



Welcome

to the authentic Indian Restaurant, RASOI.

India is home to many different religions, cultures, castes and creeds. Naturally with the large variety of people, the eating habits of the Indian people vary greatly; some eat all meat, some do not eat meat at all, for some pork is forbidden and for others the consumption of beef is sacrilege while others eat fish but no meat. Even with vegetables, some cultures within India follow certain rules, some do not eat tubers whilst others avoid the roots. However, whilst the choices and religions vary greatly the concept of 'Curry' is one that is common to all people in India despite their differing beliefs.

Curries have been popular for thousands of years. Evidence suggests they do more than satisfy your appetite. Curries contain more health benefits than at first glance. Spices used in Indian cooking have certainly been used for thousands of years to alleviate coughs, colds, inflammation and other symptoms. Evidence suggests that spices can benefit the heart, have a positive effect on sufferers of diabetes and may even diminish the effect of cancer cells.

Much of Indian cuisine revolves around health-promoting herbs, spices and vegetables. We've compiled a list of some of the herbs and spices used in our authentic Indian dishes here at Rasoi and what health benefits do they provide. Each dish is labelled with colour boxes to indicate what herbs and spices each dish contains:

- **Asafoetida** ... Often used in traditional Indian cooking, asafoetida is actually a gum extract from a tree. It is aromatic, and pungent before cooking, but provides a garlic-onion flavor to food. It has a stimulating, warming effect, increasing the release of toxins from the body. ■
- **Cardamon** ... Both green and black have a slightly sweet, refreshing aroma. They increase digestion, clear and sharpen the mind, and improve breathing by opening up airways. ■
- **Cinnamon** ... A strong aromatic, cinnamon is used in small quantities in Indian cooking so as not to overpower food. It has natural antiseptic properties, and is also known as a strengthening, energizing spice. It stimulates digestion and cleansing through sweating. ■
- **Cloves** ... Another potent aromatic, cloves have a warm, pungent flavor. They are wonderful for relieving coughs and congestion. ■
- **Coriander** ... A more subtle spice, coriander seeds stimulate digestion. They have a natural cooling effect on the body, and are useful as a diuretic. It also has anti-inflammatory properties and it helps lower cholesterol. ■

- **Cumin** ... This Indian food spice is slightly bitter, warm, and aromatic. It also aids in digestion by increasing the secretion of digestive juices. Cumin is an excellent source of iron. ■
- **Mustard** ... Mustard seeds relieve congestion, and aid in digestion. It is a powerful anti-microbial agent (it can kill listeria and other food-borne pathogens). Isothiocyanates, a compound in mustard seed, have also been found to inhibit the growth of cancer cells and protect against cancer. ■
- **Garlic** ... It's considered by many to be a herbal "wonder drug", with a reputation for preventing everything from the common cold and flu to the plague! Raw garlic is used by some to treat the symptoms of acne and there is some evidence that it can assist in managing high cholesterol levels. ■
- **Fenugreek** ... It helps to increase libido and lessen the effect of hot flashes and mood fluctuations that are common symptoms of menopause. In India and China it has also been used to treat arthritis, asthma, bronchitis, improve digestion, maintain a healthy metabolism, increase libido and male potency, cure skin problems (wounds, rashes and boils), treat sore throat, and cure acid reflux. ■
- **Turmeric** ... A mild spice on its own, turmeric is known to have natural antibacterial and cleansing properties. It is good for inflammation, inflammatory bowel diseases, including Crohn's disease and ulcerative colitis, rheumatoid arthritis, cystic fibrosis, cancer and Alzheimer's disease and soothing coughs. It's also shown promise in offering cardiovascular and liver protection. ■
- **Ginger** ... It contains gingerol, a compound that's thought to relax blood vessels, stimulate blood flow and relieve pain. It's used as a digestive aid and contains compounds that ease motion sickness and nausea and inhibit vomiting. This makes it a helpful spice for morning sickness or for people suffering from the side effects of chemotherapy. Ginger also has anti-inflammatory properties, which means it may be useful in fighting heart disease, cancer, Alzheimer's disease and arthritis. Plus, it's high in antioxidants that fight all kinds of diseases. ■
- **Garam sala** ... It is actually a mixture of different spices that are added to many Indian dishes. ■
- **Red Chilies** ... Red ground chilies are used to add spice, warmth and intense flavor to many Indian curries. The active ingredient in chili peppers is , an anti-inflammatory compound that helps with a variety of health issues including pain, cancers and high cholesterol, triglycerides and platelet aggregation. Chili peppers are also known to help clear congestion, boost immunity, help with weight loss and prevent stomach ulcers by killing bacteria. ■
- **Yogurt** ... Yogurt provides a cooling contrast to the warmer, spicier Indian dishes. It have been found that yogurt enhances the immune system, improve arthritis, fight stomach ulcers, promote good digestion and even extend life. Yogurt is also a good source of calcium and has been found to promote fat loss while retaining lean muscles. ■



