

trishna

a Taste of India

STARTERS

DAL SOUP (GF) (V) (LF)

Authentic Indian lentil soup

€6.00

MALABAR SOUP (GF) (LF) (NT)

Fragrant soup made with coconut milk and cashew nut cream, with chicken or prawns

€7.00

MALAI TANDOORI FLOWERS (GF) (V)

Broccoli and cauliflower florets marinated in yoghurt and cream cheese cooked in the tandoor oven **(4 pcs)**

€8.00

ONION BHAJI (GF) (V) (LF)

Deep fried Indian style onion fritters **(4 pcs)**

€5.00

INDIAN SAMOSAS (V) (LF)

Crispy fried Indian street food pastry, stuffed with potatoes and peas flavoured with Indian spices **(2pcs)**

€5.00

TANDOORI KING PRAWNS (GF)

King prawns marinated in yoghurt and spices, cooked in the tandoor oven **(3 pcs)**

€10.00

CRISPY MASALA PRAWNS (LF)

Deep fried breaded prawns seasoned with chaat masala **(6 pcs)**

€10.00

CHICKEN 65 (GF)

Chicken 65 is a classic dish with origins in Chennai. Deep fried chicken bites marinated in Indian spices.

€8.00

(V) VEGETARIAN

(GF) GLUTEN FREE

(LF) LACTOSE FREE

(NT) CONTAINS NUTS

CHICKEN TIKKA (GF) €9.00
Tender pieces of chicken marinated in yoghurt and spices, cooked in the tandoor oven **(4 pcs)**

CHICKEN TAWA SKEWERS (GF) €8.00
Pan fried chicken skewers flavoured with Indian spices **(2pcs)**

LAMB BOTI KEBAB (GF) €10.00
Succulent lamb pieces cooked in the tandoor oven marinated with aromatic Indian spices **(2 pcs)**

ASSORTED STARTER (Serves 2 persons) €16.00
2 Onion Bhaji, 2 Indian Samosa, Chicken Tikka, Chicken 65

MAINS

VEGETARIAN

PALAK PANEER (GF) (V) €12.00
A classic curry dish from North India made with spinach, homemade paneer and authentic Indian spices

PANEER MAKHANI (GF) (V) (NT) €12.00
A popular Punjabi dish made with homemade paneer, tomatoes, cashew nuts, spices and cream

CHOLE PANEER (GF) (V) (NT) €12.00
A delicious curry of chickpeas and homemade paneer

(V) VEGETARIAN

(GF) GLUTEN FREE

(LF) LACTOSE FREE

(NT) CONTAINS NUTS

CHANA MASALA (GF) (V) (NT) €11.00
A flavoured mild Indian curry made with chickpeas in onion tomato masala

MATAR MUSHROOMS (GF) (V) (NT) €12.00
Flavoursome curry made with mushrooms, peas and onions with herbs and Indian spices

ADRAKI ALOO GOBI (GF) (V) (NT) €12.00
A semi-dry North Indian curry made with potatoes, cauliflower and fresh ginger

VEGETABLE CURRY (GF) (V) (NT) €12.00
Mixed vegetables cooked with tomatoes, cashew nuts and Indian spices

FISH & SEAFOOD

COCONUT FISH CURRY (LF) €15.00
Succulent pieces of fish, cooked with tomatoes, onions, ginger, coconut milk and Indian spices

TAWA FISH (LF) €15.00
Pan fried fillet of fish with dry Indian spices, served with sauteed onions

PRAWN MAPPAS (LF) €16.00
Kerala style prawn curry, cooked in coconut milk and Indian spices

PRAWN MASALA (NT) €16.00
A semi dry Indian prawn dish with authentic dry spices and onion tomato masala

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CHICKEN

CHICKEN JALFREZI (GF) (NT) €14.00

A flavour curry with tender pieces of chicken in a tomato sauce with stir fried peppers and onions

CHICKEN KORMA (GF) (NT) €14.00

Tender pieces of chicken cooked in a cashew nut creamy sauce

BUTTER CHICKEN (GF) (NT) €14.00

Classic Indian chicken dish, cooked with tomatoes, cashew nuts and fenugreek, finished with butter and cream

