



your host  
Harminder Singh (Harry)

### dine in.

Ideal for all occasions, be it intimate dining or large group functions.

### takeaway meals.

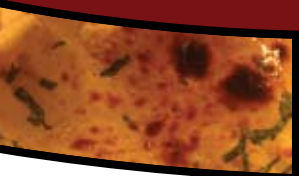
Indus has an extensive takeaway menu that is available for pickup.

Lunch time orders can be delivered to Wellington offices free of charge. Please call us for delivery areas.

Phone us, we can fax you a copy of our takeaway or office menu.

Indus brings a refreshing new approach to Indian cuisine. The decor is contemporary, but manages to blend with the character of the magnificent Shamrock Hotel.

Experience many dishes not seen on any other Indian menus, as well as dishes that have been created by the experienced team over their years in the industry, including the classic "Chicken Ponsonby". Enjoy courtyard dining at its best, and friendly professional service.



### opening hours.

Open 7 days for dinner from 5pm till late and Monday - Friday for lunch from 11.00am

### special information.

All Food Halal.

All curries can be served mild, medium, kiwi hot or indian hot.

All curries are Gluten Free (except where noted \*).

Some dishes can be served as vegan.

Special lunch & children's menus.

Fully Licenced & BYO Wine only.



Authentic Indian Cuisine

### starters

**Mix platter for Two** \$16.50  
Consisting of Chicken Tikka, Seekh Kebab, Samosa and Pakora served with mint & tamarind sauce.

**Pakora** \$6.50  
Delicious battered fried slices of assorted vegetables.

**Samosa** \$6.00  
Deep fried pastry filled with spicy vegetables.

**Sago Vada** \$7.00  
Deep fried balls of sago mixed with spicy mashed potatoes served with yoghurt-coconut chutney.

**Paneer Tikka** \$8.00  
Chunks of cottage cheese in a tangy marinade, grilled in tandoor.

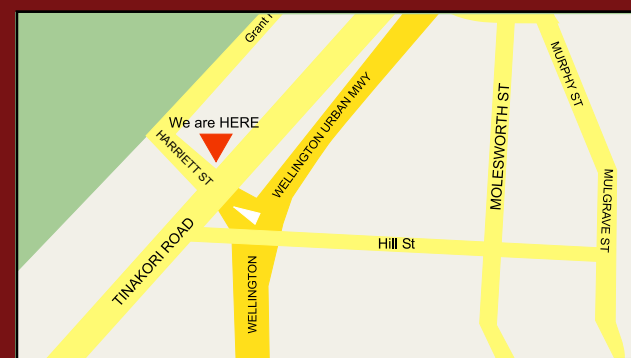
**Chicken Tikka** \$9.50  
Boneless pieces of chicken marinated in cheese, cream, lime juice and spices roasted in tandoor to a mouth-melting finish.

**Seekh Kabab** \$9.00  
Tender rolls of lamb mince with exotic spices cooked in tandoor.

**Fish Amritsari** \$9.00  
Deep fried battered fish Punjabi style, served with mint sauce.

**Fish Tikka** \$9.50  
Chunks of fish delicately marinated and roasted in tandoor.

**Tandoori Wings** \$10.00  
Chicken wings marinated with yoghurt and combination of spices roasted in tandoor and served with raita.



