



	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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STARTERS

Chicken 65	650	350	39	5	0	7	4.5	140	790	520	28	3	5		46
Paneer 65	540	340	39	21	0	6	2.5	95	350	180	23	3	8		28
Appetizer 65: Hot	5	0	0	0		0			0	35	1				0
Appetizer 65: Extra Hot	60	5	0.5	0		0			0	35	14	3			3
Samosa Chaat	580	220	24	4.5					2500	30	86	6	38		10
Samosas (2 Pieces)	600	300	34	4.0					1840	0	69	4	14		6
Tikka Pizza	680	370	42	22				95	1360	150	44		5		31
Masala Fries	700	420	48	6				5	1060	65	60	6	6		6
Kofta Tots	400	220	25	3.5		0	0	5	1140	340	39	3	16		4

CRAFT YOUR CURRY

(Basmati Rice not included)

TIKKA MASALA

CHICKEN	540	360	41	14		0	0	110	1110	80	14		12		25
VEGETABLES	450	330	37	13		0		55	790	360	20	3	15		6
PANEER	710	540	61	29				140	760	40	15		14		23
SHRIMP	440	340	38	13		0.5	0	90	890	105	12		11		8
LAMB	620	430	49	16		3.5	4.0	125	1290	380	14		12		27

BUTTER MASALA

CHICKEN	690	490	56	19		0	0	135	1280	90	18	5	13		25
VEGETABLES	600	460	52	18		0		80	960	370	25	7	16		6
PANEER	860	670	75	34				160	930	50	19	4	15		24
SHRIMP	590	470	53	18		0.5	0	115	1060	115	16	4	12		8
LAMB	770	560	63	21		3.5	4.0	145	1460	390	19	5	12		27

KORMA MASALA

CHICKEN	770	510	58	19		9	10	165	1400	600	27	6	17		36
VEGETABLES	480	330	37	15		1.0	3.5	60	550	590	30	7	21		7
PANEER	740	540	61	31		1.0	3.5	140	520	270	25	4	20		25
SHRIMP	470	340	38	15		1.5	4.0	95	660	330	22	4	17		9
LAMB	650	430	49	18		4.5	7	125	1060	610	25	5	17		28



	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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CRAFT YOUR CURRY

(Basmati Rice not included)

SPINACH MASALA

CHICKEN	1020	740	84	24	0	14	9	185	1870	720	27	8	14		39
VEGETABLES	730	560	63	20	0	6	2.5	80	1020	710	31	10	17		10
PANEER	990	770	87	36	0	6	2.5	160	1000	390	25	7	16		27
SHRIMP	710	560	64	20	0	7	3.0	115	1130	460	22	7	13		12
LAMB	900	660	75	23	0	10	6	145	1530	730	25	7	13		31

SOUTHERN CURRY

CHICKEN	670	440	50	22		8	7	120	1670	360	17	3	13		35
VEGETABLES	370	260	29	17		0	0	15	820	350	21	5	17		6
PANEER	630	460	52	34		0		95	790	30	15	2	16		23
SHRIMP	360	260	30	18		0.5	0	50	930	95	12	2	13		8
LAMB	540	360	41	21		3.5	4.0	80	1320	370	15	2	13		27

ORIGINAL CURRY

CHICKEN	660	420	47	10	0	14	9	110	2050	490	25	6	9		36
VEGETABLES	370	240	27	5.0	0	6	2.5	5	1200	490	29	8	12		7
PANEER	630	440	50	21	0	6	2.5	85	1180	160	23	5	11		25
SHRIMP	350	240	27	5.0	0	7	3.0	40	1310	230	21	5	8		9
LAMB	530	330	37	8	0	10	6	70	1640	500	23	6	8		28

GOAN VINDALOO

CHICKEN	690	390	44	8	0	14	9	105	2310	730	39	5	17		35
VEGETABLES	400	200	23	3.5	0	6	2.5		1470	720	43	7	20		6
PANEER	660	410	46	20	0	6	2.5	80	1440	400	37	4	19		24
SHRIMP	390	210	24	4.0	0	7	3.0	35	1570	470	35	4	16		8
LAMB	570	310	35	7	0	10	6	65	1970	740	37	5	16		27

