

DAAL (GF)

Tarka Daal (V)
Smooth and rich Chana daal cooked with onion, tomatoes & Punjabi spices

£5.95

Daal Makhani (CV)
Smoked whole black lentils simmered for several hours with fresh cream, butter and blend of garam masala

£5.95

THALI (CV)

(starters, mains, dal, rice, roti, salad, dessert and mini papad all in one plate)

£12.95

(available on Tuesday and Wednesday only)

RICE (GF) (V)

Pilau Rice

£3.45

Mushroom Rice £3.95

Brown Rice (Healthy Option)

£3.25

Vaghareli Khichdi £4.50
Mixed rice and lentils cooked with vegetables and spices

Boiled Basmati Rice

£2.25

Plain Khichdi £3.50
Steamed mixed rice and lentils, (consistency of porridge)

ROTIS/NAAN (V)

Family Garlic Naan

£4.75

Peshwari Naan £3.65

Family Naan

£4.25

Lachha Paratha £2.50
Multi layered Indian flat bread, whole wheat bread

Bread Basket
(Garlic naan, Tandoori Roti & Methi Thepla)

£5.50

Stuffed Paratha £2.95
Multi layered Indian flat bread stuffed with spicy potatoes, whole wheat bread

Fulka Rotli (3 pcs)
Paper thin soft Indian bread cooked on tava

£3.25

Personalised Naan £3.45
Garlic /Chilli /Coriander /Cheese/Sesame
Make your own Naan by adding a maximum of three from above

Methi Thepla (3 pcs)
Thin bread made from wheat flour, turmeric, ginger, garlic and fresh fenugreek leaves

£3.25

Puran Pori £2.95
Flat bread stuffed with sweet lentil filling flavoured with cardamom powder

Plain Naan

£2.10

Bajra or Juwar Rotlo (GF) £3.65
Hand flatten thick Indian bread made from Millet or Sorghum flour

Tandoori Roti

£1.75

ACCOMPANIMENT

Cucumber & Mint Raita

£2.25

Kachumber Salad

£2.25

Raw onions and green chillies

£1.00

Mixed Pickle

£1.00

V = Vegan CV = Can be made vegan

GF = gluten free N = Nuts

Our restaurant is not a gluten free or nut free facility, therefore we cannot guarantee any cross contamination even if we have stated on the menu that certain dishes are free of allergens / ingredients. Kindly inform your server of any food allergies.

- Most items can be prepared mild, medium and hot on request
- Please ask a member of staff for information about parties and function

Sanskriti

— RESTAURANT —

VEGETARIAN
& VEGAN

MENU

Proud to be among The Sunday Times and The Guardian's best restaurants

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the guardian

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STREET FOOD

Pani Puri (V) (Healthy Option) £3.95 Small crispy puris filled with potatoes, chickpeas and served with chilled mint water and dates-tamarind chutney.	Sev Puri (V) (Healthy Option) £3.95 Puris served as the base to hold an astounding topping of vegetables and chutneys, garnished with sev. An appetiser that can steal the thunder out of any meal
Chowpaty Bhel (V) (GF) (Healthy Option) £3.95 Puffed rice and sev mixed with tomato, onion, pomegranate, chutneys etc. Refreshing and crispy.	Vada Pav (V) £3.95 Spicy potato vadas served inside a soft bun with spicy dry chutney (Famous Bombay Burger)
Papdi Chaat (V) (Healthy Option) £3.95 A medley of chick peas, mash potatoes, chutneys etc. topped on crispy canapés, garnished with sev & pomegranate	Ragda Patis (V) (GF) (Healthy Option) £4.95 Potato patty dipped in Marrowfat peas gravy and topped with an assortment of chutneys and garnished with crispy sev, onions and coriander.
Dahi Puri (Healthy Option) £3.95 An arrangement of tiny, crisp puris amidst a melange of potatoes, chick peas and a topping of chutneys and beaten yoghurt	Pav Bhaji (V) £4.95 Spicy blend of fresh vegetables cooked in tomato and onion served with a bun.
	Samosa Chaat (CV) £3.95 Samosa mashed and topped with chick peas, onions, tomato & chilled yogurt, to make a tempting snack

