



# Welcome

to the authentic Indian Restaurant, RASOI.

India is home to many different religions, cultures, castes and creeds. Naturally with the large variety of people, the eating habits of the Indian people vary greatly; some eat all meat, some do not eat meat at all, for some pork is forbidden and for others the consumption of beef is sacrilege while others eat fish but no meat. Even with vegetables, some cultures within India follow certain rules, some do not eat tubers whilst others avoid the roots. However, whilst the choices and religions vary greatly the concept of 'Curry' is one that is common to all people in India despite their differing beliefs.

**Curries** have been popular for thousands of years. Evidence suggests they do more than satisfy your appetite. Curries contain more health benefits than at first glance. Spices used in Indian cooking have certainly been used for thousands of years to alleviate coughs, colds, inflammation and other symptoms. Evidence suggests that spices can benefit the heart, have a positive effect on sufferers of diabetes and may even diminish the effect of cancer cells.

Much of Indian cuisine revolves around health-promoting herbs, spices and vegetables. We've compiled a list of some of the herbs and spices used in our authentic Indian dishes here at Rasoi and what health benefits do they provide. Each dish is labelled with colour boxes to indicate what herbs and spices each dish contains:

- **Asafoetida** ... Often used in traditional Indian cooking, asafoetida is actually a gum extract from a tree. It is aromatic, and pungent before cooking, but provides a garlic-onion flavor to food. It has a stimulating, warming effect, increasing the release of toxins from the body. ■
- **Cardamon** ... Both green and black have a slightly sweet, refreshing aroma. They increase digestion, clear and sharpen the mind, and improve breathing by opening up airways. ■
- **Cinnamon** ... A strong aromatic, cinnamon is used in small quantities in Indian cooking so as not to overpower food. It has natural antiseptic properties, and is also known as a strengthening, energizing spice. It stimulates digestion and cleansing through sweating. ■
- **Cloves** ... Another potent aromatic, cloves have a warm, pungent flavor. They are wonderful for relieving coughs and congestion. ■
- **Coriander** ... A more subtle spice, coriander seeds stimulate digestion. They have a natural cooling effect on the body, and are useful as a diuretic. It also has anti-inflammatory properties and it helps lower cholesterol. ■

- **Cumin** ... This Indian food spice is slightly bitter, warm, and aromatic. It also aids in digestion by increasing the secretion of digestive juices. Cumin is an excellent source of iron. ■
- **Mustard** ... Mustard seeds relieve congestion, and aid in digestion. It is a powerful anti-microbial agent (it can kill listeria and other food-borne pathogens). Isothiocyanates, a compound in mustard seed, have also been found to inhibit the growth of cancer cells and protect against cancer. ■
- **Garlic** ... It's considered by many to be a herbal "wonder drug", with a reputation for preventing everything from the common cold and flu to the plague! Raw garlic is used by some to treat the symptoms of acne and there is some evidence that it can assist in managing high cholesterol levels. ■
- **Fenugreek** ... It helps to increase libido and lessen the effect of hot flashes and mood fluctuations that are common symptoms of menopause. In India and China it has also been used to treat arthritis, asthma, bronchitis, improve digestion, maintain a healthy metabolism, increase libido and male potency, cure skin problems (wounds, rashes and boils), treat sore throat, and cure acid reflux. ■
- **Turmeric** ... A mild spice on its own, turmeric is known to have natural antibacterial and cleansing properties. It is good for inflammation, inflammatory bowel diseases, including Crohn's disease and ulcerative colitis, rheumatoid arthritis, cystic fibrosis, cancer and Alzheimer's disease and soothing coughs. It's also shown promise in offering cardiovascular and liver protection. ■
- **Ginger** ... It contains gingerol, a compound that's thought to relax blood vessels, stimulate blood flow and relieve pain. It's used as a digestive aid and contains compounds that ease motion sickness and nausea and inhibit vomiting. This makes it a helpful spice for morning sickness or for people suffering from the side effects of chemotherapy. Ginger also has anti-inflammatory properties, which means it may be useful in fighting heart disease, cancer, Alzheimer's disease and arthritis. Plus, it's high in antioxidants that fight all kinds of diseases. ■
- **Garam sala** ... It is actually a mixture of different spices that are added to many Indian dishes. ■
- **Red Chilies** ... Red ground chilies are used to add spice, warmth and intense flavor to many Indian curries. The active ingredient in chili peppers is , an anti-inflammatory compound that helps with a variety of health issues including pain, cancers and high cholesterol, triglycerides and platelet aggregation. Chili peppers are also known to help clear congestion, boost immunity, help with weight loss and prevent stomach ulcers by killing bacteria. ■
- **Yogurt** ... Yogurt provides a cooling contrast to the warmer, spicier Indian dishes. It has been found that yogurt enhances the immune system, improve arthritis, fight stomach ulcers, promote good digestion and even extend life. Yogurt is also a good source of calcium and has been found to promote fat loss while retaining lean muscles. ■