Lord Ganesha



Starters

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|-----|---|--------|
| 001 | Soup of the Day
Freshly prepared Indian soup of the day - ask your server for today's special | € 4.50 |
| 002 | Masala Popadom <small>New</small>
Popadum topped with onion, tomatoes and finished with a hint of lemon juice | € 3.25 |
| 003 | Onion Bhaja
Carom flavoured deep fried onion dumplings | € 5.25 |
| 004 | Chutney Platter
Garlic naan bread served with a selection of three Indian chutneys | € 5.25 |
| 005 | Vegetable Samosas
A deep fried preparation of tempered vegetables, wrapped in filo pastry | € 5.25 |
| 006 | Aloo Cholley Chaat
A typical Indian street food made of potatoes and chick peas | € 5.25 |
| 007 | Murgh Tikka
Chicken marinated in yoghurt and grilled in the tandoor oven | € 7.25 |
| 008 | Tulsi Murgh Tikka <small>New</small>
Basil marinated chicken piccatas, cooked in tandoor oven | € 7.75 |
| 009 | Achari Murgh Tikka <small>New</small>
Chicken piccatas in pickling spices | € 7.75 |

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| 010 | Keema Samosa
A deep fried preparation of spicy lamb mince, wrapped in filo pastry | € 8.75 |
| 011 | Gosht Seekh Kebab
Minced baby lamb flavoured with a mixture of special spices cooked in a clay oven | € 8.75 |
| 012 | Tandoori Lamb Chops
Raw papaya marinated lamb chops slow cooked in tandoor oven | € 15.75 |
| 013 | Kathi Kebab <small>New</small>
Minced baby lamb wrapped and cooked in Indian naan | € 11.75 |
| 014 | Amritsari Machchli
Shallow fried fillet of fish, a dish from the streets of Amritsar (Punjab) | € 7.75 |
| 015 | Talle Karare Jhinge
Overnight marinated prawns crisp fried with Indian spices | € 13.75 |
| 016 | Tandoori Jhinge
Tandoor glazed prawns in a secret mustard marinade | € 13.75 |
| 017 | Sa Re Ga Ma Special Sizzler
2 pieces each of two different chicken, sekkh kebab, keema samosa, fried prawns and onion bhaji, served sizzling | € 19.75 |

All Prices Inclusive of VAT

*Should you suffer from any food intolerances
or have any special dietary requirements,
kindly inform your server.*








