

GLUTEN FREE MENU

Welcome to the Palace of India Restaurant

Indian food is a fabulous combination of rich creamy curries with fluffy rice and tasty breads. The cuisine is as varied as India's vast terrain and its people. This is complemented by chutney and pickle dishes which are the perfect and indispensable accompaniments to the meal.

To most, Indian food means a hot chili base curries, but this is a great misconception. Generally, the **Northern dishes** are mild and creamy e.g. Butter Chicken, Kormas and Tandoori meals which are ideal for the first time Indian experience or for children.

The **Southern dishes** come from the hotter parts of India, where the dishes are chili based and have heavier spicing, as they were originally used to preserve food in the hot climate. Southern dishes include the perspirational Vindaloos and the Madras curries.

An ideal introduction to the Indian meals is the **Banquet** style meal. This allows you to sample a selection of food with varying spices and flavours. There are three different entrees and four main meals with rice, breads and accompaniments.

Indian cuisine is best accompanied by rice, bread and side dishes e.g. Raita, Salad, Chutney and Pickles. Traditionally all of our meals are placed in the centre of the table to allow each guest to share the different and varying taste of each dish.

Note that most of our meals can be made **MILD, Medium or Hot** taste. The only exceptions are the Vindaloos which traditionally come out Hot. Should you require any assistance in choosing the right dish for your taste buds, our staff would be happy to assist.

We hope you will enjoy your dining experience at the Palace of India and will return to dine with us again in the future.
Thank you for choosing to dine with us this evening.

- **ALTERNATIVE DIETARY MENUS AVAILABLE**
DAIRY FREE MENU; CHILDRENS MENU
- **LITE MEALS** - Reduced cream in some meals on request. Check with us first.

GLUTEN FREE MENU

Please advise staff you are ordering from a Gluten Free Menu

ENTRÉE

Onion Baji	Sliced onion, coated with subtly spiced batter and deep fried. Served with tamarind sauce.	\$ 6.50
Tandoori Gobi	<u>Cauliflower florets</u> grilled in Tandoor. Served with mint & yoghurt sauce.	\$ 7.00
Chicken Tikka	Boneless chicken marinated in spices and Indian herbs overnight & grilled in Tandoor. Served with mint & yoghurt sauce.	\$ 9.00
Tandoori Chicken	Tender chicken marinated in traditional tandoori spices and gently roasted in the Tandoor.	\$ 9.50
Fish Tikka	Boneless fish marinated in herbs and spices, grilled in the Tandoor. Served with mint & yoghurt sauce.	\$ 9.50
Tandoori Prawns	Prawns marinated in yoghurt and herbs grilled in Tandoor.	\$ 10.00
Lamb Cutlets	<u>Lamb cutlets</u> marinated in yoghurt and spices then grilled in the Tandoor	\$ 10.00

VEGETARIAN

Aloo Gobi	Potato and Cauliflower curry. Cooked with Coriander, Tomatoes and Onions.	\$ 13.00
Aloo Mutter	● Potato and Pea curry. Cooked with tomato & coriander. Subtly spiced.	\$ 13.00
Aloo Saag	● Potatoes cooked in spiced spinach gravy and finished with a touch of cream.	\$ 13.00
Dhal Makhani	Traditional North Indian Dhal. Selection of Lentils cooked with spices and finished with cream.	\$ 13.00
Vegetable Jhalfrazi	● Vegetables prepared in ginger, garlic, onions & spices. Subtle tangy flavour.	\$ 14.00
Baigan	● Egg plant cooked in cashew nut sauce with spices.	\$ 14.00
Biryani	● Vegetable cooked with spices and gently steamed with rice.	\$ 16.00

● Gravy contains cashew nuts; ■ Garnished with almonds

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CHEF'S SPECIAL

TANDOORI PLATTER	A selection of Barbecued Meats; Chicken, , Fish and Prawns marinated in subtle spices and grilled to perfection in the Tandoor. <u>A delightful dish for meat lovers</u>	\$ 20.00
<u>Tikka Masala Gravy (Onion/Tomato/Coriander); Butter Gravy:</u> <u>Vindaloo Gravy (Hot)</u>		\$ 5.00

L A M B

Rogan Josh	Boneless lamb in mildly spiced gravy.	\$19.00
Lamb Palak	Lamb served in spinach gravy with subtle spices and herbs.	\$19.00
Lamb Razila	Lamb cooked in cream & coriander gravy .	\$19.00
Lamb Vindaloo	Lamb prepared in freshly ground hot spices. Hot dish.	\$19.00
Lamb Korma ●	Lamb cooked in cream and gravy . A mild dish.	\$19.00
Lamb Madras	Lamb prepared in coconut cream & spices. South Indian dish.	\$19.00
Lamb Jhalfrazi	Lamb served with sautéed vegetables in a subtle tangy sauce.	\$19.00
Lamb Biryani ●	Lamb marinated in yoghurt and spices & steamed in rice.	\$ 18.50
Lamb Cutlets	<u>Lamb cutlets</u> marinated in yoghurt & spices then grilled in the Tandoor	\$ 20.00

