

# Atrangi

by RITU DALMIA



## Welcome to Atrangi!

This is where we pay homage to massive repertoire of unique recipes and traditions from regional Indian communities and households, some still relatively unknown brought forward while championing regional spices, ancient grains and super foods with health benefits.

Atrangi is our ode to India's vibrancy, uniqueness and vast array of traditions that change within a few kilometres drive, brought to you with the creative flair and flamboyance of a master storyteller, avid traveller and chef par excellence, Ritu Dalmia.

Our lunch menu focuses on home style comfort food presented in the form of set meals and thali's. Quick and convenient for all!

Be Unique, Be Atrangi!

## SET MEALS

### Mix grain khichdi

Khichdi is a go to comfort meal for any Indian. We've made ours with a number of different grains like quinoa, millet & buckwheat for that added benefit. Super food on a plate!

*Served with accompaniments, pickles*

V, GF

### Punjabi kadhi pakora, gajar matar chauka

Punjabi kadhi made with crisp onion fritters. Our homage to a staple curry found across the North West of India.

*Yoghurt & gram flour curry, rice, peas & carrots, fritters*

V

### Matar belma kachori, aloo petha

There are many varieties of kachoris across India but the one from Kolkata is very different to the rest. It's a small bite sized fluffed up dough ball with mince peas.

*Lightly spiced potato curry served with puffed fried bread stuffed with peas & tomato launji*

V

### Home style chicken curry

A simple tomato and onion-based curry that differs in every household but is a staple across the nation.

*Homemade thepla, yoghurt*

NV, GF

### Butter chicken, naan

Arguably the most famous dish in Indian cuisine, that was invented by mistake by a restaurant called Moti Mahal in Delhi where the chefs were trying to reuse leftovers!

*Tandoor grilled chicken, tomato & cream gravy, naan*

NV, GF, CN

### Scallop moilee

A famous Kerala style fish curry that is a mild coconut-based stew. We are using scallops instead of fish to give it that extra oomph.

*Scallop curry, rice, spinach chips*

SF, DF, GF



V – vegetarian, GF – gluten free, DF – dairy free, Ve – vegan, NV – non vegetarian, SF – seafood, CN – contains nuts

*All prices are in AED and are inclusive of 7% municipality fees, 10% service charge & 5% VAT*

## SET MEALS

### Tandoori paratha

A popular breakfast dish that contributes to the tourist population of Amritsar, mobs can be seen at famous street shops across the city.

*Layered baked bread stuffed with potatoes, cauliflower, onions & spices, chickpea curry*

V, CN

### Poda mangsho, lucchi (Bengali burnt mutton)

Kosha Mangsho is one of Bengals staple meat curries. Made with mutton, vegetables and mustard oil, our version is a unique take, where we char every ingredient to add an additional depth of flavour. Served with a pumpkin stew and puffed banana poori.

*Mutton curry, mustard, pumpkin stew, lucchi*

NV

### Trio of uttapam

A favourite from Tamli Nadu can be best described as a light and fluffy pancake that is made from rice and lentils. It is usually topped with vegetables and served with a number of accompaniments.

*Tomato, beetroot, mint pancakes. Served with a selection of chutneys*

V

## NAAN ROLLS

Indian flat bread "Naan" baked in a charcoal tandoor, filled a choice of

### Vegetable khurchan

Vegetables and cottage cheese cooked in a gravy till it is semi dry and has to be "scraped" off from the pan.

*seasonal vegetables and cottage cheese rolled in a naan*

V

### Lemon chicken tikka

The famous chicken tikka with a citrus kick.

*Char roasted chicken morsels rolled in a naan*

NV, CN

### Fish ajwani

A gift from the spice trade and popularized by the Mughal emperors. Marinated fish chunks are cooked in our charcoal clay oven for that perfect char.

*Char roasted fish chunks rolled in a naan*

NV, CN

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## GRAB & GO

### Goan cullet bread

Considered a must have street food from Goa that locals relish and tourists are now raving about.

*Semolina coated marinated beef, served in our house made sour dough bread, confit chilli, Goan "roast" gravy*

NV

### Bombay toastie

This hearty sandwich was the result of the boom of the textile industry in Bombay. They became so famous that you can find them even today.

*Beetroot, potato, onion, peppers, green chutney, cheese, slaw, chips*

V

### Omlette Pav

A Goan staple consisting of a thin omlette folded over the famous xacuti gravy.

*Egg omlette, xacuti sauce, homemade bread*

NV



## THALIS

An Ayurvedic way of eating that is still followed in most households. Meals generally consist of a few components that are served in a special plate. It is a balanced and thought-out meal that consists of all the different food groups.

This usually has a carb, lentils, vegetables, a protein or cottage cheese dish along with salad, yoghurt, pickles, chutneys and a sweet dish to finish the meal

### Vegetarian thali

Rice, Indian bread, lentils, chef's choice of two vegetarian dishes, accompaniments, dessert

V

### Non-vegetarian thali

Rice, Indian bread, lentils, homestyle vegetable, chef's choice of non-veg dish, accompaniments, dessert

NV

*Please ask your server for chef's choice of the day.*

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# DESSERTS

## Serradura

One of Goa's most popular desserts, serradura means sawdust in Portuguese and is similar to a trifle and is layered with cream, custard and crumbled biscuits.

*Homemade biscuit dust, condensed milk mousse*

V

## Chena payas

The Bengal region in India is known for its penchant for sweets. No auspicious occasion or festival is complete without an array of handmade sweets and desserts. This is a classic made with small cottage cheese balls cooked in cardamom and saffron flavoured milk.

*Milk soaked cheese balls, saffron, pistachios*

V, CN

## Filter kaapi caramel custard

Like any popular coffee, the South Indian filter coffee also has its own special equipment to brew it and has a bit of chicory for that unique taste. It makes a strong, earthy and smoky coffee that lends itself perfectly to this dessert.

*Coffee cream custard, sable, hazelnut & dark chocolate ganache*

CE, CN

## Fruit custard

A dessert that can be made at the drop of a hat. This simple dish has been eaten by generations of Indians growing up in their homes.

*Seasonal fruit, custard, ice cream*

V, CN

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