RASOI
Authentic Indian Kitchens

MAIN
COURSES

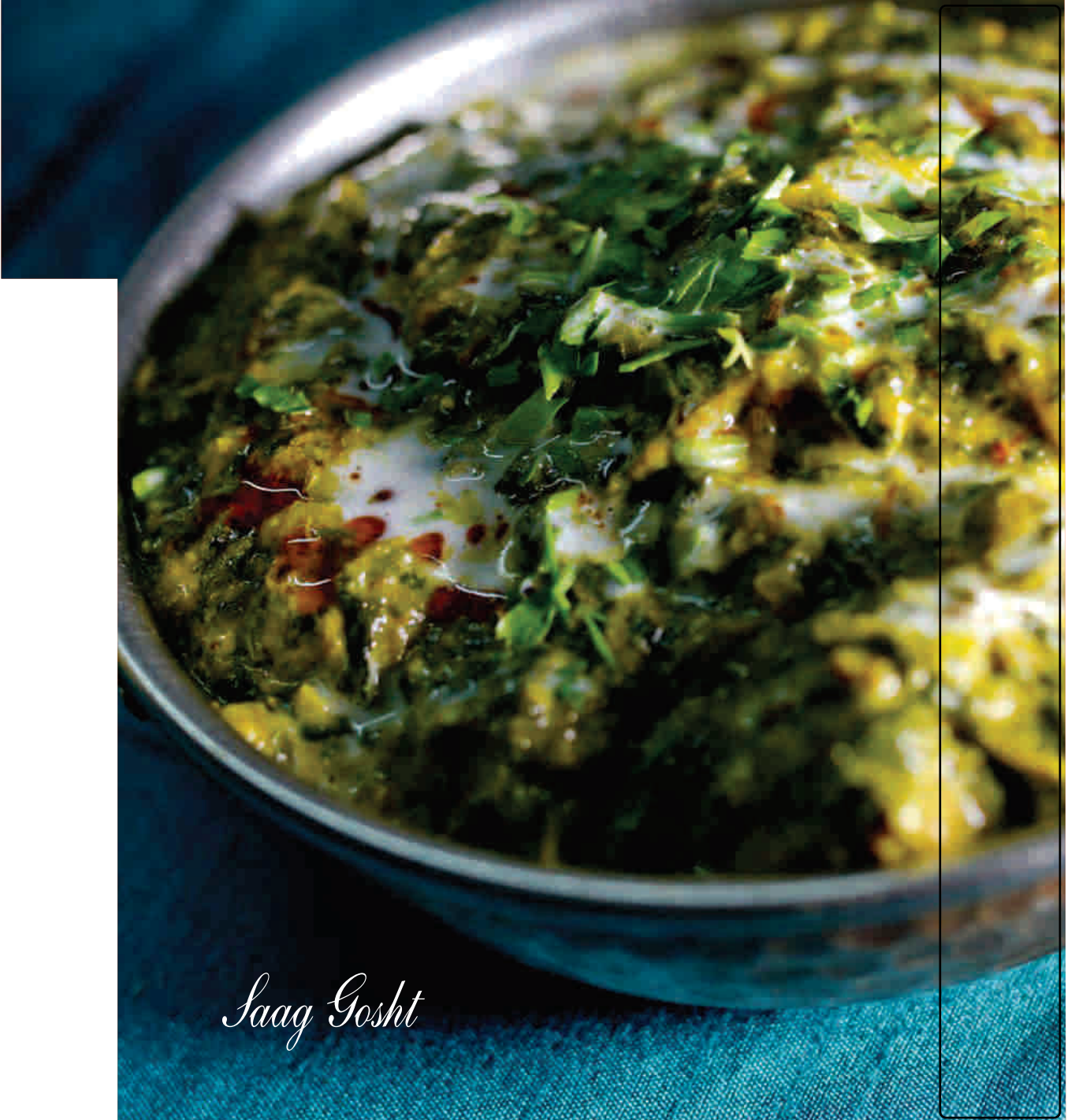
Lord Shiva & Mata Parvati



Chicken Korma

- 100 **Chicken Tikka Makhni** (Butter Chicken) € 9.75
Tandoor cooked chicken tikka served in a satin
smooth tomato gravy

- 101 **Chicken Korma** € 9.75
A mild chicken curry, flavored with cardamom
and vetivier flower

- 102 **Methi Malai Murgh** € 9.75
Tandoor cooked chicken in a rich fenugreek
flavored creamy curry

- 103 **Chicken Jalfreji** **New** € 9.75
A bengali preparation of chicken with
bell peppers and onions

- 104 **Chicken Dopiaza** **New** € 9.75
A classic chicken dish with lots of onions


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Saag Gosht

105 **Lamb Rogan Josh** € 11.75
Fennel & dry ginger flavored lamb
curry from Kashmir



106 **Lamb Madras Curry** € 11.75
Lamb curry cooked with mustard seeds
and coconut milk



107 **Saag Gosht** € 11.75
Lamb cooked in a mild curry with fresh greens



108 **Gosht Bhuna** ^{New} € 11.75
A classic lamb dish, using traditional bhuna cooking
method (pan frying the meat with spices)

