

Welcome to Flavour of India.

"Atithi Devo Bhava" is a Sanskrit phrase which means "Guest is God"

We delight in knowing you come back to us time and time again. After over 20 years, this means an enormous amount. To our new diners: welcome! Flavour of India is a proud restaurant institution in Sydney and our menu captures flavours and cooking styles from every corner of the beautiful country that is India.



Annapurna is the Goddess of nourishment. She is empowered with the ability to provide food for unlimited numbers of people and we'd also like to think that we are.

Through the pages of our food and drink menus, we hope you find many favourites along with new discoveries to make this a fabulous evening.

Entrée

Mixed entrée	21
A mixed entrée of a melting tandoori lamb cutlet, a chicken tikka fillet & a samosa served with a tangy mint sauce (one of each per serve).	
Bombay rolls (3 pcs)	13
Crispy wrapped roll filled with lamb, potato, onion, peas, garlic, ginger, cumin and coriander, served with two sauces mint & tamarind.	
Onion bhaji (2 pcs)	13
Crisp onion patties dusted with chat masala & accompanied by minted yoghurt.	
Corn & coriander cakes (5 pcs)	13
Crisp little nuggets of corn & coriander, served with lime & chilli mayonnaise.	
Samosas (2 pcs)	13
Many local diners have claimed ours is the best. Deep fried patties stuffed with fresh potatoes, green peas and freshly grounded Indian spices, served with minted yogurt.	
Samosa papri chat	13
Samosa, crispy nimki, spicy fried Indian jhuri jhuri, served with spicy chutney & yogurt dressing.	
Chickpea dumpling	13
Onion, fresh coriander, garlic, ginger spice & crushed peanut mixed with chickpea flour & deep fried and served with a yogurt dressing.	
Cherry lamb meat balls (5 pcs)	15
Spiced lamb meat balls, served with sweet & sour cherry reduction & fresh yogurt.	
Spicy crab (2 pcs)	19
Crab meat in shredded ginger, chilli & onion, served inside potato skins.	
Crisp coconut prawns (3 pcs)	19.5
King prawns coated with spices & shredded coconut, pan fried and served with fresh lemon wedges.	

Tandoor

Charcoal sizzling platter **39**

A mixed platter of melting tandoori lamb cutlets, chicken tikka fillets & tandoori fish fillets served on a sizzling plate served with vegetable (two of each per serve).

Exotic chicken salad **23**

Warm tandoori fillets tossed with mango, avocado, diced tomatoes & salad greens with a light yogurt dressing.

Tandoori fish & lemon achar **E 22.5 / M 30**

Tandoori fish fillets with preserved lemon, chilli & turmeric achar, served on a sizzling plate (entrée 3 pieces / main 4 pieces).

Lamb cutlets **E 24 / M 32**

Tender lamb cutlets marinated in yogurt, ginger and spices then roasted in the tandoor, served with fresh lemon and minted yogurt (entrée 3 pieces / main 4 pieces).

Chicken tikka fillets **E 21 / M 28**

Chicken thigh fillets marinated in lemon, chilli, garlic, yogurt, chat masala & ginger, then roasted in the tandoor oven, served with fresh lemon & minted yogurt (entrée 3 pieces / main 4 pieces).

Breads

Plain naan **4.5**

Vegetable naan **5**

Roti (wholemeal flat bread) **4.5**

Garlic naan **5**

Peshwari naan (sultanas, nuts & coconut) **5.5**

Cheese naan **6.5**

Cheese and garlic naan **7**

Keema naan (spicy minced lamb) **7**

Vegetable

Our special dahl	(medium – hot)	23
Prepared with fresh & dried chillies, mustard seeds and coconut.		
Bombay potato	(medium – hot)	23
Fine cubed potato tossed in fresh curry leaves, chilli, ginger, tomato and coriander.		
Aloo gobi	(mild – medium)	23
Potato, cauliflower & peas in a traditional light tomato sauce with fresh roasted cumin, ginger & coriander.		
Palek paneer	(mild – medium – hot)	23
Our home made Indian style cheese with spinach leaves, fresh tomato and onion.		
Vegetable korma	(mild)	23
Seasonal vegetables & cashew cooked in a creamy milk sauce, garnish with almonds.		
Cauliflower lentil curry	(mild – medium – hot)	23
Cauliflower florets, brown lentils, desiccated coconut, turmeric & chilli.		
Pumpkin curry	(mild – medium – hot)	23
Pumpkin, channa dahl, onion, tomatoes & ginger in a beautifully light curried sauce.		
Mushroom saag aloo	(mild – medium)	23
Fresh spinach, mushroom & potatoes blended with ginger, whole cumin seeds, cardamom pods, kaffir lime & a touch of coconut.		
Vindi bagun (okra & eggplant)	(medium)	23
Tamarind juice, curry leaves, julienne okra, diced eggplant, dried chilli, curry leaves, garlic, spanish onion and fresh coriander, light curry sauce.		
Shahi bagun	(mild)	23
Eggplant, lime leaves, ginger, cashew nut paste, coconut oil, light cream light curry.		
Malai kafta	(mild)	23
Crushed paneer, potato, cashew balls, deep fried & served in a rich creamy sauce.		

