

2017

Rasam Indian Restaurant Menu 2017

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bread

ROTI - All Indian Homes Traditional Indian unleavened flatbread, made from whole-wheat flour.	1.95
PLAIN NAAN - Punjab	1.95
PUDINA NAAN - Punjab Naan flavoured with a special blend of Rasam spices and mint.	2.25
GARLIC, ONION AND CORIANDER NAAN (GOC) - Rajasthan	2.95
CHEESE CHILLI NAAN - Delhi Naan filled with cheddar cheese and green chilli.	2.95
PESHAWARI NAAN - Peshawar Naan filled with roasted coconut, almonds and raisins.	2.95
ALOO KULCHA - Delhi Naan filled with spiced potatoes and onions.	2.95

rice

STEAMED RICE - A favourite of Indian Homes High quality basmati rice (low glycemic index) steamed to perfection.	2.95
PULAO - Delhi High quality basmati rice (low glycemic index) cooked with cinnamon, bay leaves, black cardamom and fried onion.	3.50

desserts

ICE CREAM AND SORBET Selection of ice cream and sorbet.	5.50
DATES KHEER Traditional Indian dates and rice pudding.	6.50
ORANGE AND PASSION FRUIT CHEESECAKE	6.50
ROSE BRÛLÉE An Indian version of crème brûlée.	6.50
CHOCOLATE FONDANT	6.50
MALAI KULFI Home-made Indian ice cream served with basil seeds.	6.95

tea / coffee

Tea	2.25
Assorted Herbal Teas (Camomile / Green / Peppermint)	2.50
Espresso	2.25
Decaffeinated Coffee	2.25
Fresh Ground Coffee	2.50
Cappuccino / Latte	2.75
Double Espresso	4.00
Irish Coffee	5.50
Baileys Coffee	6.00
Cointreau Coffee	6.50
French Coffee	6.50
Tia Maria Coffee	6.50

spices to take home

If you would like to try Indian cooking at home, we would be delighted to blend any combination of Rasam spices for you.

Roasted cumin (15g)	2.50
Garam masala (15g)	3.00

rasam at home

If you would like to enjoy our freshly prepared dishes at home, we are happy to offer a take-home service, by collection only.

Ayurveda: The ancient Indian science of life and health.
Rasam: The place where the science of life with the science of flavour come together.

Read more about Rasam's spice choices and our passion for healthy Indian cooking at www.rasam.ie

Rasam



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the natural taste of india

appetisers

SABJI TIKKI – New Delhi Full-flavoured, pan-fried vegetable and potato cakes with green peas, mint leaves, and spices. Complemented with a sauce of tamarind and banana yoghurt.	7.95
PALAK PATTI – Rajasthan Baby spinach leaves delicately crisped, topped with honey and yoghurt dressing.	7.95
TRIO OF CHICKEN – Awadh Three individual pieces of chicken, each prepared with a different mouth-watering marinade: red chillies & fenugreek; cheese, cardamom & cream; and fresh turmeric root & mustard.	8.95
CALAMARI – Coastal India Squid coated in a crispy semolina crust, served with a spice infused tomato chutney.	8.95
PORK VARUVAL – Tamil Nadu Pork marinated with star anise, chilli powder, black pepper, curry leaves, ginger, and garlic.	8.95
COORG PRAWN FRY – Karnataka Tiger prawns in a light batter of red chilli, onion seeds, fennel seeds, black pepper, lemon, and black salt.	10.95
DUCK ROLLS – Kerala Muscovy duck flavoured with star anise, figs, and tamarind – wrapped in a light filo pastry.	10.95
CHUTNEY KI MACHHI – Bengal Red snapper in a rice and gram flour batter, flavoured with fresh mint, coriander and green chilli, giving a grounding and earthy flavour.	11.95
RASAM PLATTER – Rasam A selection of mini-portions of Rasam's most loved starters: palak patta, pork varuval, chicken tikka, duck roll, and calamari.	14.95
METHI JHINGA – Mumbai Pan-seared jumbo prawns flavoured with fresh turmeric, dried fenugreek leaves, Kashmiri round chillies, ginger, and garlic (3 pcs).	15.95

Indian cooking is all about flavour. In each region of India, spices are chosen and blended to give a unique flavour that encompasses the landscape and traditions of that region. At Rasam, we respect these traditions, giving each of our dishes a unique blend of spices to reflect the backdrop that inspired them. As Ayurveda is deeply imbedded in Indian traditions, we choose our spices with your wellbeing in mind.