B E E F

Beef Vindaloo	Beef prepared in fresh Hot ground spices.	\$19.00
Beef Korma ●	Beef cooked in cream and gravy .	\$19.00
Beef Curry	Boneless beef in our own special gravy .	\$19.00
Beef Madras	Beef prepared in spices & coconut cream .	\$19.00
Beef Palak	Beef served in spinach gravy with subtle spices & herbs.	\$19.00
Beef Jhalfrazi	Beef served with sautéed vegetables in subtle tangy sauce.	\$19.00

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CHICKEN

Butter Chicken	■ Barbecued chicken simmered in rich tomato and butter gravy. A subtle dish with tempting flavours.	\$19.00
Lite Butter Chicken	■ Chicken in lite tomato gravy	\$19.00
Chicken Tikka Masala	Succulent chicken gently simmered in a rich coriander garlic and onion sauce.	\$19.00
Chicken Korma	● Boneless chicken cooked with cream and subtle spices.	\$19.00
Chicken Vindaloo	● The famous south Indian dish made with tender chicken and Hot ground spices.	\$19.00
Chicken Palak	● Chicken served in spinach gravy with spices & herbs.	\$19.00
Chicken Dhansak	● Chicken cooked with lentils and spices.	\$19.00
Mango Chicken	● Chicken cooked in delicious mango flavoured creamy sauce. Subtly spiced.	\$19.00
Chicken Madras	● Chicken prepared in spices and coconut cream.	\$19.00
Chicken Jhalfrazi	● Barbecued chicken cooked with seasonal vegetables in a subtle tangy sauce.	\$19.00
Chicken Tikka Salad	Boneless chicken marinated in spices and herbs overnight, then slowly roasted. Check with the waiting staff, if gravy is required as an extra. Selected Gravies to complement the Chicken Tikka Main <u>Tikka Masala Gravy; Butter Gravy; Vindaloo Gravy</u>	\$19.00 \$ 5.00
Tandoori Chicken	Tender chicken pieces marinated in Tandoori Masala overnight & cooked to perfection.	\$19.00
Chicken Biryani	● Chicken marinated in yoghurt and spices and then gently steamed in rice.	\$ 18.50

● Gravy contains cashew nuts

■ Garnished with almonds

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F I S H

Anakali Jeenga	■ King Prawns (without shells) served in rich tomato gravy.	\$ 20.00
Prawn Malawary	● Kings Prawns (without shells) cooked with ginger, garlic, tomato, capsicum and onions.	\$ 20.00
Prawn Vindaloo	● Prawns (without shells) prepared in hot ground spices .	\$ 20.00
Prawn Platter	Prawns marinated in yoghurt & spices then grilled in Tandoor.	\$ 20.00
Fish Masala	● Fish prepared in ginger, onion, coriander & tomato sauce.	\$ 19.50
Fish-Malai-Curry	● Fish cooked in coconut cream and cashew nut sauce . Mild dish.	\$ 19.50
Fish Vindaloo	● Boneless Fish prepared in hot ground spices .	\$ 19.50
Tandoori Fish	Snapper marinated in delicate spices and grilled slowly in the Tandoor.	\$ 19.50
Fish Biryani	● Fish , marinated in yoghurt & spices & gently steamed in rice.	\$ 18.50
	● Gravy contains cashew nuts;	
	■ Garnished with almonds	
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C H A W A L (Rice Dishes)

Steamed Rice	Serving for two people	\$ 2.50
Vegetable Pilau	Rice with Vegetable mix	\$ 4.50

S I D E D I S H E S

Mango chutney	Sweet Chutney.	\$ 3.50
Coconut & Banana		\$ 3.50
Pickles	Mango pickles prepared in chillies.	\$ 3.50
Onion & Tomato Kachumber	Finely chopped salad dressed with spices, lemon juice and fresh coriander.	\$ 4.50
Raita	Yoghurt & Cucumber mix.	\$ 5.00
Poppadoms (Lentil Flour)	Crispy wafers.	\$ 0.80

Please check with wait person to ensure if Poppodoms are made from Lentil flour

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BEVERAGES

Sprite / Coke		\$ 3.00
Orange Juice		\$ 3.50
Mango Orange		\$ 3.50
Grape Juice		\$ 3.50
Apple Juice		\$ 3.50
Pineapple Juice		\$ 3.50
Tomato Juice		\$ 3.50
Mineral Water	Waiwera Still	\$ 3.50
Mineral Water	San Pellegrino Sparkling	\$ 3.50
Mango Lassi		\$ 4.50
Sweet Lassi		\$ 3.50
Espresso ♦	Short and Long	\$ 3.50
Flat White ♦		\$ 3.50
Cappuccino ♦		\$ 3.50
Mochaccino ♦		\$ 4.00
Latte ♦		\$ 4.00
♦	Decaf Coffee also available for above	
Hot Chocolate		\$ 4.00
Tea	English Breakfast	\$ 3.00
	Earl Grey	\$ 3.00
	Dilmah Decaf Tea	\$ 3.00
	Herbal - Peppermint	\$ 3.00
	Camomile	\$ 3.00
Chai	Indian tea prepared with milk, fresh ginger and cardoman	\$ 3.00