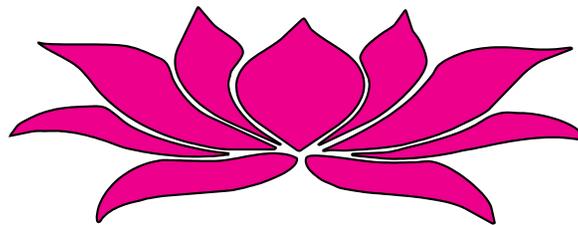


LOTUS

Curry House



Lunch • Dinner • Patio Dining

“Eating together with those we love, eating nutritious food that has been prepared with love – this can nourish our inner needs, as well as our bodies. Taking time at meals to talk to each other and enjoy the meal as a shared sacrament is rare today. We need to slow down, take time to prepare nutritious meals and rearrange our schedules so that we can be together.”

Ekmath Easwaran

OPEN 7 DAYS A WEEK

LUNCH

11:30 a.m. - 2:30 p.m.

DINNER

4:30 p.m. - 9:00 p.m.



These Tiffins are available
for To-Go Orders.

Visit our other restaurants and market:

Lotus Cuisine of India

812 Fourth Street, San Rafael, CA 94901 • (415) 456-5808

Cafe Lotus

1912 Sir Francis Drake Blvd. • Fairfax, CA 94930 • (415) 457.7836

Lotus Market - Indian Grocery Store

805 5th Street, San Rafael, CA 94901 • (415-526-3673

APPETIZERS

VEGETABLE SAMOSAS <i>Pastry stuffed with seasoned potatoes and peas (2 pieces)</i> (V)	8.95
LAMB SAMOSAS <i>Pastry stuffed with minced lamb and green peas (2 pieces)</i>	9.95
VEGETABLE PAKORAS (V) (GF) <i>Cut mixed vegetables (baby spinach, baby potatoes, cauliflower) fried in garbanzo bean flour</i>	6.95
CHICKEN PAKORAS (GF) <i>Chicken breast fried in home made garbanzo bean flour batter served with tamarind & mint sauce</i>	6.95
LOTUS PLATTER <i>Combination of above appetizers</i>	10.95
ONION PAKORAS (V) <i>Onion fritters fried in mildly spiced garbanzo bean (besan) batter</i>	6.95
PANEER PAKORAS <i>Homemade cheese stuffed with pesto and spices and dipped in our homemade garbanzo bean batter</i>	9.95
PRAWN PAKORAS (GF) <i>Prawns marinated and dipped in chickpea flour served tangy mint and cilantro sauce</i>	9.95
GOBI MANCHURIAN (GF)	10.95
CHICKEN CHILLI <i>Chicken sauteed with onion, bell peppers and spices</i>	12.95

We Sell our Homemade Fresh Mint and Tamarind Sauce (8 oz.) \$6.95

SOUP AND SALAD

LENTIL SOUP <i>Mildly spiced pureed lentil soup</i>	5.95
CHICKEN SOUP <i>Minced</i>	6.95
MIXED GREEN SALAD (ORGANIC GREENS) <i>Served with ranch or thousand island dressing (please ask)</i>	6.95
CHICKEN SALAD (ORGANIC GREENS) <i>Salad with Chicken Tikka pieces. Served with ranch or thousand island dressing (please ask)</i>	7.95

CHICKEN CURRIES

***All chicken dishes are hormone free and antibiotic free.**

Substitute organic chicken for 1.50 extra

CHICKEN CURRY (GF) <i>Chicken breast cooked in homestyle tomato-onion based punjabi curry</i>	15.95
CHICKEN VINDALU - SPICY HOT (GF) <i>Chicken cooked with potatoes and chili</i>	15.95
CHICKEN SAAG (GF) <i>Chicken cooked in a mildly spiced creamy spinach</i>	15.95
CHICKEN TIKKA MASALA (GF) <i>Chicken breast cooked in our homemade mild creamy masala sauce</i>	16.95
CHICKEN COCONUT CURRY (GF) <i>Chicken breast cooked with coconut milk, white onion gravy, ginger, garlic, spices and a touch of basil</i> ...	16.95
BUTTER CHICKEN (GF) <i>Dark meat tandoori boneless chicken cooked in a thick buttery masala sauce</i>	16.95