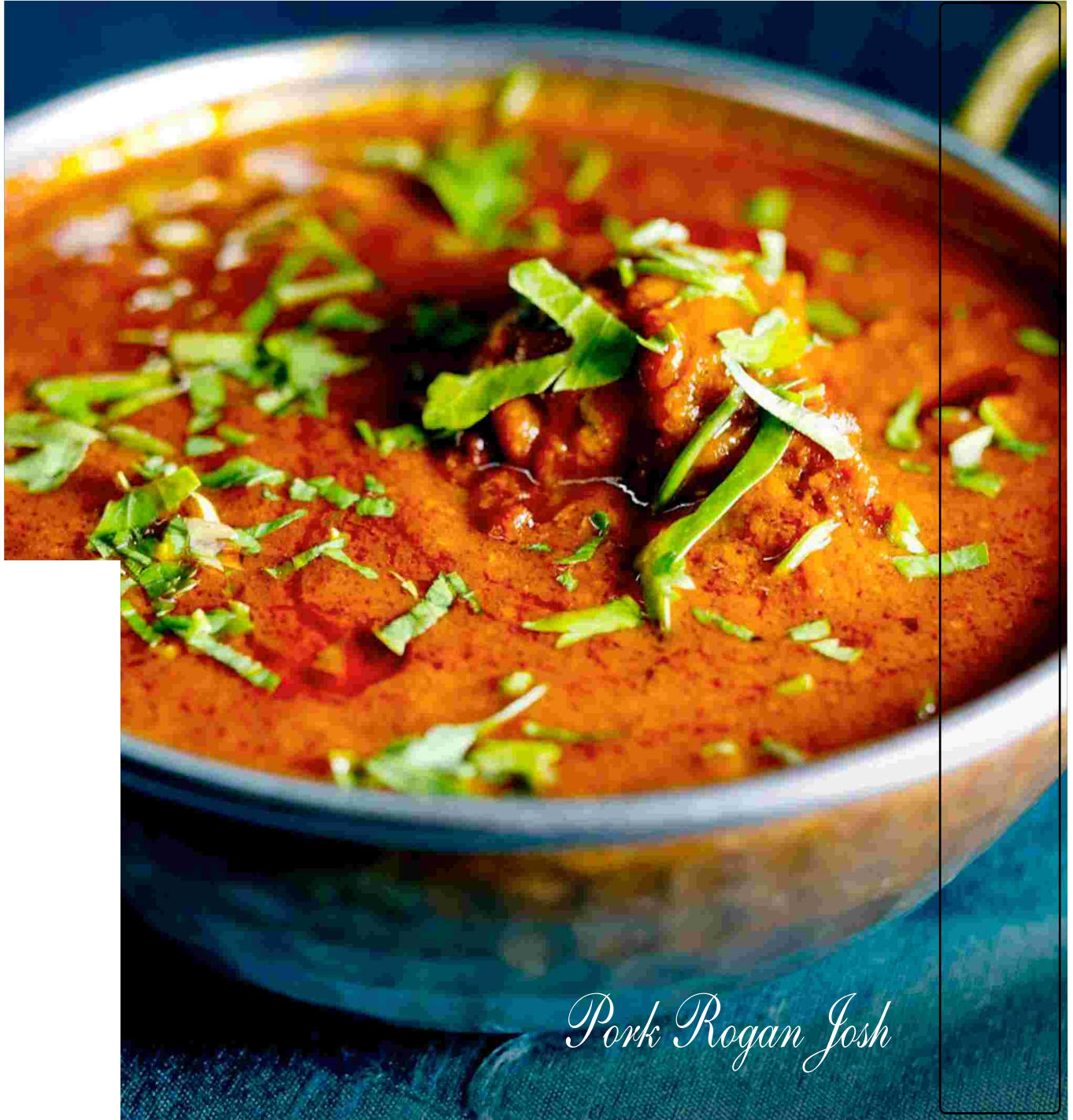


109 **Lamb Pasanda** € 11.75
Lamb cooked in a cashew based curry
with diced fruits and coconut milk



LAMB

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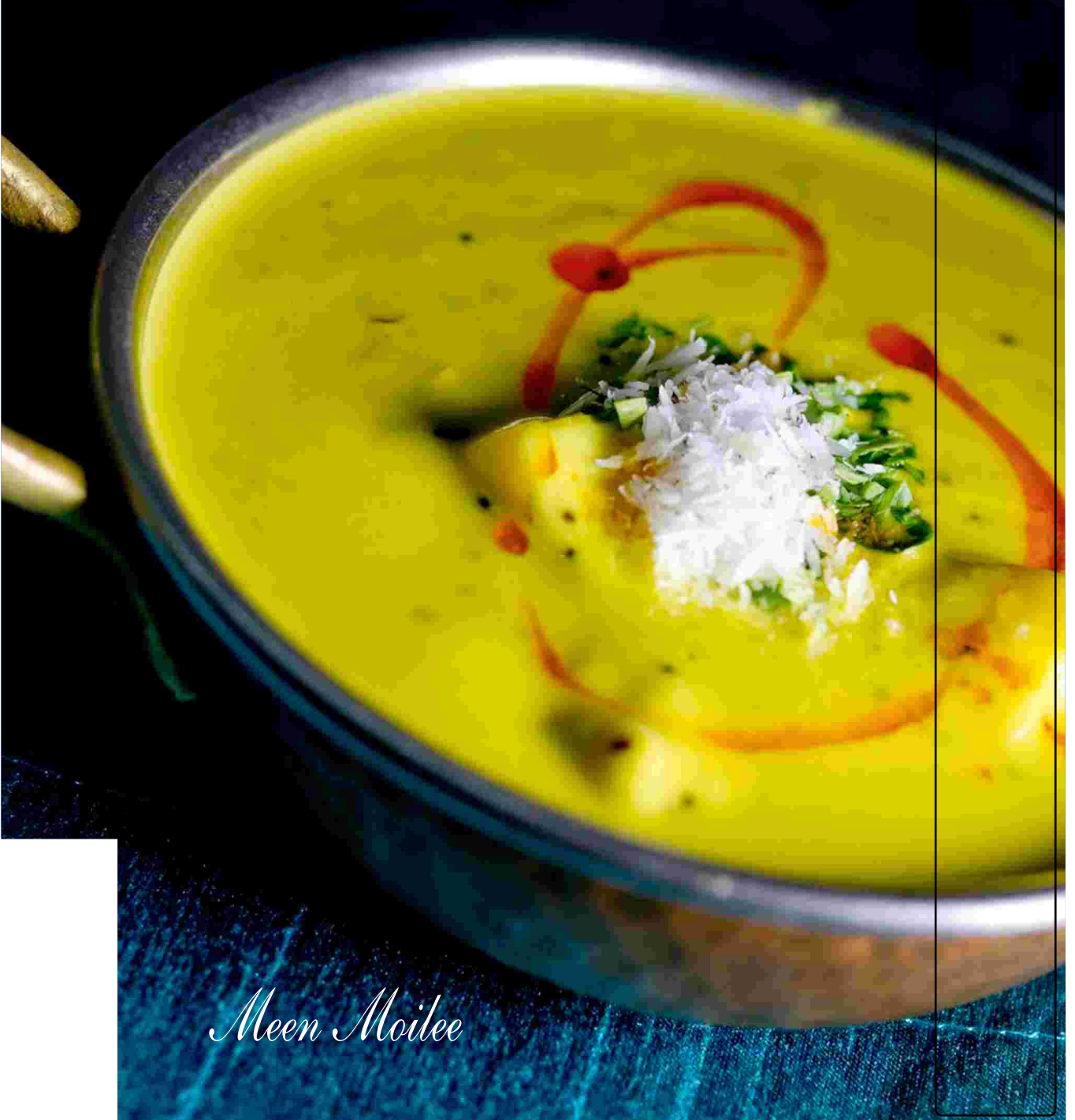


