Veer Dhara

Exquisite North Indian - Punjabi Restaurant I St. Albans

ਜੀ ਆਇਆਂ ਨੂੰ

Á LA CARTE MENU

Tripadvisor
Travellers'
Choice Awards

2024

NON-VEGETARIAN STARTERS

Drunken King Prawn/ 9.99
marinated in white wine & crushed pepper, tossed with ginger & garlic

Prawn Honey Chilli/ 9.99
batter fried prawns tossed with natural honey, garlic & chillies

Lehsooni Whitebait/ 7.99
crispy fried, marinated with crushed garlic & caraway seeds in a gram flour batter

GF

Spicy Chicken Wings/ 7.99
Tender chiken wings delicately spiced with chilli and garlic charred in tandoor

Fish Amritsari/ 8.49
fried tilapia fish marinated in a ginger, garlic paste, carom seeds & chilli powder in gram flour

GF

Batakh Ke Sule/ 9.99
chunks of duck marinated with indian rum; char-grilled in clayoven

GF

Murg Malai Tikka/ 8.49
succulent boneless chicken supreme marinated in cheese, fresh spices & cream; char-grilled

GF

Gilafi Seekh Kebab/ 8.99
skewered minced lamb wrapped in fresh aromatic vegetables; char-grilled

GF

Paturee/ 8.99
shallow fried crab cakes with a hint of black pepper, ginger & coriander

Lamb Samosa/ 5.99
punjabi samosas filled with minced lamb & peas, fried to a golden crispy finish

Aachari Murg Tikka/ 8.49
chicken thigh marinated in yogurt, chillies & pickling spices; char-grilled

GF

Assorted Non-Vegetarian Starters/ 11.49
assortment of lamb seekh kebab, chicken tikka, salmon tikka & lamb chop

GF

VEGETARIAN STARTERS

Veg Samosa/ 5.49
punjabi samosas, stuffed with potato & peas, fried to a golden crispy finish

Hare Matar ki Aloo Tikki/ 4.99
crispy shallow-fried patties of mashed potatoes stuffed with peas topped with yogurt, tamarind & mint sauce

Onion Bhajiya/ 4.99
finely shredded potatoes, spinach and onions, spiced with fennel, deep-fried

Hara Bhara Kebab/ 6.49
deep-fried patties of lightly spiced spinach, with a tender heart of goat cheese

Tandoori Broccoli/ 6.49
spicy marinade, cooked over charcoal, smoky!

Aloo ka Pataka/ 6.49
whole potatoes scooped with mint, broken cashew-nut & raisin; char-grilled

Paneer Tikka/ 7.49
cottage cheese cooked over charcoal with indian herbs & spices

Honey Chilli Cauliflower/ 6.99
house speciality, stir-fried with natural honey, garlic and chillies

Assorted Vegetarian Starters/ 9.99
assortment of honey chilli cauliflower, paneer tikka, onion bhajiya & vegetable samosa

Soya Tikka Chaap/ 8.99
marinated soya chaap, char-grilled to perfection with aromatic spices

V Vegetarian · Medium Spicy · Very Spicy · Spicy

Can be made Nut Free on request · GF Can be Gluten Free on request · VG Can be made Vegan on request

MAIN COURSE TANDOOR

Tandoor is possibly the healthiest selection of our menu. The food is exposed to live fire convection cooking where marinated meats are punctured on a metal skewer and placed into the heated cylindrical clay oven. Juices from the meat drip on the charcoal & add a distinct flavour to its smoke

King Prawn Gulmohar/ 19.49

arabian sea king prawns, flavoured with a Lahori style tandoor masala; char-grilled

GF

Salmon Tikka/ 16.99

boneless chunks of salmon flavoured with cumin seeds; char-grilled

GF

Tandoori Sea Bass/ 16.99

sea bass stuffed with fish mince marinated in yogurt & chillies, cooked slowly in clay oven

GF

Tandoori Chicken/ 12.99

a half-chicken, on bone, marinated & cooked in a traditional north indian style

GF

Chicken Tikka Shaslik/ 12.49

chicken chunks with punjabi spices, skewered with pieces of onion & sweet peppers; char-grilled

GF

Barra Champ Madira/ 18.99

soaked in a dark rum marinade overnight, spiced with secret ingredients; cooked over red-hot charcoals

GF

Boti Kebab/ 13.99

boneless chunks of lamb marinated overnight in spicy yoghurt, and char-grilled to perfection

GF

Mixed Non-Vegetarian Grill/ 24.99

assortment of king prawn gulmohar, salmon tikka, lamb chop, chicken tikka & gilafi seekh kebab

GF

MAIN COURSE TAWA

A tawa is a heavy-based griddle used in Indian cooking and gives its name to a style of preparation, which needs constant stirring and attention. Most Tawa cooking uses a base of onions, tomatoes, ginger and garlic tempered with whole spices. In addition to the base, it takes sixteen different herbs and spices to create an authentic Tawa dish.

King Prawn Tawa/ 19.99

marinated in yoghurt, ginger & garlic; mixed with a special fenugreek-flavoured thick sauce

Tawe ki Bathak/ 16.99

pot-roasted with coriander, cumin & garlic; finished with a peppered chettinad gravy

Chicken Tawa Masala/ 12.49

tender chicken tikka cooked on a traditional tawa with aromatic spices; truly a sizzling sensation

Murg Palak Tawa/ 12.49

chicken tikka with onion, tomatoes, fenugreek & ground ginger; finished with a generous helping of spinach

Lamb 'Taka Tak' On Griddle/ 13.99

a splendid lamb dish clanking on the griddle; prepared with a thick sauce of onion & capsicums

Paneer Tawa Masala/ 10.99

cottage cheese prepared with thick sauce of indian spices, onion & capsicum.

