



**Tandoor Restaurant  
(Fine Dining Indian Cuisine)  
88 Exchange Street  
Portland, ME 04101  
Phone: (207) 775-4259**

V=Vegan

\*= Gluten Free

Please ask your server how spicy would you like from 1 to 10.

“Consuming raw or undercooked meats, poultry, seafood, shellfish may increase your risk of foodborne illness.”

## SOUPS

<b>V*</b> Dal Shorba Soup.....	5.00
<i>Traditional soup made with split peas &amp; lentils, subtly flavored with Indian spices, garnished with cilantro.</i>	
<b>*Co-Co Nut Soup</b> .....	5.00
<i>Shredded coconut made with whole milk, cream, nuts, sweet Indian spices and saffron.</i>	
<b>V*</b> Tomato Soup.....	5.00
<i>Soup made with fresh tomatoes, ginger, onions &amp; garlic.</i>	
<b>*Chicken Soup</b> .....	5.00
<i>A traditional soup made with small pieces of chicken, cilantro and Indian spices</i>	

## APPETIZER

<b>*Papadam:</b> wafers made with lentils and black pepper.....	4.00
<b>Samosa:</b> Deep-fried spiced and shredded potato turnovers.....	5.50
<b>*Aloo Tikki:</b> A pocket of spiced vegetables, deep fried.....	5.50
<b>*Onion Bhaji:</b> Fresh vegetable fritters deep fried in vegetable oil.....	5.50
<b>*Paneer Pakora:</b> Chunks of homemade cheese with low fat milk, rolled in chicken pea flour, deep fried.....	6.00
<b>Vegetarian Platter:</b> Mixed platter of appetizers; one piece each of samosa, Aloo Tikka, Pakora, Paneer Pakora and Papadam.....	12.00
<b>*Chicken Tikka:</b> Boneless pieces of chicken marinated in a special sauce, barbecued in Tandoor on hot coals, served on bed of lettuce.....	9.00

## BREADS

<b>Chapatti:</b> Traditional Indian unleavened whole wheat bread.....	4.00
<b>Tandoori Roti:</b> Traditional Indian unleavened whole wheat bread made in Tandoor in slow fire.....	4.00
<b>Bhatura (1Piece):</b> Refined flour, deep fried and puffy bread.....	4.00
<b>Naan:</b> Traditional Indian leavened with bread made by slapping it quickly on the sides of Tandoor.....	4.50
<b>Plain Paratha:</b> Unleavened, whole wheat, flaky multi layered bread topped with butter.....	4.50
<b>Poori (2Pieces):</b> Soft balloon shaped bread made with whole-wheat flour.....	5.50
<b>Lachha Paratha:</b> Layered whole wheat buttered bread.....	5.50
<b>Garlic Naan:</b> Leavened, handmade white bread made with garlic, herbs, & Indians spices with butter.....	5.50
<b>Onion Kulcha:</b> Leavened white bread topped with onions, Indian spices and cilantro.....	5.50
<b>Aloo Naan:</b> Stuffed bread with potato and Indian spices.....	5.50
<b>Mixed Vegetable Paratha:</b> This layered bread is filled with potatoes, peas, cauliflower and homemade cheese, saffron and sweet spices.....	5.50
<b>Punjabi Naan:</b> Naan bread stuffed with coconut, saffron and sweet spices.....	5.50

## BEVERAGES

<b>Darjeeling Tea:</b> Our own choice blend imported from India.....	4.00
<b>Masala Tea:</b> Indian special tea with milk and sugar.....	5.00
<b>Milk, Sprite, Ginger Ale, Pepsi, Diet Pepsi, Mountain Dew:</b> .....	2.50
<b>Lassi:</b> Sweet yoghurt drink with rosewater and pistachios.....	5.00
<b>Mango Lassi:</b> Lassi made with the mango pulp.....	5.50
<b>Iced Tea:</b> Indian spiced cold tea with a slice of lemon.....	5.00
<b>Club soda:</b> .....	2.50
<b>Juice:</b> .....	5.00

