samosas</b> Triangular pastry pockets, deep-fried, with a choice of minced lamb or vegetable filling	€4.50
<b>Sheekh Kebab</b> Tender minced lamb seasoned with onion, fresh mint, herbs and a touch of ground spices, roasted in the tandoor	€5.00
<b>Bahar-E-Murugh</b> A trio of chicken, comprising a basil-marinated tikka breast, a boneless breast marinated with red Bangoli chilli and a cardamom & mach flavoured succulent tikka breast	€6.00
<b>Ko Hi Noor</b> King prawn marinated with Himalayan herbs and grilled in a tandoor	€7.50
<b>Tikki (v)</b> Spinach, paneer & potato cake and tandoori-roasted paneer, served with salad and fresh chutney	€5.50
<b>Stuffed Pepper</b> Grilled bell pepper stuffed with mildly spiced chicken, vegetables or lamb	€6.50
<b>Crab Cakes</b> Claw meat tossed with curry leaves, ginger, green chillies and cooked in a skillet	€6.50
<b>Traditional Platter (serves 2)</b> A fabulous amalgam of kebabs and tikkas; Chicken Tikka, Sheekh Kebab, Samosa and Onion Bhaji, served with homemade dips	€11.90

## Did you know?

The Planet Spice Restaurant has a stated policy on the following:

- No use of additives/preservatives/off the shelf concoctions in our kitchens.
- Indian food needs no artificial colouring, even though some establishments use them. However, carcinogenic food colours are strictly forbidden in our kitchen.
- To exceed or surpass the EU Health & Hygiene requirements in our organisation.
- Groceries sourced from ISO 9002 quality system approved exporters as far as possible.
- Meats & Vegetables sourced from HACCP compliant suppliers only for full traceability.
- The use of low cholesterol polyunsaturated oils to encourage “a healthy heart”.

“We care so that you can eat with confidence”



## Signature Main Courses

- Beef Xacutti** €14.50  
This dish is created in the most versatile way: "The Karahi Way". An exceptional combination of beef and baby potato. Chunks of beef, potato, mixed peppers and spring onion are tossed in essential homemade spices, effectively releasing a delightful symphony of flavours. A subtle touch of vinegar, lemon juice and a sprinkle of fresh coriander bring this dish to a standstill
- Chicken Amm** €14.50  
Succulent pieces of tandoori-baked chicken, cooked in coconut milk with a sweet mango taste
- Prawn Rasmi** €16.50  
Chef Suem's own creation - an experience of 20 years of Indian cuisine
- Nawabi Lamb** 🌿 €14.50  
Slow pot-roasted fillet of shoulder lamb, spiced and seasoned with aromatic herbs and spices. A magnificent dish, truly fit for a king
- South Indian Garlic Chicken** 🌿 €14.50  
Barbecued pieces of tandoori chicken in a fresh garlic and chilli sauce, with coriander and crisp red chilli
- Goan Fish Curry** 🌿 €16.50  
The miles of golden sandy beaches, crystal clear water and brilliant green landscapes would be enough to satisfy any tourist, but there is so much more to Goa than idyllic holidays... Of course, it's the cuisine! This spicy hot tamarind and coconut curry is a traditional fish curry and is a regular at most Goan banquets
- Jalfrezi (Lamb / Chicken)** 🌿 €14.50  
Cooked in a spicy sauce with chopped onions, green peppers and fresh green chillies
- Chicken Tikka Massala** €14.50  
This all-time favourite dish was invented by a world-famous but unknown British curry chef in the early '70s as a way of exploiting his already-popular Chicken Tikka. We present our own exclusive recipe
- Red Spinach Chicken** €14.50  
Very low calorie, red spinach is a good source of vitamins and iron, a staple diet among the Bengalis in the subcontinent. Red spinach and chicken tossed in garlic & spices.
- Naga** 🌶️🌶️🌶️🌶️ Naga is the hottest chilli - you need gloves to handle it. If you like a h..h...HOT dish, then look no further! €14.50

## Traditional Main Courses

**Chicken, Lamb or Beef €12.90. Black Tiger Prawns €14.90. Mixed Vegetables €10.90**

**Korma** Very mild, creamy curry. Sweetly flavoured with ground almond, coconut flour and fresh cream

**Bhuna** Gently cooked with caramelised onions, fresh tomatoes, medium spices and a sprinkle of chopped fresh coriander

**Madras** 🌿 Fairly hot curry with lots of sauce

**Sagwala** Delicately spiced and cooked with chopped spinach

**Balti** Originated in northern-most Pakistan, it is an aromatic and herby dish using an abundance of freshly ground garam masala and dhaniya, cooked in a korai

*A little about the Black Tiger Prawn... Black Tiger Prawns (penaeus monodon) get their name from the dark stripes that encircle their shell. When cooked, tiger prawn meat turns white and the black stripes on the shell turn bright red. This is one of the most popular varieties of prawn and is mild in flavour.*



## Biryani Dishes

The common but much talked-about dish; lightly spiced, mixed and fried with Basmati rice, served with vegetable curry

Mixed Vegetable	€13.50
Chicken Tikka	€15.50
Chicken or Meat	€15.50
Black Tiger Prawn	€16.50

## Vegetarian

These dishes are very palatable and an important part of Indian diet. Vegetable dishes are either cooked dry or with natural juices in the vegetable supplying the moisture or with a little sauce.

**Milli Juli Sabji** Seasonal vegetables tossed in a traditional wok with cumin and crushed black pepper

**Smoky Potatoes** Potato cubes tossed in a smoky massala with roasted red peppers, onions and tomatoes

**Kabuli Palak** Softened chickpeas, garlic & sautéed spinach

**Sag Aloo** Spinach and Potatoes cooked together with onions, garlic and spices

**Tarka Dall** Three types of lentils cooked with a strong hint of garlic

**Massala Dall** 🌶️ Spicy lentils delicately incorporating fresh tomato, onion and fried garlic with Bangladeshi red chilli

**Sag Paneer** Spinach cooked with paneer (Indian cottage cheese)

All of the dishes are available as a side dish for €6.90 or a main dish for €10.90



Some of our dishes may contain traces of nuts.  
Please ask one of our staff members for more information.

If there are any dishes you like that are not on our menu, please ask a member of staff and we will happily prepare it for you!

All of our chicken and meat is Irish, locally produced.



## Rice

Pilau Rice Flavoured Basmati Rice	€2.80
Steamed Rice	€2.80
Lemon Rice Basmati Rice fried with lemon	€3.50
Vegetable Rice Basmati Rice fried with mixed vegetables	€3.50
Special Rice Pilau Rice fried with egg and peas	€3.50

## Bread and Accompaniments

Nan Leavened bread cooked in a charcoal oven	€2.50
Garlic Nan Nan coated with an abundance of fresh garlic and coriander	€2.80
Peshwari Nan Prepared with oriental almonds, sultanas and coconut	€2.80
G.O.C. Nan Nan coated with an abundance of fresh garlic, onion and coriander	€3.20
Chilli Nan 🌿 Nan infused with green chilli	€2.80
Goats Cheese Nan Nan infused with an abundance of cheese	€2.80
Raita Yoghurt with cucumber	€2.50
Spicy Salad 🌿 Chopped tomatoes, onions and cucumber mixed with fresh green chillies	€3.00
French Fries	€2.00
Bangla Chips Spicy and hot	€2.20

