

# Prashad

INDIAN  
VEGETARIAN  
CUISINE

**Our family is committed to showcasing  
Gujarati cuisine at the highest level  
our journey so far...**

Michelin Guide 2017 (Bib Gourmand)  
2 AA Rosettes 2017  
Waitrose Good Food Guide 2017  
Harden's Guide 2017  
Yorkshire Asian Business Award 2015  
Oliver Award : Best Indian Restaurant 2014  
Yorkshire Life Chef of The Year 2013  
"Morrisons" Great Grub, Best British Restaurant 2013  
The Times top 40 cookbook 2012  
Lord Mayor's Civic Reception 2011  
ITV's Britain's Best Dish – Northern Finalist 2011  
No 1 Most talked about restaurant on Tripadvisor 2011  
C4 Ramsay's Best Restaurant runner up  
Yorkshire Life's International Restaurant of The Year  
South Asian Chef Competition Chef of the Year 2005/6  
Yorkshire Post Best Asian Restaurant 2005



**Prashad**  
(Blessed food)

As a family we have been passionately living within Prashad for 3 decades.

As we have got older the business has changed from an artisan local deli to an established fine dining restaurant.

We are still very much right in the middle of it and love every minute. Minal my wife and head chef, through her 10yr tenure has successfully attained a 2 rosette and bib gourmand standard, we are not standing still and the innovative juices are always flowing.

Our philosophy is to protect our Gujarati heritage whilst nurturing and developing a fine dining ethos.

Our tasting menu is a true reflection of who we are. We look forward to taking you on our journey, whilst caressing your taste buds.

Bobby & Minal

## TASTING MENU

7 Courses - £46 per head

### Sanku

Paneer & soya samosa

### Pattra

Marinated leafy parcel

### Kopra Pethis

Coconut, potato & spice

### Bhel

Puffed rice & tamarind

### Massala Dosa

Crepe, potato & onion curry with lentil broth

### Kofta

Seasonal vegetable dough ball

### Shrikand

Pistachio, cardamom and hung yoghurt

(Nut Free)

(Dessert contains nuts)

Available to complete tables only

Served until 9.30pm

#### Allergy Info

(V) Vegan, (GF) Gluten Free, (OG) Onion & Garlic, (NF) Nuts Free, (MF) Mustard Free, (Z) Zero Chilli optional

Also NONE of the following are used in any dish

Peanuts, Sesame Seeds, Soybeans (Except in Sanku), Celery, Sulphur Dioxide (Except Ice creams) Lupin, Eggs, Fish, Molluscs or Crustaceans

## MAIN MENU

### STARTERS

<b>Tasting Platter (NF)(MF)</b> Selection of starters, cut each in half and share between 2. Perfect with a Chaat	<b>£12.75</b>
<b>Lassan Paneer Tikka (GF)(NF)(MF)</b> Tandoored paneer infused with ginger, garlic & lime	<b>£7.45</b>
<b>Mausmi Ghotra (V)(OG)(NF)(MF)</b> Crisp bread crumbed root ginger & mint mashed seasonal vegetables	<b>£6.35</b>
<b>Pattra (V)(GF)(OG)(NF)(MF)</b> Griddled, seasonal leaf parcels	<b>£6.35</b>
<b>Paneer Chichara (GF)(OG)(NF)(MF)</b> Griddled, ginger infused paneer & spinach	<b>£6.35</b>
<b>Khanda Bhajia (V)(GF)(NF)(MF)</b> Light delicate crisp onion bhajis	<b>£6.10</b>
<b>Kopra Pethis (V)(NF)(MF)</b> Garlic infused fresh coconut dough ball	<b>£6.35</b>
<b>Sabzi Shami (V)(GF)(NF)(MF)</b> Griddled mixed vegetable and lentil kebab	<b>£6.35</b>
<b>Hara Bara Kebab (V)(GF)(NF) (MF)</b> Mashed pea and cauliflower, crisp & richly spiced.	<b>£6.25</b>
<b>Khuli Kachori (V)(GF)(OG)(NF)(MF)</b> Mashed lentil with notes of garam massala and cloves	<b>£6.15</b>
<b>Sanku (OG)(NF)(MF)</b> Paneer & soya with notes of cumin and ginger within an open samosa	<b>£6.55</b>

### SERVED COLD

<b>Chaat (NF)(MF)</b> A medley of tastes and textures: diced hot samosa, topped with crisp pastry, potato, chickpeas, yoghurt & tamarind dressing	<b>£6.85</b>
<b>Chowpatti Bhel (V)(NF)(MF)</b> Tangy snack of puffed rice, chopped tomatoes, red onions drizzled with a sweet and sour tamarind sauce and garnished with raw sour mango	<b>£6.85</b>
<b>Dahi Puri (NF)(MF)</b> Mini crispy puris individually filled with potato & chickpeas and drizzled with yoghurt & tamarind chutney	<b>£6.85</b>
<b>Pani Puri (V)(NF)(MF)</b> Mini puris filled with kachumber and served with a spicy herb juice, tamarind chutney and a warm pea raghra	<b>£6.85</b>

