

<b>Mixed Platter</b>	<b>£8.95</b>
<i>A medley of individual starters, offering you a true variety of tastes and textures</i>	
<b>Our AWARD WINNING Pethis</b>	<b>£4.75</b>
<i>Spiced coconut, deep fried in a fluffy potato casing</i>	
<b>Rhenghan Bhajia</b> (V) (WF)	<b>£4.75</b>
<i>Thin sliced Aubergine in crispy batter</i>	
<b>Hara Bara Kebab</b> (V)	<b>£4.75</b>
<i>Mashed pea and cauliflower, shallow fried</i>	
<b>Stuffed Chilli</b> (V) (WF) (OG)	<b>£4.75</b>
<i>Stuffed pepper filled with spiced mashed potato and deep fried</i>	
<b>Spring Rolls</b> (V)	<b>£4.75</b>
<i>Crispy deep fried mixed vegetable roll</i>	
<b>Mushroom Bhajia</b> (V) (WF)	<b>£4.75</b>
<i>Whole crispy juicy mushrooms.</i>	
<b>Samosas</b>	<b>£4.75</b>
<i>Crispy deep fried mixed vegetable and paneer pastry</i>	
<b>Dhal Kachori</b> (V)	<b>£4.75</b>
<i>Spiced ground lentil balls deep fried in rotli</i>	
<b>Corgette Bhajia</b> (V) (WF)	<b>£4.75</b>
<i>Fresh sliced courgettes infused with flavour.</i>	
<b>Corn Roll</b> (V)	<b>£4.75</b>
<i>Crispy cashew nut and sweet corn mix coated in fluffy potato</i>	
<b>Pea Kachori</b> (V)	<b>£4.75</b>
<i>Spiced ground pea and garlic balls deep fried in rotli</i>	
<b>Bataka Vada</b> (V) (WF) (OG)	<b>£4.75</b>
<i>Spiced mashed potato balls deep fried in a chick pea flour batter</i>	
<b>Dhokra</b> (WF) (OG) (HO)	<b>£4.75</b>
<i>Savoury sponge cake, steamed and garnished with a tangy mustard seed dressing</i>	
<b>Mixed Vegetable Pakora</b> (V) (WF)	<b>£4.75</b>
<i>Spiced mixed vegetables with onions and cauliflower deep fried in spicy chick pea batter</i>	

*Ideal to share with the starters....*

<b>Bhel Supreme</b> (V)	<b>£4.95</b>
<i>Tangy snack of puffed rice, potato and chick peas with tamarind sauce</i>	
<b>Special Chaat</b>	<b>£4.95</b>
<i>Diced samosa, topped with puri, potato, chick peas, yoghurt &amp; tamarind</i>	
<b>Dahi Puri</b>	<b>£4.95</b>
<i>Baby puris individually filled with potato and chick peas and topped with yoghurt &amp; tamarind</i>	
<b>Pani Puri (V)</b>	<b>£4.95</b>
<i>Baby puris filled with potato and chick peas, served with spicy herb juice</i>	
<b>Dahi Vada</b> (OG) (HO)	<b>£4.95</b>
<i>Lentil balls, marinated in sweet yoghurt and garnished with tamarind &amp; coriander</i>	

*Having excited your taste buds, if you are still not in the mood for a curry try something different...*

<b>Massala Dosa</b> (V) (WF) (HO)	<b>£7.95</b>
<i>Rice flour crepe filled with a dry, lightly spiced potato &amp; onion mixture and served with spicy lentil soup and cool coconut &amp; yoghurt chutney</i>	
<b>Monster Dosa</b> (V) (WF) (HO)	<b>£15.50</b>
<i>The LARGE version, plenty for two, gets the "WOW FACTOR!"</i>	
<b>ADDITIONAL FILLINGS FOR YOUR DOSA :</b>	<b>£1.20 each</b>
<i>Cheese, Mixed Peppers or Onions</i>	
<b>Pau Bhaji</b>	<b>£7.95</b>
<i>Mashed mixed vegetable curry, richly spiced and served with toasted sandwich rolls</i>	
<b>Extra Pau (2)</b>	<b>£1.50</b>
<b>Uttapam</b> (V) (WF) (HO)	<b>£7.95</b>
<i>Rich rice flour pancake with tomatoes, peppers and onions, served with a spicy lentil soup and cool coconut &amp; yoghurt chutney</i>	
<b>Hara Bara Burger &amp; Massala Chips</b> (V)	<b>£7.95</b>
<i>Mashed Pea and cauliflower pate richly spiced and served in a burger with spicy chips</i>	
<b>Idli Sambar</b> (V) (WF) (OG) (HO)	<b>£7.95</b>
<i>Rice flour dumplings steamed and served with spicy lentil soup and coconut &amp; yoghurt chutney.</i>	
<b>Special Thali</b> (Available until 15.00).	<b>£13.50</b>
<i>A traditional Gujarati meal all in one. A choice of 1 Starter, followed by two curries, 3 rotlis, plain rice, papodoms a choice of dhal or khadi, and for dessert a choice of plain or mango shikand.</i>	