### DISHES (Lunch Menu)

<b>*Chicken Curry</b> .....	<b>12.50</b>
<i>Boneless chicken in a savory tomato, ginger, garlic &amp; herb sauce with your choice of spiciness</i>	
<b>*Chicken Tikka Masala</b> .....	<b>12.50</b>
<i>Boneless chicken marinated in yogurt, charbroiled and sautéed in herbs.</i>	
<b>*Chicken Tikka Saag</b> .....	<b>12.50</b>
<i>Boneless pieced of chicken tikka mixed in a spinach sauce with Himalayan herbs and various Indian spices.</i>	
<b>*Chicken Masala (Labadar)</b> .....	<b>12.50</b>
<i>Boneless chicken marinated in yogurt, charbroiled and sautéed in herbs. Simply fantastic!</i>	
<b>*Chicken Mushroom</b> .....	<b>12.50</b>
<i>Boneless chicken in a savory carry made with onions, tomatoes, fresh ginger, garlic, cumin, coriander and clove. We will cook to your order – regular or hot.</i>	
<b>*Shrimp Curry</b> .....	<b>12.50</b>
<i>Fresh shrimp in a robust onion and tomato base sauce of ginger, garlic, coriander and other herbs.</i>	
<b>*Keema Mutter</b> .....	<b>12.50</b>
<i>An ancient recipe of ground lamb, peas, coriander and ginger.</i>	
<b>*Lamb Curry</b> .....	<b>12.50</b>
<i>Soft lamb sautéed in a thick curry sauce. We tailor its spiciness to your taste.</i>	
<b>*Fish Curry</b> .....	<b>12.50</b>
<i>Haddock in a robust onion and tomato base sauce of ginger, garlic, coriander and other herbs.</i>	
<b>*Fish Masala (Haddock)</b> .....	<b>12.50</b>
<i>Haddock marinated and cooked in the tomato base sauce and light cream.</i>	

### VEGETERIAN DELIGHTS (Lunch Menu)

<b>V* Dal Tadka</b> .....	<b>12.50</b>
<i>Yellow lentils sautéed over a low flame, Indian spices and served in a typical Punjabis special</i>	
<b>*Aloo Mutter</b> .....	<b>12.50</b>
<i>Fresh green peas, sautéed in a delicately spices sauce with potatoes.</i>	
<b>*Saag Paneer</b> .....	<b>12.50</b>
<i>A mound of lightly seasoned spinach in a steaming blend of light cream, our own cottage cheese and Indian spices.</i>	
<b>Mutter Paneer</b> .....	<b>12.50</b>
<i>Our flavorful blend of homemade cottage cheese and green peas, lightly seasoned with fresh herbs.</i>	
<b>V*Bhindi Masala</b> .....	<b>12.50</b>
<i>Okra cooked with fresh onions, ginger, garlic, tomatoes and Indian spices.</i>	
<b>*Saag Pakora</b> .....	<b>12.50</b>
<i>Vegetable fritters cooked with ginger, garlic, and fresh spinach.</i>	
<b>V*Chana Masala</b> .....	<b>12.50</b>
<i>Chickpeas steamed with tomatoes, ginger, garlic, onions and Indian spices.</i>	
<b>*Palak Aloo</b> .....	<b>12.50</b>
<i>Delightful ragout of potatoes, spinach, tomatoes, light cream, cinnamon and other Indian spices.</i>	
<b>*Navaratan Korma</b> .....	<b>12.50</b>
<i>The choicest of fresh vegetables along with homemade cheese, cashews &amp; raisins sautéed with ginger, cardamom, cloves &amp; special Indian spices.</i>	

All Lunch menu are served with Basmati rice and chutneys

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## VEGETERIAN DELIGHT DINNER (Dinner Menu)

