

MINT & MUSTARD

Proper Indian

Autumn 2019

STARTERS

Onion Spinach Pakora Ve 4.8
Homemade crunchy chickpea flour fritters of finely shredded spinach, water chestnuts and onions.

Bombay Chaat V 5.0
Popular vegetarian melt in mouth snack bursting with flavor: yoghurt, sweet, savoury chutneys and gram flour vermicelli for texture.

Saffron Paneer Tikka V 5.5
Indian cottage cheese marinated with a distinct aromatic red spice marinade, grilled to perfection in the tandoor.

Veggie Trio V 5.5
A combination of our classics – Pakora, Bombay Chaat and Veg Samosa.

Soft Shelled Crab 9
Gently spiced soft shelled crab, deep fried in a light batter.

Scallop Thengpal 7.9
Hand dived Scottish scallops, fresh and meaty, simmered with delicate spices, lemon zest and coconut milk.

Spice Crusted Lamb Tikka 6.8
Aromatic south Indian spice blend lamb morsels cooked to perfection in the tandoor

Lamb Sheekh Kebab 6.8
Warming spiced minced lamb, flavoured with bell peppers, handmade pickles; chargrilled in the tandoor..

Keralan Tiger Prawns 7.6
Succulent tiger prawns marinated with red Kashmiri chillies, turmeric and spices; deep fried,

Punjabi Samosa Ve 4.5
Traditional plain flour samosa, in vegetable ghee; veg in a blend of delicate spices and ajwain seed.

Chicken Trio 6.8
Tandoori skills on show with chicken in three distinct marinades - flavours of Kashmiri chilli, Star anise and fresh Coriander.

MAINS

VEGETARIAN & VEGAN M-8.5 | S-4.9

Vegetable Mango Curry
Mixed vegetables in curry with hints of sour raw mango, ginger, chilli, garlic and spices. Finished with coconut milk.

Five Spiced Paneer Masala
Indian cottage cheese, simmered in a rich tomato gravy garam masala and crushed fenugreek leaves that adds a lovely musky flavor to the dish.

Saag - Aloo / Paneer / Kumbh
A north indian Popular dish made with spinach and potato or spinach and (chose from Potato or paneer or mushrooms). A Perfect dish to accompany your meal.

Bhindi Masala
Tender okra with onion, tomato, ginger and Malabar spices. (Nuts and Dairy free on Request)

Seasonal Veg Stir-fry (Thorán of the day)
Seasonal Vegetables stir-fried with coconut and tempered with mustard and curry leaves.

Olan
Butternut Squash and Cow peas (lentil family) simmered in delectable Sauce.

Aloo – Jeera | Gobi | Capsicum
Potatoes tossed with malabar spices, (or Cauliflower or Bell Peppers) and fresh coriander. (Nuts and Dairy free on Request).

Tarka Dal
Home made style lentils tempered with garlic, cumin onion and tomato finished with fresh coriander.(Dairy Free On Request)

Aubergine | Subzi Kadhai Ve new
Purple aubergines (subzi), bell peppers finished on a hot wok fragrant spices, fresh chilli and coriander.

Pulled Jackfruit Sabzi Ve new
Jackfruit's meaty texture is taking the vegan world by storm. This dish, flavoured with black stone flower is a keralan classic.

SEAFOOD

Kochi Prawn Mango Curry 12.3
Tiger prawns simmered in fennel, coconut and raw mango sauce.

Prawn Coconut Chilli 12.8 new
Racy prawn dish with a delicious bite of chilli, balanced with coconut.

Monkfish Chatti Curry H 13.3
Keralan style feisty fish curry simmered gently in an earthen pot called, "chatti" bringing out a nice earthy edge to this curry.

Pan Seared Sea Bass 14.5
Fresh sea bass pan seared, served on a bed of curry leaf infused mashed potatoes; in a raw mango, ginger and coconut sauce..

Allepy Swordfish / Prawn Curry 12.8
Swordfish / Prawns in a smooth blend of raw mango and ginger with coconut milk.

