

LOTUS

Cuisine of India



NAMASTE - Welcome

“Eating together with those we love, eating nutritious food that has been prepared with love – this *can* nourish our inner needs, as well as our bodies. Taking time at meals to talk to each other and enjoy the meal as a shared sacrament is rare today. We need to slow down, take time to prepare nutritious meals and rearrange our schedules so that we can be together.”

Ek Nath Easwaran



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APPETIZERS

All of our appetizers are made with organic flour and served with a mint-cilantro sauce and a sweet tamarind sauce

MIXED VEGGIE PAKORAS (vegan)	7.95
<i>Fresh vegetables (pesticide-free spinach, cauliflower, potatoes & red onions) dipped in chickpea flour and fried.</i>	
ONION PAKORAS (vegan) Thinly sliced onions dipped in mildly spiced garbanzo bean (chickpea flour) batter and fried.	7.95
CHICKEN PAKORAS Boneless white chicken breast dipped in chickpea flour and fried.	7.95
BROCCOLI & KALE PAKORA Fresh broccoli and kale dipped in chickpea flour and fried.	8.95
PALAK PATA CHAAT Yogurt based dish with spinach leaves coated with chickpea batter and deep fried until crispy, and drizzled with mint and tamarind chutneys. (Dine in Only)	9.95
VEGETABLE SAMOSAS Homemade pastry stuffed with seasoned potatoes and peas (2 pieces).....	9.95
GLUTEN FREE VEGETABLE SAMOSA Homemade gluten free pastry stuffed with seasoned potatoes and peas (2 pieces)	10.95
LAMB SAMOSAS Homemade pastry stuffed with minced lamb and green peas (2 pieces).....	10.95
CHICKEN SAMOSAS Homemade pastry stuffed with minced chicken and green peas (2 pieces).	10.95
FISH PAKORA Salmon marinated and dipped in chickpea flour and fried.	11.95
GOBI FLORETS MANCHURIAN Crisp cauliflower in Manchurian sauce.	12.95
VEGETABLE MOMOS Nepalese special - Finely chopped vegetables wrapped in a thin sheet of pastry and steamed	9.95
CHICKEN MOMOS Nepalese special - Finely chopped chicken and vegetables wrapped in a thin sheet of pastry and steamed ..	10.95

We sell our Homemade Fresh Mint Sauce or Tamarind Sauce (8 oz) \$6.95

SOUPS AND SALADS

LENTIL SOUP Mildly spiced pureed organic lentil soup.	6.95
MULLIGATAWNY SOUP Mildly spiced chicken soup.	6.95
GREEN SALAD	8.95
<i>Organic mixed greens and fresh spinach, cucumbers, carrots, peas & tomatoes served with your choice of ranch, thousand island, or homemade dressing.</i>	

INDIAN BREADS

All of our Indian Breads are made with organic flour

NAAN Leavened bread baked in a clay pit over charcoal.	2.95
CHAPATI Oven-baked bread (stone ground whole wheat flour - high protein) (vegan)	2.95
PANEER NAAN Naan stuffed with homemade organic cheese.	5.45
KEEMA NAAN Naan stuffed with spiced ground lamb.	5.45
GARLIC NAAN Naan topped with garlic and cilantro.	5.45
ONION NAAN Naan stuffed with diced red onions and spices.....	5.45
ALOO CHEESE NAAN Naan stuffed with potatoes, peas, cheese & spices	5.45
PARATHA Flakey layered oven-baked Indian bread (wheat flour) (vegan)	5.00
PESTO NAAN (HOLY BASIL) Naan topped with basil (pesto).	5.95
GLUTEN FREE NAAN / GLUTEN FREE GARLIC NAAN / GLUTEN FREE PESTO GARLIC NAAN	5.00 / 5.95 / 6.95
ASSORTED BREAD Choose (3) from above breads (Gluten Free Breads - add \$1.00 each)	13.95

All Curries are made with organic ingredients and organic coconut oil

VEGETARIAN CURRIES

A LA CARTE

ALOO BENGAN	16.95
<i>Fresh Japanese baby eggplant and potatoes cooked in sliced onions, tomatoes and organic spices.</i>	
PANEER TIKKA MASALA	16.95
<i>Homemade organic cheese cubes cooked in a creamy sauce with organic spices.</i>	
NAVRATTAN KORMA	16.95
<i>Mixed vegetables with organic paneer cooked in a creamy sauce and topped with nuts and raisins.</i>	
ALOO GOBI.....	16.95
<i>Fresh organic cauliflower cooked with potatoes and organic spices.</i>	
SAAG PANEER	16.95
<i>Fresh pesticide-free spinach and organic paneer.</i>	
BENGAN BARTHA	16.95
<i>Eggplant delicacy with blend of organic spices.</i>	
DAL MAKHNI.....	16.95
<i>Organic whole black mixed lentils cooked in organic spices.</i>	
SAAG ALOO	16.95
<i>Fresh pesticide-free spinach with potatoes.</i>	
CHANNA MASALA	16.95
<i>Organic chick-peas with fresh tomatoes, herbs and organic spices.</i>	
DAL PALAK	16.95
<i>Organic chana dal (yellow lentils) cooked with tomatoes, onion, ginger, fresh organic spinach leaves and spices.</i>	
VEGETABLE COCONUT CURRY (vegan)	16.95
<i>Vegetables cooked in coconut milk with garlic, ginger, tomatoes, organic spices, and a touch basil.</i>	
MALAI KOFTA	16.95
<i>Combination of organic cheese, potatoes, nuts & raisins blended with organic spices, with a touch of ground cashew.</i>	
BHINDI MASALA (SEASONAL ITEM / ASK FOR AVAILABILITY)	16.95
<i>Fresh okra with sauteed onions, ginger, garlic and tomatoes.</i>	

