

Soups

A selection of aromatic soups with homemade spices.

Panaji Soup <i>Mildly spiced yellow lentil soup flavoured with ginger, garlic and coriander with fresh vegetables.</i>	<u>R 35.00</u>
Cream of Mushroom <i>Fresh mushrooms tempered with homemade spices in a creamy soup</i>	<u>R 35.00</u>
Cream of Vegetable <i>A unique blend of vegetables with a touch of cream.</i>	<u>R 35.00</u>
Cream of Chicken <i>Chicken broth with homemade spices served with pieces of shredded chicken</i>	<u>R 40.00</u>
Nihari Shorba <i>Lamb broth flavoured with aromatic garam masala</i>	<u>R 44.00</u>

Starters

Potato Samosas <i>Mashed Potato simmered with onion, chilli and spices, wrapped in pastry strips and fried (x6) Or Half</i>	<u>R 24.00</u> <i>R 12.00</i>
Onion Bhajia <i>Onions, capsicum and coriander mixed with spices and fried in a batter (x6)</i>	<u>R 35.00</u>
Paneer Tikka <i>Paneer cubes with spicy tandoori masala and grilled on charcoal</i>	<u>R 45.00</u>
Tandoori Mushroom <i>Fresh mushrooms with shahigaram masala cooked on skewers</i>	<u>R 36.00</u>
Chicken Tikka <i>Chicken cubes marinated in tandoori masala and cooked in a clay oven served with small naan</i>	<u>R 46.00</u>
Mince Samosas <i>Minced mutton simmered with onion, chilli and spices, wrapped in pastry strips and fried (x6) Or half</i>	<u>R 28.00</u> <i>R 14.00</i>
Sonerishinga or Creamy Ihinga <i>Prawns marinated in tomato, ginger-garlic, chilli paste with crushed pepper and yoghurt flavoured with tandoori masala or a mildly spiced garlic butter prawns in a creamy sauce</i>	<u>R 66.00</u>
Chilli Chicken Sauté <i>An Indian-Chinese Chicken stir fried with garlic, qjwain and shahigaram masala</i>	<u>R 46.00</u>
Panaji Spicy Livers (sbj to avail.) <i>Chicken Livers marinated in tomato, ginger-garlic, chilli and goan spices</i>	<u>R 33.00</u>

Panaji Specials

Goan Curry <i>Balchao (a masala mix) is a traditional Goan dish. Balchao essentially is a spicy dish with the flavours of ginger, garlic and tomato being predominant, not forgetting the Panaji mixed spices. We recommend the Prawn or Fish</i>					
Veg R56	Paneer R63	Chicken R69	Lamb R89	Chk&Prn R78	Prawn R85
Crab or Fish Curry (when avail.) SQ <i>Traditional Natal curry that has a ginger, garlic and tomato base gravy with fragrant spices</i>					
Durban Bunny Chow <i>Selected meat pieces cooked in a tomato gravy with exotic homemade spices in traditional 'Natal' style</i>					
Veg/Bean R56	Paneer R63	Chicken R69	Lamb R89	Chk&Prn R78	Prawn R85
Designer Bunny Chow <i>You can select any one of Panaji's delicious curry bases for this bunny e.g. butter chicken.</i>					
Veg R66	Paneer R73	Chicken R79	Lamb R98	Chk&Prn R88	Prawn R98
Goan Stir Fry <i>Indian-Chinese stir fry that has our special Panaji spices. Done in a soya or cream base</i>					
Veg R66	Paneer R73	Chicken R79	Lamb R98	Chk&Prn R88	Prawn R98
Panaji Spaghetti <i>Fusion cuisinewhere spaghetti is cooked with a curry flavour of your choice e.g. korma</i>					
Veg R66	Paneer R73	Chicken R79	Lamb R98	Chk&Prn R88	Prawn R98
Biryani <i>Selected meat and basmati cooked with staranise, cardamon, cloves and cinnamon sticks. 'Pakki' -means cooked, this is the cooking style used were all ingredients added are cooked individually first then mixed for a biryani.</i>					
Veg R66	Paneer R73	Chicken R79	Lamb R98	Chk&Prn R88	Prawn R98