Chicken

Pepper chicken	(medium – hot)	29.5
Chicken fillets in an unctuous tomato, chilli, coconut & mustard seed sauce with black pepper to finish.		
Best chicken butter masala	(mild – medium – hot)	29.5
Our specialty, chicken from the tandoor served in our creamy red masala sauce.		
Chicken tikka masala	(mild – medium – hot)	29.5
Chicken fillets from the tandoor in a rich red masala sauce with onion, capsicum & fresh cream.		
Chicken madras	(medium – hot)	29.5
As you may know, the madras people like it very hot, madras being in the south of India, potato, curry leaves, abundant chilli, and a host of freshly ground spices, blended in house.		
Chicken jalfrezi	(mild – medium – hot)	29.5
A spice mix of cinnamon, cardamom & clove form the base of this fragrant curry with fresh garlic and ginger along with tomato, curry leaves, dry chilli & coriander.		
Chicken vindaloo	(hot)	29.5
Traditional hot style of curry from goa, marinated with vinegar, garlic ginger and hot spices, then slow cooked to allow full assimilation of the flavours.		
Chicken hayat	(mild – medium – hot)	29.5
Created by our chef Hayat. Chicken pieces, potato & snow peas cooked in a delicious light sauce.		
Mango chicken	(mild)	29.5
Creamy decadent curry with fresh mango, cream, curry leaves, mustard seed and shredded coconut, then slow simmered until it melts in the mouth.		

Beef, Lamb & Goat

Beef vindaloo	(hot)	29.5
Traditional hot beef curry from Goa, marinated with vinegar, garlic, ginger and hot spices, then slow cooked.		
Cylone Beef	(hot)	29.5
Tender beef cooked with pineapple pieces in-house freshly grounded Indian spices.		
Beef kerala	(medium – hot)	29.5
This medium hot dish is a beef & potato curry blended with in-house freshly grounded Indian spices, fresh curry leaves, garlic & coconut cream.		
Beef madras	(medium – hot)	29.5
This is medium hot beef curry from south of India with curry leaves, abundant chilli, coconut cream and blended with in-house freshly grounded Indian spices, then slow cooked into a melting texture.		
Kashmiri beef	(mild)	29.5
A flavoursome Kashmiri dish with ginger, garlic, a touch of tomato and our in-house blended garam masala, simmered with cream and yogurt on slow heat.		
Lamb saag	(mild – medium – hot)	31
Lamb simmered for hours with spinach, fenugreek leaves, ginger, coriander, chilli & cumin.		
Lamb rogan josh	(medium – hot)	31
A regional Kashmiri dish over 400 years old. Lamb pieces seared and braised in a host of spices with capsicum & methi leaves, then slow cooked into a melting texture.		
Lamb korma	(mild)	31
Britain's favourite curry. Braised lamb in spices with a mild creamy almond & cashew nut sauce.		
Goat curry	(medium – hot)	31
Be adventurous and go for the goat curry. The tender, goat meat is sautéed in spices then slow cooked with onions, garlic and potatoes until it falls off the bone.		

Seafood

Green fish curry	(medium – hot)	32
Another southern Indian dish, this curry contains fillets of fish in a sauce of tamarind, coconut, green chilli & ginger.		
Goan prawn curry	(hot)	32
Goa, in the west of India, features much fish through its region’s cuisine. This flavourful example features king prawns pan fried with ginger, garlic, onions, chilli, mustard seed and a spice blend.		
5 spice garlic prawns	(mild – medium – hot)	32
24-hour marinade of garlic, onion and our 5-spice blend, finished with a simmer to order, touch of cream and fresh snow peas.		
Malabar prawns	(mild)	32
A superb southern prawn dish heralding coconut oil & coconut cream, desiccated coconut, mustard seed & fresh lime leaves.		

Condiments & Rice

“A grade” basmati rice per person	3
Pappadums (6 per serve)	4
Fresh yoghurt	4
Raita	4
Mint sauce	4
Mango chutney	4
Lime pickle (spicy)	4
Tomato, onion & cucumber	4
Combination of any 3 condiments	10
Combination of any 4 condiments	14

Dessert

We believe the contrast of our big, intense flavours in the curries and dishes from the tandoor, are beautifully contrasted with light, cold & fresh desserts where ice cream & sorbet are heroes.

Mango kulfi **10**

Traditional Indian ice cream with mango coulis.

Lime sorbet **4.5/10**

Tangy & refreshing. the perfect end to an Indian feast. One scoop is also available as a smaller option.

Date & pistachio kulfi **10**

House made Indian ice cream tower with date & pistachio base and candied oranges drizzled with date syrup.

Gulab jamun **10**

Most popular Indian desert consisting of dumplings, traditionally made of reduced milk, soaked in rose flavoured syrup.

Chocolate naan **6**

Naan bread filled with premium chocolate cooked in tandoor oven.

A selection of cocktails, organic teas and coffee can be found in our drinks menu to accompany your dessert.

Flavour of India Banquet

55 per person

Entrée

Tandoori lamb cutlet, chicken tikka fillet & samosa per person, served to share

Main

Each guest can choose a dish from the following list of our most popular mains

Butter chicken masala

Chicken tikka masala

Lamb saag

Lamb korma

Beef vindaloo

Kashmiri beef

Pepper chicken

Pumpkin curry (vegetarian)

Cauliflower curry (vegetarian)

Aloo gobi (vegetarian)

Our special dahl (vegetarian)

Rice, naan & roti served with the banquet along with these condiments

Pappadams, raita, sweet mango chutney, tomato & onion salad

Wine, cocktails and non-alcoholic drinks can be found in our drinks menu and are not included in the banquet price

Corkage \$4 per person