

ESSENCE OF

India

menu



WELCOME TO



Established in 2008 the Essence of India restaurant has served exquisite Indian cuisine to many discernable clientele. There is always a sense of something mystical and intrinsic about Indian cuisine, and that feeling comes from the variety of culinary skills that have formed the basis of this cuisine and from the reverence with which it is prepared.

Our experienced master chefs enhance traditional north Indian cuisine by combining it with delicacy and blessing it with its own distinctive aroma, flavour and presentation to provide a dining experience that is sure to excite your palate!

Our staff will make a sincere effort in providing you with the same warm and courteous hospitality that was provided to the Maharajas of India many years back.
So allow us to take pleasure in serving you with only the exquisite...

Please note, if there is any dish you like and which is not listed in the menu, please do not hesitate to enquire and if possible, we will be happy to prepare it for you. BYO - Corkage \$3.00 per bottle. 15% surcharge on public holidays. We are unable to offer individual billing. No animal or vegetable fat are used. Prices are correct at time of printing.

Kinross

Shop 13, Kinross Central Shopping Centre
Cnr of Selkirk & Connelly Drive, Kinross

Trading Hours

Lunch: Monday - Sunday 11:30am to 2:30pm
Dinner: Monday - Sunday 5:00pm to Late Night

Buffet

Wednesday / Thursday

Outside Catering

We can cater for outside or home functions.
Call us for a quote to supply your next special occasion.

Online Ordering

www.essenceofindiakinross.com.au
(08) 9304 9988

Attention: Food may contain traces of nuts, dairy and gluten, please inform staff of any possible allergies before placing order



ENTREES

PAPADUM TRIO

PAPADUM SERVED WITH MIX PICKLE, MANGO CHUTNEY MINT SAUCE.

\$10.99

PUNJABI SAMOSA

RICH PASTRY ENCASED PARCEL FILLET WITH POTATOES, PEAS AND ROASTED SPICES. SERVED WITH TAMARIND CHUTNEY.

\$8.99

ONION BHAJI

CRUNCHY ONION FRITTERS SERVED WITH TAMARIND CHUTNEY.

\$10.99

CHEESE BALLS

DEEP FRIED CHEESY BALLS MADE FROM BREAD CRUMB POTATOES, STUFFED WITH CREAM CHEESE AND SPICES.

\$15.99

HARA BHARA KEBAB

KEBAB BEAUTIFULLY ROLLED UP USING POTATOES, GREEN PEAS, SPINACH, RICOTTA CHEESE AND A PLETHORA OF SPICES, SERVED WITH MINT CHUTNEY.

\$15.99

PANEER SHASHLIK

MARINATED HOME MADE RICOTTA CUBES SMOKE ROASTED IN TANDOOR WITH CAPSICUM AND ONION. SERVED WITH MINT AND CORIANDER CHUTNEY.

\$20.99

CHICKEN 65

SPICY DEEP FRIED CHICKEN BITES, ORIGINATED FROM CHENNAI, SERVED WITH MINT CHUTNEY. GREAT WITH A COLD BEER.

\$16.99

TANDOORI CHICKEN

INDIAN VERSION OF THE CLASSIC CHICKEN. CHICKEN ON THE BONE, MARINATED IN A SPECIAL MIXTURE OF SPICES AND ROASTED IN THE TANDOOR. SERVED WITH MINT AND CORIANDER CHUTNEY.

\$18.99

KEEMA KA SAMOSA

TWO PIECE HOME MADE PASTRY TRIANGLES STUFFED WITH SPICED GROUND LAMB, PEAS AND POTATO, SERVED WITH MINT SAUCE.

\$11.99

LAMB SEEKH KEBAB

SUCCULENT LEAN LAMB MINCE WITH CUMIN, FRESH CORIANDER, GINGER, GARLIC AND SPICES ROLLED ON SKEWER AND GRILLED ON CHARCOAL, SERVED WITH MINT AND CORIANDER CHUTNEY.

\$14.99

TANDOORI LAMB CHOPS (3PCS)

TENDER LAMB CHOPS MARINATED WITH INDIAN HERBS, SPICES AND SEASONINGS COOKIN IN A CLAY OVEN. SERVED WITH MINT AND CORIANDER CHUTNEY.