*Our talented 'Chef of the Year' is pleased to offer you two traditional styles of main dishes*

<b>Traditionally Gujarati</b>	
<b>Bhinda</b> (V) (WF) (HO)	<b>£8.95</b>
<i>Okra or Lady fingers that have been spiced and infused with Kaushy's amazing spices and cooked to produce a dry flavoursome curry</i>	
<b>Bombay Bataka</b> (V) (OG) (HO) (WF)	<b>£7.95</b>
<i>Chunky potatoes, cooked in a rich tangy sauce served in a Balti</i>	
<b>Black Eyed Bean</b> (V) (WF) (HO)	<b>£7.95</b>
<i>Steamed, cooked with garlic, tomatoes and spices. Full of flavour</i>	
<b>Renghan &amp; Pea</b> (V) (WF) (OG) (HO)	<b>£7.95</b>
<i>Aubergine and Pea, richly spiced and served in a Balti</i>	
<b>Zuchini and Channa Dhal</b> (V) (WF) (HO)	<b>£7.95</b>
<i>Lentil and Zuchini curry, lightly spiced and steamed and full of new texture</i>	
<b>Traditionally Punjabi</b>	
<b>Paneer Massala</b> (WF)	<b>£8.95</b>
<i>Paneer, richly spiced and cooked in an onion base</i>	
<b>Aloo Gobi</b> (V) (WF) (HO)	<b>£7.95</b>
<i>A famous dry potatoe and cauliflower curry</i>	
<b>Chole</b> (V) (WF) (HO)	<b>£7.95</b>
<i>Chick peas cooked in a rich onion and tomato base. This dish caused havoc at Leeds Mela!. The aroma is amazing</i>	
<b>Vegetable Handi</b> (WF)	<b>£8.95</b>
<i>Mixed vegetable curry cooked in a thick onion and butter base</i>	
<b>Tarka Dhal</b> (V) (WF) (HO)	<b>£7.95</b>
<i>Mixed lentils cooked with tomato and cumin</i>	

<b>Rotlis / Breads</b>	
<b>Rotli</b> (V) optional, (OG) (HO)	<b>£0.80</b>
<i>Thin, round bread cooked on a hot griddle and buttered</i>	
<b>Puri</b> (V) optional, (OG)	<b>£2.75 additional £0.60 each</b>
<i>3 Deep fried flaky puffed bread</i>	
<b>Naan</b> (V) optional, (OG) (HO)	<b>£1.95</b>
<i>Thick leavened bread, lightly buttered</i>	
<b>Garlic Naan</b> (HO)	<b>£1.95</b>
<i>Thick garlic infused leavened bread, lightly buttered</i>	
<b>Bhath / Rice</b>	
<b>Rice</b> (V) (WF) (OG) (HO)	<b>£2.00</b>
<i>Boiled basmati rice</i>	
<b>Kichdi</b> (V) (WF) (OG) (HO)	<b>£2.50</b>
<i>A traditional blend of basmati rice and lentil dhal, Khudi an absolute must!</i>	
<b>Pilau Rice</b> (V) (WF) (OG) (HO)	<b>£2.50</b>
<i>Basmati rice cooked with mixed vegetables</i>	

<b>Additional Pickle Tray</b> (WF) (HO)	<b>£1.75</b>
<i>Three traditional Gujarati pickles</i>	
<b>Dhal</b> (V) (WF) (OG) (HO)	<b>£2.50</b>
<i>Hot rich lentil soup</i>	
<b>Khudi</b> (WF) (OG) (HO)	<b>£2.50</b>
<i>Yoghurt soup, ideal with pilau rice</i>	
<b>Raita</b> (WF) (OG) (HO)	<b>£2.25</b>
<i>Cool yoghurt with grated cucumber</i>	
<b>Mint Yoghurt</b> (WF) (OG) (HO)	<b>£1.75</b>
<i>Cool yoghurt with mint</i>	
<b>Papodoms</b> (V) (WF) (HO)	<b>£0.60</b>
<i>Grilled lightly spiced crispy papodoms</i>	

<b>Chips / Massala Chips</b>	<b>£2.75</b>
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<b>Lassi</b> (WF) (HO)	<b>£1.95</b>
<i>Choice of mango, massala or sweet</i>	
<b>Lassi Jug (for four people)</b> (WF) (HO)	<b>£7.75</b>
<i>Choice of mango, massala or sweet</i>	
<b>Faluda</b> (WF) (HO)	<b>£2.95</b>
<i>Rose flavoured milk with sweet fine noodles, topped with ice cream</i>	
<b>Orange Juice, Mango Juice</b>	<b>£1.75</b>
<b>Coke/Diet Coke/Sprite</b>	<b>£1.75</b>
<b>Rubicon Passion</b>	<b>£1.45</b>
<b>Water Still/Sparkling 330ml</b>	<b>£1.45</b>
<b>Water Still/Sparkling 1 ltr</b>	<b>£2.45</b>

Please note that all products may contain traces of nut.