SEAFOOD CURRIES

PRAWN CURRY (GF) <i>Jumbo tiger prawns cooked in our simmered tomato-onion sauce and a variety of spices</i>	17.95
PRAWN SAAG (GF) <i>Prawns cooked in freshly chopped creamy spinach with ginger, garlic, tomatoes & cilantro</i>	17.95
PRAWN VINDALU (GF) <i>Prawns cooked in our spicy tomato-onion gravy with potatoes & spices</i>	17.95
TANDOORI PRAWN MASALA (GF) <i>Tandoori prawns cooked in our homemade mildly creamy masala sauce</i>	17.95
PRAWN COCONUT CURRY (GF) <i>Prawns with coconut milk, ginger, garlic, spices and a touch of basil</i>	17.95
GOA FISH CURRY (GF) <i>Fish simmered in creamy coconut sauce</i>	17.95
KADAH FISH <i>Salmon cooked with tomato, onion, bell pepper, ginger, and garlic</i>	17.95
FISH TIKKA MASALA <i>Salmon cooked in mild creamy sauce with a touch of ground cashew</i>	17.95

(V) = Vegan (GF) = Gluten Free

01/11/21

We are concerned about your health. Please advise us of any allergies. We Prepare Vegan and Gluten Free - Please ask your server!

LAMB CURRIES

ROGAN JOSH (LAMB CURRY) (GF)	Natural lamb cooked in our simmered onion/tomato sauce & variety of spices	17.95
LAMB SAAG (GF)	Natural lamb cooked in freshly chopped spinach with ginger, garlic, tomatoes & cilantro	17.95
KADAHI LAMB (GF)	Natural lamb cooked in tomato/onion base, with tomatoes, onions & bell peppers, ginger & garlic	17.95
LAMB VINDALU - SPICY HOT (GF)	Natural lamb cooked in our spicy tomato sauce with potatoes & spices	17.95
LAMB COCONUT CURRY (GF)	Natural lamb cubes cooked in a mildly spiced coconut sauce with ginger, garlic, spices & a touch of basil	17.95
LAMB TIKKA MASALA (GF)	Natural lamb cubes cooked in our homestyle mild & creamy masala sauce	17.95

VEGETABLE CURRIES - WE USE FRESH VEGETABLES

ALOO GOBI (V) (GF)	Organic cauliflower and potatoes cooked in onions, tomatoes, cilantro & spices	14.95
BENGAN BHARITHA (GF)	Creamy delicately simmered eggplant cooked with green peas, tomatoes, cilantro & onion seeds	14.95
SAAG ALOO (GF)	Potatoes cooked with freshly chopped pesticide-free spinach, ginger, garlic & tomatoes	14.95
SAAG PANEER (GF)	Fresh pesticide-free/organic spinach and organic paneer	14.95
PANEER TIKKA MASALA (GF)	Homemade organic cheese cubes cooked with organic spices with a touch of ground cashew	14.95
NAVRATTAN KORMA (GF)	Mixed vegetables with organic paneer and nuts	14.95
MALAI KOFTA (GF)	Combination of organic cheese, potatoes, nuts & raisins blended with organic spices, with a touch of ground cashew	14.95
VEGETARIAN COCONUT CURRY (V) (GF)	Mixed vegetables cooked with coconut milk, ginger, garlic, spices and a touch of basil	14.95
BINDHI MASALA (V)	Organic okra cooked with onions, tomatoes, ginger & garlic and spices	14.95
MUSHROOM MASALA (V)	Mushrooms cooked with ginger, garlic, tomatoes, organic spices, and a touch of coconut milk	14.95
CHANNA MASALA (V) (GF)	Organic chick-peas with fresh tomatoes, herbs and organic spices	14.95
DAL MAKHNI (GF)	Mixed black lentils cooked with tomatoes, onions, ginger & green chilli	14.95
DAL TARKA (V) (GF)	Organic yellow lentils cooked with tomatoes, onions, ginger & green chilli	14.95