\$22.99

ROYAL SALMON TIKKA

SCOTTISH SALMON CHUNKS MARINATED WITH GARLIC, HERBS AND SPICES, YOGHURT, LOVAGE SEEDS AND COOKED IN TANDOOR.

\$20.99

BUTTERFLY KING PRAWNS

PRAWNS COOKED WITH SPICES, COATED IN BREADCRUMBS, THEN DEEP FRIED.

\$21.99

PANEER CHILLY MILLY

DICED PANEER COATED IN BATTER, DEEP FRIED AND SAUTÉED WITH DICED ONION, TOMATO, CAPSICUM AND HOT SAUCE.

\$20.99

CHILLY GARLIC WINGS

MANCHURIAN STICKY SWEET WINGS GLAZED IN A SPECIAL CHEF'S SAUCE.

\$16.99

BOMBAY CHILLI CHICKEN

DICED CHICKEN FILLETS COATED IN BATTER, DEEP FRIED AND SAUTÉED WITH DICED ONION, TOMATO, CAPSICUM AND HOT SAUCE.

\$23.99

CRISPY SQUID

A DISH THAT FINDS ITS SOURCE IN THE SOUTHERN SHORES OF INDIA. SQUID, PAN TOSSED WITH CRUSHED PEPPER AND HOT SPICES WHICH GIVE IT A RICH AND TANGY SAUCE.

\$23.99

CAULIFLOWER CRUNCH

CRISPY CAULIFLOWER BITES, BLENDED IN SAVOURY AROMATIC SPICED COOKED IN STICKY MANCHURIAN SAUCE.

\$17.99

BHUNA PRAWN ON PURI

PRAWNS FRIED IN FRESH SPICES AND HERBS, SERVED ON CRISP PASTRY.

\$14.50

SIZZLERS

NAWABI CHICKEN TIKKA

CHICKEN FILLETS MARINATED IN CHEFS SPECIAL MEDIUM SPICES, LEMON JUICE, GARLIC AND SMOKE ROASTED IN THE CLAY OVEN, SERVED ON A SIZZLER PLATE WITH MINT AND CORIANDER CHUTNEY.

\$18.99

CHICKEN SHAHI SEEKH

CHICKEN SEEKH KEBAB IS A SPICED MINCED CHICKEN DISH, MOLDED ONTO SKEWERS AND GRILLED. SERVED WITH MINT CHUTNEY AND LEMON WEDGES.

\$18.99

LASOONI PRAWN

PLUMP SUCCULENT TIGER PRAWNS, FRESHLY GROUND CHILLI FLAKES, FRAGRANT GARLIC, TANTALIZING BLEND OF HERBS.

\$18.99

PLATTERS

VEGETABLE PLATTER

A SELECTION OF SAMOSA, PANEER SHASHLIK, ONION BHAJI, HARA BHARA KEBAB SERVED WITH MINT AND CORIANDER CHUTNEY.

\$18.99

SEA SPICE MIX GRILL

A SELECTION OF CHICKEN TIKKA, LAMB SEEKH KEBAB, LASOONI PRAWNS AND PANEER SHASHLIK. SERVED WITH MINT AND CORIANDER CHUTNEY.

\$26.99

SEAFOOD PLATTER

A SELECTION OF TANDOORI SALMON, LASOONI PRAWN AND CHILLI SQUID SERVED WITH MINT AND CORIANDER CHUTNEY.

\$28.99

SEAFOOD CURRIES

FISH TIKKA MASALA (GF) 🌶️🌶️ \$21.99

FISH TIKKA COOKED WITH ONION AND TOMATO MASALA GRAVY AND A HINT OF CHEF'S SPECIAL SAUCE.

CHETTINAD'S CHARM (GF) 🌶️🌶️ \$21.99

TIGER PRAWNS, FIERY RED CHILLIS, FRAGRANT CURRY LEAVES, COCONUT BASED GRAVY.

JHINGA LABABDAR (GF) 🌶️🌶️ \$21.99

INSPIRED BY JALANDHAR, A CITY PUNJAB; PRAWNS TEMPERED WITH CRUSHED SPICES AND BELL PEPPERS.