CHICKEN CURRIES

Organic Chicken add \$1.50

A LA CARTE

CHICKEN CURRY (SURENDER)	18.95
<i>House special traditional punjabi curry with onions, tomatoes, ginger and garlic based sauce.</i>	
CHICKEN VINDALU - SPICY HOT	18.95
<i>Chicken cooked with potatoes, chili and verjus (non-fermented grape juice).</i>	
BUTTER CHICKEN	18.95
<i>*Tandoori boneless chicken in a thick buttery gravy (dark meat only).</i>	
CHICKEN COCONUT CURRY	18.95
<i>Chicken cooked with coconut milk, ginger, garlic, organic spices and a touch of basil.</i>	
CHICKEN TIKKA MASALA	18.95
<i>Chicken cooked in mild creamy curry sauce.</i>	
CHICKEN CHILLI	18.95
<i>White meat chicken breast dipped in chickpea flour and cooked with bell peppers, onions and tomatoes.</i>	

SEAFOOD CURRIES

We use only wild prawns and wild fish

A LA CARTE

PRAWN SAAG.....	19.95
<i>Prawns cooked in a creamy pesticide-free spinach.</i>	
PRAWN CURRY.....	19.95
<i>Prawns cooked in a tomato-onion gravy.</i>	
PRAWN VINDALU (HOT)	19.95
<i>Prawns cooked with spiced potatoes and verjus (non-fermented grape juice).</i>	
TANDOORI PRAWN MASALA.....	19.95
<i>Prawns cooked and served with mild creamy curry sauce.</i>	
PRAWN COCONUT CURRY.....	19.95
<i>Prawns cooked in coconut milk, ginger, garlic, organic spices and a touch of basil</i>	
KADAHI FISH / KADAHI PRAWNS.....	19.95
<i>Salmon or Prawns cooked with tomato, onion, bell pepper, ginger, and garlic.</i>	
FISH TIKKA MASALA.....	19.95
<i>Salmon cooked in mild creamy sauce.</i>	
GOA FISH CURRY.....	19.95
<i>Fresh salmon cooked with coconut milk.</i>	

LAMB CURRIES

All natural, no added hormones, no antibiotics.

A LA CARTE

ROGAN JOSH (TRADITIONAL LAMB CURRY)	20.95
<i>Lamb cooked in mildly spiced tomato, onion and curry sauce.</i>	
LAMB SAAG	20.95
<i>Lamb cooked with mildly spiced pesticide-free spinach.</i>	
LAMB VINDALU - SPICY HOT.....	20.95
<i>Lamb cooked with potatoes and chili and verjus (non-fermented grape juice)</i>	
LAMB COCONUT CURRY.....	20.95
<i>Cubes of natural lamb cooked in mild coconut milk, ginger, garlic, organic spices and a touch of basil.</i>	
KADAHI LAMB.....	20.95
<i>Lamb cooked in a tomato, onion sauce and sauteed with onions, bellpepper, ginger and garlic.</i>	
LAMB TIKKA MASALA.....	20.95
<i>Lamb cooked in mild creamy sauce.</i>	

GOAT CURRIES

A LA CARTE

LAAL MAAS (HOUSE SPECIAL).....	22.95
<i>Rajasthani style goat curry (spicy).</i>	

We are concerned about your health. Please advise us of any allergies.

TANDOORI (CLAY PIT OVEN) SPECIALTIES

Organic Chicken add \$1.50

A LA CARTE

TANDOORI CHICKEN.....	15.95
<i>Two whole chicken legs marinated in yogurt and Indian organic spices.</i>	
CHICKEN TIKKA KABAB	18.95
<i>Boneless breast pieces marinated and roasted, mildly spiced.</i>	
CHICKEN SEEKH KABAB	18.95
<i>Minced chicken with cilantro, cumin, mint and pomegranate seed pressed on skewers and roasted.</i>	
LAMB SEEKH KABAB	22.95
<i>Fresh lean ground lamb with cilantro, cumin, mint and pomegranate seed pressed on skewers and roasted.</i>	
TANDOORI PRAWNS	21.95
<i>Jumbo prawns lightly marinated in mustard seed, garlic, and ginger, and roasted.</i>	
TANDOORI MIXED GRILL (ASSORTED TANDOORI SPECIALTIES)	28.95
<i>Tandoori Chicken, Chicken Tikka Kabab, Tandoori Prawns, and Lamb Seekh Kabab.</i>	
TANDOORI SALMON	21.95
<i>Salmon, lightly marinated in mustard seed, garlic, and ginger, and roasted.</i>	
TANDOORI CHICKEN COMBO	24.95
<i>Two whole chicken legs (dark meat) <u>and</u> chicken tikka kabab (white meat) marinated in yogurt and Indian organic spices.</i>	
LAMB CHOPS (PLEASE ASK WAITER FOR AVAILABILITY)	32.95
<i>Marinated rack of lamb with Indian organic spices and verjus (non-fermented grape juice).</i>	
PESTO PANEER KABAB (VEGETARIAN HOUSE SPECIAL)	21.95
<i>Homemade organic cheese cubes cooked with onions, bell peppers, holy basil, cilantro, yogurt and spices</i>	