CHICKEN TIKKA MASALA (GF) (NT) €14.00

Tender pieces of chicken marinated in yoghurt and spices cooked in the tandoor oven, finished with onion tomato masala

BEEF

KERALA BEEF PEPPER FRY (GF) (LF) €14.00

Pieces of beef cooked in onion tomato masala with crushed black pepper corns

BEEF DO PYAZA (GF) (NT) €14.00

Tender pieces of beef cooked in tomato masala with onions cashew nut paste and Indian spices

BEEF MADRAS (GF) (LF) €14.00

Tender beef pieces cooked with dry Indian spices, onions and tomatoes

BEEF VINDALOO (GF) (LF) €14.00

Tender pieces of beef cooked in a rich blend of spices

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(NT) CONTAINS NUTS

LAMB

LAMB ROGAN JOSH (GF) (LF) €16.00

Lamb pieces cooked with Kashmiri red chilli, Indian spices and garam masala

LAMB KARAHI GOSHT (GF) (NT) €16.00

Lamb pieces cooked with bell peppers in onion tomato masala and crushed Indian spices

LAMB MADRAS (GF) (LF) €16.00

Tender pieces of lamb cooked with dry Indian spices, onions and tomatoes

LAMB VINDALOO (GF) (LF) €16.00

Tender pieces of lamb cooked in a rich blend of spices

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(NT) CONTAINS NUTS

BIRYANI

Served with Raita or Curry Sauce

VEGETABLE BIRYANI (GF) (V) €10.00

Basmati rice, vegetables cooked with a blend of Indian spices flavoured with saffron

PRAWN BIRYANI (GF) €15.00

Basmati rice, prawns cooked with a blend of Indian spices flavoured with saffron

CHICKEN TIKKA BIRYANI (GF) €13.00

Basmati rice and tender pieces of chicken tikka, cooked with a blend of Indian spices flavoured with saffron and mint

CHICKEN BIRYANI (GF) €13.00

Basmati rice, chicken on the bone, cooked with a blend of Indian spices flavoured with saffron

LAMB BIRYANI (GF) €14.00

Basmati rice and tender pieces of lamb, cooked with a blend of Indian spices flavoured with saffron.

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RICE

BASMATI RICE (GF) (V) (LF)

€5.00

JEERA RICE (GF) (V)

Basmati rice flavoured with tempered cumin seeds

€5.00

PILAU RICE (GF) (V)

Basmati rice cooked with aromatic herbs and whole Indian spices

€6.00

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INDIAN BREAD

PLAIN NAAN (V)	€4.00
Soft white flat bread	
BUTTER NAAN (V)	€4.00
Soft white flat bread with melted butter	
GARLIC NAAN (V)	€4.00
Soft white flat bread with melted butter topped with garlic	
CHILLI GARLIC NAAN (V)	€5.00
Soft white flat bread with melted butter topped with garlic and fresh chilli	
CHEESE NAAN (V)	€5.00
Soft white flat bread with vegetarian cheese	
LACHHA PARATHA (V)	€4.00
Flaky paratha made with whole wheat flour	
TANDOORI ROTI (V) (LF)	€4.00
Flat bread made with whole wheat flour	
MISSI ROTI (GF) (V) (LF)	€4.00
Gram flour flat bread with Indian Spices	
MASALA KHULCHA (V)	€6.50
Soft flat bread stuffed with potato masala brushed with melted butter	
MURGH MALAI KULCHA	€8.00
Soft flat bread stuffed with chicken, onions and cheese, brushed with melted butter	

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SIDES

- PAPPADOMS** (GF) (V) (LF) €3.00
Served with mango chutney and pickles (4 pcs)
- RAITA** (GF) (V) €3.00
A delicious refreshing side dish made with yoghurt, cumin, chilli and black salt
- KHACHUMBER SALAD** (GF) (V) (LF) €6.00
Tomatoes, cucumbers, onions and herbs in a lemon and chaat masala dressing
- FRIES** (V) (LF) €3.00
- MASALA FRIES** (V) (LF) €4.00
Fries seasoned with chaat masala
- BOMBAY ALOO** (GF) (V) (LF) €6.50
A classic dry Indian side dish made from potatoes, onions, tomatoes and spices
- ALOO PALAK** (GF) (V) €6.50
A North Indian side dish of potatoes and spinach cooked with sauteed onions, garlic and spices
- DAL TADKA** (GF) (V) €8.00
Arhar yellow lentils, cooked with onions, tomatoes and Indian spices, tempered with ghee
- DAL PALAK** (GF) (V) €8.00
Arhar yellow lentils, cooked with spinach and Indian spices, tempered with ghee
- DAL MAKHANI** (GF) (V) €9.00
Whole black Urad lentils cooked with butter and cream, simmered on a low heat for a unique flavour