POULTRY & MEAT

Chicken Tikka Masala 10.8
Chicken tikka in aromatic marinade –cinnamon, cardamom, dried fenugreek, cashew nut paste. delicious rich cream gravy,

Dhaba Murgh 11.5
Chicken cooked with fine garlic, ginger & coriander with aromatic spices. Very popular in roadside classic diners.

Nadan Chicken Curry 10.8
Delicious Keralan Chicken curry with coconut milk, tomatoes and Spices.

Saag Lamb / Chicken 11.5
Slow cooked Lamb (or Chicken) with spinach and chef's own ground garam masala spice blend.

Lamb Coconut Fry 11.9 new
Slow cooked lamb, a perfect combination of fennel, chili, ginger. Finished with coconut shavings.

Rara Gosht 11.9 new
Succulent lamb chunks cooked in a rich gravy made with aromatic whole spices and minced lamb with onions, ginger and garlic and left to bubble away. Soft and tender, pungent and beautifully fragrant.

Pondicherry Lamb 11.5
A spicy lamb dish in a Home style mix from the historic port city Pondicherry. Robust.

Calicut Beef Curry 11.3
Kerala style slow cooked beef; punchy, big bold and fiery spices. This is a classic beef curry from Kerala.

Venison Laal Mass 12.5 new
A classic gamey hunter style recipe from the princely state of Rajasthan. Venison in clarified butter - rustic flavours, red Kashmir chillies, whole spices, chilli heat, cooked in whole spices. Deep flavours.

VINTAGE RECIPIES

Makhani
Butter chicken or Makhani murg is a dish, originating in Old Delhi, India; true to this tradition ours is a rich spiced gravy with fenugreek (also in Panner as Veg option) **Chicken- 9.8 | Paneer 8.5**

Korma
Our Korma is gentle blend of spices with creamy sauce of cashew nuts and coconut, flavoured with fresh coriander. **Chicken- 10.9 | Lamb 11.5 | Prawn 12.3**

Do Piyaza new
Do' or two 'piyaza' onions - two onions is an absolute Indian classic. It has a distinctively thick yoghurt sauce packing a medium level of heat. Whole spices add new flavor dimensions to the sauce as it cooks; **Chicken- 10.9 | Lamb 11.5 | Prawn 12.3**

Dhansak
Dhansak is a traditional rich one pot stew. Tang from the tamarind, heat from the chillies and sweetness from vegetables come together creating a pretty special balance of flavours. **Chicken- 9.8 | Lamb 10.8 | Prawn 12.3 | Veg 8.5**

Vindaloo H
Absolute belter of a dish from Goa since the 1500s. Loads of garlic, vinegar, fresh ginger and select spices resulting in a tangy dish that uniquely blends sweet, sour and spicy tastes. **Chicken- 9.8 | Lamb 10.8 | Prawn 12.3 | Veg 8.5**

TANDOORI GRILLS

Tandoori Lamb Shank 13.9
Tender Lamb shank marinated with aromatic malabar spices slowly cooked in tandoor Accompanied with Chef infused potato Mash served with aromatic sauce.

Charminar Kebab Platter 14.9
A combination of Prawns, Salmon, Chicken Tikka, Sheekh kebab and Lamb tikka on the bed of homemade chutneys.

Spring Tandoori Chicken 11.3
One of the most popular dishes originated in 1920 in North India Peshawar: Spring chicken on the bone marinated in yoghurt, lemon juice and handpicked spices; Served with mint sauce

Tandoori Dill Salmon 14.5
Salmon steaks marinated in dill, honey, wholegrain mustard, Kashmiri chilli and select hand pounded aromatic spices; grilled in the tandoori. M&M signature dish . With seafood rice.

Tandoori Lamb Chops 14.9 new
Hand selected cut from our local butcher – marinated overnight with freshly ground warming spices, ginger, garlic and roasted in our piping hot tandoor for a charred effect. Accompanied with Chef infused potato Mash served with aromatic sauce.

Tandoori King Prawn 17.5 new
King Prawn in our special house tandoori masala – deep marination means each prawn has excellent flavours. With seafood rice

BIRYANI

Malabar Biryani
Premium basmati rice, whole spices slow cooked to ensure that the flavours are completely locked in. Under a flaky crust with fragrant spices, served with Raita (*please ask for curry sauce if required*). Choice of Chicken, Lamb, Prawn, Vegetable. (Gluten free on request) .

