

GOOD OLD

MANTRA

INDIAN RESTAURANT AND BAR

01

MANTRA FEASTS

/ Made to Share

- Desi Bento

A four-tier tiffin: bhel puri to start, two curries (veg/vegan, or one veg and one non-veg), with butter or garlic naan or tandoori roti and steamed rice.

\$27.90

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The Big Ol' Table

A shared feast (min two, no dietary swaps). Entrees of papads, gol gappe, samosa (veg) or chicken tikka (non-veg), mains of two curries with dal makhani, butter or garlic naan, steamed rice and kachumbar salad, gulab jamun or kulfi to finish.

\$55 / \$65

02

PRARAMBH

/ The Pilot Episode

- Soup(Clear / Chicken)

A clear, restorativebroth, gently spiced.

\$13.90

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Samosa Plate (2 pc)

Hand-crimped samosas with spiced potato and pea, paired with mint and tamarind chutneys.

\$13.90

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Onion Bhaji (2 pc)

Lacy onion fritters kissed with curry leaf and a pinch of green chilli.

\$12.90

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Masala Papadums

A whisper-thin lentil crisp crowned with onion, tomato and tangy chaat masala.

\$8.90

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Mirchi Pakoda

Mild banana chillies in a spiced chickpea batter, fried golden.

\$9.90

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Gobi 65

Cauliflower fried until lacquered and crisp, fragrant with curry leaf and chilli.

\$23.90

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Chicken 65

Boneless chicken fried scarlet with chilli, curry leaf and ginger.

\$23.90

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Amritsari Fish Pakora

Fish in a carom-spiced chickpea crust, fried light, a Punjabi wedding favourite.

\$27.90

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Golgappa Rush

Crisp hollow puris with spiced mint water, potato and chickpea.

\$13.90

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Bhel Puri

Puffed rice tossed with onion, tomato, chutneys and a tangle of sev.

\$13.90

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Papdi Chaat

Crisp wafers layered with potato, chickpea, yogurt and chutneys.

\$14.90

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Aloo Tikki Chaat

Griddled potato cakes with chickpea, yogurt and chutneys.

\$13.90

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Samosa Chaat

Two crisp samosas crushed with chole and yogurt under a tangle of sev.

\$15.50

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Palak Patta Chaat

Crisp spinach leaves, layered yogurt, chutneys and pomegranate jewels.

\$23.90



03

FROM THE WOK

/ Desi Chinese

- Momos (Veg / Chicken)

Hand-folded dumplings, steamed or seared, with fiery red chutney. 8 pcs.

\$22.90 / \$24.90

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Jhol Momos (Chicken)

Steamed chicken momos bathed in a spiced, soupy jhol. 6 pcs.

\$26.90

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Manchurian (Veg / Chicken)

Golden fried morsels in a glossy garlic-chilli sauce.

\$22.90 / \$24.90

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Chilli Paneer

Paneer tossed with peppers in a tangy chilli-soy glaze.

\$22.90

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Chilli Chicken (Dry / Gravy)

Wok-charred chicken in a bold chilli-soy sauce, dry or in gravy.

\$24.90 / \$25.90

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Chowmein (Veg / Chicken)

Wok-tossed noodles with crisp vegetables and smoky soy.

\$22.90 / \$24.90

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Fried Rice (Veg / Chicken)

Wok-fired rice, light, fragrant and moreish.

\$19.90 / \$21.90

04

FROM THE TANDOOR

/ Smoke & Soul

- Paneer Tikka

Cottage cheese and peppers, charred and chaat-dusted. 3 pc, extra pc \$7.

\$23.90

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Chicken Tikka (4 pcs)

Thigh fillet, yogurt-marinated and char-kissed in the tandoor.

\$26.90

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Malai Chicken Tikka

Chicken in a velvet marinade of cream, cheese and cashew.

\$23.90

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Chicken Galauti Kebab

Melt-in-the-mouth spiced chicken patties, gently pan-seared.

\$24.90

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Lamb Chops

Overnight-spiced lamb chops from the tandoor. 3 pc, extra chop \$9.

\$27.90

05

NOURISH

/ Protein Meals

- Healthy Protein Salad (Chicken / Chana & Tofu)

Boiled chicken, or black chana and tofu, over cos, rocket and baby spinach, dressed in olive oil.

