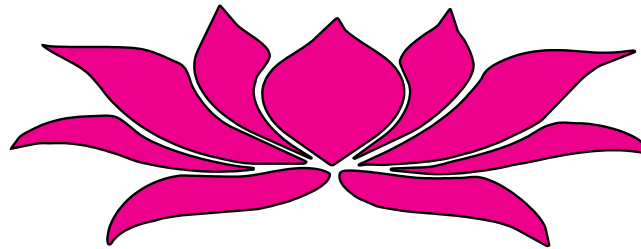


LOTUS

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.”

Ekknath Easwaran



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Facebook!



Follow us on
Instagram!

**Don't see your old favorite dish in this menu?
Let us know, and we can make it for you!**

All dishes are available Vegan and Gluten-Free at your request.

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)	6.95
<i>Fresh vegetables (pesticide-free spinach, cauliflower, potatoes & red onions) dipped in chick pea flour and fried.</i>	
ONION PAKORAS (vegan) Thinly sliced onion dipped in mildly spiced garbanzo bean (chick pea flour) batter and fried. ..	6.95
CHICKEN PAKORAS Boneless white chicken dipped in chick pea flour and fried.	7.95
VEGETABLE SAMOSAS Homemade pastry stuffed with seasoned potatoes and peas (2 pieces).....	8.95
LAMB SAMOSAS Homemade pastry stuffed with minced lamb and green peas (2 pieces).	9.95
PANEER PAKORA Homemade cheese stuffed with tangy mint and cilantro sauce.....	9.95
PRAWN PAKORA Prawns marinated and dipped in chickpea flour served tangy mint and cilantro sauce	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.	4.95
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 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 (wheat flour) (vegan)	2.95
KABULI NAAN Nann stuffed cashews, chopped marischino cherries, anise, coconut flakes with raisins.	4.75
PANEER NAAN Naan stuffed with homemade organic cheese.	4.75
KEEMA NAAN Naan stuffed with spiced ground lamb.	4.75
GARLIC NAAN Naan topped with garlic.	4.75
ONION NAAN Naan stuffed with diced red onions.	4.75
PARATHA Flakey layered oven-baked Indian bread (wheat flour) (vegan)	4.99
PESTO NAAN (HOLY BASIL) Naan topped with basil (pesto).	5.50
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	12.95

All Curries are made with organic spices, non-GMO oil, organic coconut oil and organic ghee

VEGETARIAN CURRIES

A LA CARTE

ALOO BENGAN	14.95
<i>Fresh Japanese baby eggplant and potatoes cooked in sliced onions and organic spices.</i>	
PANEER TIKKA MASALA	14.95
<i>Homemade organic cheese cubes cooked with organic spices with a touch of ground cashew.</i>	
NAVRATTAN KORMA	14.95
<i>Mixed vegetables with organic paneer and nuts.</i>	
ALOO GOBI.....	14.95
<i>Fresh organic cauliflower cooked with potatoes and organic spices.</i>	
SAAG PANEER	14.95
<i>Fresh pesticide-free spinach and organic paneer.</i>	
BENGAN BARTHA	14.95
<i>Eggplant delicacy with blend of organic spices.</i>	
DAL MAKHNI.....	14.95
<i>Organic whole lentils cooked in organic spices.</i>	
SAAG ALOO	14.95
<i>Fresh pesticide-free spinach with potatoes.</i>	
CHANNA MASALA	14.95
<i>Organic chick-peas with fresh tomatoes, herbs and organic spices.</i>	
DAL TARKA	14.95
<i>Organic chana dal cooked with tomatoes, onion, ginger, and spices.</i>	
VEGETABLE COCONUT CURRY (vegan)	14.95
<i>Vegetables cooked with garlic, ginger, tomatoes, organic spices, and a touch of coconut milk.</i>	
MALAI KOFTA	15.95
<i>Combination of organic cheese, potatoes, nuts & raisins blended with organic spices, with a touch of ground cashew.</i>	

CHICKEN CURRIES

Organic Chicken add \$1.50

A LA CARTE

CHICKEN CURRY (SURENDER)	15.95
<i>House special traditional punjabi curry.</i>	
CHICKEN VINDALU - SPICY HOT	15.95
<i>Chicken cooked with potatoes, chili and verjus (non-fermented grape juice).</i>	
BUTTER CHICKEN	16.95
<i>*Tandoori boneless chicken in a thick buttery gravy with a touch of ground cashew (dark meat only).</i>	
CHICKEN COCONUT CURRY	16.95
<i>Chicken with coconut milk, ginger, garlic, organic spices and a touch of basil.</i>	
CHICKEN TIKKA MASALA	16.95
<i>Chicken cooked in mild creamy curry sauce with a touch of ground cashew.</i>	

All Curries are made with organic spices, non-GMO oil, organic coconut oil and organic ghee

