### SIDE DISHES

PAPPADUM (V) (GF) Two thin baked lentil wafers served with tamarind and mint sauce	.95
RAITA GF Organic homemade yogurt with fine chopped cucumber ,tomatoes, potatoes, cilantro, carrots & spices	
PICKLES (INDIAN) (V) (GF) Sweet & sour condiment. (Pickle Mango)	
MANGO CHUTNEY (V) (GF) Indian condiment.	
BASMATI RICE OR BROWN RICE Plain basmati rice with peas	95
AAN All of our Indian Breads are made with organic flour	
PLAIN NAAN Leavened bread baked in the tandoor	95
GARLIC NAAN Naan topped with organic garlic & a touch of cilantro4.	.75
ONION NAAN Naan stuffed with chopped red & green onions, and Indian spices4.	.75
KABULI NAAN Naan stuffed with organic cashews, chopped marischino cherries, anise, coconut flakes & raisins4.	.75
KEEMA NAAN Naan stuffed with spiced ground <b>natural</b> lamh	.75
Pesto Naan	5C
PARATHA (V) Flaky layered oven-baked Indian bread (stone ground whole wheat flour - high protein)4.	.75
ALCO MINT PARATHA (V) Whole wheat bread stuffed with seasoned potatoes, peas, & mint4.	.75
PANEER NAAN Naan stuffed with homemade organic cheese	.75
CHAPATI (V) Oven-baked bread (stone ground whole wheat flour - high protein)	.95
ASSORTED BREAD (ANY OF THE ABOVE) Plain naan, garlic naan, onion naan	OC
Gluten Free Naan (gf)/ Gluten Free Garlic Naan (v) (gf)/ Gluten Free Pesto Garlic Naan (gf) 5.00/5.95/6.	.95
All Biriyani 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) Traditional chilled rice pudding flavored with green cardamon, saffron, and a touch of cinnamon and rosewater 5.	95
GULAB JAMUN Juicy light pastry made from milk, served with hot honey syrup	.95
KULFI (GF) Traditional saffron flavored Indian ice cream enriched with pistachio, almonds, and green cardamon	.95
ORGANIC INDIAN ICE CREAM - Mango or Rose Petal (Ask for Gluten Free or Vegan if available)	.95
Beverages	
MASALA CHAI <b>Organic</b> traditional Indian tea made with herbs & spices (one refill on chai)	.95
MANGO LASSI Home made <b>organic</b> yogurt drink made with mango	
Coke, Diet Coke, Sprite, 7-Up, Sparkling Water, Ice Tea	
Root Beer, Lemonade, Ginger Beer	
KOMBUCHA (4 Flavors - Apple Juniper, Pinot Sage, Original Oak, Ginger Lemongrass)	
Herbal Tea (organic) Green or Black	
Dose Lemonade 5	





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."

Eknath Easwaran

807 Grant Avenue Novato, California

415.408.3911

www. lotus curry house.com

#### **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

## **A**PPETIZERS

VECETABLE CALOCASE D
VEGETABLE SAMOSAS Pastry stuffed with seasoned potatoes and peas (2 pieces) (V) 8.95
LAMB SAMOSAS Pastry stuffed with minced lamb and green peas (2 pieces) 9.95
VEGETABLE PAKORAS (V) (GF) Cut mixed vegetables (baby spinach, baby potatoes, cauliflower) fried in garbanzo bean flour 6.95
CHICKEN PAKORAS (GF) Chicken breast fried in home made garbanzo bean flour batter served with tamarind & mint sauce 6.95
LOTUS PLATTER Combination of above appetizers 10.95
ONION PAKORAS (V) Onion fritters fried in mildly spiced garbanzo bean (besan) batter
PANEER PAKORAS Homemade cheese stuffed with pesto and spices and dipped in our homemade garbanzo bean batter 9.95
PRAWN PAKORAS (GF) Prawns marinated and dipped in chickpea flour served tangy mint and cilantro sauce
GOBI MANCHURIAN (GF) 10.95
CHICKEN CHILLI Chicken sauteed with onion, bell peppers and spices
We Sell our Homemade Fresh Mint and Tamarind Sauce (8 oz.) \$6.95
SOUP AND SALAD
LENTIL SOUP Mildly spiced pureed lentil soup
CHICKEN SOUP Minced
MIXED GREEN SALAD (ORGANIC GREENS) Served with ranch or thousand island dressing (please ask)
$C \textit{HICKEN SALAD (Organic Greens)} \ \textit{Salad with Chicken Tikka pieces. Served with ranch or thousand island dressing (please ask)} \ \dots \ 7.95$
CHICKEN CURRIES
*All chicken dishes are hormone free and antibiotic free.
Substitute organic chicken for 1.50 extra
CHICKEN CURRY (GF) Chicken breast cooked in homestyle tomato-onion based punjabi curry
CHICKEN VINDALU - SPICY HOT (GF) Chicken cooked with potatoes and chili 15.95
CHICKEN SAAG (GF) Chicken cooked in a mildly spiced creamy spinach 15.95
CHICKEN TIKKA MASALA (GF) Chicken breast cooked in our homemade mild creamy masala sauce
CHICKEN COCONUT CURRY (GF) Chicken breast cooked with coconut milk, white onion gravy, ginger, garlic, spices and a touch of basil 16.95
BUTTER CHICKEN (GF) Dark meat tandoori boneless chicken cooked in a thick buttery masala sauce
SEAFOOD CURRIES
PRAWN CURRY (GF) Jumbo tiger prawns cooked in our simmered tomato-onion sauce and a variety of spices
PRAWN SAAG (GF)Prawns cooked in freshly chopped creamy spinach with ginger, garlic, tomatoes & cilantro
PRAWN VINDALU (GF) Prawns cooked in our spicy tomato-onion gravy with potatoes & spices
TANDCORI PRAWN MASALA (GF) Tandoori prawns cooked in our homemade mildly creamy masala sauce
PRAWN CCCONUT CURRY (GF) Prawns with coconut milk, ginger, garlic, spices and a touch of basil
GOA FISH CURRY (GF) Fish simmered in creamy coconut sauce. 17.95
KADAHI FISH Salmon cooked with tomato, onion, bell pepper, ginger, and garlic
FISH TIKKA MASALA Salmon cooked in mild creamy sauce with a touch of ground cashew