JHINGA PUNJABI (GF) 🌶️🌶️ \$21.99

INSPIRED BY JALANDHAR, A CITY PUNJAB; PRAWNS TEMPERED WITH CRUSHED SPICES AND BELL PEPPERS.

FISH / PRAWN KORMA (GF) 🌶️🌶️ \$21.99

FISH/ PRAWN COOKED IN A MILD CREAMY CASHEW NUT SAFFRON SAUCE.

GOAN FISH CURRY (GF) 🌶️🌶️ \$21.99

FISH FILLETS COOKED IN A COCONUT GRAVY, MUSTARD SEEDS AND FRAGRANT CURRY LEAVES.

CHEF SPECIALS

CHICKEN PHALL (GF) 🌶️🌶️ \$22.99

FIERY PREPARATION OF CHICKEN WITH SMOKED CHILLI AND PEPPER.

ROYAL GOAT CURRY (GF) 🌶️🌶️ \$22.99

GOAT MEAT ON THE BONE, COOKED WITH TOMATO, ONION AND TURMERIC WITH CHEF'S SPECIAL SPICES.

CHICKEN SHASHLIK \$16.50

TANDOORI CHICKEN ON A BED OF INDIAN SPICED ONION AND PEPPERS.

TANDOORI LAMB CHOPS \$24.50

TANDOORI LAMB CHOPS MARINATED IN A DELICIOUS AND EASY SPICED YOGHURT MARINADE, THEN COOKED UNDER A FIERCELY HOT GRILL.

VEGETARIAN CURRIES

YELLOW DAAL (GF) 🌱🌶️ \$17.99

A REFRESHING BLEND OF ORANGE AND PINK LENTILS SLOW COOKED WITH GINGER, GARLIC, CORIANDER AND A SELECTION OF SPICES.

DAL MAKHANI (GF) 🌱🌶️ \$18.99

WHOLE BLACK LENTILS COOKED OVERNIGHT OVER CHARCOAL IN A RICH CREAMY TOMATO BASED SAUCE.

MIX VEG MADRAS (GF) 🌱🌶️ \$17.99

MIXED VEGETABLES SAUTÉED WITH MUSTARD SEED, CURRY LEAVES AND COOKED WITH COCONUT CREAM AND YELLOW CURRY SAUCE.

ALOO CHANA (GF) 🌱🌶️ \$17.99

NORTH INDIAN CURRIED DISH MADE WITH CHICKPEAS, POTATOES, ONIONS, TOMATOES, SPICES AND HERBS.

BOMBAY ALOO (GF) 🌱 \$17.99

BOMBAY ALOO IS A TRADITIONAL INDIAN DISH USING BOILED POTATOES AS ITS MAIN INGREDIENT, THAT ARE FRIED AND FLAVOURED WITH A VARIETY OF SPICES.

ADRARI ALOO GOBHI (GF) 🌱🌶️ \$17.99

SPICED POTATOES AND CAULIFLOWER COOKED WITH ONIONS, TOMATOES AND SPICES.

ALOO PALAK (GF) 🌱🌶️ \$18.99

INDIAN STYLE POTATO AND SPINACH STIR FRY. ITS MILDLY SPICED AND TASTES GREAT WITH ANY INDIAN FLATBREAD.

ALOO BAIGAN (GF) 🌱🌶️ \$18.99

A DELICIOUS INDIAN DISH MADE WITH DICED POTATOES AND EGGPLANT, SIMMERED IN SPICED ONION AND TOMATO MASALA.

NAVRATAN KORMA (GF) 🌱🌶️ \$19.99

A MIX OF VEGETABLES COOKED WITH CRUSHED SPICES, SLICED CAPSICUM, ONION IN A KORMA SAUCE.

MALAI KOFTA 🌱🌶️ \$18.99

MINCE OF POTATO AND COTTAGE CHEESE, KOFTA COOKED WITH KORMA SAUCE AND FINISHED WITH FRESH CREAM.

PANEER LABABDAR (GF) 🌱🌶️ \$21.99

COTTAGE PANEER IN A CREAMY AND VELVET BUTTER MASALA SAUCE WITH MIXED MELON SEEDS.