*Lord Ganesha*



# Starters

- |     |   |        |
|-----|---|--------|
| 001 | <b>Soup of the Day</b>  | € 4.50 |
|     | Freshly prepared Indian soup of the day - ask your server for today's special |        |
| 002 | <b>Masala Popadom</b> <small>New</small>                                      | € 3.25 |
|     | Popadum topped with onion, tomatoes and finished with a hint of lemon juice   |        |
| 003 | <b>Onion Bhaja</b>  | € 5.25 |
|     | Carom flavoured deep fried onion dumplings                                    |        |
| 004 | <b>Chutney Platter</b>  | € 5.25 |
|     | Garlic naan bread served with a selection of three Indian chutneys            |        |
| 005 | <b>Vegetable Samosas</b>  | € 5.25 |
|     | A deep fried preparation of tempered vegetables, wrapped in filo pastry       |        |
| 006 | <b>Aloo Cholley Chaat</b>   | € 5.25 |
|     | A typical Indian street food made of potatoes and chick peas                  |        |
| 007 | <b>Murgh Tikka</b>  | € 7.25 |
|     | Chicken marinated in yoghurt and grilled in the tandoor oven                  |        |
| 008 | <b>Tulsi Murgh Tikka</b> <small>New</small>                                   | € 7.75 |
|     | Basil marinated chicken piccatas, cooked in tandoor oven                      |        |
| 009 | <b>Achhari Murgh Tikka</b> <small>New</small>                                 | € 7.75 |
|     | Chicken piccatas in pickling spices   |        |

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|-----|--|---------|
| 010 | <p><b>Keema Samosa</b><br/>A deep fried preparation of spicy lamb mince, wrapped in filo pastry</p>  | € 8.75  |
| 011 | <p><b>Gosht Seekh Kebab</b><br/>Minced baby lamb flavoured with a mixture of special spices cooked in a clay oven</p>  | € 8.75  |
| 012 | <p><b>Tandoori Lamb Chops</b><br/>Raw papaya marinated lamb chops slow cooked in tandoor oven</p>  | € 15.75 |
| 013 | <p><b>Kathi Kebab</b> <span style="color: red; font-weight: bold; font-size: small;">New</span><br/>Minced baby lamb wrapped and cooked in Indian naan</p>     | € 11.75 |
| 014 | <p><b>Amritsari Machchli</b><br/>Shallow fried fillet of fish, a dish from the streets of Amritsar (Punjab)</p>  | € 7.75  |
| 015 | <p><b>Talle Karare Jhinge</b><br/>Overnight marinated prawns crisp fried with Indian spices</p>  | € 13.75 |
| 016 | <p><b>Tandoori Jhinge</b><br/>Tandoor glazed prawns in a secret mustard marinade</p>   | € 13.75 |
| 017 | <p><b>Sa Re Ga Ma Special Sizzler</b><br/>2 pieces each of two different chicken, sekkh kebab, keema samosa, fried prawns and onion bhaji, served sizzling</p> | € 19.75 |

**All Prices Inclusive of VAT**

*Should you suffer from any food intolerances or have any special dietary requirements, kindly inform your server.*



