Rasam Indian Restaurant Menu 2017

Rasam Indian Restaurant

Follow this and additional works at: https://arrow.tudublin.ie/menus21c

Part of the Cultural History Commons, Food and Beverage Management Commons, and the Tourism and Travel Commons

Recommended Citation

This Book is brought to you for free and open access by the Gastronomy Archive at ARROW@TU Dublin. It has been accepted for inclusion in Menus of the 21st Century by an authorized administrator of ARROW@TU Dublin. For more information, please contact yvonne.desmond@tudublin.ie, arrow.admin@tudublin.ie, brian.widdis@tudublin.ie.

This work is licensed under a Creative Commons Attribution-Noncommercial-Share Alike 3.0 License
breads

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

rice

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

rice

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

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
appetisers

**SABJI TIKKI** – New Delhi 7.95  
Full-flavoured, pan-fried vegetable and potato cakes with green peas, mint leaves, and spices. Complemented with a sauce of tamarind and banana yoghurt.

**PALAK PATTIA** – Rajasthan 7.95  
Baby spinach leaves delicately crisped, topped with honey and yoghurt dressing.

**TRIO OF CHICKEN** – Awadh 8.95  
Three individual pieces of chicken, each prepared with a different mouth-watering marinade: red chillies & fenugreek; cheese, cardamom & cream; and fresh turmeric root & mustard.

**CALAMARI** – Coastal India 8.90  
Squid coated in a crispy semolina crust, served with a spice infused tomato chutney.

**PORK VARUVAL** – Tamil Nadu 8.95  
Pork marinated with star anise, chilli powder, black pepper, curry leaves, ginger, and garlic.

**COORG PRAWN FRY** – Karnataka 10.95  
Tiger prawns in a light batter of red chilli, onion seeds, fennel seeds, black pepper, lemon, and black salt.

**DUCK ROLLS** – Kerala 10.95  
Muscoy duck flavoured with star anise, figs, and tamarind – wrapped in a light filo pastry.

**CHUTNEY KI MACHHI** – Bengal 11.95  
Red snapper in a rice and gram flour batter, flavoured with fresh mint, coriander and green chilli, giving a grounding and earthy flavour.

**RASAM PLATTER** – Rasam 14.95  
A selection of mini-portions of Rasam’s most loved starters: palak patta, pork varuval, chicken tikka, duck roll, and calamari.

**METHI JHINGA** – Mumbai 15.95  
Pan-seared jumbo prawns flavoured with fresh turmeric, dried fenugreek leaves, Kashmiri round chillies, ginger, and garlic (3 pcs).

main courses

**BEEFROOT CHICKEN** – North India 17.95  
Chicken breast pieces simmered in a fresh beetroot and tomato sauce flavoured with dry pomegranate seeds and coriander leaves.

**HALDII MURGH** – Maharashtra 17.95  
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.

**KOZHI VARUTHA CURRY** – Tamil Nadu 17.95  
Roasted coconut, peppercorns, kalpasi, cinnamon and cardamom. Full-flavoured, spicy chicken dish.

**MURGH MAKHANI** – Punjab 18.95  
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.

**LAL MAAS** – Rajasthan 19.95  
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.

**BARRAH NALLI** – North West of India 20.95  
Lamb shank, marinated in fried onions, green cardamom, cloves, and yoghurt – cooked slowly to release the flavours. Served dry.

**DUM PUKHT GOSTH** – Lucknow 21.50  
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).

**MANGO PRAWN** – Kerala 22.50  
A favourite dish. Tiger prawns in a beautiful mango sauce tempered with curry leaves, tamarind and coconut milk.

**KOKUM FISH CURRY** – Kerala 21.95  
Fresh hake fillet, marinated in a spicy blend of chillies, ginger, garlic, kokum, fenugreek seeds, coriander seeds, coconut, and tomatoes.

**TANDOORI SEA BASS** – Mumbai 21.95  
Fresh whole sea bass, marinated with fresh turmeric, ginger, garlic, red chillies, carom seeds and lime. Served dry.

**MANSAHARI THALI – All Indian Homes** 29.50  
The ‘thal’ 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!

vegetarian dishes

**ALOO BAINGAN** – All Indian Homes 13.95  
Aubergine and potatoes stir fried in dry mango, ginger, green chillies, onions, fresh tomatoes and paanch phoran.

**GATTA CURRY** – Rajasthan 14.95  
Gatta (gram flour dumplings), soya chunks, carrot, green beans and peas, in a yoghurt and onion sauce.

**PANEER MATAR MAKHANA** – North India 14.95  
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.

**PALKA KOFTA** – Lucknow 14.95  
Spinach dumplings in a creamy tomato and garlic sauce. An all time Rasam favourite.

**SHAKAHERI THALI – All Indian Homes** 25.50  
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!

side dishes

A perfect accompaniment to our main courses

**RAITA** – All Indian Homes 2.95  
A traditional dish served with every Indian meal. Cooling elements of yoghurt, cucumber, roasted cumin and fresh coriander balance spice from any chilies.

**TARKA DAL** – All Indian Homes 4.95  
Yellow lentils tempered with garlic, onion, cumin and asafoetida.

**ALOO PODIMAS** – South India 4.95  
Potatoes flavoured with ginger, garlic, onions, curry leaves, mustard seeds, turmeric powder and split lentils.

**CHONKA PATTIA** – Hyderabad 4.95  
Fresh pumpkin with fenugreek and mustard seeds, green beans and peas, in a yoghurt and onion sauce.

**CROOLDI** – Punjab 4.95  
Chickpeas cooked with tomatoes, green chilies and carom seeds.

**METHI GOBHI** – All Indian homes 4.95  
Cauliflower florets and fenugreek leaves seasoned with ginger, cumin, green chillies and fresh tomatoes.

**KADDO** – North India 5.50  
Fresh pumpkin with fenugreek and mustard seeds, turmeric, green chilies and garlic.

**OKRA** – North India 6.50  
Stir fried okra with onions, tomatoes, peppers and dry mango powder.

**SAAG MAKAI MUSHROOM** – Delhi 6.50  
Spinach, mushrooms and sweet corn seasoned with fried garlic and green chilli.

---

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 embedded 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 is an antioxidant, anti-inflammatory, and antiseptic.
- Lime supports liver, gall bladder and respiratory systems.
- Ginger facilitates nutrient absorption and pain relief in joints.