

## RICE AND ITS SPECIALITIES

*At Kinara we use the very best basmati rice, straight from the hills of Dehradun.*

### Safed Sada Chawal

*Steamed basmati rice*

### Jeera Pulao

*Basmati rice dotted with jeera, quite nice.*

### Saffron Rice

*Delicious basmati is fluffed with saffron.*

### Kashmiri Pulao

*A special dish from Kashmir. Basmati is made even more lovely with dry fruits and nuts.*

## DUM KI BIRYANI

*These rice dishes are marinated with spices, then steamed gently.*

### Hyderabadi Biryani

*Marinated lamb, basmati, spices, herbs and saffron. Quite a Lucknowi affair.*

### Lucknowi Biryani

*A biryani fit for a Nawab. Tender chicken engulfed with clouds of basmati and enlivened with Lucknowi herbs and spices.*

### Jheenga Biryani

*Succulent prawns done to perfection. The recipe is closely guarded by our chef!*

### Subz Biryani

*Basmati rice cooked with fresh vegetables and herbs.*

## FLAKY NAANS

### Plain Naan

*Indian leavened bread.*

### Makhni Naan

*Naan layered with butter.*

### Lasuni Naan

*Naan laced with garlic.*

### Herb Naan

*Naan with fresh mint.*

### Kashmiri Naan

*Naan with dry fruit and nuts.*

### Keema Naan

*Naan stuffed with minced mutton and spices.*

### Cheese Naan

*Naan stuffed with cheese.*

### Tandoori Roti

*Unleavened bread, a Punjabi favourite.*

### Missi Roti

*Roti with gram flour, a very healthy bread.*

### Lachha Paratha

*Wholewheat flaky bread.*

### Pudina Paratha

*Wholewheat flaky bread with fresh mint.*

### Onion Kulcha

*Naan stuffed with finely chopped, spiced onion.*

### Masala Kulcha

*Our chef's secret stuffing goes into this naan.*

### Naan Basket

*Plain, butter, garlic and Kashmiri.*

### Roti Basket

*Tandoori Roti, Missi Roti, Lachha Paratha, Pudina Paratha.*

### Saag Gosht

*A light lamb dish with spinach and tomatoes. Tempered with spices.*

### Lamb Korma

*A blend of Mughlai and Nawabi cuisine. Lamb is drowned in a delicate combination of almonds, cashew, nuts and saffron.*

### Keema Matar

*Minced lamb cooked with green peas, herbs and spices.*

## GARDEN FRESH VEGETABLE

### Kadhahi Paneer

*Home made cottage cheese with onion and capsicum in a special kadai gravy.*

### Paneer Makhni

*Fresh cubes of cottage cheese simmered in a rich tomato based gravy.*

### Palak Paneer

*A classic combination of cottage cheese and spinach with freshly ground spices. A well liked North Indian delicacy.*

### Lahori Aloo Lababdar

*Potatoes spiked with Kashmiri spices and herbs.*

### Jeera Aloo Haradhaniaya

*Diced potatoes tempered with cumin, other aromatic spices and fresh coriander leaves.*

### Aloo Gobi Sialkoti

*This special Punjabi treat is made from cauliflower and baby potatoes, dressed up with tangy spices.*

### Bhindi Masala

*Lady's finger cooked with herbs and spices.*

### Baigan Bhartha Pind Se

*Roasted brinjal cooked in garlic, tomatoes, onions and fresh green chillies.*

### Baigan Masala

*Cubes of eggplant stir fried with spices on fresh coriander leaves.*

### Kadhahi Khumb

*Mushrooms, bell peppers, ground spices and herbs. A medley that adds up to an excellent dish for mushroom lovers.*

### Navrattan Akbari

*Nine, fresh vegetables cooked in a creamy, yummy gravy.*

### Pindi Chana Peshawari

*Chick peas cooked the Punjabi way. Mighty tasty!*

### Dal Kinara

*Five different dals are blended together to make Kinara's special dal.*

### Dal Makhni

*Black lentils are simmered overnight over the tandoor to create an excellent and unique taste.*

### Subz Jhalfrezi

*A favourite with vegetable lovers. With good reason!*

### Apki Pasand

*Our chef will be happy to whip up a dish of your choice which we may have overlooked in our menu.*