# LAMB CURRIES

ROGAN JOSH (LAMB CURRY) (GF) Natural lamb cooked in our simmered onion/tomato sauce & variety of spices
LAMB SAAG (GF) Natural lamb cooked in freshly chopped spinach with ginger, garlic, tomatoes & cilantro17.95
KADAHI LAMB (GF) Natural lamb cooked in tomato/onion base, with tomatoes, onions & bell peppers, ginger & garlic17.95
LAMB VINDALU - SPICY HOT (GF) Natural lamb cooked in our spicy tomato sauce with potatoes & spices17.95
LAMB CCCONUT CURRY (GF) Natural lamb cubes cooked in a mildly spiced coconut sauce with ginger, garlic, spices & a touch of basil17.95
LAMB TIKKA MASALA (GF) Natural lamb cubes cooked in our homestyle mild & creamy masala sauce17.95
VEGETABLE CURRIES - WE USE FRESH VEGETABLES
ALCO GOBI (V) (GF) Organic cauliflower and potatoes cooked in onions, tomatoes, cilantro & spices
BENGAN BHARTHA (GF) Creamy delicately simmered eggplant cooked with green peas, tomatoes, cilantro & onion seeds 14.95
SAAG ALCO (GF) Potatoes cooked with freshly chopped pesticide-free spinach, ginger, garlic & tomatoes
SAAG PANEER (GF) Fresh pesticide-free/organic spinach and organic paneer
PANEER TIKKA MASALA (GF) Homemade organic cheese cubes cooked with organic spices with a touch of ground cashew
NAVRATTAN KORMA (GF) Mixed vegetables with organic paneer and nuts
MALAI KOFTA (GF) Combination of organic cheese, potatoes, nuts & raisins blended with organic spices, with a touch of ground cashew
VEGETARIAN COCONUT CURRY (V) (GF) Mixed vegetables cooked with coconut milk, ginger, garlic, spices and a touch of basil
BINDHI MASALA (V) Organic okra cooked with onions, tomatoes, ginger & garlic and spices
MUSHROOM MASALA (V) Mushrooms cooked with ginger, garlic, tomatoes, organic spices, and a touch of coconut milk
CHANNA MASALA (V) (GF) Organic chick-peas with fresh tomatoes, herbs and organic spices
DAL MAKHNI (GF) Mixed black lentils cooked with tomatoes, onions, ginger & green chilli
DAL TARKA (V) (GF) Organic yellow lentils cooked with tomatoes, onions, ginger & green chilli
TANDOORI Substitute organic chicken for 1.50 extra
TANDOORI CHICKEN (HALF) (GF)
IANDOORI CHICKEN (FULL) (GF) Two whole chicken legs (dark meat) and chicken tikka kabab (white meat) marinated in yogurt & spices and cooked in the tandoor
CHICKEN TIKKA KABAB (GF) Organic boneless chicken breast marinated, roasted, and mildly spiced
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 & spices17.95
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
IANDOORI 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
LAMB CHOPS (Please ask watter for availability) Marinated rack of lamb with Indian organic spices and verjus (non-fermented grape juice)28.95