<b>V* Vegetable Vindaloo</b> .....	<b>18.00</b>
<i>A super-hot dish made with potatoes and very hot Indian spices – pure heat wave!</i>	
<b>*Saag Dal</b> .....	<b>18.00</b>
<i>Yellow beans sautéed with ginger, garlic and fresh spinach.</i>	
<b>*Aloo Mutter</b> .....	<b>18.00</b>
<i>Fresh green peas, sautéed in a delicately spices sauce with potatoes.</i>	
<b>V* Dal Tadka</b> .....	<b>18.00</b>
<i>Yellow lentils sautéed over a low flame, Indian spices and served in a typical Punjabi style</i>	
<b>V*Chana Masala</b> .....	<b>18.00</b>
<i>Chickpeas steamed with tomatoes, ginger, garlic, onions and Indian spices.</i>	
<b>*Mutter Paneer</b> .....	<b>18.00</b>
<i>Our flavorful blend of homemade cottage cheese and green peas, lightly seasoned with fresh herbs.</i>	
<b>V*Aloo Gobhi</b> .....	<b>18.00</b>
<i>Fresh Cauliflower, potatoes, onions, ginger, garlic and Indian spices.</i>	
<b>V*Bhindi Masala</b> .....	<b>18.00</b>
<i>Okara cooked with fresh onions, ginger, garlic, tomatoes and Indian spices.</i>	
<b>*Chana Saag</b> .....	<b>18.00</b>
<i>Steamed chickpeas sautéed with spinach, ginger, garlic and Indian spices.</i>	
<b>*Nav Ratna Korma</b> .....	<b>18.00</b>
<i>A traditional merging of nine gems- fresh cauliflower, eggplant, green peppers, homemade cheese, green peas, potatoes, tomatoes, cashews and raisins. Sautéed with ginger, garlic, onions, cardamom and cloves.</i>	
<b>*Saag Paneer</b> .....	<b>18.00</b>
<i>A mound of lightly seasoned spinach in a steaming blend of light cream, our own cottage cheese and Indian spices.</i>	
<b>*Malai Kofta</b> .....	<b>18.00</b>
<i>True Mughlai delight – balls of freshly minced vegetables simmered in cardamoms. Saffron, garlic, cashews and raisins, cooks in creamy sauce. A royal vegetarian delight!!</i>	
<b>*Paneer Makhani</b> .....	<b>18.00</b>
<i>Chunks of cheese sautéed with ginger, garlic, onions and tomatoes; garnished with cashews and raisins.</i>	
<b>*Karahi Paneer</b> .....	<b>18.00</b>
<i>Small chunks of cottage cheese and green pepper sautéed in Karahi (wok) with onions, tomatoes, ginger and coriander.</i>	
<b>*Paneer Tikka Masala</b> .....	<b>18.00</b>
<i>Chunks of cheese sautéed in herbs and finished in a traditional Indian thick tomato-based sauce.</i>	
<b>*Mix Vegetable Masala</b> .....	<b>18.00</b>
<i>Mixture of vegetables sautéed in herbs and finished in a traditional Indian thick tomato-based sauce.</i>	

### All Dinners are served with Basmati rice and chutneys

#### DESERTS

<b>Kheer:</b> Beloved by everyone! Rice cooked in milk raisins, cardamom and nuts. Garnished with rosewater.....	<b>6.00</b>
<b>Gulab Jamun:</b> An Indian desert. Small 1- inch diameter balls of flour and milk powdered deep- fried to golden and served cold in syrup. Cake like texture.....	<b>6.00</b>
<b>Rasgulla:</b> Cheese balls in sugar syrup. This is a classic and very popular Indian sweet from Bengal made for special occasions and usually served cold. This is a very sweet desert.....	<b>6.00</b>

#### SIDE ORDERS

<b>Mint Raita:</b> Cool whipped homemade yogurt with tomatoes, cucumbers and fresh mint, Its cool!.....	<b>5.00</b>
<b>Mango Chutney</b> .....	<b>5.00</b>
<b>Mixed Pickled Vegetables:</b> A tangy treat.....	<b>5.00</b>
<b>Extra Rice Small</b> .....	<b>4.00</b>