SEAFOOD CURRIES

A LA CARTE

DRAWN SAAG.....	17.95
<i>Prawns cooked in a creamy pesticide-free spinach.</i>	
DRAWN CURRY.....	17.95
<i>Prawns cooked in a tomato-onion gravy.</i>	
DRAWN VINDALU (HOT)	17.95
<i>Prawns cooked with spiced potatoes and verjus (non-fermented grape juice).</i>	
TANDOORI PRAWN MASALA	17.95
<i>Prawns cooked and served with mild creamy curry sauce with a touch of ground cashew.</i>	
DRAWN COCONUT CURRY.....	17.95
<i>Prawns cooked in coconut milk, ginger, garlic, organic spices and a touch of basil</i>	
KADDAHI FISH / KADDAHI PRAWNS	17.95
<i>Salmon or Prawns cooked with tomato, onion, bell pepper, ginger, and garlic.</i>	
FISH TIKKA MASALA	17.95
<i>Salmon cooked in mild creamy sauce with a touch of ground cashew.</i>	
GOA FISH CURRY	17.95
<i>Fresh salmon cooked with creamy based coconut milk.</i>	

LAMB CURRIES

All natural, no added hormones, no antibiotics.

A LA CARTE

ROGAN JOSH (TRADITIONAL LAMB CURRY)	17.95
<i>Lamb cooked in mildly spicy curry sauce.</i>	
LAMB SAAG	17.95
<i>Lamb cooked with mildly spiced pesticide-free spinach.</i>	
LAMB VINDALU - SPICY HOT.....	17.95
<i>Lamb cooked with potatoes and chili and verjus (non-fermented grape juice)</i>	
LAMB COCONUT CURRY	17.95
<i>Cubes of natural lamb cooked in mild coconut sauce.</i>	
KADDAHI LAMB	17.95
<i>Lamb cooked with tomato, onion, bell pepper, ginger, and garlic.</i>	
LAMB TIKKA MASALA	18.95
<i>Lamb cooked in mild creamy sauce with a touch of ground cashew.</i>	

All of our wines are organic and/or sustainable.

Please visit www.Zagat.com and give us your feedback.

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.....	14.95
<i>Two whole chicken legs marinated in yogurt and Indian organic spices.</i>	
CHICKEN TIKKA KABAB	16.95
<i>Boneless breast pieces marinated and roasted, mildly spiced.</i>	
RESHMI KABAB	16.95
<i>Boneless breast pieces marinated with homemade yogurt, ground cashews, almonds and Indian organic spices.</i>	
SEEKH KABAB	19.95
<i>Fresh lean ground lamb, with cilantro, cumin, mint and pomegranate seed pressed on skewers and roasted.</i>	
TANDOORI PRAWNS / TANDOORI SALMON	19.95
<i>Jumbo prawns or salmon, lightly marinated in mustard seed, garlic, and ginger, and roasted.</i>	
TANDOORI CHICKEN COMBO	23.95
<i>Two whole chicken legs <u>and</u> chicken tikka kabab (white meat) marinated in yogurt and Indian organic spices.</i>	
TANDOORI MIXED GRILL	28.95
<i>Assorted tandoori specialties.</i>	
LAMB CHOPS (PLEASE ASK WAITER FOR AVAILABILITY)	28.95
<i>Marinated rack of lamb with Indian organic spices and verjus (non-fermented grape juice).</i>	

SIDE DISHES

PAPPADUM <i>Two thin baked lentil wafers.</i>	2.95
PICKLE (ACHAR) <i>Pickled Mango</i>	2.95
BASMATI RICE / ECO FRIENDLY BROWN RICE <i>Non-GMO Indian basmati rice.</i>	3.50 / 3.95
MANGO CHUTNEY	3.95
RAITA <i>Homemade yogurt with carrot, tomato, cilantro, mint, cucumber and spices</i>	4.95

BIRIYANI ENTREES

All Biryani served with Raita - Gluten Free

**Organic Chicken add \$1.50*

VEGETARIAN / 14.95 CHICKEN / 15.95* LAMB / 18.95 PRAWN / 18.95

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

18% Gratuity will be added to the check for parties of five or more.

INDIAN DESSERTS

KHEER.....	5.95
<i>Traditional chilled rice pudding made with milk and flavored with cardamon, saffron, and rosewater</i>	
GULAB JAMUN	5.95
<i>Juicy light pastry made from milk, served with hot honey syrup</i>	
*ORGANIC INDIAN ICE CREAM	5.95
<i>Mango, Rose Petal, or Green Cardamon (Ask for Gluten Free or Vegan if available)</i>	
KULFI.....	5.95
<i>Traditional saffron flavored Indian ice-cream enriched with pistachio, almonds, and green cardamon</i>	
RAS MALAI	5.95
<i>Indian dessert consisting of soft paneer balls immersed in a chilled creamy milk</i>	

BEVERAGES

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

We reserve the right to refuse service to anyone.

18% 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

Lunch Buffet • Mon.-Sat. 11:30 to 2:30

11/2/2020