**RASOI**  
Rasoi is the heart of Rasoi








MAIN  
COURSES

*Lord Shiva & Mata Parvati*

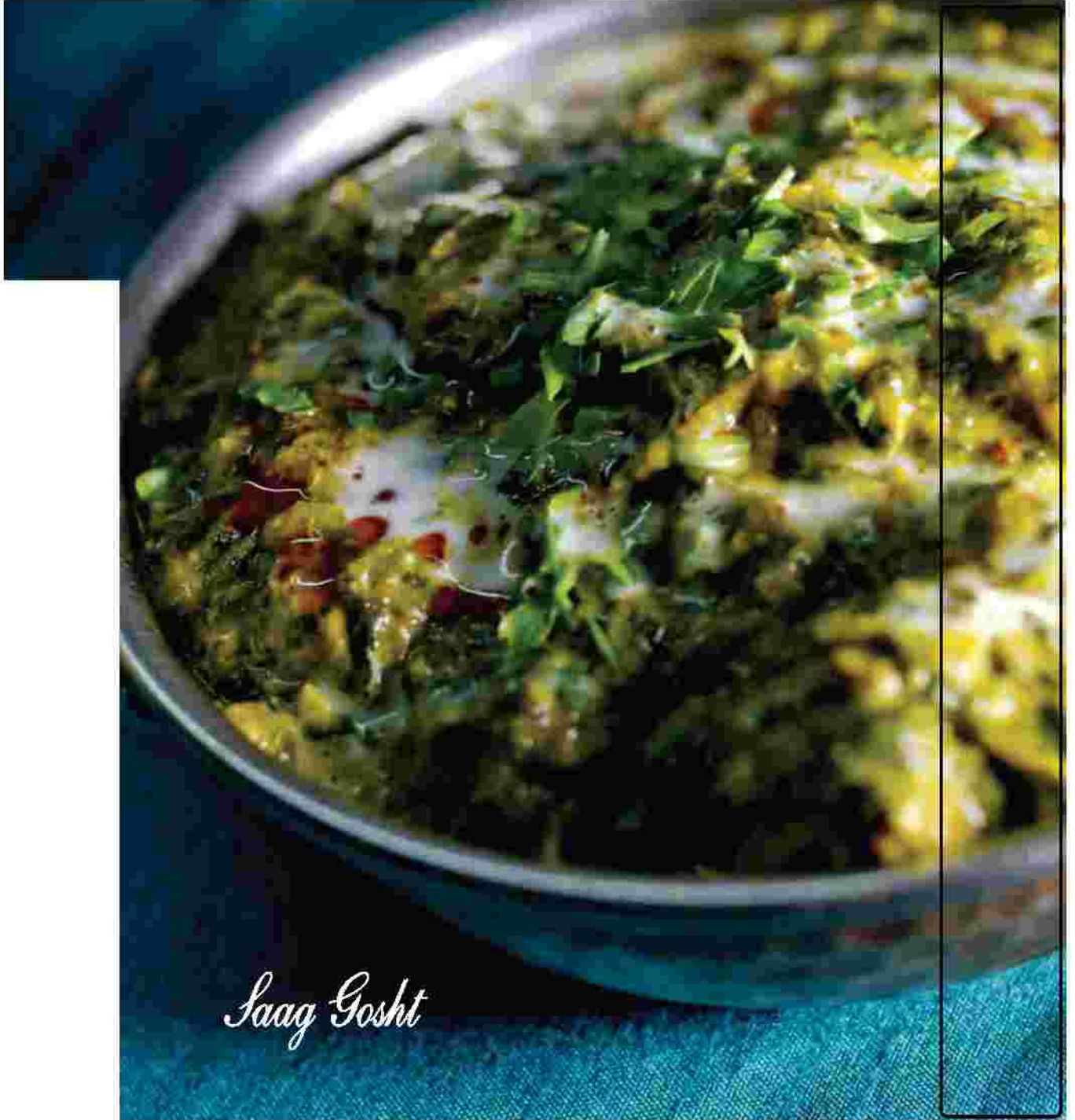


*Chicken Korma*



- 100 **Chicken Tikka Makhni** (Butter Chicken) € 9.75  
Tandoor cooked chicken tikka served in a satin  
smooth tomato gravy  

- 101 **Chicken Korma** € 9.75  
A mild chicken curry, flavored with cardamom  
and vetivier flower  

- 102 **Methi Malai Murgh** € 9.75  
Tandoor cooked chicken in a rich fenugreek  
flavored creamy curry  

- 103 **Chicken Jalfreji**  € 9.75  
A bengali preparation of chicken with  
bell peppers and onions  

- 104 **Chicken Dopiaza**  € 9.75  
A classic chicken dish with lots of onions  


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*Saag Gosht*

105 **Lamb Rogan Josh** € 11.75  
Fennel & dry ginger flavored lamb  
curry from Kashmir



106 **Lamb Madras Curry** € 11.75  
Lamb curry cooked with mustard seeds  
and coconut milk