KADAI PANEER (GF) 🌱🌶️ \$21.99

PANEER TOSSED WITH SLICED GREEN AND RED CAPSICUM, FINISHED IN A SAUCE OF TOMATOES, FRESH GINGER, CORIANDER, ONION AND CUMIN.

PALAK PANEER (GF) 🌱🌶️ \$21.99

COTTAGE CHEESE COOKED WITH SPINACH, GINGER, TOMATO AND SELECTION OF SPICES.

MUSHROOM MUTTER (GF) 🌱🌶️ \$19.99

BUTTON MUSHROOMS AND PEAS COOKED IN A ROYAL CREAMY GRAVY.

CHICKEN CURRIES

BUTTER CHICKEN \$22.99

TENDER PIECES OF TANDOORI CHICKEN TIKKA ENGULFED IN AN AUTHENTIC TOMATO AND CREAM SAUCE.

ZAFFRANI CHICKEN KORMA \$22.99

BONELESS CHICKEN PIECES COOKED IN A MILF CREAMY SAFFRON SAUCE.

CHICKEN TIKKA BALTI \$22.99

BONELESS TANDOORI CHICKEN COOKED WITH ONION AND TOMATO MASALA GRAVY AND A HINT OF CHEFS SPECIAL SAUCE.

AUNTY G CHICKEN CURRY \$22.99

CHICKEN FLAVOURED WITH VINDALOO ASALA AND VINEGAR

CHICKEN TIKKA BHUNA \$22.99

CHARCOAL SMOKED CHICKEN TIKKA COOKED IN A MEDIUM STRENGTH, SLOW COOKED THICK SAUCE MADE WITH TOMATOES AND SPICES.

SMOKEY CHICKEN PALAK \$22.99

A PERFECT COMBINATION OF HOME STYLE SMOKED CHICKEN CURRY WITH THE FRESHNESS OF CHOPPED SPINACH - A PUNJABI FAVOURITE.

COCO MANGO \$22.99

BONELESS CHICKEN COOKED IN A RICH GRAVY PF MANGO PUREE, WITH COCONUT CREAM SAUCE

TANDOORI CHICKEN JHALFREZI \$22.99

BONELESS TANDOORI CHICKEN COOKED WITH CRUSHED SPICES, SLICED CAPSICUM, ONION, IN A MEDIUM MASALA SAUCE.

CHICKEN MADRAS \$22.99

BONELESS CHICKEN DICES SAUTÉED WITH MUSTARD SEED, CURRY LEAVES AND COOKED WITH COCONUT CREAM AND YELLOW SAUCE.

CHICKEN TIKKA MASALA \$22.99

TENDER PIECES OF CHICKEN TIKKA COOKED WITH TOMATO, ONION, CAPSICUM AND CHEFS SPECIAL MASALA SAUCE.

KALI MIRCH CHICKEN \$22.99

A SPICY DISH WITH CHICKEN COOKED IN A BLACK PEPPER AND TOMATO GRAVY AND COOKING CREAM. ITS AROMATIC AND PAIRS WELL WITH NAAN OR RICE.

LAMB OR BEEF CURRIES

LAMB / BEEF ROGAN JOSH \$23.99

LAMB / BEEF PIECES SLOW COOKED WITH SELECT SPICES IN A RICH TOMATO AND ONION GRAVY.

LAMB / BEEF KORMA \$23.99

LAMB / BEEF SLOW COOKED IN A MEDIUM CURRY IN A SILKY GRAVY.

LAMB / BEEF VINDALOO \$23.99

A GOAN SPECIALTY, VINEGAR MARINATED LAMB / BEEF COOKED IN A HOT AND SPICY GRAVY.

LAMB / BEEF MADRAS \$23.99

LAMB / BEEF SAUTÉED WITH MUSTARD SEEDS, CURRY LEAVES AND COOKED WITH COCONUT LEAVES AND COOKED WITH COCONUT CREAM AND YELLOW CURRY SAUCE.

LAMB / BEEF SAAG \$23.99

TENDER BONELESS PIECES OF LAMB / BEEF COOKED IN A PUREED SPINACH AND FRAGRANT SPICES.