V Ve
Chicken- 10.8 | Lamb 11.8 | Prawn 12.5 | Veg or Jackfruit 9.9

SIDES

BREAD

- Roti 2.8
- Naan 2.8
- Peshwari Naan 2.9
- Lamb Naan 3.9
- Chilli Coriander Naan 2.9
- Garlic Naan 2.9
- Fig & Fresh Coriander Naan 3.3

RICE

- Lemon Rice 3.9
- Steamed Rice 2.9
- Pilau Rice 3.3
- Coconut Rice | Mushroom Rice 3.9

MISC

- Raita
- Natural yoghurt, cucumber, onion with a touch of roasted cumin.3.5
- **Basket of Poppadums & Homemade Pickles** 3.9

Exclusive Food & Wine Tasting Menu
please check with staff for details

Ve Vegan V Vegetarian H Hot

Our food is freshly prepared in small kitchens where allergens are present.

We can't guarantee that our food and drinks are allergen-free. Please speak to our staff about allergen chart of our menu if you need further information.

WINES

WHITE WINE

Short Mile Bay Chardonnay, SOUTH EASTERN AUSTRALIA 2
Unoaked, a tropical fruit flavoured wine with notes of spring blossom and honey. 175ml 4.9 • 250ml 6.3 • Bottle 18.5

Da Luca Pinot Grigio, Terre Siciliane ITALY 2
Aromas of white flowers, pink grapefruit and Cox's apple: the palate displays melon and guava. 175ml 5.3 • 250ml 6.5 • Bottle 20

Soul Tree. Sauvignon Blanc INDIA 2
Vibrant and invigorating with notes of elderflower, pear, and green herbs. A tropical Sauvignon that breaks from the mould. Crisp, fresh, and dry on the palate 175ml 5.3 • 250ml 6.5 • Bottle 20

Rare Vineyards Marsanne-Viognier FRANCE 2
Soft and aromatic with notes of peach blossom and citrus on the deliciously refreshing finish. Bottle 22

Vine Trail Gewürztraminer, Rapel Valley CHILE 2
Dry, showing classic notes of orange blossom, lychee and rose followed by a fresh finish. Bottle 22

Mas Rabell Blanco Catalunya, Torres SPAIN 4
A modern refreshing style, 100% Parellada without any wood ageing from the source of some of the best fruit. Bottle 25

Vouvray, Domaine du Vieux Vauvert FRANCE 2
Medium-dry with a lively fresh finish, shows ripe apple, quince, lime and citrus blossom. Bottle 28

Waipara Hills Sauvignon Blanc, Marlborough NEW ZEALAND 2
Generous and lifted, showing powerful aromas of nettle and snow pea: the palate bursts with fresh citrus, grapefruit and melon notes. Bottle 28

Gavi di Gavi, Enrico Serafino ITALY 2
Pale straw-yellow, the wine shows floral and citrus aromas, with a minerally, dry palate. Bottle 32

Chablis, Les Sarments, Vignerons de Chablis FRANCE 2
Citrus and a touch of stone fruit: fresh with a minerally note. Bottle 36

ROSÉ WINE

Belvino Pinot Grigio Rosato, delle Venezie ITALY 3
Slightly drier in style, full of fresh summer berry fruit aromas. 175ml - 4.9 • 250ml - 6.3 • Bottle 18.5

Whispering Hills White Zinfandel, Rosé CALIFORNIA 1
Loads of fresh summer-fruit flavours and lively acidity. Medium-bodied to appeal to most palates, California's own Zinfandel. 175ml - 5.5 • 250ml - 6.5 • Bottle 20

RED WINE

Tekena Merlot, Central Valley CHILE C
Fruit-driven, raspberry and blueberry fruit leading to a soft finish. 175ml 4.9 • 250ml 6.3 • Bottle 18.5

Cullinan View Shiraz, Western Cape SOUTH AFRICA C
A deep-coloured wine with an excellent Syrah peppery character. The palate is full and generous with rich, velvety tannins and warm toasty-oak on the finish. 175ml 5.3 • 250ml 6.5 • Bottle 20