Fenugreek	soothes digestion, slows sugar release, and balances cholesterol.
Rose Petals	de-stresses the mind and supports the heart.
Coriander	supports the liver; soothes digestion; cleanses.
Turmeric	antioxidant, anti-inflammatory, and antiseptic.
Lime	supports liver, gall bladder and respiratory systems.
Ginger	facilitates nutrient absorption and pain relief in joints.

main courses

BEETROOT CHICKEN - North India Chicken breast pieces simmered in a fresh beetroot and tomato sauce flavoured with dry pomegranate seeds and coriander leaves.	17.95
HALDI MURGH - Maharashtra Our Head Chef Anubhav's home favourite. Chicken with fresh turmeric paste, yoghurt, mace, nutmeg, poppy seeds and sesame seeds all slow cooked to extract delicate flavours.	17.95
KOZHI VARUTHA CURRY – Tamil Nadu Roasted coconut, peppercorns, kalpasi, cinnamon and cardamom. Full-flavoured, spicy chicken dish.	17.95
MURGH MAKHANI – Punjab Chicken breast pieces mixed with fenugreek leaves, red chilli powder, tomato, onion, melon seeds, cardamom, ginger, garlic, and cream. Delicately blended to give a uniquely full-flavoured dish.	18.95
LAL MAAS – Rajasthan Lean leg of lamb, slow cooked on the bone with garlic, ginger, coriander seeds, tomatoes, red chillies and our special blend of garam masala. Served boneless.	19.95
BARRAH NALLI – North West of India Lamb shank, marinated in fried onions, green cardamom, cloves, and yoghurt – cooked slowly to release the flavours. Served dry.	20.95
DUM PUKHT GOSHT – Lucknow Classically slow-cooked lamb dish in a yoghurt infused with our unique blend of aromatic spices that gradually reveal their seductive flavours (Rasam's signature dish).	21.50
MANGO PRAWN – Kerala A favourite dish, tiger prawns in a beautiful mango sauce tempered with curry leaves, tamarind and coconut milk.	20.95
KOKUM FISH CURRY – Kerala Fresh hake fillet, marinated in a spicy blend of chillies, ginger, garlic, kokum, fenugreek seeds, coriander seeds, coconut, and tomatoes.	21.95
TANDOORI SEA BASS - Mumbai Fresh whole sea bass, marinated with fresh turmeric, ginger, garlic, red chillies, carom seeds and lime. Served dry.	21.95
MANSAHARI THALI – All Indian Homes The 'thali' is a fully balanced, traditional meal. Our thali includes lamb, chicken, prawns, potatoes, and spinach, served with pulao rice, naan bread, and a sweet and sour chutney – served on a silver platter, of course!	29.50

Our spices are freshly blended, dry-roasted and ground daily. We only add these spices to your dish shortly before serving it at your table, to retain their freshness and natural oils.

We only use rice with a low glycemic index (GI).

As all our dishes are prepared freshly to order, we ask for your patience at busy times.

There is no service charge, and all gratuities go directly to our staff.

vegetarian dishes

ALOO BAINGAN – All Indian Homes Aubergine and potatoes stir fried in dry mango, ginger, green chillies, onions, fresh tomatoes and paanch phoran	13.95
GATTA CURRY – Rajasthan Gatta (gram flour dumplings), soya chunks, carrot, green beans and peas, in a yoghurt and onion sauce.	14.95
PANEER MATAR MAKHANA – North India Traditional Indian soft cheese in a sauce of tomatoes, onions, North Indian style garam masala, green peas, lotus seeds and fenugreek leaves simmered in cream and butter.	14.95
PALAK KOFTA – Lucknow Spinach dumplings in a creamy tomato and garlic sauce. An all time Rasam favourite.	14.95
SHAKAHARI THALI – All Indian Homes The 'thali' is a fully balanced, traditional meal. This thali includes 5 assorted vegetarian dishes, served with pulao rice, naan bread, and a sweet and sour chutney – served on a silver platter, of course!	25.50
RAITA – All Indian Homes A traditional dish served with every Indian meal. Cooling elements of yoghurt, cucumber, roasted cumin and fresh coriander balance spice from any chillies.	2.95
TARKA DAL – All Indian Homes Yellow lentils tempered with garlic, onion, cumin and asafoetida.	4.95
ALOO PODIMAS– South India Potatoes flavoured with ginger, garlic, onions, curry leaves, mustard seeds, turmeric powder and split lentils.	4.95
CHONKA PATTI – Hyderabad Fresh cabbage and spinach leaves tempered with mustard seeds, whole red chillies and curry leaves.	4.95
CHOLEY – Punjab Chickpeas cooked with tomatoes, green chillies and carom seeds.	4.95
METHI GOBHI – All Indian homes Cauliflower florets and fenugreek leaves seasoned with ginger, cumin, green chillies and fresh tomatoes.	4.95
KADDU - North India Fresh pumpkin with fenugreek and mustard seeds, turmeric, green chillies and garlic.	5.50
OKRA - North India Stir fried okra with onions, tomatoes, peppers and dry mango powder.	6.50
SAAG MAKAI MUSHROOM – Delhi Spinach, mushrooms and sweet corn seasoned with fried garlic and green chilli.	6.50