Pork Rogan Josh

- 110 **Pork Vindaloo** € 11.75
Garlic & vinegar flavored pork curry
from the Goan Coast
■ ■ ■ ■ ■ ■ ■ ■
- 111 **Kadhai Pork** € 11.75
Stir-fried pork and bell peppers, finished
with a pounded spice mix
■ ■ ■ ■ ■ ■ ■ ■
- 112 **Masala Pork** **New** € 11.75
Pork Cubes cooked in a traditional
Masala gravy
■ ■ ■ ■ ■ ■ ■ ■
- 113 **Pork Nilgiri Korma** **New** € 11.75
A preparation from Nilgiri Hills in India's Tamil Nadu.
Pork curry flavoured with coconut, mint and coriander
■ ■ ■ ■ ■ ■ ■ ■

PORK

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Meen Moilee

114 **Meen Moilee** € 11.75
White fish fillet in a mild coconut
sauce with turmeric



115 **Masaledar Macchhli** € 11.75
A fish preparation with onions
and pounded Indian spices



116 **Kadhai Jhinga** € 16.75
Stir fried prawns and bell peppers, finished
with a pounded spice mix



117 **Prawn Alleppey** € 16.75
Prawns in a mango and coconut milk curry
from South of India



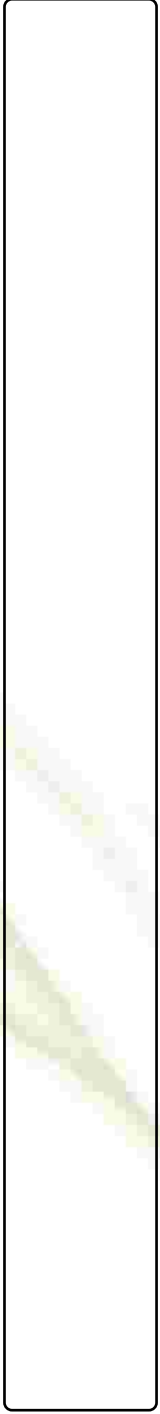
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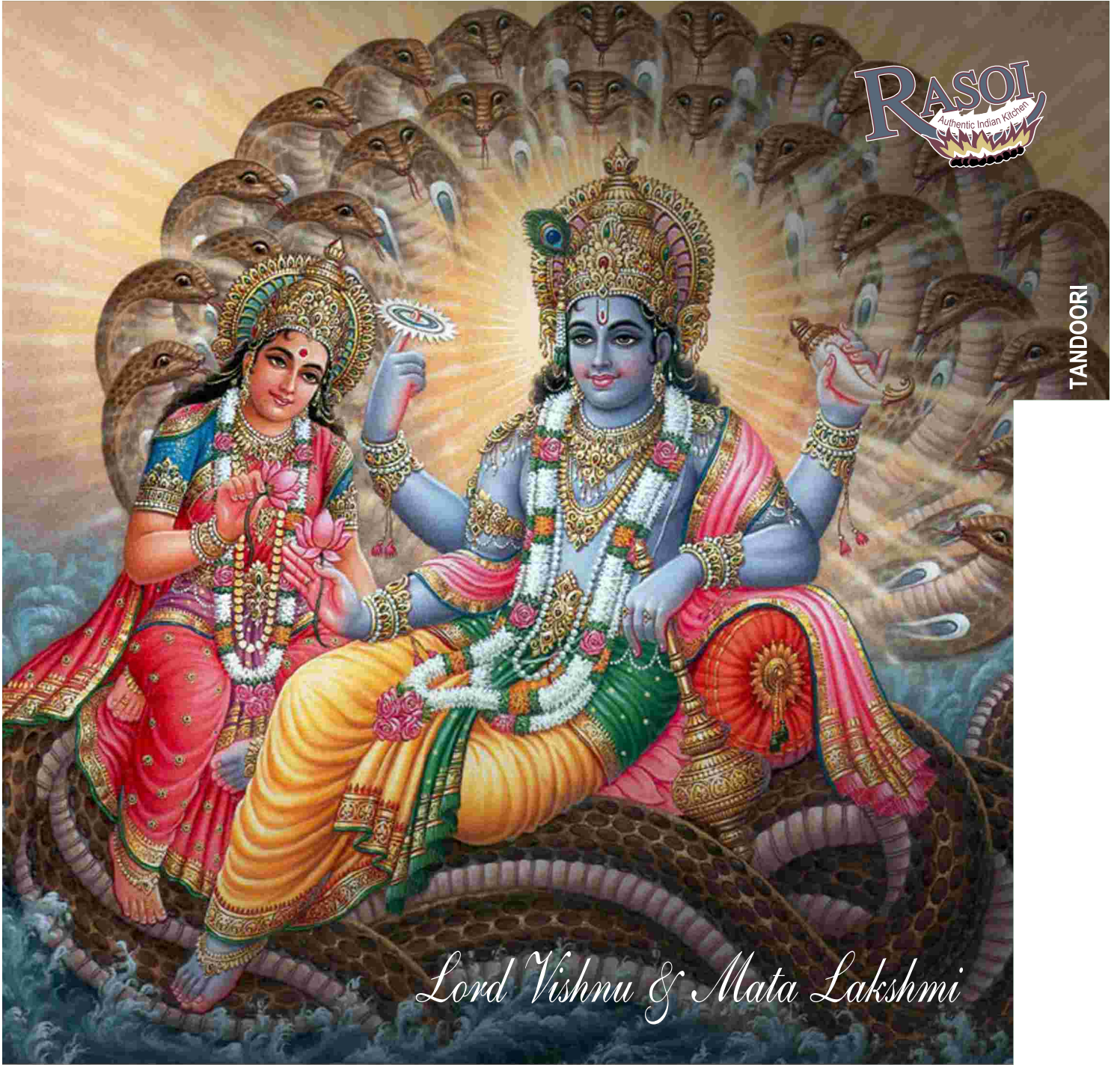
FISH