## SHAKAHARI FOR VEGETARIANS

### Tandoori Khazana

*A platter of delicious, tandoori vegetables.*

### Tandoori Gobi

*Cauliflower florets marinated with spices and carefully cooked in the tandoor.*

### Reshmi Paneer Tikka

*Cottage cheese, onions and bell peppers marinated with whole ground spices. Goes in the tandoor to give it an edge.*

### Banarsi Seekh Kebab

*This vegetable seekh kebab is an excellent combination of fresh vegetables and fresh spices. Pampers the vegetarian palate.*

### Tandoori Bharwan Aloo

*Roasted Crispy potatoes stuffed with cheese, cashew nut and raisin finished off in the clay oven.*

## SEAFOOD FROM TANDOOR

### Kebab Tashtari

*A Kinara special. Treat yourself to a superb array of kebabs - chicken, lamb, fish and prawns.*

### Tandoori Jheenga Jal Tarang

*Jumbo tiger prawns marinated with Kinara's own wonderful masalas and cooked in a typical Indian clay oven.*

### Ajwaini Machli Tikka

*Boneless fish cubes marinated with fresh spices and grilled in the tandoor. Flaky and fantastic.*

## CHICKEN FROM TANDOOR

### Murgh Peshawari (Tandoori Chicken)

*The king of kebabs is the best known Indian kebab. Chicken marinated with mild spices and made heavenly in the tandoor.*

### Chicken Tikka

*Tuck into the authentic taste of tikkas from the dhabas of Delhi.*

### Murgh Malai Mar Ke

*A creamy kebab of chicken zapped with cumin and fenugreek.*

## LAMB FROM TANDOOR

*Tuck into these tandoori lamb delicacies for a feel-good experience!*

### Raan e Dum Kinara

*Leg of lamb marinated with aromatic herbs and oriental spices, cooked with unhurried precision in a pan lowered into the tandoor. A Kinara specialty and signature dish.*

### Malai Seekh Kebab

*Herbs and minced lamb are matched together making this succulent kebab a heavenly affair. Tangy and tasty, served with onion rings.*

### Adraki Chop

*Long ago, this kebab went through the long process of a double marinade to satisfy the fussy Nawabs of Lucknow. Now being done to satisfy you!*

## SAMUNDARI CURRIES

*These satisfying fish curries won't really satisfy you ....*

*not unless you have extra helpings!*

### Kerala Jheenga Malabari

*Prawns are simmered in a tamarind and coconut milk based gravy. Very typical of Kerala.*

### Jheenga Paprika

*The most recommended dish at Kinara.*

### Prawn Jhalfrazi

*Tiger prawns cooked with onions, tomatoes and capsicum.*

### Goan Crab Banjara

*Mildly spiced crab and bell peppers jazzed up with pounded herbs.*

### Fish Tikka Masala

*Boneless fish cooked in tandoor and cooked with Indian masala.*

### Kinara Fish Curry

*Ah! This is the famous Kinara fish curry. A must have.*

### Methi Fish

*Our chef special, you will love this healthy dish.*

## CHICKEN

*Poultry at Kinara always receives special attention.*

*Have fun selecting from our various curries!*

### Murgh Pastoom (Butter Chicken)

*Tandoori chicken is simmered in a creamy tomato gravy. A favourite with North Indians, unimaginably wonderful.*

### Murghaloo

*Chicken tikka is stir fried with baby potatoes, green chillies and tongue tickling spices pounded at home.*

### Kozhi Chettinad

*The Chettinads from South India adore spicy food. Try this devilish chicken dish if you dare!*

### Murgh Palak

*This earthy dish is found in almost every home in the Punjab. Chicken and spinach, a delightful combination.*

### Murgh Tikka Masala

*Boneless tandoori chicken cooked with the chef's special spices.*

### Murgh Korma

*A blend of Mughlai and Nawabi cuisine. Chicken is drowned in a delicate combination of almonds, cashew, nuts and saffron.*

## LAMB

*Lamb curries. Mop it all up with our soft, flaky breads.*

### Kashmiri Roganjosh

*Succulent lamb is cooked with red Kashmiri chillies in combination with fourteen other spices. Wow.*

### Laal Maas Rajasthani

*Laal means red and this is Rajasthan's favourite way of dining on lamb ... with enough spices to make you see red!*

### Goan Gosht Vindaloo

*Boneless lamb is cooked with potatoes and a touch of red wine.*

### Dhanshak

*A Parsi dish. Mutton is cooked with lentils and vegetables. Pairs beautifully with an Indian beer.*