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(NT) CONTAINS NUTS

SET MENU

PAPADOMS (GF) (V) (LF)

Served with mango chutney

ONION BHAJI (GF) (V) (LF)

Deep fried Indian style onion fritters

INDIAN SAMOSA (V) (LF)

Crispy fried Indian street food pastry, stuffed with potatoes and peas flavoured with Indian spices

CHICKEN 65 (GF) (LF)

Chicken 65 is a classic dish with origins in Chennai. Deep fried chicken bites marinated in Indian spices

CHICKEN TIKKA (GF)

Tender pieces of chicken marinated in yoghurt and spices, cooked in the tandoor oven

ADRAKI ALOO GOBI (GF) (V) (NT)

A semi-dry North Indian curry made with potatoes, cauliflower and fresh ginger

CHICKEN KORMA (GF) (NT)

Tender pieces of chicken cooked in a cashew nut creamy sauce

BEEF DO PYAZA (GF) (NT)

Tender pieces of beef cooked in tomato masala with onions cashew nut paste and Indian spices

PILAU RICE (GF) (V)

Basmati rice cooked with aromatic herbs and whole Indian spices

BOMBAY ALOO (GF) (V) (LF)

A classic dry Indian side dish made from potatoes, onions, tomatoes and spices

BUTTER NAAN (V)

Soft white flat bread with melted butter

DESSERT

Ask your server for today's selection

€32 p/person (MINIMUM ORDER FOR 2 PEOPLE)

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(NT) CONTAINS NUTS

VEGAN MENU

STARTERS

DAL SOUP (GF) €6.00
Authentic Indian lentil soup

ONION BHAJI (GF) €5.00
Deep fried Indian style onion fritters (4 pcs)

INDIAN SAMOSAS €5.00
Crispy fried Indian street food pastry, stuffed with potatoes and peas flavoured with Indian spices (2 pcs)

MAINS

MATAR MUSHROOMS (GF) (NT) €12.00
Flavoursome curry made with mushrooms, peas and onions with herbs and Indian spices

GOBI MATAR (GF) (NT) €12.00
Flavoursome curry made with cauliflower, peas and onions with herbs and Indian spices

ADRAKI ALOO GOBI (GF) (NT) €12.00
A semi-dry North Indian curry made with potatoes, cauliflower and fresh ginger

BOMBAY ALOO (GF) €11.00
A classic dry Indian side dish made from potatoes, onions, tomatoes and spices

ALOO SHIMLA MIRCH (GF) (NT) €12.00
Sautéed green peppers and potatoes with onion tomato masala and Indian spices

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(LF) LACTOSE FREE

(NT) CONTAINS NUTS

SIDES

BASMATI RICE (GF)	€5.00
JEERA RICE (GF) Basmati rice flavoured with tempered cumin seeds	€6.00
PAPPADOMS (GF) Served with mango chutney and pickles (4 pcs)	€3.00
MASALA PAPADOM (GF) Topped with finely chopped tomatoes, coriander and chilli, seasoned with chaat masala	€4.00
KHACHUMBER SALAD (GF) Tomatoes, cucumbers, onions and herbs in a lemon and chaat masala dressing	€6.00
MASALA FRIES Fries seasoned with chaat masala	€4.00
DAL TADKA (GF) Arhar yellow lentils, cooked with onions, tomatoes and Indian spices	€8.00
DAL PALAK (GF) Arhar yellow lentils, cooked with spinach and Indian spices	€8.00
PLAIN NAAN Soft white flat bread	€4.00
TANDOORI ROTI Flat bread made with whole wheat flour	€4.00
MISSI ROTI (GF) Gram flour flat bread with Indian spices	€4.00

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