Soul Tree. Cabernet Sauvignon INDIA C
Elegant and attractive with blackcurrant and a slight hint of mint. Supple tannins, black fruits, and juicy through the finish, 175ml 5.3 • 250ml 6.5 • Bottle 20

Vita Sangiovese, Puglia ITALY D
From a less prominent area of Italy, showing a supple blueberry Merlot with the firmer cherry Bottle 23

Lunaris by Callia Malbec, San Juan ARGENTINA B
Enticing aromas of cherry, plum with a background of warming spice, with freshness to the finish. Bottle 25

Marqués de Morano Rioja Crianza SPAIN B
Mazuelo adds a ripe cherry chunkiness to the smooth raspberries and cream style of Tempranillo. Bottle 25.00

Antica Cinta Chianti Riserva, Tenute Piccini ITALY C
Deep ruby red in colour, a smooth, elegant and velvety wine, with powerful aromas of ripe cherry, hints of spice and woody notes. Soft tannins and long finish. Bottle 26

Anjou Cabernet Franc, Château de Fesles FRANCE A
Ripe, red berry and plum flavours, with some herbaceous notes and a positive, refreshing acidity. Bottle 28.9

Leefield Station Pinot Noir, Marlborough NEW ZEALAND E
Vivid red berry fruits with savoury elements of grape stem and smoke. Bottle 29.9

SPARKLING

Galanti Prosecco Extra Dry ITALY 1
Fine, persistent, soft fizz surrounds a fruit spectrum of apple, pear and a hint of peach. Bottle 6.9

Da Luca Prosecco ITALY 1
Pear and peach fruit on a lively, yet soft and generous palate. Bottle 24

CHAMPAGNE

Bouche Pere et Fils Cuvee Reserve Brut FRANCE 1
A ripe, biscuity Champagne with a fine mousse and a long, elegant finish. A blend of 50% Chardonnay, 30% Pinot Noir and 20% Pinot Meunier gives backbone and complexity. A family-run Champagne house founded in 1920 and today run by José and his brother Pierre Bouché. Bottle 35.9

MINT & MUSTARD

SPIRITS

Vodka	Absolut Vodka	25ml 2.9
Gin	Gordons Gin	3.3
	Bombay Sapphire	3.5
Rum	Bacardi White	2.9
	Captain Morgan Dark	2.9
	The Famous Grouse	2.9
	Jameson Irish Whisky	3
	Jack Daniels	3
Whiskey	J W Black	3
	Single Malts	
	Glenfiddich	3.5
	Glenmorangie	3.5
	Talisker 10 Yr Old	3.5
Cognac	Courvoisier VS	3
	Remy Martin VSOP	4
Tequila	Jose Cuervo Silver	3.3

MIXERS

Add any mixer for £1.00
Canada Dry Ginger Ale | Slim Line Tonic | Soda Water | Tonic Water | Sprite

BEER & CIDER

Draught Lager	Kingfisher ½ Pint	2.5
	Kingfisher Pint	4.8
	Tiger Beer 660ml	6.7
Bottled Beer	Sagres 330ml	3.5
	Dos Equis 355ml	4.0
	Curious Session IPA 330ml	4.6
Bottled Cider	Magners Original 568ml	4.0
	Magners Dark Fruit 500ml	5.5

LIQUEURS

Baileys Irish Cream	50ml 3
Amaretto	3
Grand Mariner	4
Kahlua	3.5
Southern Comfort	3.5
Pimms	3
Cointreau	4
Sambuca	3

SOFT DRINKS

	glass	pint
Coca Cola	2.2	2.9
Diet Coke	2.2	2.9
Sprite	2.2	2.9
Soda	2.2	2.9
Tonic Water	2.2	2.9
Fruit Juice		
Apple/Cranberry/Orange	2.2	2.9
J20		
Apple & Mango		3.2
Orange & Passionfruit		3.2
Mango Lassi		3.5
Still Or Sparkling Water (Large)		3.5

Please note: An optional service charge of 10% will be added on groups of 6 or more.

CARDIFF | TAUNTON | PENARTH

Taste Guide

Champagne, White and Rosé : 1-dry to 9 sweet

Red wines : A – light to E deep and full