Indus Restaurant & Bar

230 Tinakori Road, Thorndon

Wellington, New Zealand

ph 04 473 0342



www.indusrestaurant.co.nz

full menu inside

## Mains - Curries All curries can be served mild, medium, kiwi hot or indian hot.

Chicken	<b>Butter Chicken</b> <span style="float: right;"><b>\$16.50</b></span> <i>Boneless Tandoori chicken cooked in a rich creamy tomato sauce.</i>
	<b>Chicken Tinakori</b> <span style="float: right;"><b>\$19.00</b></span> <i>Boneless chicken pieces cooked in creamy apricot sauce flavored with nutmeg.</i>
	<b>Chicken Ponsonby</b> <span style="float: right;"><b>\$17.00</b></span> <i>Chicken tikka cooked with onion and capsicum in a tomato based sauce</i>
	<b>Peela Chicken</b> <span style="float: right;"><b>\$16.50</b></span> <i>Boneless chicken in yellow lentil gravy.</i>
	<b>Mango Chicken</b> <span style="float: right;"><b>\$19.00</b></span> <i>Boneless chicken pieces cooked in a creamy mango sauce flavoured with green cardamon.</i>
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Chicken/Beef/Lamb	<b>Lamb Punjabi</b> <span style="float: right;"><b>\$16.50</b></span> <i>Tender lamb pieces in a rich golden gravy cooked in traditional Punjabi style</i>
	<b>Saag Lamb/Chicken</b> <span style="float: right;"><b>\$17.00</b></span> <i>Simmered in a subtly spiced spinach gravy.</i>
	<b>Jalfrazi Lamb/Chicken/Beef</b> <span style="float: right;"><b>\$17.00</b></span> <i>Cooked with juliennes of onion, tomato and capsicum tempered with pounded coriander seeds.</i>
	<b>Korma Beef/Lamb/Chicken</b> <span style="float: right;"><b>\$16.50</b></span> <i>Simmered in rich creamy nut sauce.</i>
	<b>Madras Beef/Lamb/Chicken</b> <span style="float: right;"><b>\$17.00</b></span> <i>Cooked in subtly spiced coconut gravy and tempered with mustard seed and curry leaves.</i>
	<b>Vindaloo Beef/Lamb/Chicken</b> <span style="float: right;"><b>\$16.50</b></span> <i>Hot and spicy specialty from Goa made with chillies, garam Masala, garlic &amp; vinegar.</i>
Seafood	<b>Fish Masala</b> <span style="float: right;"><b>\$17.50</b></span> <i>Boneless fish pieces cooked in an onion tomato gravy and tempered with ajwain.</i>
	<b>Fish Malabari</b> <span style="float: right;"><b>\$18.00</b></span> <i>Boneless fish pieces cooked with coconut gravy and tempered with mustard seeds and curry leaves.</i>
	<b>Prawn Curry</b> <span style="float: right;"><b>\$21.00</b></span> <i>Prawns cooked in a mouth watering coconut gravy and tempered with curry leaves.</i>
	<b>Prawn Jalfrazi</b> <span style="float: right;"><b>\$22.00</b></span> <i>Prawns cooked with juliennes of onion, tomato and capsicum tempered with pounded Coriander seeds.</i>

## Vegetarian Delicacies ■■■■■

<b>Palak Paneer</b> <span style="float: right;"><b>\$15.00</b></span> <i>Cottage cheese cubes simmered in a subtly spiced spinach gravy.</i>	
<b>Saag Aloo</b> <span style="float: right;"><b>\$14.50</b></span> <i>Potato cubes simmered in a subtly spiced spinach gravy.</i>	
<b>Paneer Jalfrezi</b> <span style="float: right;"><b>\$16.50</b></span> <i>Cottage cheese cooked with juliennes of onion tomatoes &amp; capsicum tempered with pounded coriander seeds</i>	
<b>Daal Makhani</b> <span style="float: right;"><b>\$13.00</b></span> <i>A harmonious combination of lentils cooked with butter &amp; cream.</i>	
<b>Tarka Daal</b> <span style="float: right;"><b>\$13.00</b></span> <i>Yellow lentils tempered with garlic and cumin seeds (Punjabi style)</i>	
<b>Navratan Korma</b> <span style="float: right;"><b>\$14.50</b></span> <i>A combination of nine vegetables, dry fruits and nuts cooked in a creamy sauce.</i>	
<b>*Malai Kofta</b> <span style="float: right;"><b>\$15.00</b></span> <i>Cottage cheese and potato dumplings served in a creamy sauce.</i>	
<b>Mutter Paneer</b> <span style="float: right;"><b>\$15.00</b></span> <i>Cottage cheese cubes and peas in onion and tomato gravy.</i>	
<b>Paneer Masala</b> <span style="float: right;"><b>\$15.00</b></span> <i>Homemade cottage cheese cooked with onion, capsicum and tomato based gravy.</i>	
<b>Punjabi Chole</b> <span style="float: right;"><b>\$13.50</b></span> <i>Traditional Punjabi chick pea delicacy.</i>	
<b>Sabzi Bahar</b> <span style="float: right;"><b>\$13.00</b></span> <i>Assorted vegetables spiced and tempered with cumin seeds.</i>	
<b>Aloo Gobi</b> <span style="float: right;"><b>\$13.00</b></span> <i>Fresh garden cauliflower and potatoes cooked to taste with a mild hint of exotic Indian spices.</i>	
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<b>Miscellaneous</b> <span style="float: right;">■■■</span>	
<b>Mango Lassi</b> <span style="float: right;"><b>\$5.00</b></span> <i>Churned yogurt flavored with mango pulp.</i>	
<b>Masala Chai</b> <span style="float: right;"><b>\$4.00</b></span> <i>Indian style spiced tea.</i>	
<b>Indus Chai</b> <span style="float: right;"><b>\$4.00</b></span> <i>Chef's special recipe for an exotic flavored tea</i>	