BHUNA GOSHT \$23.99

BONELESS LAMB / BEEF COOKED IN A MEDIUM THICK TOMATO SLOW COOKED SAUCE WITH AROMATIC SPICES.

LAMB / BEEF CHETTINAD \$23.99

LAMB / BEEF PIECES COOKED WITH SOME DISTINCT INGREDIENTS SUCH AS CINNAMON, FENNEL SEEDS, BLACK POPPY SEEDS, CORIANDER SEEDS AND CHEF SPECIAL SPICES THAT GIVE A VERY SPECIAL AROMA TO THIS SPICY CURRY - KNOWN AS A KING OF LAMB / BEEF CURRY.

LAMB / BEEF PASANDA \$23.99

LAMB / BEEF PASANDA IS A CREAMY NORTH INDIAN DISH WITH TENDER LAMB / BEEF MARINATED IN YOGHURT AND SPICES, SLOW-COOKED IN A RICH SAUCE WITH ONIONS AND TOMATOES IN A SILKY GRAVY.





BREAD

TANDOORI ROTI (V)	\$5.50
WHOLEMEAL BREAD COOKED IN THE CLAY OVEN.	
PLAIN NAAN (V)	\$4.99
GARLIC NAAN (V)	\$5.99
BUTTER NAAN (V)	\$6.99
CHILLI NAAN (V)	\$5.99
CHILLI GARLIC NAAN (V)	\$6.99
TANDOORI PARATHA (V)	\$6.50
ALOO KULCHA	\$7.99
CHEESE NAAN	\$6.50
CHEESE GARLIC NAAN	\$6.99
PESHWARI NAAN	\$8.99
KEEMA NAAN	\$9.99

(GF) GLUTEN FREE - EXTRA \$4

RICE

BASMATI RICE (GF) (V)	\$5.99
SAFFRON RICE (GF) (V)	\$7.99
PULAO RICE (GF) (V)	\$9.99
CHOICE OF COCONUT, PESHWARI OR MUSHROOM	

BIRYANI

HYDERABADI BIRYANI (GF) (V)	\$20.99
CHOICE OF PROTEIN - CHICKEN, LAMB OR BEEF, SERVED WITH RAITA.	
HYDERABADI VEG BIRYANI (GF) (V)	\$20.99
SERVED WITH RAITA	

SIDES

PAPADUMAS (4PCS)	\$4.99
MANGO CHUTNEY	\$2.99
MINT & CORIANDER CHUTNEY	\$2.99
MIXED PICKLE	\$9.99
FRESH CUT CHILLIES	\$3.99
CUCUMBER RAITA	\$8.99
KUCHUMBER SALAD	\$12.99
TOMATO, CUCUMBER, ONION, LEMON AND SPICES.	

KIDS MENU

CHIPS	\$8.99
CHIPS & NUGGETS	\$12.99
BUTTER CHICKEN AND RICE (GF)	\$15.99
CHICKEN KORMA AND RICE (GF)	\$15.99
FISH & CHIPS	\$15.99
SPRING ROLLS	\$10.99

DESSERTS

ICE CREAM	\$5.99
CHOOSE FROM VANILLA OR CHOCOLATE.	
KULFI (GF)	\$13.99
A UNIQUE MELANGE OF HANDMADE INDIAN ICE CREAM. CHOOSE FROM SAFFRON & PISTACHIO OR SAFFRON & MANGO.	
KESARI RICE PUDDING (GF)	\$13.99
FRAGRANT SAFFRON, PISTACHIO, ALMONDS AND MILK.	
SNOWFLAKE GULAB JAMUN	\$9.99
DOUGH BALLS FRIED AND SOAKED IN SWEET SYRUP AND THEN ROLLED IN DELICATE COCONUT FLAKES.	
GAJRELA (GF)	\$3.99
TRADITIONAL DESSERT MADE WITH GRATED CARROTS, MILK, SUGAR, NUTS, SAFFRON AND CARDAMOM.	
NUTELLA NAAN	\$8.99
SOFT, FLUFFY NAAN FILLED WITH RICH, CREAMY NUTELLA. PERFECT FOR DESSERT OR A SWEET SNACK.	



THANK YOU!