## BAHARE MURG – CHICKEN SPECIALTIES (Dinner Menu)

<b>*Chicken Curry</b> .....	<b>18.00</b>
<i>Boneless chicken in a savory tomato, ginger, garlic &amp; herb sauce with your choice of spiciness</i>	
<b>*Chicken Mushroom</b> .....	<b>18.00</b>
<i>Tender pieces of chicken and mushroom lightly steamed with fresh ginger, garlic, onion and Indian spices</i>	
<b>*Murg Methi</b> .....	<b>18.00</b>
<i>Tender pieces of chicken cooked with fresh fenugreek, cumin and coriander</i>	
<b>*Mango chicken</b> .....	<b>18.00</b>
<i>Chicken cooked with mango chutney and mint sauce tempered with fresh coriander, ginger and curry leaves.</i>	
<b>*Chicken Chettinad</b> .....	<b>18.00</b>
<i>A lovely flavorsome chicken dish that combines spices, chili and curry leaves in a South Indian curry that hits all the right notes.</i>	
<b>*Butter Chicken</b> .....	<b>18.00</b>
<i>Tender pieces of chicken sautéed with ginger, onions and garlic in a sauce made with tomatoes and cream, different Indian spices and exotic herbs.</i>	
<b>*Chicken Korma</b> .....	<b>18.00</b>
<i>Tender pieces of chicken in a special sauce with cashews, almonds and light cream.</i>	
<b>*Chicken Vindaloo</b> .....	<b>18.00</b>
<i>A super hot dish made with potatoes and very hot Indian spices. Pure heat wave!</i>	
<b>*Chicken Tikka Saag</b> .....	<b>18.00</b>
<i>Boneless piece of chicken tikka mixed in a spinach sauce with Himalayan herbs and various Indian spices.</i>	
<b>*Chicken Tikka Masala</b> .....	<b>18.00</b>
<i>Boneless chicken marinated in yogurt, charbroiled and sautéed in herbs. Simply fantastic!</i>	
<b>*Chicken Karahi</b> .....	<b>18.00</b>
<i>Boneless pieces of baked chicken, fresh green pepper and onion made in a karahi (a concave shaped pot like wok).</i>	

## LAMB / GOAT SPECIALTIES (Dinner Menu) (Boneless Lamb / Bone-In Goat)

<b>*Lamb / Goat Curry</b> .....	<b>21.00</b>
<i>Soft boneless lamb / bone-in goat sautéed in a thick curry sauce. We will tailor its spiciness to your taste.</i>	
<b>*Keema Mutter</b> .....	<b>21.00</b>
<i>An ancient recipe of ground lamb, peas, coriander and ginger.</i>	
<b>*Lamb / Goat Do Piaza</b> .....	<b>21.00</b>
<i>Tender young lamb / bone-in goat with green pepper, onions, tomatoes and Indian spices.</i>	
<b>*Lamb / Goat Vindaloo</b> .....	<b>21.00</b>
<i>Super-hot and savory</i>	
<b>*Lamb / Goat Mushroom</b> .....	<b>21.00</b>
<i>Soft lamb / bone-in goat and mushrooms lightly steamed with fresh ginger, garlic, onion and Indian spices.</i>	
<b>*Lamb / Goat Rogan Josh</b> .....	<b>21.00</b>
<i>Cubes of lamb / bone-in goat marinated in oriental Indian spices, sautéed with chopped tomatoes, shredded coconut in creamy sauce.</i>	
<b>*Lamb / Goat Korma</b> .....	<b>21.00</b>
<i>Cubed pieces of lamb / bone-in goat sautéed in special mild sauce, with almonds, cashews, and raisins. A Mughlai delight!</i>	
<b>*Lamb / Goat Saag</b> .....	<b>21.00</b>
<i>Tender pieces of lamb / bone-in goat with spinach, ginger, onions, fresh herbs, a touch of garlic and cream.</i>	
<b>*Lamb / Goat Karahi</b> .....	<b>21.00</b>
<i>Tender pieces of lamb / bone-in goat sautéed with Indian spices, fresh bell pepper and onions in a karahi (wok)</i>	
<b>*Boti Kabab Masala</b> .....	<b>21.00</b>
<i>Lean pieces of lamb marinated 24 hours in yogurt and spices baked on skewers in the Tandoor and then finished in a tangy and spicy red sauce.</i>	
<b>*Lamb Chettinad</b> .....	<b>21.00</b>
<i>Lamb cooked in hot gravy of south Indian spices, ginger and fresh herbs.</i>	
<b>*Butter Lamb</b> .....	<b>21.00</b>
<i>Tender pieces of lamb sautéed with ginger, onions and garlic in a sauce made with tomatoes and cream, different Indian spices and exotic herbs.</i>	