107 **Saag Gosht** € 11.75  
Lamb cooked in a mild curry with fresh greens



108 **Gosht Bhuna** <sup>New</sup> € 11.75  
A classic lamb dish, using traditional bhuna cooking  
method (pan frying the meat with spices)

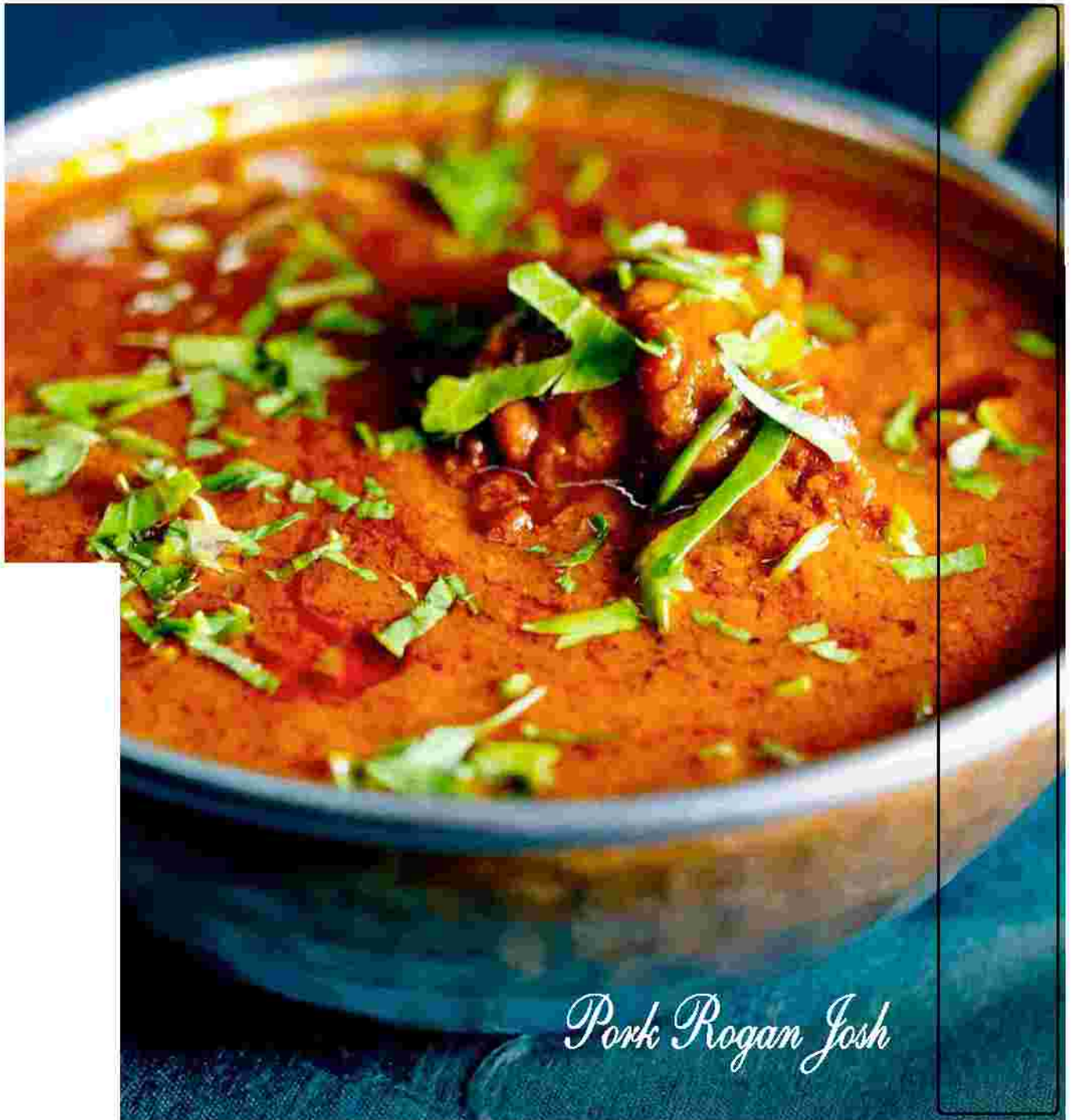


109 **Lamb Pasanda** € 11.75  
Lamb cooked in a cashew based curry  
with diced fruits and coconut milk



LAMB

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or have any special dietary requirements,  
kindly inform your server.*