Speciality of the Day

**Ask your server for more details
regarding today's mouthwatering
starter and main course**





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Authentic Indian Kitchen

TANDOORI

Lord Vishnu & Mata Lakshmi



Tandoori Chicken

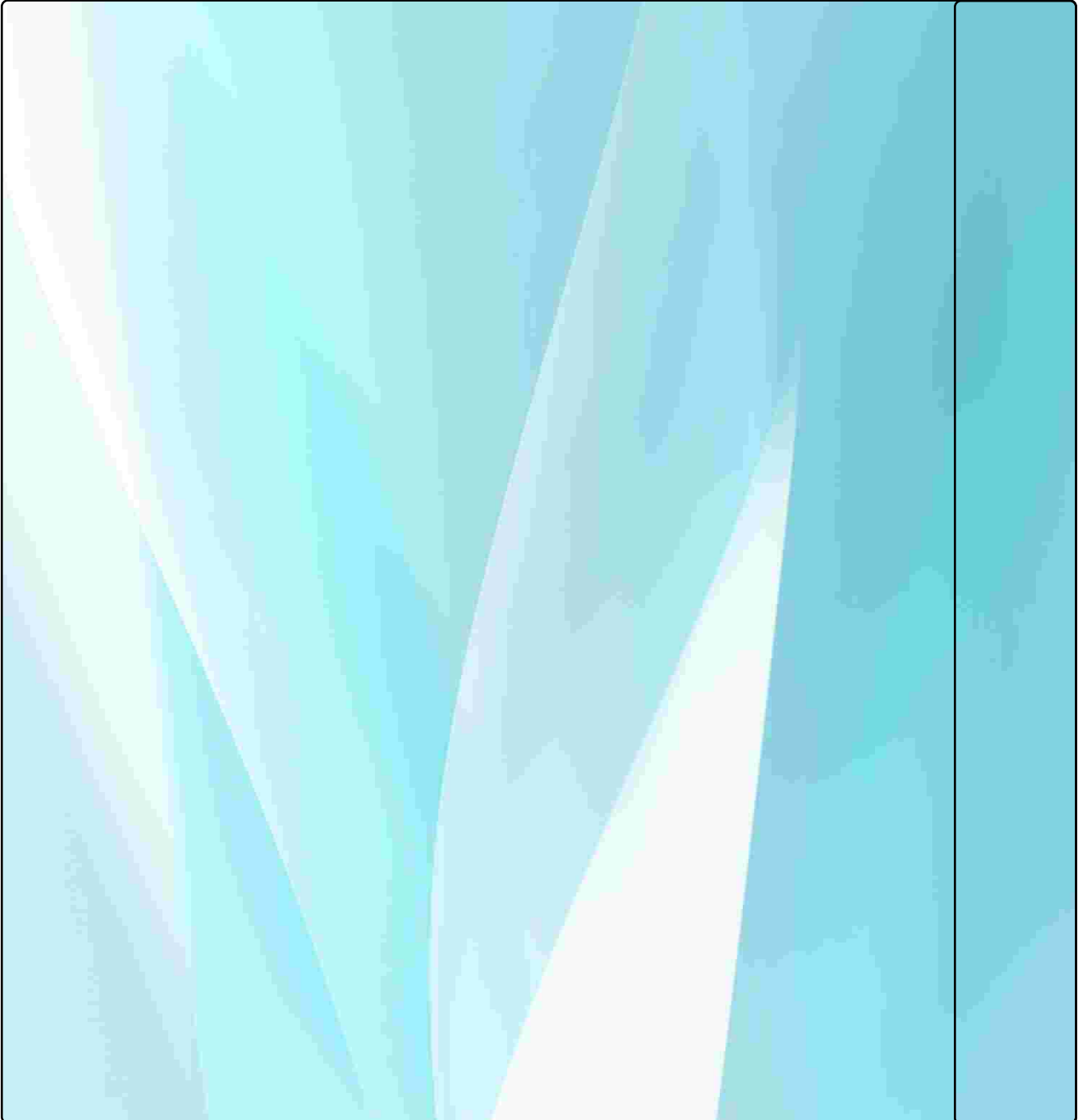
201 **Tandoori Chicken** € 14.50
Spring chicken marinated with yoghurt & pounded spice mix
and cooked in the tandoor oven, served sizzling

