



CHAKRA

WINTER MENU

Chakra's inspiration comes from ancient Vedic scriptures.

The Chakras - or our energy points - are thought to vitalise and keep in balance the spiritual, mental, emotional & physical health of the body, by drawing in positive energy from the world around us

Chakra adds another dimension, by invigorating this positive energy through food - masterfully balancing this experience through a holistic blend of techniques, spices & culinary art.

Dishes in our current menu reflect the influences of seasonal produce on our traditional Indian dishes.

- NOTE:
- Our chefs prepare dishes based on fresh produce, so variations to the menu may occur based on seasonal availability.
- Please inform your server of any allergies or food intolerances.

To Start With

Papadam Chutney (V) Assorted poppadoms and chutneys.	3.50
Kid Goat Kheema Naan Chargrilled minced goat meat stuffed naan, served with roasted garlic raita.	3.95
Truffle Naan (V option avail) Exotic Mushroom stuffed naan, served with fennel infused burnt garlic raita.	3.95
Samosa Ghugni Chaat (V) Samosa and spiced yellow peas, topped with, mint, tamarind and nylon sev.	6.50
Bhati Ka Chicken Wings Spiced grilled chicken wings served with young coriander and Granny Smith chutney.	6.95
Avocado KeGole (V) Avocado dumplings served with pickled beetroot purée and mustard kewpie.	6.50
Punjabi Fish Fingers Crispy tilapia goujon with Minted yoghurt. Indian lemon.	7.95
Bharwa Mushroom Chargrilled cheesy mushrooms, stuffed with fruits & nuts.	8.50
Karare Soft Shell Crab Golden fried stuffed soft-shell crab served with Szechuan pepper chutney.	11.95

(V) – Vegan

From the Tandoor – Clay Oven

Tandoori Gobi (V)	6.95
Marinated chargrilled cauliflower, served with mango ginger raita.	
Gilafi Lamb Seekh	9.95
Spiced minced lamb encrusted with mixed peppers, Indian onion, grilled in the tandoor.	
Achari Paneer	8.95
Pickle spiced, home-made cheese, grilled with mixed peppers, served with minted yoghurt.	
Hariyali Chicken Tikka	10.95
Green herb and pistachio marinated chicken, served with cherry tomato chutney.	
Shahi Stone Bass	12.95
Dry ginger and sun-dried chilli marinated stone bass grilled in the clay oven.	
Sunhari King Prawn	14.95
Chargrilled, carom seed and spiced yoghurt marinated king prawn.	
Peshawari Lamb Chop	16.95
Lamb cutlet marinated with pounded chilli, mace flower and chargrilled.	
Mixed Grill Platter (<i>min 2 person</i>)	24.95
Gilafi lamb seekh, haryali chicken, sunhari king prawn and bhati ka chicken wings.	

MAINS

Non Vegetarian

Good Ole Butter Chicken Tikka Masala 12.95

Chargrilled Suffolk chicken, simmered in creamed tomatoes, dried fenugreek leaf.

Kundpur Chicken 12.95

Southern spiced chicken curry with chilli, tamarind, curry leaf.

Kadhai Chicken 12.95

Grilled chicken tossed with mixed peppers, onion, tomato, crushed coriander.

Lamb Roganjosh 13.95

Slow cooked Hampshire lamb with brown onion, Kashmiri chilli, tomatoes.

Sadgi Ka Lamb Korma 13.95

Hampshire lamb simmered in a sauce of almond, sundried coconut, Iranian saffron.

Fish Moilee 13.95

Fish simmered with shallots, curry leaf, coconut milk, mustard, saffron.

Lamb Shank Nihari 10.95

Braised shoulder shank with yoghurt, yellow chilli, roasted gram flour.

Mangalorian Prawn 14.95

King prawn in a sauce of caramelised onion, roasted spices, tamarind.

MAINS

Vegetarian

		Side
Rai Wale Aloo (V)	6.50	4.95
Tempered baby potatoes with mustard, ginger, dried green mango powder.		
Dal Makhani (V)	7.50	4.95
Slow cooked black lentils & kidney beans with burnt garlic, tomatoes, browned onion.		
Malai Methi Mattar Paneer	8.95	5.95
Cottage cheese, peas, fresh fenugreek, plum tomatoes.		
Baingan Bharta (V)	8.95	5.95
Smoked aubergine mash cooked with burnt garlic, pounded chilli, tomatoes.		
Tadka Palak (V)	8.95	5.95
Creamed spinach tempered with wild garlic, chilli, dill.		
Bhindi Do Pyaza (V)	8.95	5.95
Okra tossed with onions, tomatoes and spices.		
Chakra Channa (V)	8.95	5.95
Darjeeling tea infused spiced chickpeas.		