*Pork Rogam Josh*

110 **Pork Vindaloo** € 11.75  
Garlic & vinegar flavored pork curry  
from the Goan Coast



111 **Kadhaj Pork** € 11.75  
Stir-fried pork and bell peppers, finished  
with a pounded spice mix



112 **Masala Pork** **New** € 11.75  
Pork Cubes cooked in a traditional  
Masala gravy

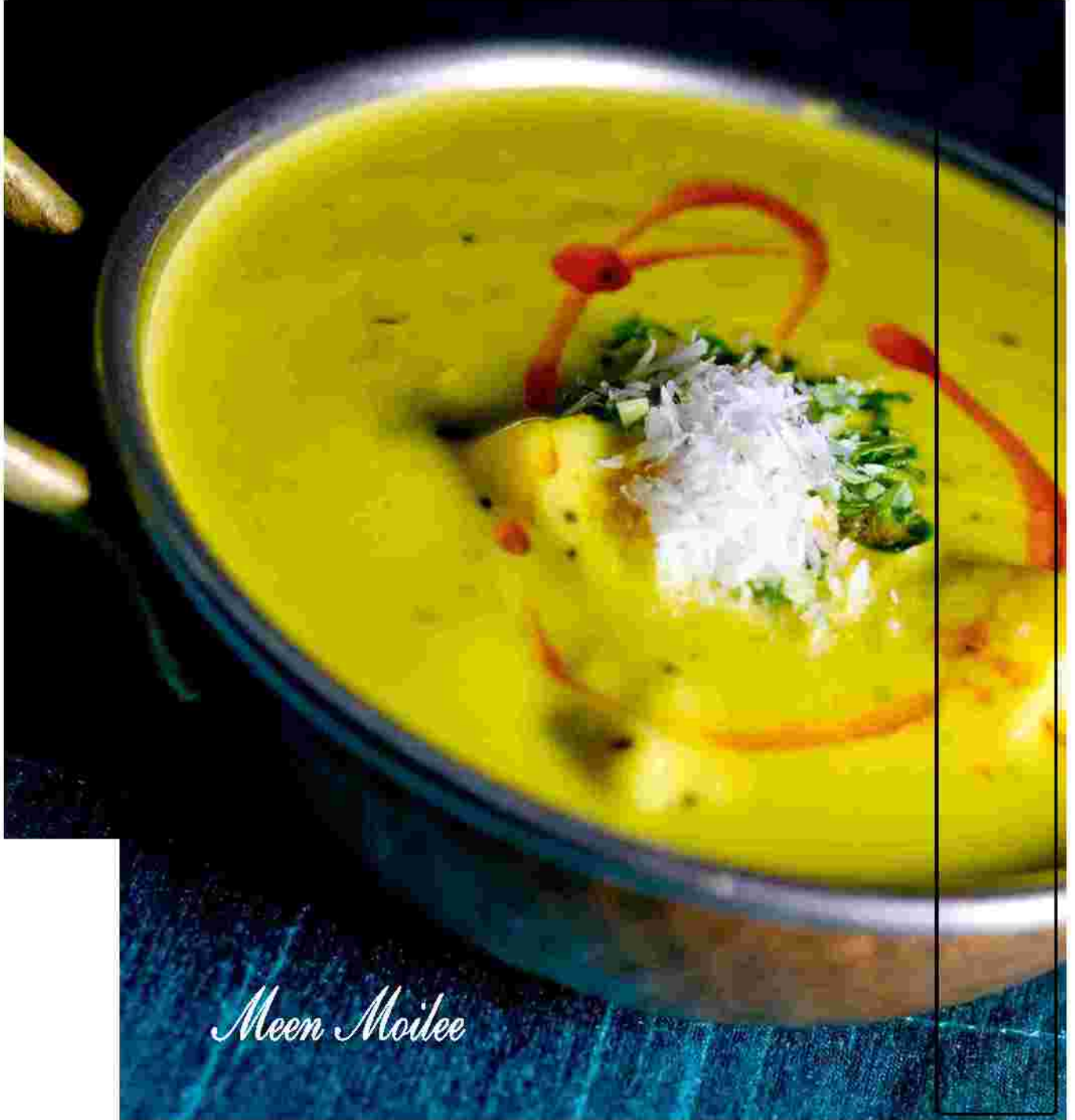


113 **Pork Nilgiri Korma** **New** € 11.75  
A preparation from Nilgiri Hills in India's Tamil Nadu.  
Pork curry flavoured with coconut, mint and coriander