TANDOORI **Substitute organic chicken for 1.50 extra**

TANDOORI CHICKEN (HALF) (GF)	Two whole chicken legs marinated in a traditional style yogurt & spice sauce and cooked in the tandoor (dark meat only)	14.95
TANDOORI CHICKEN (FULL) (GF)	Two whole chicken legs (dark meat) and chicken tikka kabab (white meat) marinated in yogurt & spices and cooked in the tandoor	23.95
CHICKEN TIKKA KABAB (GF)	Organic boneless chicken breast marinated, roasted, and mildly spiced	16.95
CHICKEN HARBHARA (GF)	Boneless chicken cubes marinated in homemade cilantro & mint sauce on a skewer & roasted with spices	16.95
PESTO PANEER KABAB (GF)	Homemade organic cheese cubes cooked with onions, bell peppers, holy basil, cilantro, yogurt & spices	17.95
SEEKH KABAB (GF)	Fresh lean ground lamb with cilantro, cumin seeds, mint, onions, pressed on skewer and roasted	18.95
TANDOORI PRAWNS (GF)	Jumbo prawns lightly marinated with fresh lemon, a touch of garlic, chillies, and spices, then roasted in the tandoor	18.95
TANDOORI MIXED GRILLED (NOT VALID WITH ANY OTHER OFFER) (GF)	A combination of tandoori chicken, chicken tikka kabab, tandoori prawns, and seekh kabab, topped with roasted onions, bell peppers, cilantro & fresh lemon	26.95
LAMB CHOPS (PLEASE ASK WAITER FOR AVAILABILITY)	Marinated rack of lamb with Indian organic spices and verjus (non-fermented grape juice)	28.95

SIDE DISHES

PAPPADUM (V) (GF) <i>Two thin baked lentil wafers served with tamarind and mint sauce</i>	2.95
RAITA GF <i>Organic homemade yogurt with fine chopped cucumber, tomatoes, potatoes, cilantro, carrots & spices</i>	3.95
PICKLES (INDIAN) (V) (GF) <i>Sweet & sour condiment. (Pickle Mango)</i>	2.95
MANGO CHUTNEY (V) (GF) <i>Indian condiment.</i>	2.95
BASMATI RICE OR BROWN RICE <i>Plain basmati rice with peas.</i>	3.50/3.95

NAAN All of our Indian Breads are made with organic flour

PLAIN NAAN <i>Leavened bread baked in the tandoor</i>	2.95
GARLIC NAAN <i>Naan topped with organic garlic & a touch of cilantro</i>	4.75
ONION NAAN <i>Naan stuffed with chopped red & green onions, and Indian spices.</i>	4.75
KABULI NAAN <i>Naan stuffed with organic cashews, chopped marischino cherries, anise, coconut flakes & raisins</i>	4.75
KEEMA NAAN <i>Naan stuffed with spiced ground natural lamb.</i>	4.75
PESTO NAAN	5.50
PARATHA (V) <i>Flaky layered oven-baked Indian bread (stone ground whole wheat flour - high protein)</i>	4.75
ALOO MINT PARATHA (V) <i>Whole wheat bread stuffed with seasoned potatoes, peas, & mint</i>	4.75
PANEER NAAN <i>Naan stuffed with homemade organic cheese.</i>	4.75
CHAPATI (V) <i>Oven-baked bread (stone ground whole wheat flour - high protein)</i>	2.95
ASSORTED BREAD (ANY OF THE ABOVE) <i>Plain naan, garlic naan, onion naan.</i>	12.00
GLUTEN FREE NAAN (GF)/ GLUTEN FREE GARLIC NAAN (V) (GF)/ GLUTEN FREE PESTO GARLIC NAAN (GF)	5.00/5.95/6.95

BIRIYANI ENTREES Substitute organic chicken for 1.50 extra

All Biryani served with Raita • All Gluten Free • Chicken / **Natural Lamb

VEGETARIAN / 14.95 CHICKEN / 15.95 LAMB / 18.95 PRAWN / 18.95**

Basmati rice, zucchini, cauliflower, carrots, mixed vegetables, green peas, cashews, raisins and organic spices and your choice of the above.

DESSERT

KHEER (GF) <i>Traditional chilled rice pudding flavored with green cardamon, saffron, and a touch of cinnamon and rosewater</i>	5.95
GULAB JAMUN <i>Juicy light pastry made from milk, served with hot honey syrup</i>	5.95
KULFI (GF) <i>Traditional saffron flavored Indian ice cream enriched with pistachio, almonds, and green cardamon</i>	5.95
ORGANIC INDIAN ICE CREAM - <i>Mango or Rose Petal (Ask for Gluten Free or Vegan if available)</i>	5.95

BEVERAGES

MASALA CHAI <i>Organic traditional Indian tea made with herbs & spices (one refill on chai)</i>	4.95
MANGO LASSI <i>Home made organic yogurt drink made with mango</i>	4.95
COKE, DIET COKE, SPRITE, 7-UP, SPARKLING WATER, ICE TEA	2.95
ROOT BEER, LEMONADE, GINGER BEER	4.95
KOMBUCHA <i>(4 Flavors - Apple Juniper, Pinot Sage, Original Oak, Ginger Lemongrass)</i>	4.95
HERBAL TEA (ORGANIC) GREEN OR BLACK	4.95
ROSE LEMONADE	5.95