\$18.90

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Protein Bowl (Chicken / Tofu)

A warm bowl of brown rice, beans, cabbage and carrot with chicken and mint-yogurt, or marinated tofu and lemon-tahini.

\$19.90



12

BREADS

/ Baked To Perfection

- Butter Naan

(leavened bread, blistered and brushed with butter)

\$8.90

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Garlic Naan

(naan laced with fresh garlic and butter)

\$9.90

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Tandoori Roti

(whole-wheat bread from the tandoor, brushed light)

\$6.90

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Lachha Paratha

(whole-wheat bread in countless crisp layers, with olive oil, carom, cumin and chilli flakes)

\$10.90

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Cheese Naan - with or w/o garlic

(naan oozing with cheese, spring onion, coriander and chilli flakes)

\$12.50 / \$12.90

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Kashmiri Naan

(sweet naan stuffed with nuts and dried fruit)

\$12.90

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Naan Basket

(three naans to share, garlic and butter)

\$14.90

06

GARDEN OF INDIA

/ Vegetarian Mains

- Pindi Chole

Rawalpindi-style chickpeas, dark and robust with whole spice.

\$25.90

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Aloo Baingan

Potato and eggplant slow-cooked with tomato and cumin.

\$25.90

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Tawa Mushroom

Mushrooms seared on the griddle in a semi-dry masala.

\$25.90

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Palak Paneer / Tofu

Paneer or tofu in a silky spinach gravy, gentle with garlic.

\$25.90

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Butter Paneer / Tofu

Paneer or tofu in a rich, buttery tomato gravy.

\$25.90

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Paneer Tikka Masala

Char-grilled paneer in a spiced capsicum and tomato gravy.

\$25.90

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Malai Kofta

Soft potato and paneer dumplings in a mild, nutty cream gravy. (Also available in Vegan)

\$25.90

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Veg Korma

Garden vegetables in a regal, nutty cream gravy.

\$25.90

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Dal Makhani

Black urad and kidney beans, simmered overnight with butter and cream. (Also available in Vegan)

\$24.90

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Tadka Dal

Yellow lentils finished with a sizzle of ghee, cumin and garlic.

\$23.90

07

FROM THE LAND & SEA

/ Non-Vegetarian Mains

- Butter Chicken

Our house signature, tandoori chicken in silken tomato and butter.

\$27.90

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Chicken Tikka Masala

Char-grilled chicken in a spiced capsicum and tomato gravy.

\$27.90

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Tawa Chicken

Chicken seared on the griddle with peppers and dry spice.

\$28.90

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Chicken / Lamb Korma

Tender chicken or lamb in a regal, nutty cream gravy.

\$28.90 / \$31.90

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Chicken / Lamb Saag

Chicken or lamb simmered through a garlicky spinach gravy.

\$28.90 / \$31.90

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Goat Curry

Goat slow-cooked till it surrenders from the bone.

\$28.90

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Dhaba-Style Chicken Curry

Rustic roadside chicken in a robust onion-tomato gravy.

\$36.90

13

RICE & SIDES

/ Perfect Companions

- Steamed Rice

Long-grain basmati, steamed to a fluff.

\$6.90

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Jeera Rice

Basmati perfumed with toasted cumin.

\$7.90

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Peas Pulao

Basmati tossed with cumin, onion and sweet peas.

\$8.50

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Coconut Rice

South Indian rice with coconut, curry leaf and mustard.

\$8.50

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Kachumbar Salad

Cucumber, tomato and onion with lemon and coriander.

\$9.90
- Lachha Pyaz

Ribbons of onion with lemon and chaat masala.

\$9.90

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Sirka Pyaaz

Shallots pickled rose-pink in spiced vinegar.

\$9.90

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Raita

Cucumber yogurt with roasted cumin.

\$6.90

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Pickle

House mango pickle, tangy and hot.

\$3.50

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Chutney (Mint / Tamarind / Coriander)

A bowl of house chutney, your choice.

\$3.50

contains dairy

contains dairy but dairy free option available

signature dishes

contains nuts

gluten free

vegan

Drinks & Desserts



*Please let our team know of any allergies or dietary needs.
We take every care, but cannot guarantee dishes are free from traces of allergens.*