PORK

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or have any special dietary requirements,  
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*Meen Moilee*

- |     |  |         |
|-----|--|---------|
| 114 | <p><b>Meen Moilee</b><br/>         White fish fillet in a mild coconut sauce with turmeric</p>                    | € 11.75 |
| 115 | <p><b>Masaledar Macchhli</b><br/>         A fish preparation with onions and pounded Indian spices</p>            | € 11.75 |
| 116 | <p><b>Kadhai Jhinga</b><br/>         Stir fried prawns and bell peppers, finished with a pounded spice mix</p>  | € 16.75 |
| 117 | <p><b>Prawn Alleppey</b><br/>         Prawns in a mango and coconut milk curry from South of India</p>          | € 16.75 |

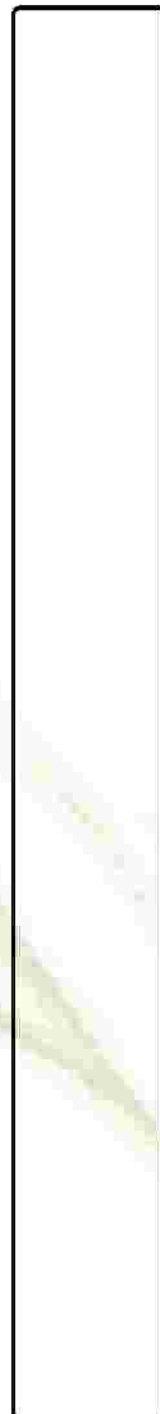
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**FISH**



# *Speciality of the Day*

**Ask your server for more details  
regarding today's mouthwatering  
starter and main course**







**RASOI**  
Authentic Indian Vegetarian

TANDOORI

*Lord Vishnu & Mata Lakshmi*



*Tandoori Chicken*

- |     |  |         |
|-----|--|---------|
| 201 | <b>Tandoori Chicken</b><br>Spring chicken marinated with yoghurt & pounded spice mix and cooked in the tandoor oven, served sizzling                         | € 14.50 |
| 202 | <b>Tandoori Lamb Chops</b><br>Papaya marinated lamb chops slow cooked in the tandoor oven & served sizzling  | € 21.50 |
| 203 | <b>Sa Re Ga Ma Special Sizzler</b><br>2 pieces each of two different chicken, sekkh kebab, keema samosa, fried prawns, fish and onion bhaji, served sizzling | € 21.50 |
| 204 | <b>Tandoori Whole Fish</b><br>Fish with Indian spices skewered and cooked in tandoor oven  | € 16.50 |