[More Famous Vegetarians](#)

Albert Einstein, Alec Baldwin, Belinda Carlisle, Billy Idol Bob Dylan, Bobby, Bridgette Bardott, Charles Darwin, Danny De Vito, Des'ree, Dre, Dustin Hoffman, Elvis Costello, Henry Ford, India Arie, Joanna Lumley, Jodie Marsh, Jude Law, Kaushy, Larry Hagman, Minal, Mohan, Vincent Van Gogh, Yasmin Le Bon, Ziggy Marley, Mohandas Gandhi

# life & style

## The secret of success is simply cooking like mother

INTERVIEW

It's almost 30 years since Bobby Prasad's mother, Mrs. Prasad, was a good cook. She was a very good learner and she did up everything! taught her.



She has a very good learner and she did up everything! taught her.

# Kaushy's victory for women chefs

CHEF'S SPECIAL Kaushy Patel with one of the dishes which brought her the UK South Asian Chef title for 2005

Mrs. Patel, who cooked eight dishes to win the judges, attributed her success to confidence and positive thinking.

"I was fully confident, but the competition was very hard. When I heard my name I was so happy for myself," she said.

Mrs. Patel, who owns the Prashad with her husband and her son, said the achievement was also a high for women chefs.



# Meat-free starter for a food empire

LAUNCH: FAMILY OUT TO BUILD A VEGETARIAN RESTAURANTS CHAIN

HEALTHY: Bobby Patel is out to conquer the North - and globally - with a chain of vegetarian restaurants

By TIM WYATT

Sheffield entrepreneur Bobby Patel has declared war on obesity in his latest venture, which he hopes will outpace his business success in the food industry.

The 37-year-old businessman is also looking to build a brand with a healthy reputation. He has a plan to launch a chain of vegetarian restaurants in the North.

Patel established more than a decade earlier, but it was only a decade earlier that he started to build a brand with a healthy reputation. He has a plan to launch a chain of vegetarian restaurants in the North.



# What Kaushy cooks best

People leave her restaurant wondering why they ever bother to eat meat. Jill Armstrong meets award-winning chef Kaushy Patel.

There is a message behind the name of the Prashad Vegetarian Restaurant. It is a message of health, happiness and a commitment to a better world.

Prashad Vegetarian Restaurant, Bradford



# Prashad named Yorkshire Forward 'Chef of the Year'

Prashad was hailed Yorkshire Forward's Chef of the Year at the auspicious award ceremony in July 2003

acclaimed Chef of the Year award, the recognition has enabled Prashad to develop standards across the board. The restaurants have recognised the value of offering



# Cafe's sweet taste of success

HOW A FAMILY FOOD FIRM PLANS TO EXPAND INTO OUTSIDE CATERING

Business Studies graduate Bobby Patel was working in the city of London and looking for a way to make a difference in the world.

Prashad made a strong decision to start a vegetarian restaurant in Sheffield. He was looking to make a difference in the world.



# The spice of life

delicious

Hob Green

ATL Yorkshire Asian Business Convention Awards Ceremony in July 2003



# Yield to the high

ATL and the Business Link have been excellent for Prashad, working with the organisations has helped Prashad develop routes to market and look forward to a close working future.

which was run entirely by ATL. The event was extremely successful with local food businesses able to develop lucrative links for future growth. Prashad benefited tremendously from winning the highly



# Prashad's success

Prashad's success in the food industry has led to a chain of vegetarian restaurants in the North and globally.

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# Hailing all the HEROES

We toast the best of the best in Yorkshire's booming hospitality industry at our prestigious annual Food & Wine Awards

Joe Hayward reports



# Yorkshire Life

FOOD & WINE AWARDS 2009/2010

Prashad's success in the food industry has led to a chain of vegetarian restaurants in the North and globally.



# Gujarat Samachar - Saturday 22nd October 2005

## "સાથે અશિયન શેફ ઓફ ધ યર": કૌશી પટેલ

કૌશી પટેલે યુરોપીય કોચિંગ પ્રોગ્રામમાં પહેલો અવકાશ મેળવ્યો છે. તેણીને 'સાથે અશિયન શેફ ઓફ ધ યર'નો ખિતાબ મળ્યો છે.

સર્વેશ્વરી પ્રોગ્રામના સર્વેશ્વરી પ્રોગ્રામમાં પહેલો અવકાશ મેળવ્યો છે. તેણીને 'સાથે અશિયન શેફ ઓફ ધ યર'નો ખિતાબ મળ્યો છે.