202 **Tandoori Lamb Chops** € 21.50
Papaya marinated lamb chops slow cooked in the tandoor oven
& served sizzling

203 **Sa Re Ga Ma Special Sizzler** € 21.50
2 pieces each of two different chicken, sekkh kebab, keema samosa,
fried prawns, fish and onion bhaji, served sizzling

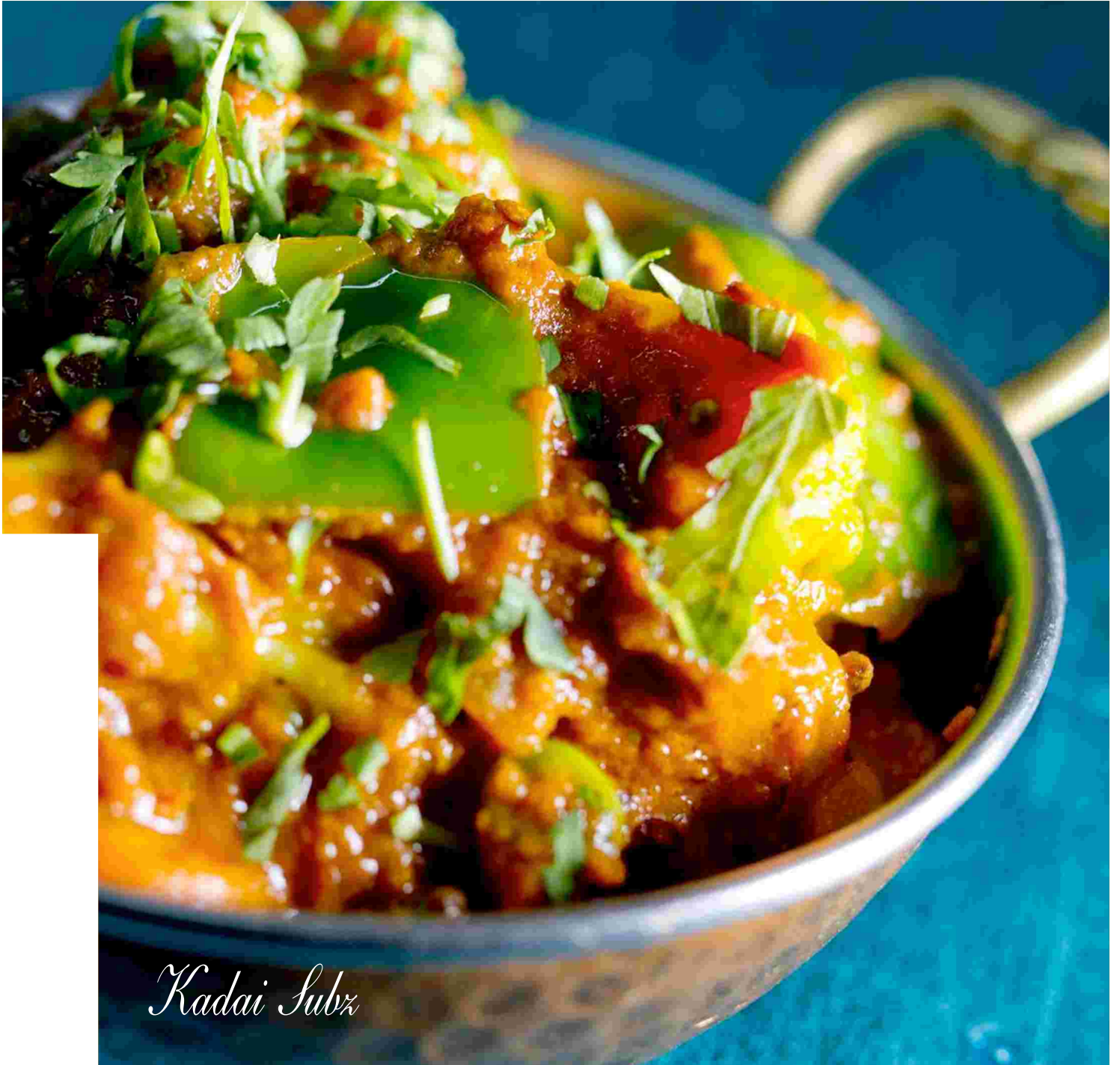
204 **Tandoori Whole Fish** € 16.50
Fish with Indian spices skewered and cooked in tandoor oven

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Lord Brahma & Mata Saraswati



Kadai Subzi

301 **Kadai Subz** € 6.75
Spring vegetables tossed with peppers & finished with freshly
pounded Indian spices



302 **Saag Matar** € 6.75
Green peas tossed with spinach and freshly pounded Indian spices



303 **Butter Paneer** **New** € 7.75
Homemade cottage cheese served in a satin smooth butter tomato gravy