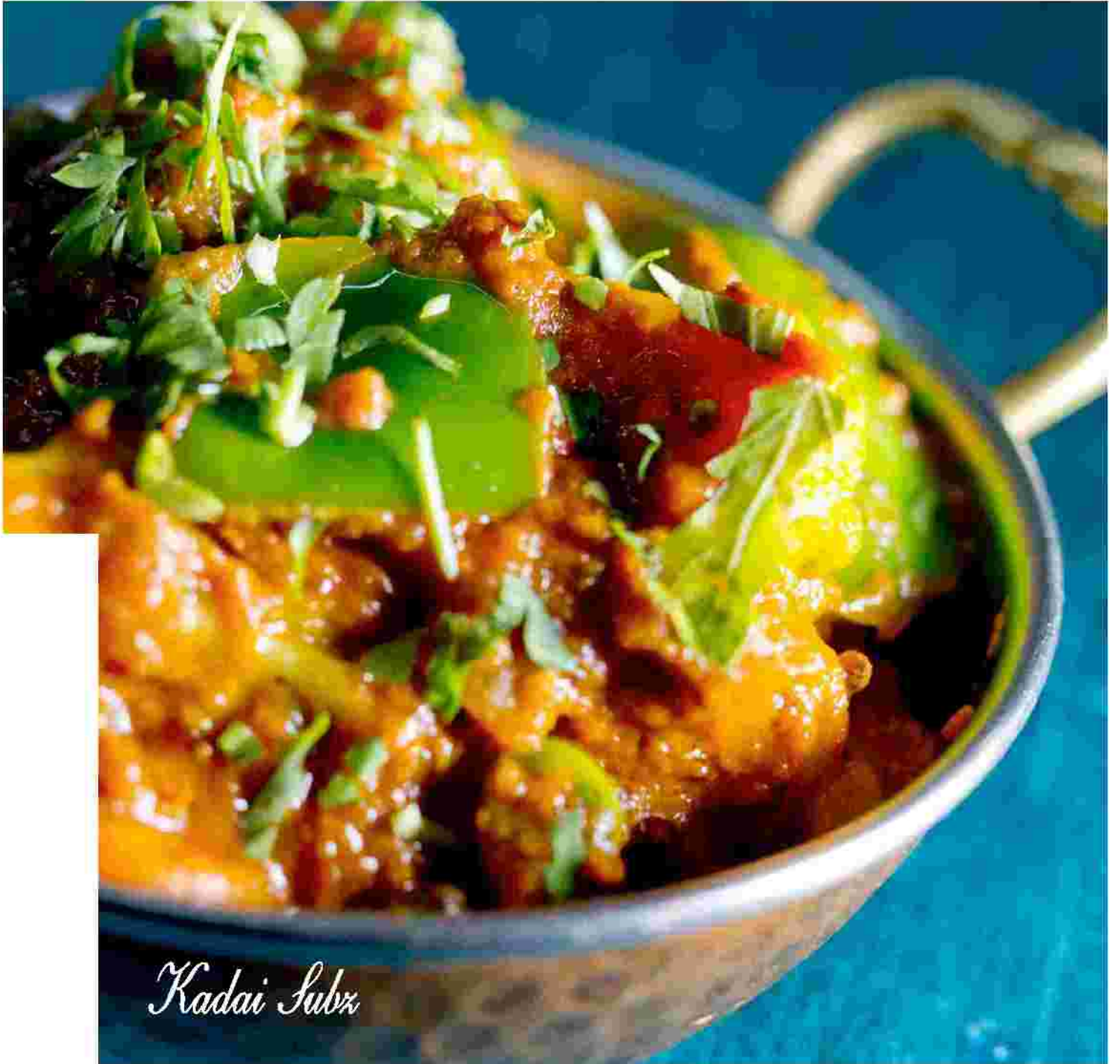
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RASOI  
Kulharis Indian Rasoi

VEGETERIAN

*Lord Brahma & Mata Saraswati*



*Kadai Subzi*

301 **Kadai Subz** € 6.75  
Spring vegetables tossed with peppers & finished with freshly  
pounded Indian spices



302 **Saag Matar** € 6.75  
Green peas tossed with spinach and freshly pounded Indian spices



303 **Butter Paneer** **New** € 7.75  
Homemade cottage cheese served in a satin smooth butter tomato gravy



304 **Saag Paneer** € 7.75  
Homemade cottage cheese tossed with spinach, freshly  
pounded Indian spices



310 **Kadai Paneer** **New** € 7.75  
Homemade cottage cheese tossed with bell peppers, onions  
and pounded spice mix

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|-----|--|--------|
| 305 | <p><b>Saag Aloo</b> <span style="color: red; font-weight: bold; font-size: small;">New</span></p> <p>Spinach and potato tossed in Indian spices</p> <p>■ ■ ■ ■ ■ ■</p>                           | € 6.75 |
| 306 | <p><b>Chana Masala</b> <span style="color: red; font-weight: bold; font-size: small;">New</span></p> <p>Chick peas cooked in a traditional Masala sauce</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p>               | € 6.75 |
| 307 | <p><b>Egg Curry</b> <span style="color: red; font-weight: bold; font-size: small;">New</span></p> <p>Hard boiled eggs cooked in a tomato and onion gravy with yoghurt</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> | € 7.75 |
| 308 | <p><b>Dal Tarka</b></p> <p>Melange of lentils tempered in clarified butter - No meal in India is complete without dal</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p>   | € 6.75 |
| 309 | <p><b>Channa Dal Palak</b></p> <p>Yellow lentils cooked with spinach &amp; finished with a tempering of cumin &amp; garlic</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p>  | € 6.75 |

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RASOI  
Authentic Indian Rasoi