BANTING

"ON SPICE"

Tim Noakes has popularized the term "banting" as a synonym for the low carb (LCHF) way of eating. Named after the fat London undertaker William Banting of London in the 1860's. Banting famously published his Letter on Corpulence, which documented his struggle with his weight, and more importantly, his recovery and weight loss using a low carb strategy. As a result of his publication, this diet was widely adopted throughout Europe. It was used by doctors as the standard weight loss solution, until the 1950's, when the Fear of Fat brigade began to demonize saturated fat, as the cause for heart disease. (Mainly based on the work of Ancel Keys)

Noakes says in his book The Real Meal Revolution that chooses to refer to a LCHF diet as "Banting in honour of the good undertaker's brave undertaking".

Banting Spice Meal A Panaji meal meeting the "banting" standards. A variety of veggies with pepper,spinach,ginger,garlic,cream,butter,cheese, seasoned with 24 spices and vegetable salt.					
Veg R66	Paneer R73	Chk R79	Lamb/Mince R98	Chk&Prn R88	Prawn R98

Banting Tea with Xylitol			Banting Dessert	
Normal Tea R17	Masala Tea R22	Extra Xylitol R3 each	Milk & Egg Pudding R19	

Insulin

The result of eating the Tim Noakes way is that the levels of insulin in your body will decline. **Reduced insulin levels result in weight loss and health improvement.**

The pancreas squirts insulin into the bloodstream when glucose levels rise as a result of eating carbohydrates. Since high blood glucose levels are toxic, any glucose not used immediately for energy needs to be stored by the liver and muscles as glycogen. Once glycogen stores are filled the excess glucose has to be stored as fat. Thus a LCHF Banting diet results in low insulin levels and improved general health.



Main



Choose a meat or veg option with your choice of curry					
Veg R56	Paneer R63	Chicken R69	Lamb R89	Chk&Prn R78	Prawn R85
Makani	<i>Selected meat or fresh vegetables cooked in a smooth tomato gravy enriched with cashew nut paste, fresh cream and butter. Also known as butter masala, this dish originated in the 18th century near Agra in India.</i>				
Vindaloo	<i>Vinda' meaning vinegar & 'aloo' means garlic in Portuguese. This curry around the world has always been associated with being hot and spicy. Our curry has a selection of meat cooked in a spicy onion gravy with potato and garnished with coriander.</i>				
Rogan Josh	<i>Juicy meat cubes or lamb mince cooked in a brown onion gravy and flavoured with tomato and kashmiri spices. Rogan Josh is a Persian word meaning 'hot oil'. It is a popular Kashmiri mutton dish with kashmiri red chilli; hence the red hot colour of the dish.</i>				
Korma	<i>Meat or fresh vegetables cooked in a mild cashew nut gravy with butter and fresh cream. This dish was designed for the maharajahs and was a fusion of Indian and Turkish cuisine. It was a dish traditionally cooked in a clay pot overnight.</i>				
Tikka Masala	<i>Meat or fresh vegetables cooked in spicy tomato-onion gravy with butter and fresh cream. A National Dish of England, where a chef combined the popular 'Chicken Tikka' cubed meat with a spicy gravy.</i>				
Palak	<i>Selected meat, fresh vegetable options or potatoes cooked in a spinach puree along with onion, tomato and spices. 'Palak' is the Hindi word for spinach; it is also referred to as 'Saag' when combined with another item, like SaagGosht (with mutton) or SaagAloo (with potato).</i>				