## Side dishes ■■■■■

<b>Cucumber Raita</b> <span style="float: right;"><b>\$4.00</b></span> <i>Grated cucumber flavored with spices in yogurt.</i>	
<b>Pickle &amp; Chutney</b> <span style="float: right;"><b>\$3.50</b></span> <i>Mix pickle and sweet-sour mango chutney.</i>	
<b>Kachumber Salad</b> <span style="float: right;"><b>\$4.00</b></span> <i>Seasoned salad of cucumber, tomatoes, onions and capsicum.</i>	
<b>Poppodoms</b> <span style="float: right;"><b>\$1.00</b></span> <i>Choice of fried or roasted</i>	
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<b>Rice specialties</b> <span style="float: right;">■■■</span>	
<i>(All biryanis' and pulaos' accompanied by cucumber Raita)</i>	
<b>Lamb Biryani</b> <span style="float: right;"><b>\$16.50</b></span> <i>A superb combination of lamb and basmati rice cooked to perfection on simmer.</i>	
<b>Chicken Biryani</b> <span style="float: right;"><b>\$16.50</b></span> <i>A delicious combination of chicken, spices and basmati rice.</i>	
<b>Vegetable pulao</b> <span style="float: right;"><b>\$14.00</b></span> <i>Sautéed vegetables tempered with cumin seeds on basmati rice and garnished with cashews.</i>	
<b>Plain rice</b> <span style="float: right;"><b>\$2.50</b></span>	
<b>Coconut rice</b> <span style="float: right;"><b>\$3.00</b></span>	
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<b>From the Tandoor</b> <span style="float: right;">■■■■</span>	
<b>Kebab-e-bannu</b> <span style="float: right;"><b>\$18.00</b></span> <i>Succulent pieces of egg coated spiced chicken roasted in tandoor.</i>	
<b>Burrah Kebab</b> <span style="float: right;"><b>\$19.00</b></span> <i>Delicious lamb chops marinated overnight with kiwi-fruit and herbs, roasted in tandoor.</i>	
<b>Tandoori Chicken</b> <span style="float: right;">half <b>\$13.00</b> full <b>\$25.00</b></span> <i>Whole chicken marinated with yoghurt and combination of spices roasted in tandoor.</i>	
<b>Tandoori Prawns</b> <span style="float: right;"><b>\$24.00</b></span> <i>Prawns delicately marinate with spices and lime juice skewered in tandoor.</i>	
<b>Tandoori Fish</b> <span style="float: right;"><b>\$19.00</b></span> <i>Delicately spiced whole baby Tarakihi fish roasted in tandoor. (Please allow at least 20 minutes extra for cooking.)</i>	

## Breads ■■■■■

<b>Tandoori Roti</b> <span style="float: right;"><b>\$2.00</b></span> <i>Whole meal unleavened bread.</i>	
<b>Garlic Roti</b> <span style="float: right;"><b>\$2.50</b></span> <i>Roti cooked with garlic on top.</i>	
<b>Roomali Roti</b> <span style="float: right;"><b>\$3.00</b></span> <i>Literally meaning- bread thin as a handkerchief; a delight to watch its making.</i>	
<b>Naan</b> <span style="float: right;"><b>\$3.00</b></span>	
<b>Garlic Naan</b> <span style="float: right;"><b>\$3.50</b></span>	
<b>Keema Naan</b> <span style="float: right;"><b>\$4.00</b></span> <i>Naan stuffed with lamb mince.</i>	
<b>Lachha Parantha</b> <span style="float: right;"><b>\$3.00</b></span> <i>Unleavened whole meal bread with a flaky texture.</i>	
<b>Aloo Parantha</b> <span style="float: right;"><b>\$3.50</b></span> <i>Parantha stuffed with mildly spiced potatoes.</i>	
<b>Pudina Parantha</b> <span style="float: right;"><b>\$3.50</b></span> <i>Mint flavored parantha.</i>	
<b>Onion Kulcha</b> <span style="float: right;"><b>\$3.50</b></span> <i>Naan bread stuffed with mildly spiced onions.</i>	
<b>Paneer Kulcha</b> <span style="float: right;"><b>\$4.00</b></span> <i>Naan bread stuffed with cottage cheese.</i>	
<b>Peshwari Naan</b> <span style="float: right;"><b>\$4.50</b></span> <i>Naan bread stuffed with dry fruits (mughlai style).</i>	
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<b>Desserts</b> <span style="float: right;">■■■</span>	
<b>Gulab Jamun with ice-cream</b> <span style="float: right;"><b>\$6.00</b></span> <i>Milk dumplings in a rose and sugar syrup served with vanilla ice-cream.</i>	
<b>Mango Kulfi</b> <span style="float: right;"><b>\$6.00</b></span> <i>Indian style ice-cream with mango flavour.</i>	
<b>Chocolate Kulfi</b> <span style="float: right;"><b>\$6.00</b></span> <i>Indian style chocolate ice-cream with chocolate chips.</i>	
<b>Vanilla Ice Cream</b> <span style="float: right;"><b>\$5.00</b></span> <i>With optional topping of mango pulp or chocolate sauce</i>	
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<b>Childrens menu</b> <span style="float: right;">■■■■</span>	
<b>Hot chips with tomato sauce</b> <span style="float: right;"><b>\$4.00</b></span>	
<b>Chicken nuggets &amp; chips</b> <span style="float: right;"><b>\$8.00</b></span>	
<b>Butter chicken with rice (very mild)</b> <span style="float: right;"><b>\$8.00</b></span>	