RICE  
& BREAD

Lord Rama Darbar





*Steamed Basmati Rice*

*Butter Naan*

401	<b>Steamed Basmati Rice</b>	€ 3.25
402	<b>Jeera Pulao</b> Basmati rice flavoured with cumin	€ 4.25
403	<b>Saffron Pulao</b> Basmati rice delicately flavoured with Kashmiri saffron	€ 4.25
404	<b>Mushroom Pulao</b> <small>New</small> Basmati rice with diced mushrooms	€ 5.25
405	<b>Vegetable Biryani</b> <small>New</small> Basmati rice dum cooked with a variety of fresh greens and flavoured with saffron	€ 9.75
406	<b>Lamb Biryani</b> Basmati rice dum cooked with baby lamb and flavoured with saffron	€ 13.75
407	<b>Chicken Tikka Biryani</b> Basmati rice dum cooked with tandoor cooked chicken tikka and flavoured with saffron	€ 11.75
408	<b>Prawn Biryani</b> Basmati rice dum cooked with prawns and flavoured with saffron and mint	€ 16.75

501	<b>Plain Naan</b>	€ 3.25
502	<b>Saffron Naan</b>	€ 3.75
503	<b>Garlic Naan</b>	€ 3.75
504	<b>Butter Naan</b>	€ 3.75
405	<b>Stuffed Naan</b> A choice between keema or cheese or potato or onion.	€ 4.25
506	<b>Chicken Tikka Naan</b>	€ 4.75
507	<b>Peshawari Naan</b> (Sweet naan)	€ 5.75
508	<b>Roti</b> 	€ 3.75

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**RASOI**  
Authentic Indian Recipes



*Lord Krishna*

ACCOMPANIMENTS &  
DESSERTS



*Gulab Jamun*



*Cucumber Raita*

509	<b>Popadum and Chutney</b>	<b>€ 1.50</b>
510	<b>Curry Sauce</b>	<b>€ 2.50</b>
511	<b>Cucumber Raita</b>	<b>€ 2.50</b>
512	<b>Cucumber, Onion and Tomato Salad</b>	<b>€ 2.50</b>

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601	<b>Kulfi</b> 	€ 4.75
602	<b>Gulab Jamun</b>	€ 4.75
603	<b>Indian Rice Pudding</b>	€ 3.25
604	<b>Ice Cream</b> (2 scoops)	€ 3.25
605	<b>Gateaux</b>	€ 4.75
606	<b>Lassi</b> (Sweet or Salty)	€ 3.25
607	<b>Sorbet</b>	€ 4.25

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**RASOI**  
Authentic Indian Recipes  
SAMAY

**BANQUET  
MENUS**

*Maa Durga*





# Menu 1

## To Start

### *Tulsi Murgh Tikka*

Basil marinated chicken piccatas, cooked in tandoor oven

### *Keema Samosa*

A deep fried preparation of spicy lamb mince, wrapped in filo pastry

### *Karare Jhinge*

Overnight marinated prawns crisp fried with Indian spices

## *Today's Soup*

Please ask your server for today's soup

## Main Course

### *Saag Gosht*

Lamb cooked in a mild curry with fresh greens

### *Methi Malai Murgh*

Tandoor cooked soft chicken in a fenugreek flavoured rich curry

### *Meen Moilee*

White fish fillet in a coconut and turmeric sauce

### *Dal Tarka*

Melange of lentils tempered in clarified butter

Served with pappadoms, yoghurt and chutney, steamed rice and naan bread

## Something Sweet

### *Special Indian Dessert*

Ask your server for today's special

**€ 55.00 for two persons**

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## *Menu 2*

### **To Start**

#### ***Tandoori Lamb Chops***

Raw papaya marinated lamb chops, slowly cooked in a tandoor oven

#### ***Onion Bhaja***

Carom flavoured deep fried onion dumplings

#### ***Amritsari Machchli***

Shallow fried fillet of fish from the streets of Amritsar

### ***Today's Soup***

Please ask your server for today's soup

### **Main Course**

#### ***Chicken Tikka Makhni***

Tandoor cooked chicken in a satin smooth tomato gravy

#### ***Kadhai Pork***

Stir fried pork and bell peppers, finished with pounded Indian spice mix

#### ***Prawn Alleppey***

Prawns in a mango and coconut milk curry from South of India

#### ***Channa Dal Palak***

Yellow lentils cooked with spinach & finished with a tempering of cumin & garlic

Served with pappadoms, yoghurt and chutney, steamed rice and naan bread

### **Something Sweet**

#### ***Special Indian Dessert***

Ask your server for today's special

**€ 58.00 for two persons**

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