Lobster Pepper Fry/ 29.99

lobster rubbed with lime and turmeric, tossed in indian spices; served on bed of naan bread

served to Tom Cruise back in 2012!

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MAIN COURSE CURRY

Jhinga Kadai/ 15.49
queen prawns flavoured with coriander seeds; cooked in traditional kadai style

Allepey Seafood Curry/ 15.99
a varied mix of seafood stewed in coconut based gravy, tempered with mustard seeds & curry leaves

Fish Tikka Curry/ 15.99
char-grilled fish tikka tempered with curry leaves, mustard seeds; finished with coconut milk

Murg Tikka Lababdar/ 12.99
our version of the classic chicken tikka masala

served to Tom Cruise back in 2012!

Chicken Korma/ 12.49
diced chicken breast cooked in a rich cashew nut & coconut gravy; finished with fresh cream

Kori Gassi/ 12.49
thin spicy chicken curry, flavoured with ground red chillies, coriander seeds, cumin, coconut & garlic; finished with tangy tamarind

Kadai Chicken/ 12.49
chicken chunks enriched in onion & tomato gravy cooked in traditional kadai style

Chicken Khada Masala/ 12.49
homemade style chicken on bone cooked slowly with fresh spices

Laal Maans/ 14.99
traditional rajasthani speciality of diced baby lamb cooked with dried red chillies & crushed garlic

Lamb Pasanda/ 14.99
saffron-flavoured mild lamb dish, cooked in a yoghurt, cashew nut & almond paste; finished with cream.

Lamb Shank Xacuti / 18.99
a curry from goa; lamb shanks cooked in Xacuti masala

Gosht Saagwala/ 14.99
sautéed lamb cooked with generous spinach & garlic

MAIN COURSE VEGETARIAN

Side - 8.99 | Main - 10.99

Kadai Paneer
a blend of cottage cheese & bell peppers enriched in an onion & tomato gravy

Paneer Makhani
char-grilled cottage cheese cubes cooked in a creamy tomato sauce

Aloo Gobi Adraki
stir-fried baby potatoes & cauliflower florets, cooked in punjabi style

Saag Bhaji/ Saag Aloo/ Saag Paneer
home-style spinach tempered with garlic & cumin seeds served on its own, or with the option of baby potatoes or indian cottage cheese

Mirch Aur Baigan Ka Salan
chillies & aubergines, stir-fried in south indian-style, in a roasted coconut, sesame seed, peanut & tamarind sauce

Vegetable Jalfrezi
fresh mixed vegetable cooked with red & green capsicum in a masala sauce

Aloo Hara Dhaniya- Bombay Aloo
baby potatoes lightly spiced with aromatic herbs; mixed with fresh coriander

Bhindi Do Pyaza
succulent fresh okra stir-fried in a pan with chopped onions & garlic

Mushroom Maki Masala
button mushrooms & corns cooked with onions and tomatoes; flavoured with fresh garlic

Pindi Chana
chickpeas cooked with gram-flourand punjabi spices

Dal Tadka
yellow lentils, tempered with cumin seeds and tomatoes

Dal Makhani
house speciality - black-lentils, simmered overnight on charcoal, then finished with cream

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DUM BIRYANI

Dum cooking is an ancient mention of Indian food preparation. Semi cooked meat or vegetables with partially cooked rice sealed in "Handi", which is then covered on all sides with glowing embers to give even heat throughout. This particular style does not allow moisture to form inside the "Handi" ensuring the food is cooked in its own juices, thus retaining its full flavour.

served alongside raita (punjabi yogurt) or vegetable curry

Lamb Hyderabani Biryani/ 14.99

GF

Chicken Yakhani Biryani/ 13.99

GF

Prawns Sofyani Biryani/ 15.99

GF

Veg Biryani/ 12.99

GF

BREADS

Naan/ 3.99

Garlic Naan/ 4.49

Peshawari Naan/ 5.49

stuffed with desiccated coconut, almond & dry fruits; topped with sesame seed

Roti/ 3.99

whole wheat bread – healthier option indeed!

VG

Kulcha/ 5.49

naan stuffed with your choice of filling: potato • mixed vegetable • grated cheese and onion

Keema Naan/ 5.99

stuffed with minced lamb

Warqi Paratha/ 5.99

house speciality; a multi-layered flaky fine flour bread

Churchur Naan/ 5.99

a cherished punjabi flatbread known for its distinct texture and filling, crowned with crispy papadums

RICE

Plain Basmati/ 3.99
GF VG

Jeera Pulao/ 4.49
cumin-flavoured basmati rice
VG

Mushroom Rice/ 5.49

Lemon Rice/ 4.99
lemon-flavoured rice tossed with curry leaves, lentils, mustard seeds.
GF VG

SALADS & EXTRAS

Raita/ 3.99
Plain yogurt mixes with your choice of: onion • tomato • cucumber • cumin • potato • mint • mix vegetable
GF

Garden Salad/ 4.49
a fresh addition, sliced & chopped
GF VG

Papadum/ 1.99
plain fried or spicy roasted
GF VG

Masala Papadum/ 3.49
plain or spicy roasted papadum topped with onion, tomatoes, coriander & house spices

Chutney Tray/ 1.99
minted yoghurt, house special mango chutney & chopped onion salad

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Please notify your waiter of any dietary requirements before ordering, as there is a slight risk of cross-contamination, particularly with deep-fried items.
All prices are in GBP and inclusive of VAT. | A discretionary service charge of 10% will be added to your total bill.