Course



Choose a meat or veg option with your choice of curry					
Veg R56	Paneer R63	Chicken R69	Lamb R89	Chk&Prn R78	Prawn R85
Madras Curry	<i>Selected meat cooked in spicy tomato-onion gravy with coriander and mustard seeds. Its name refers to the South Indian City of Madras. South Indian cuisine is known for its spicy flavours enhanced with curry leaves and mustard seeds.</i>				
Achari	<i>Meat or vegetables deliciously cooked in a hot and sour pickled sauce and onion gravy. 'Achar' means pickle which is the main flavour of this dish.</i>				
Kadai	<i>Selected meat or fresh vegetables deliciously cooked along with green pepper, herbs and homemade spices. 'Kadai' means Fry pan or Indian wok.</i>				
Jalfrezi	<i>Juicy meat or fresh vegetables cooked with green pepper and onion in a thick tomato gravy.</i>				
Dhingri Dolma	<i>Meat or veg, fresh mushroom, onion, tomato and green pepper cooked in a onion-tomato gravy fortified with paneer (homemade cheese)</i>				
Dal Gosht	<i>Selected meat cooked with simmered beans and lentils</i>				
Durban Curry	<i>Selected meat pieces cooked in a tomato gravy with exotic homemade spices in traditional 'Natal' style</i>				
AlooMatar(Veg)	<i>Green peas cooked with potato and seasoned with tangy spices</i>				
Chana Masala (Veg)	<i>Chickpeas cooked in a brown onion gravy with traditional Punjabi spices</i>				
Dal Fru (Veg)	<i>Yellow lentils tempered with fresh garlic and cumin seeds R44</i>				
Dal Makani(Veg)	<i>Sugar beans and black lentils simmered overnight and finished with butter, cream and spices.</i>				



Rice and Roti

Basmati Rice <i>Fluffy white long grained fragrant rice of Panaji</i>	Half Full	<u>R 8.00</u> <u>R 14.00</u>
Jeera Rice <i>Basmati rice tempered in butter with cumin seeds and fresh coriander</i>		<u>R 20.00</u>
Pulao Rice <i>Basmati rice cooked with mixed garden fresh vegetables, butter and fresh cream</i>		<u>R 28.00</u>
Roti <i>Traditional home made tava roti cooked on a griddle</i>		<u>R 9.00</u>
Naan <i>Traditional Indian Bread cooked in a clay tandoori</i>	Plain Butter Garlic	<u>R 11.00</u> <u>R 12.00</u> <u>R 12.00</u>
Accompaniments Carrot Salad <i>Grated carrots chopped onions with a touch of green chillies and flavoured with lemon</i>		<u>R 13.00</u>
Raita <i>A concoction of yoghurt with a choice of diced cucumber, onion & tomato</i>		<u>R 15.00</u>
Panaji Salad <i>A tangy sweet carrot salad with lettuce, cucumber and mayo</i>		<u>R 19.00</u>
Panaji Garden Salad <i>Garden Fresh vegetables dressed in a homemade tangy sweet dressing</i>		<u>R 27.00</u>
Papad <i>Roasted lentil tortillas (portion of 3)</i>		<u>R 10.00</u>

Kids Menu

Panaji Spaghetti

Spaghetti merged with our milder curry flavours (Makani, Korma or White Sauce).

Veg R 35	Paneer R 40	Chicken R 40	Mutton R 49
--------------------	-----------------------	------------------------	-----------------------

French Fries

R 25.00

Chicken Cubes and Chips

R 45.00

Chicken Cubes spiced with salt and pepper topped with salad and chips

Desserts

Bombay Crush

R 27.00

Rich milky mixture of falooda& fresh cream, rose syrup and subja seeds and topped with nuts and ice cream

Sooji

R 26.00

A sweet crumbly semolina pudding with cinnamon sticks, cardamom, sultanas and cashew& topped with cream

Liquor Ice-Cream

R 31.00

Vanilla ice cream served with a tot of Amarula / Kahlua / Rum

Ice-Cream and Chocolate Sauce

R 19.00

Vanilla ice-cream served with chocolate sauce

Bar One Chocolate Cake

R 39.00

Decadent Moist chocolate cake drizzled with choc sauce and a spoon of ice cream