#### Allergy Info

(V) Vegan, (GF) Gluten Free, (OG) Onion & Garlic, (NF) Nuts Free, (MF) Mustard Free, (Z) Zero Chilli optional

Also NONE of the following are used in any dish

Peanuts, Sesame Seeds, Soybeans (Except in Sanku), Celery, Sulphur Dioxide (Except Ice creams) Lupin, Eggs, Fish, Molluscs or Crustaceans

## MAIN DISHES

Every main dish is uniquely different, no base sauce, Intriguingly well-balanced flavours.

<b>Kofta (GF)(NF)(MF)</b> Seasonal mixed vegetable dough balls served in a caraway infused tomato base	<b>£12.35</b>	<b>Naan Bhaji (NF)(MF)</b> A rich mashed vegetable curry, served with garlic naan.	<b>£12.45</b>
<b>Paneer Massala (GF)(NF)(MF)(M)</b> Marinated, textured paneer cooked within a fenugreek infused onion & tomato base.	<b>£11.35</b>	<b>Chef's Thali (V optional)</b> Traditional gujarati meal, chef's choice of 2 Mini Starters, 3 curries, rotli, rice, dhal/khudi & dessert.	<b>£18.95</b>
<b>Chole (V)(GF)(NF)(MF)(M)</b> A complex rich multi layered melt in your mouth chickpea curry with tones of cinnamon and star anise	<b>£11.25</b>	<b>Junior Curry Lovers Meal (upto 5yrs) (NF)(MF)</b> An Indian meal with no chillies. Potato fritters, followed by a curry, boiled rice and cute baby buttered rotli.	<b>£6.35</b>
<b>Vegetable Byriani (GF)(NF)</b> Saffron infused baked mixed vegetables and basmati rice with seasonal raita	<b>£13.25</b>		
<b>Bhinda (V)(GF)(NF)</b> A slightly dry dish, cubed ladyfingers gently cooked within a fenugreek seed infused onion & tomato base.	<b>£11.35</b>		
<b>Bhaji Bataka (V)(GF)(NF)</b> An earthy potato and fresh spinach infused with garam masala and garlic	<b>£11.45</b>		
<b>Methi Renghan (V)(OG)(GF)(NF)</b> Fresh fenugreek leaves and aubergines with curry leaves	<b>£11.05</b>		
<b>Dhal Bhaji (V)(GF)(NF)(MF)</b> Lentils and spinach infused with toasted cumin seeds and fresh garlic	<b>£8.25</b>		
<b>Massala Dosa (V optional) (GF)(NF)</b> Additional Paneer Filling £1.70 Lentil & rice flour crepe with a spiced potato & onion curry served with lentil broth and coconut chutney.	<b>£11.45</b>		

### Allergy Info

(V) Vegan, (GF) Gluten Free, (OG) Onion & Garlic, (NF) Nuts Free, (MF) Mustard Free, (Z) Zero Chilli optional

Also NONE of the following are used in any dish

Peanuts, Sesame Seeds, Soybeans (Except in Sanku), Celery, Sulphur Dioxide (Except Ice creams) Lupin, Eggs, Fish, Molluscs or Crustaceans

## ACCOMPANIMENTS

Get into the true spirit of Indian dining and select a variety of accompaniments for the table to share.

**Rotli (V-optional)(OG)(NF)(MF) £0.95**

Thin, hand rolled and tava cooked, ideally 3 per person

**Naan (NF)(M) £2.75**

leavened bread, cooked in a tandoor.

**Garlic Naan (NF)(MF) £3.15**

Tandoor leavened bread with fresh garlic.

**Garlic & Chilli Naan (NF)(MF) £3.25**

Leavened bread, with a garlic & green chilli kick

**Gujwari Naan (MF) £4.15**

Luxurious leavened bread, cooked in a tandoor and stuffed with a magical nutty sweet filling

**Puri (V)(OG)(NF)(MF) £3.20**

Delicate fried puffed up roti.  
(Additional puri 95p each).

**Rice (V)(GF)(OG)(NF)(MF) £3.55**

Perfectly freshly boiled fluffy basmati rice.

**Jeera rice (V)(GF)(NF)(MF) £3.65**

Basmati rice infused with cumin and onion

## ADDITIONALS

Every part of our menu is uniquely different and passionately amazing, we take care in making all the simple things taste phenomenal, enjoy

**Pickle Tray (GF)(OG)(NF) £1.75**

Four traditional homemade Gujarati dips.