Biryani & Rice

Sade Chawal	4.00
Steamed basmati rice.	
Pilau Rice (V)	5.00
Iranian saffron, whole spice infused braised long grain basmati rice.	
Vegetable Biryani	9.95
Seasonal vegetables, basmati rice, brown onion, served with minted yoghurt.	
Calcutta Lamb Dum Biryani	12.95
Long grain basmati rice, hen egg, fried onion, mint, rose petal.	
Hyderabadi Chicken Biryani	12.95
Braised basmati rice, chicken, fried onion, mint, saffron.	

Breads & Accompaniments

Sarbabati Atta Roti (V)	2.50
Whole wheat flour bread.	
Naan (V)	3.00
Leavened flour bread.	
Garlic Naan (V)	3.50
Garlic and coriander infused bread.	
Masala Pudina Paratha (V)	3.50
Mint flavoured & spiced, whole wheat flaky bread.	
Peshawari Naan	3.95
Dried fruits and nuts stuffed bread.	
Chilli Cheese Naan	3.95
Aged cheddar and chilli, spring onion stuffed bread.	
Pomegranate Raita	2.00
Yoghurt infused with roasted cumin and pomegranate.	
Desi Salad	2.90
Melange of Bombay onion, cucumber, tomato and Indian lime.	
House Pickle	2.50
Homemade mixed vegetable pickle.	

(V) – Vegan

SHARING MENUS

Chakra's Gourmand Journey

(min 2 person – £ 35/pp)

Amuse Bouche

Assorted papadams with House chutneys.

To Start With

Samosa Ghugni Chaat.

From the Tandoor (Clay Oven)

Peshawari Lamb Chop

Achari Paneer Tikka

Sunhari King Prawn

OR

Tandoori Gobi

Hariyali Chicken Tikka

Bharwa Mirch

(stuffed peppers)

Main Course

Good Ole Butter Chicken

OR

Baingan Bharta

(Accompanied by)

Saffron Pulao, Saag Aloo, Chakra House Daal, Pomegranate Raita, **Mixed Bread Basket**

Sweet Sensation

(1 per person)

Ras Malai

OR

Raspberry Sorbet

Chakra's Nav Ratna

(£ 35 sharing menu for 2)

Amuse Bouche

Assorted papadams with House chutneys.

To Start With

Samosa Ghugni Chaat.

From the Tandoor (Clay Oven)

Hariyali Chicken Tikka

OR

Tandoori Gobi

Main Course

Sadgi ka Lamb Korma

OR

Malai Methi Mattar Paneer

(Accompanied by)

Saffron Pulao, Chakra House Daal, Pomegranate Raita, Roti/Naan

Sweet Sensation

(1 per person)

Mango Kulfi

OR

Raspberry Sorbet

Desserts & Drinks

Warm Gulab Jamun, Madagascar Vanilla Ice Cream	5.95
Warm condensed milk dumplings served with vanilla ice cream.	
Ras Malai	5.95
Flattened cottage cheese poached in saffron flavoured evaporated milk.	
Mango Kulfi	4.95
Alphonso mango flavoured Indian ice cream.	
Valrhona Chocolate Mousse	5.95
Chocolate mousse infused with orange zest.	
Raspberry Sorbet (V)	5.95
Raspberry sorbet, rice crisp, stem ginger coulis.	
Seasonal Fruit Cheesecake	5.95
Cheesecake delicately flavoured with seasonal fruit(s)	
Coffees	
Espresso	2.75
Espresso Double	3.75
Macchiato	3.75
Americano	3.75
Cappuccino	3.75
Teas	
English Breakfast	3.50
Earl Grey	3.50
Infusions & Flavoured Teas	
Rooibos, Chamomile, Cranberry, Jasmine	3.75
Green Tea	3.75
Masala Chai	3.75
Fresh Mint Tea	3.75

(V) – Vegan