304 **Saag Paneer** € 7.75
Homemade cottage cheese tossed with spinach, freshly
pounded Indian spices



310 **Kadai Paneer** **New** € 7.75
Homemade cottage cheese tossed with bell peppers, onions
and pounded spice mix

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|-----|--|--------|
| 305 | <p>Saag Aloo New</p> <p>Spinach and potato tossed in Indian spices</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> | € 6.75 |
| 306 | <p>Chana Masala New</p> <p>Chick peas cooked in a traditional Masala sauce</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> | € 6.75 |
| 307 | <p>Egg Curry New</p> <p>Hard boiled eggs cooked in a tomato and onion gravy with yoghurt</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> | € 7.75 |
| 308 | <p>Dal Tarka</p> <p>Melange of lentils tempered in clarified butter - No meal in India is complete without dal</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> | € 6.75 |
| 309 | <p>Channa Dal Palak</p> <p>Yellow lentils cooked with spinach & finished with a tempering of cumin & garlic</p> <p>■ ■ ■ ■ ■ ■ ■ ■</p> | € 6.75 |

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RICE
& BREAD

Lord Rama Darbar



Steamed Basmati Rice

Butter Naan

401	Steamed Basmati Rice	€ 3.25
402	Jeera Pulao Basmati rice flavoured with cumin	€ 4.25
403	Saffron Pulao Basmati rice delicately flavoured with Kashmiri saffron	€ 4.25
404	Mushroom Pulao <small>New</small> Basmati rice with diced mushrooms	€ 5.25
405	Vegetable Biryani <small>New</small> Basmati rice dum cooked with a variety of fresh greens and flavoured with saffron	€ 9.75
406	Lamb Biryani Basmati rice dum cooked with baby lamb and flavoured with saffron	€ 13.75
407	Chicken Tikka Biryani Basmati rice dum cooked with tandoor cooked chicken tikka and flavoured with saffron	€ 11.75
408	Prawn Biryani Basmati rice dum cooked with prawns and flavoured with saffron and mint	€ 16.75

501	Plain Naan	€ 3.25
502	Saffron Naan	€ 3.75
503	Garlic Naan	€ 3.75
504	Butter Naan	€ 3.75
405	Stuffed Naan A choice between keema or cheese or potato or onion	€ 4.25
506	Chicken Tikka Naan	€ 4.75
507	Peshawari Naan (Sweet naan)	€ 5.75
508	Roti <small>New</small>	€ 3.75

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RASOI
Authentic Indian Kitchens



Lord Krishna

ACCOMPANIMENTS &
DESSERTS



Gulab Jamun



Cucumber Raita

509	Popadum and Chutney	€ 1.50
510	Curry Sauce	€ 2.50
511	Cucumber Raita	€ 2.50
512	Cucumber, Onion and Tomato Salad	€ 2.50

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601	Kulfi <small>New</small>	€ 4.75
602	Gulab Jamun	€ 4.75
603	Indian Rice Pudding	€ 3.25
604	Ice Cream (2 scoops)	€ 3.25
605	Gateaux	€ 4.75
606	Lassi (Sweet or Salty)	€ 3.25
607	Sorbet	€ 4.25

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RASOI
Authentic Indian Kitchens

BANQUET
MENUS

Maa Durga



Menu 1

To Start

Tulsi Murgh Tikka

Basil marinated chicken piccatas, cooked in tandoor oven

Keema Samosa

A deep fried preparation of spicy lamb mince, wrapped in filo pastry

Karare Jhinge

Overnight marinated prawns crisp fried with Indian spices

Today's Soup

Please ask your server for today's soup

Main Course

Saag Gosht

Lamb cooked in a mild curry with fresh greens

Methi Malai Murgh

Tandoor cooked soft chicken in a fenugreek flavoured rich curry

Meen Moilee

White fish fillet in a coconut and turmeric sauce

Dal Tarka

Melange of lentils tempered in clarified butter

Served with pappadoms, yoghurt and chutney, steamed rice and naan bread

Something Sweet

Special Indian Dessert

Ask your server for today's special

€ 55.00 for two persons

Should you suffer from any food intolerances or have any special dietary requirements, kindly inform your server.

Menu 2

To Start

Tandoori Lamb Chops

Raw papaya marinated lamb chops, slowly cooked in a tandoor oven

Onion Bhaja

Carom flavoured deep fried onion dumplings

Amritsari Machchli

Shallow fried fillet of fish from the streets of Amritsar

Today's Soup

Please ask your server for today's soup

Main Course

Chicken Tikka Makhni

Tandoor cooked chicken in a satin smooth tomato gravy

Kadhai Pork

Stir fried pork and bell peppers, finished with pounded Indian spice mix

Prawn Alleppey

Prawns in a mango and coconut milk curry from South of India

Channa Dal Palak

Yellow lentils cooked with spinach & finished with a tempering of cumin & garlic

Served with pappadoms, yoghurt and chutney, steamed rice and naan bread

Something Sweet

Special Indian Dessert

Ask your server for today's special

€ 58.00 for two persons

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