**Dhal (V)(GF)(OG)(NF) £3.35**

Hot soothing slow cooked rich creamy lentil soup.

**Kadhi (GF)(OG)(NF) £3.35**

A complex sharp tangy soup, yoghurt and chickpea flour tempered with mustard seed oil and fresh curry leaves.

**Seasonal Raita (GF)(NF)(MF) £3.95**

A chefs creation based on today's fresh local produce.

**Mint Yoghurt (GF)(OG)(NF)(MF) £1.25**

Cool sharp tangy yoghurt with mint.

**Papadoms (V)(GF)(OG)(NF)(MF) £0.95**

Lightly spiced crispy papadoms

**Chips or Massala Chips (V)(NF)(MF) £3.15**

A perfectly fluffy potato chip, tossed in a fresh garlic and chilli tarka.

### Allergy Info

(V) Vegan, (GF) Gluten Free, (OG) Onion & Garlic, (NF) Nuts Free, (MF) Mustard Free, (Z) Zero Chilli optional

Also NONE of the following are used in any dish

Peanuts, Sesame Seeds, Soybeans (Except in Sanku), Celery, Sulphur Dioxide (Except Ice creams) Lupin, Eggs, Fish, Molluscs or Crustaceans

## DESSERTS

<b>Gajar Halva (GF)(OG)(MF)</b> Slow cooked seasonal carrots, caramelised and infused with rich cardamom.	<b>£6.85</b>
<b>Bhundi (GF)(OG)(MF)</b> Warm mini gram flour dough balls, pistachios and sultanas with ice cream	<b>£6.75</b>
<b>Ice Cream (GF)(OG)(NF)(MF)</b> Date & Ginger, Chocolate & Orange	<b>£6.15</b>
<b>Seasonal Sorbet (V)(GF)(OG)(NF)(MF)</b> Seasonal fruit & spice sorbet	<b>£6.35</b>
<b>Shrikand (GF)(OG)(MF)</b> A decadent creamy affair with pistachios & cardamom.	<b>£6.45</b>
<b>Kulfi (GF)(OG)(MF)</b> Creamy saffron & pistachio	<b>£6.45</b>
<b>Seasonal Vegan Ice Cream (V)(GF)(OG)(NF)(MF)</b> A non dairy creamy classic	<b>£6.35</b>

## TEA & COFFEE

Ginger chai		£3.25
Masala chai		£3.25
Cardamom Coffee		£3.25
Golden Latte (Hot turmeric milk)		£3.25
Tea (Green, Peppermint, Earl Grey, Red Berry, English breakfast)		£2.45
Espresso / Double	£1.65	£2.40
Macchiato / Double	£2.20	£2.90
Americano		£2.70
Cappucino		£2.90
Latte		£2.90
Irish Coffee		£4.95

## DESSERT WINE

<b>Moscato, Passita Palazzina (V)</b>	100ml	£5.50
A beautifully balanced dessert wine	375ml bottle	£18.95

### Allergy Info

(V) Vegan, (GF) Gluten Free, (OG) Onion & Garlic, (NF) Nuts Free, (MF) Mustard Free, (Z) Zero Chilli optional

Also NONE of the following are used in any dish

Peanuts, Sesame Seeds, Soybeans (Except in Sanku), Celery, Sulphur Dioxide (Except Ice creams) Lupin, Eggs, Fish, Molluscs or Crustaceans

## SET MEAL

£32 per couple

An opportunity to enjoy some of our most popular dishes  
Available Tuesday, Wednesday, Thursday & Sunday

No choice required, we will serve everything for you to share  
between 2

---

### Papadoms & Pickles

---

#### STARTERS

##### Khanda Bhajia (V)(GF)(NF)(MF)

Light delicate crisp onion bhajis

##### Chaat (NF)(MF)

A medley of tastes and textures: diced hot samosa,  
topped with crisp pastry, potato, chickpeas, yoghurt  
& tamarind dressing

---

#### MAINS

##### Chef's Thali (V optional)

Traditional gujarati meal, chef's choice of 2 Mini  
Starters, 3 curries, rotli, rice, dhal/khudi & dessert.

##### Massala Dosa (V optional) (GF)(NF)

Lentil & rice flour crepe with a spiced potato & onion  
curry served with lentil broth and coconut chutney.

#### Allergy Info

(V) Vegan, (GF) Gluten Free, (OG) Onion & Garlic, (NF) Nuts Free, (MF) Mustard Free, (Z) Zero Chilli optional

Also NONE of the following are used in any dish

Peanuts, Sesame Seeds, Soybeans (Except in Sanku), Celery, Sulphur Dioxide (Except Ice creams) Lupin, Eggs, Fish, Molluscs or Crustaceans