SIDE DISHES

PAPPADUM <i>Two thin baked lentil wafers.</i>	2.95
PICKLE (ACHAR) <i>Pickled Mango</i>	2.95
INDIAN SALAD <i>Red onion, cucumber, lemon and green chilli, tomatoes, sprinkled with chaat masala</i>	2.95
BASMATI RICE / ECO FRIENDLY BROWN RICE <i>Non-GMO Indian basmati rice.</i>	3.95 / 4.50
QUINOA.....	5.95
MANGO CHUTNEY	4.95
RAITA <i>Homemade yogurt with carrot, tomato, cilantro, mint, cucumber and spices</i>	4.95
SIDE ASSORTMENT <i>Includes pickle, raita and mango chutney (Dine-In Only).</i>	8.95

BIRIYANI ENTREES

All Biryani served with Raita - Gluten Free

**Organic Chicken add \$1.50*

VEGETARIAN / 16.95 CHICKEN / 18.95* LAMB / 21.95 PRAWN / 21.95

Basmati rice, zucchini, cauliflower, carrots, broccoli, turnip, bell pepper, onion, green peas, cashews, raisins and organic spices and your choice of the above.

INDIAN DESSERTS

Desserts are topped sliced almonds or pistachios

KHEER.....	7.95
<i>Traditional chilled rice pudding made with milk and flavored with cardamon, saffron, and rosewater</i>	
GULAB JAMUN WITH RABRI.....	7.95
<i>Indian style donut holes made from milk and served with hot honey syrup</i>	
*ORGANIC INDIAN ICE CREAM	7.95
<i>Choice of Mango, Rose Petal or Tahitian vanilla</i>	
KULFI.....	7.95
<i>Traditional saffron flavored Indian ice-cream enriched with pistachio, almonds, and green cardamon</i>	
LOTUS VEGAN DESSERT	7.95
<i>Cashew nut salted date caramel with roasted cacao nibs</i>	
BADAM HALWA (ASK FOR AVAILABILITY)	7.95
<i>Made with ground almonds, sugar, vegan ghee, cardamon, and saffron (vegan) (gluten free)</i>	
CHEESECAKE <i>Homemade locally for Lotus</i>	7.95
Surinder's Mango Fudge - tropical mango sherbert on New York Cheesecake, topped with macadamia coconut cream.	
Alisha's Chocolate - creamy chocolate ice cream on a layer of chocolate cheesecake, topped with special fudge and covered with chocolate chips.	
Joti's White Chocolate Strawberry - strawberry ice cream on New York Cheesecake, topped with white chocolate whipped cream and covered with mini white chocolate chips.	
Alia's Pistachio - pure almond ice cream on chocolate cheesecake, topped with our special marzipan and covered with roasted pistachios.	

BEVERAGES

COKE, DIET COKE, SPRITE, FANTA ORANGE, OR ICED TEA (Refills \$1).....	2.95
LEMONADE (<i>organic</i>)	3.95
S. PELLEGRINO MINERAL WATER.....	3.95
MANGO JUICE (<i>organic</i>)	4.95
MANGO ICE TEA.....	4.95
HERBAL TEA, BLACK TEA, OR GREEN TEA <i>Indian tea with organic spices</i>	4.95
SWEET ROSE LASSI <i>Homemade yogurt drink with rose water (organic)</i>	4.95
MASALA CHAI <i>Traditional Indian Drink (One Refill on Chai)</i>	5.95
MARIN KOMBUCHA (16 oz) <i>Apple Juniper, Pinot Sage, Original Oak, or Ginger Lemongrass</i>	5.95
MANGO LASSI <i>Homemade yogurt drink with mango (organic)</i>	6.95
STRAWBERRY, DRAGON FRUIT, OR GUAVA LASSI (<i>organic</i>) <i>ask for availability</i>	6.95
FENTIMANS ROSE LEMONADE.....	6.95
FENTIMANS GINGER BEER.....	6.95
ABITA ROOT BEER.....	6.95

We reserve the right to refuse service to anyone.

20% Gratuity will be added to the check for parties of five or more. Checks will be split maximum in 4.

Order online to-go at www.lotusrestaurant.com Daily Lunch Buffet 11:00 to 2:00