chakra

Chakras are seven energy centres in our body and the second chakra is Svadhishthana Chakra.

"Svashidthana" meaning one's own abode and is associated with the unconscious and with emotion. Svadhisthana is associated with the element of water, the sense of taste and the act of procreation. The second chakra is located at the lower belly and inner pelvis.

Additionally the interior design encompasses the term 'Navaratna'. Each stone in the collection has a particular planet in its alignment, and corresponds to a particular Chakra. The healing properties of this collection of gems are unique.

Navaratna is a Sanskrit compound word meaning "nine gems".



chakra
RESTAURANT
À LA CARTE

STARTERS

Poppadums £3.50
Served with mint, mustard yogurt, and mango chutney

Vegetable Spring Rolls £7.50
Crispy thin pastry stuffed with mixed vegetables

Calcutta's Pani Puri £7.50
Atta and semolina puchkas, Calcutta's jhal potatoes, flavoured spice water

Lucknowi Samosa Chaat £8.50
Vegetarian samosa and spiced chickpeas, topped with tamarind, mint and sweet yogurt

Calcutta's Paneer/Chicken Kathi Rolls £8.50/9.50
Flat bread rolled with chargrilled cottage cheese/ Chicken, mixed with onions, cucumber, and mint chutney

Chilli Paneer/Chicken/Prawns £7.50/10.50/ 12.50
Pan fried paneer/chicken/prawns tossed with Szechuan sauce

Avocado Ke Gole £8.50
Avocado dumplings served with beetroot puree and kewpie mustard

Crispy Spinach Chaat £7.50
Baby spinach leaf coated with batter served with spiced chickpeas and chutney

Crispy Okra £8.50
Battered okra tossed with burnt garlic, salt, pepper, and chillies

Bombay ki Bhel Puri £8.50
Puffed rice tossed with onions, tomatoes, pomegranate topped with mint, tamarind, and nylon sev

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prices include VAT

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TANDOOR

Achari Paneer Tikka £9.50
Chargrilled spiced cottage cheese, mixed peppers, and onions

Chargrilled Malai Broccoli £10.50
Marinated chargrilled broccoli florets

Mirchi Murg Tikka £11.50
Grilled chicken thighs marinated with Kashmiri red chilli and homemade spice mix

Malai Murg Tikka £12.50
Greek yogurt, cheese and Indian spice marinated grilled chicken breast

Raunak-E- Lamb Seekh Kebab £11.50
Mine lamb galette with spices cooked on skewers

Tandoori Prawns £17.50
King prawns coated with hung yogurt, freshly ground pepper cooked in clay oven

Patiala Lamb Chops £20.50
Marinated lamb chops with chef special spices cooked in clay oven

CHARCOAL GRILL PLATTER

Chakra Mixed Grill Vegetarian Platter £20.50
Paneer tikka, Chargrilled broccoli, avocado ke gole, chilli cheese naan served with mint chutney

Chakra Mixed Grill Non-Vegetarian Platter £27.50
Mirchi murg tikka, lamb seekh, jhinga kali mirch, Patiala lamb chops

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DESSERTS

Gulab Jamun £6.0
An Indian dessert of fried dough balls that are soaked in a sweet, sticky sugar syrup

Rasmalai £6.0
A Bengali dessert, soft paneer balls immersed in chilled creamy milk

Belgian Chocolate Brownie served with Vanilla Ice cream £6.0
A universally popular intense chocolate indulgence made with Belgian chocolate and California walnuts

Kulfi (Please ask for flavour of the day) 6.50
A frozen dessert made with pure full fat milk, sugar, and a flavouring ingredient like cardamoms or saffron

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BIRYANI

Vegetable Biryani £13.50
Seasonal vegetables, basmati rice, brown onions, yogurt, mint

Chicken Dum Biryani £16.50
Braised basmati rice, chicken, fried onions, mint, saffron

Lamb Dum Biryani £17.50
Long grain basmati rice, fried onions, mint, rose water, rose petals

Prawn Dum Biryani £18.50
Long grain basmati rice, fried onions, prawns

RICE

Steamed Basmati Rice £4.50
Long grain steamed basmati rice

Saffron Pulao £5.50
Sargol saffron, whole spice infused braised long grain basmati rice

Egg Fried Rice £7.50
Long grain basmati rice, fried onions, and eggs

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DESI CLASSICS

Classic Chicken/Lamb Korma £16.50/£17.50
Chicken/texel lamb simmered in almond sauce, sundried coconut, and saffron

Old Delhi Butter Chicken £16.50
Chargrilled chicken simmered in creamed tomatoes, dried fenugreek leaves

Highway Chicken Curry £16.50
A rustic chicken preparation with whole spices, browned thick slow-cooked onion gravy

Kashmiri Lamb Rogan Josh £17.50
Slow cooked texel lamb with brown onions, Kashmiri red chillies, plum tomatoes

Saag Chicken/Lamb £16.50/£17.50
Chicken/texel lamb simmered in spinach, green chillies, and cilantro

Nalli Nihari £20.50
8 hours slow cooked Hampshire lamb shank and Rajasthani chillies

Fish Moilee £16.50
Marinated tilapia simmered with shallots, coconut milk, ginger, and curry leaves

Goan Prawn Curry £18.50
King prawns in caramelised onion sauce, coconut, roasted spices, and palm vinegar

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VEGETARIAN MAINS
(Currys)

Palak Paneer £10.50
Cottage cheese, Spinach, tomato, fenugreek & fresh green chilli

Paneer Butter Masala £11.50
Cottage cheese cooked in creamy tomato sauce, dried fenugreek leaves

Rai Wale Aloo £10.50
Potatoes tempered with asafeotida, onion and tomato/ spinach, green chillies, and coriander

Veg Kadai £10.50
Seasonal Vegetables with brown onions, tomato, and homemade spices

Baingan Ka Bharta £10.50
Smoked eggplant mash braised with garlic, chillies, and tomatoes

Pindi Channa £10.50
Carom seeds infused chickpeas with homemade spices

Dal Makhani £10.50
24 hours slow cooked black lentils

Lahsooni Tadka Dal £10.50
Yellow lentils tempered with cumin, curry leaves

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BREADS

Tandoori Roti £3.50
Bread made with wheat flour

Plain Naan / Butter Naan £4.50 / £4.75
Leavened flour bread

Garlic Naan £4.50
Garlic and coriander infused bread

Laccha Paratha £5.50
Flaky, layered Indian flatbread made from whole wheat flour

Keema Naan £6.50
Chargrilled mince lamb stuffed naan served with cucumber and mint raita

Chilli Cheese Naan £6.50
Aged cheddar cheese and chilli stuffed bread

Peshawari Naan £6.50
Dried fruits, dry coconut and nuts stuffed bread

SAATH ME
(Accompaniments)

Cucumber and Mint Raita £4.0
Greek style yoghurt, cucumber and mint infused with roasted cumin

Onion Chilli Salad (V) £1.95 £4.0
Sliced onion rings flavoured with chilli and lemon

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