SPICE LEVEL

Add Hot	10	0	0	0		0	0		25	50	1				0
Add Extra Hot	15	10	1.0	0		0	0		55	100	3	2			1

VEGETARIAN BOWLS

VEG JALFREZI	820	210	24	4.0	0	6	2.5		1490	2570	141	16	24		15
CHOLE MASALA	470	220	25	3.5	0	6	2.5		1710	290	51	10		8	11
MALAI KOFTA	820	620	70	20		0	0	85	1600	320	36	6	15		7
ALOO SAAG	780	560	63	20	0	6	2.5	80	990	820	45	9	14		10



	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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BIRYANI

CHICKEN	1370	540	61	23		9	10	375	2180	1700	153	15	40		57
LAMB	1300	480	55	22		6	8	355	1980	1800	152	15	40		54
VEGETABLES	1100	360	40	18		1.5	3.5	270	1360	1860	161	19	45		28
SPICE LEVEL															
Add Hot	10	0	0	0		0	0		25	50	1				0
Add Extra Hot	15	10	1.0	0		0	0		55	100	3	2			1

TIKKA GRILL

KABOB BOWL

(With Rice, Mango Salad, Sauce)

CHICKEN TIKKA KABOB	860	280	32	11		0.5	0	135	1690	310	88	5	16		53
PUDINA PANEER KABOB	1180	620	70	40		0	0	170	1680	230	90	4	22		46
LAMB SHISH KABOB	1180	570	64	23		6	16	215	3810	1080	90	5	16		56
SPICY CHICKEN KABOB	1000	420	48	14	0	9	7	150	2150	680	93	6	18		47
MALAI CHICKEN KABOB	1110	530	60	20	0	11	9	180	1940	600	89	6	16		51

TIKKA WRAP

(With Mango Salad & Sauce)

CHICKEN TIKKA KABOB	780	380	43	20		0	0	135	1740	400	52	3	10		47
PUDINA PANEER KABOB	870	500	56	31		0		135	1650	360	52	2	12		39
LAMB SHISH KABOB	870	480	54	25		2.0	6	150	2450	680	52	3	9		43
SPICY CHICKEN KABOB	850	450	51	22		4.5	3.5	140	1970	590	54	3	11		44

SHACK SALAD

SALAD ONLY (No Protein)	190	0	0	0		0	0		160	310	44	12	31		5
CHICKEN TIKKA KABOB	940	300	34	17		0.5	0	170	1880	520	89	14	35		71
PUDINA PANEER KABOB	1110	540	61	39		0	0	170	1690	440	89	13	39		55
LAMB SHISH KABOB	1110	500	56	26		4.0	12	200	3290	1080	89	13	34		63
SPICY CHICKEN KABOB	1080	440	50	20	0	9	7	180	2340	900	94	15	37		65



	Calories	Calories from fat	Total Fat (g)	Saturated fat (g)	Trans fat (g)	Poly unsat fat (g)	Mono unsat fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
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KIDS

KIDS KABOB PLATE - RICE + TIKKA MASALA SAUCE	440	200	23	8		0	0	80	840	95	31		6		25
NAAN QUESADILLA															
CHEESE ONLY	470	230	26	15				60	980	60	37		1		23
CHEESE + CHICKEN	540	250	28	15		0		90	1160	80	38		1		34

DESSERTS

Gulab Jamun	510	70	7	3.5				15	35		99	1	84		10
Ras Malai	350	130	15	12				45	75		36		27		18

SIDES

BASMATI RICE	290	15	2.0	1.5		0	0		270	90	60				5
NAAN	210	50	6	1.5				3	400	60	34		1		5
GARLIC NAAN	210	50	6	1.5				3	400	70	35		1		5
SHACK NAAN	240	70	7	3.0				10	450	70	35		1		7
MANGO SALAD	100	0	0			0	0		80	150	22	6	16		3
RAITA	45	10	1.5	0.5			0	5	170	170	5		5		3
TIKKA SAUCE	140	110	13	4.5				20	250	15	4		4		1

DRINKS

MANGO LASSI	310	140	16	9		0.5	4.0	55	125	280	38	2	36		7
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