STARTERS

Poppadum (V) (GF) £0.60	Sharing Chaat Platter (for 2) (CV) £10.95 Taster of Bhel, Papdi chaat, Sev puri & Dahi puri
Chutney Tray (GF) (CV) £1.95	Sharing Tandoori Platter (for 2) (GF) £11.95 Taster of Hariyali tikka, Paneer tikka & Vegetable seekh kebab
Chips/Masala Chips (V) (GF) £2.50 / £3.95 Masala Chips is potato chips tossed in our special sauces	Vegan omelette (V) (GF) (Healthy Option) £4.95 Savoury pancake made with gram flour
Khaman Dhokla (V) (GF) (Healthy Option) £3.95 Savoury steamed cake made of gram flour seasoned with mustard, sesame seeds & curry leaves	Tandoori Paneer Tikka (GF) (Healthy Option) £5.95 Cottage cheese is marinated in yogurt with spices and cooked to a golden hue in tandoor
Amiri Sev Khaman (V) (GF) (Healthy Option) £3.95 Popular snack from Surat city in Gujarat. Soft mashed sweet and spicy snack made from gram flour mixed with chutneys garnished with pomegranate	Tandoori Hariyali Tikka (GF) £5.95 Paneer cubes marinated in yoghurt with Mint & coriander to give it a green colour cooked in tandoor
Aloo Tikki (V) (GF) £3.95 Lentil and green peas stuffed in spiced potato patties	Vegetable Seekh Kebabs (V) (GF) (Healthy Option) £6.95 Vegetables and soya mixed with special kebab spices to make these absolute must have for those who wonder what seekh kebabs taste like
Punjabi Samosa (V) £3.95 Homemade Crispy flaky pastry filled with delicate spice potatoes	Tandoori Mushroom Amritsari (V) (GF) (Healthy Option) £5.95 Mushroom marinated in gram flour with herbs, spices and carom seeds, cooked in tandoor
Patra (V) (GF) (Healthy Option) £3.95 Steamed colocassia leaf rolls stuffed with gram flour, sesame seeds & spices, garnished with grated coconut	Onion Bhaji (V) (GF) £3.95
Chilli Paneer (GF) £5.95 Paneer made with onions and peppers spiced with Indo Chinese flavours	
Baby Corn Manchurian (V) (GF) £4.95 Special batter coated baby corn tossed with ginger garlic and peppers with Indo-Chinese sauces	

SOUTH INDIAN PARADISE GF

(All south Indian items are served with sambhar & coconut chutney)

Idli dipped in Sambhar (V) (Healthy Option) £3.95 Gently steamed Rice Dumplings dipped in sambhar (lentil based vegetable stew)	Mushroom Dosa (V) £5.95 Thin rice crepe filled with special spiced mushroom masala
Masala Dosa (V) £5.45 Thin rice & lentil crepe filled with potatoes and onion masala	Mysore Masala Dosa (V) (Hot) £5.95 Thin rice crepe filled with beet root and potato masala and spicy red chilli-garlic chutney
Uttapam (V) £5.95 Rice and lentil pizza like pancake topped with tomatoes, onions, and coriander	Special Sanskruti Dosa £6.25 Thin rice crepe filled with tomatoes onions and cheese

PUNJABI MAINS (GF)

Tofu Makhani (V) £7.95 Cubes of succulent Soya bean curd simmered in a creamy tomato and onion sauce with a subtle blend of cardamom and dried fenugreek leaves	Malai Kofta (CV) (N) £7.95 Slow cooked koftas (soft balls made from spinach & potatoes) simmered in silky cashew nut, onion & tomato gravy	Lasooni Palak (V) £7.95 Smoked spinach leaves cooked with fresh garlic, onions and tomatoes
Paneer Lababdar £8.95 Paneer cooked in onion tomato velvety sauce, with a hint of fenugreek garam masala and touch of cream	Vegetable Jaipuri (CV) £7.95 Vegetable dish cooked in special Sanskruti gravy with aromatic rajasthani spices. A rich dish from rajasthani cuisine	Mushroom Palak (V) £7.95 Mushroom and spinach cooked in tangy green gravy
Kadai Paneer £7.95 Famous punjabi dish made with freshly pounded coriander seeds and Kashmiri chillies	Kathal Lazeez (V) £8.95 North Indian style Jackfruit curry that will surprise the meat eaters	Channa Palak (V) £7.95 Chickpeas and spinach cooked in aubergine gravy and spices
Shahi Paneer (N) £8.95 Paneer cooked in thick, creamy and tangy gravy made from tomatoes, onions and cashew nut paste	Shahi Korma (mild) (N) (CV) £7.95 Vegetables cooked with creamy cashew nut, coconut cream, raisins along with pineapple & fragrant with cardamom	Bhindi Anari (V) £7.95 It's a flavour packed okra dish cooked with onion, tomatoes and fresh pomegranate seeds
Kaju Masala (CV) (N) £8.95 Lightly roasted cashew nuts simmered in velvety gravy of onion tomato and aromatic spices	Mushroom Korma (mild) (CV) £7.95 Mushroom cooked with mild spices and coconut cream	Channa Masala (V) £6.95 Chickpeas cooked in onion and tomato along with mixed spices
		Mushroom Masala (V) £7.95 Mushroom cooked with tomato and onion and spices

GUJARATI MAINS (GF)

Ringan Tameta (V) £6.95 Aubergine and tomatoes cooked in Gujarati spices	Ringan no Oro (V) £7.95 Char grilled aubergines mashed and cooked with fresh tomatoes, spring onions and spices
Kaju Karela (V) (N) £7.95 Crunchy fried bitter gourd tossed with jaggery, poppy seeds, cashew nuts and special spices	Lasaniya Bateta (Hot) (V) £7.95 Garlic flavoured potatoes sauteed in onions, tomatoes and spices
Vatana Bateta (V) £6.95 Combination of potatoes and green peas cooked with curry leaves, ginger, green chilli, lemon juice and coriander gives distinct flavour to this dish	Kela nu Shaak (mild) (V) £6.95 Ripe bananas sautéed with turmeric, asafoetida, curry leaves, lemon juice and various spices. Sweet and tangy combination makes it a delectable dish to go along with fulka rotli