## FROM THE TANDOOR (CLAY OVEN) - (Dinner Menu)

<b>*Tandoori Chicken:</b> .....	<b>18.00</b>
<i>Spring half chicken marinated in yogurt and freshly ground Indian spices roasted in Tandoor over slow fire. Served on a bed of chicken of lettuce, garnished with cilantro.</i>	
<b>*Chicken Tikka:</b> .....	<b>18.00</b>
<i>Tender boneless chicken pieces of white meat marinated in yogurt, herbs and Indian spices, roasted over Tandoor</i>	
<b>*Lamb Boti Kabab:</b> .....	<b>21.00</b>
<i>Choice pieces of lamb chunks marinated in yogurt and Indian spices for 24 hours, sautéed on a skewer in Tandoor over a hot fire.</i>	
<b>* Tandoor Mixed Grill:</b> .....	<b>24.00</b>
<i>Mixed platter of choice pieces of chicken tandoori, lamb kabab, tikka, served in a bed of green.</i>	

## BIRYANI – RICE SPECIALITIES (Dinner Menu)

<b>House Special Biryani (serves two)</b> .....	<b>37.00</b>
<i>Saffron flavored basmati rice sautéed in butter with choice pieces of lamb, chicken, almonds, cashews and raisins; garnished with cilantro.</i>	
<b>Shrimp Biryani</b> .....	<b>21.00</b>
<i>Fresh shrimp sautéed in butter with saffron flavored basmati rice, nuts, raisins, garnished with herbs.</i>	
<b>Salmon Biryani</b> .....	<b>22.00</b>
<i>Fresh Salmon sautéed in butter with saffron flavored basmati rice, nuts, raisins, garnished with herbs.</i>	
<b>Fish Biryani</b> .....	<b>21.00</b>
<i>Fresh fish sautéed in butter with saffron flavored basmati rice, nuts, raisins, garnished with herbs.</i>	
<b>Goat Biryani</b> .....	<b>21.00</b>
<i>Bone-In Goat pieces cooked with saffron flavored basmati rice, nuts, raisins, garnished with herbs.</i>	
<b>Lamb Biryani</b> .....	<b>21.00</b>
<i>Boiled piece of juicy boneless lamb sautéed with steamed basmati rice, Indian spices, cashews, raisins and herbs.</i>	
<b>Chicken Biryani</b> .....	<b>18.00</b>
<i>Selected chicken pieces sautéed with basmati rice, nuts and raisins; garnished with fresh herbs.</i>	
<b>Vegetable Biryani</b> .....	<b>18.00</b>
<i>Long grain basmati rice sautéed with fresh vegetables in a blend of exotic herbs and Indian spices.</i>	

**All Biryani are served with chutneys and Raita**

## BAY OF BENGAL CUISINE – SEAFOOD SPECIALITES (Dinner Menu)

<b>*Shrimp Vindaloo</b> .....	<b>21.00</b>
<i>Shrimp sautéed with hot Indian spices in curry sauce with potatoes. From brave men of Madras!!!!</i>	
<b>*Shrimp Karahi</b> .....	<b>21.00</b>
<i>Fresh Shrimp with green peppers onions, tomatoes and Indian spices.</i>	
<b>*Shrimp Curry</b> .....	<b>21.00</b>
<i>Fresh shrimp in a robust onion and tomato base sauce of ginger, garlic, coriander and other herbs.</i>	
<b>*Shrimp Saag</b> .....	<b>21.00</b>
<i>Served on a flavorful bed of spiced spinach and light cream.</i>	
<b>*Shrimp Korma</b> .....	<b>21.00</b>
<i>Shrimp with creamy sauce and nuts.</i>	
<b>*Fish Curry</b> .....	<b>21.00</b>
<i>Haddock in a robust onion and tomato base sauce of ginger, garlic, coriander and other herbs.</i>	
<b>*Fish Masala</b> .....	<b>21.00</b>
<i>Haddock marinated and cooked in tomato base sauce and light cream.</i>	
<b>*Shrimp Tandoori Masala</b> .....	<b>21.00</b>
<i>Shrimp charbroiled and then sautéed In fresh herbs and cooked in a sauce of tomatoes and light cream.</i>	
<b>*Mixed Seafood Masala</b> .....	<b>21.00</b>
<i>Fresh shrimp and fish sautéed in fresh herbs and cooked in a sauce of tomatoes, light cream and Indian spices</i>	

**All Dinners are served with Basmati rice and Chutneys**