


- 79. **Chicken Fried Rice** - Indian style chicken fried rice £4.20
- 80. **Lemon Rice** - Rice toasted with lime juice, cashew nut & curry leaves £2.75
- 81. **Jeera Pilau** - Basmati rice flavoured with cumin seeds and coriander £2.75
- 82. **Special Pilau** - Mild ginger, garlic flavoured pilau rice £2.75
- 83. **Khuska** - Mughal favourite spicy rice, tastes like biryani £2.90
- 84. **Boiled Rice** - Plain boiled basmati rice £1.50

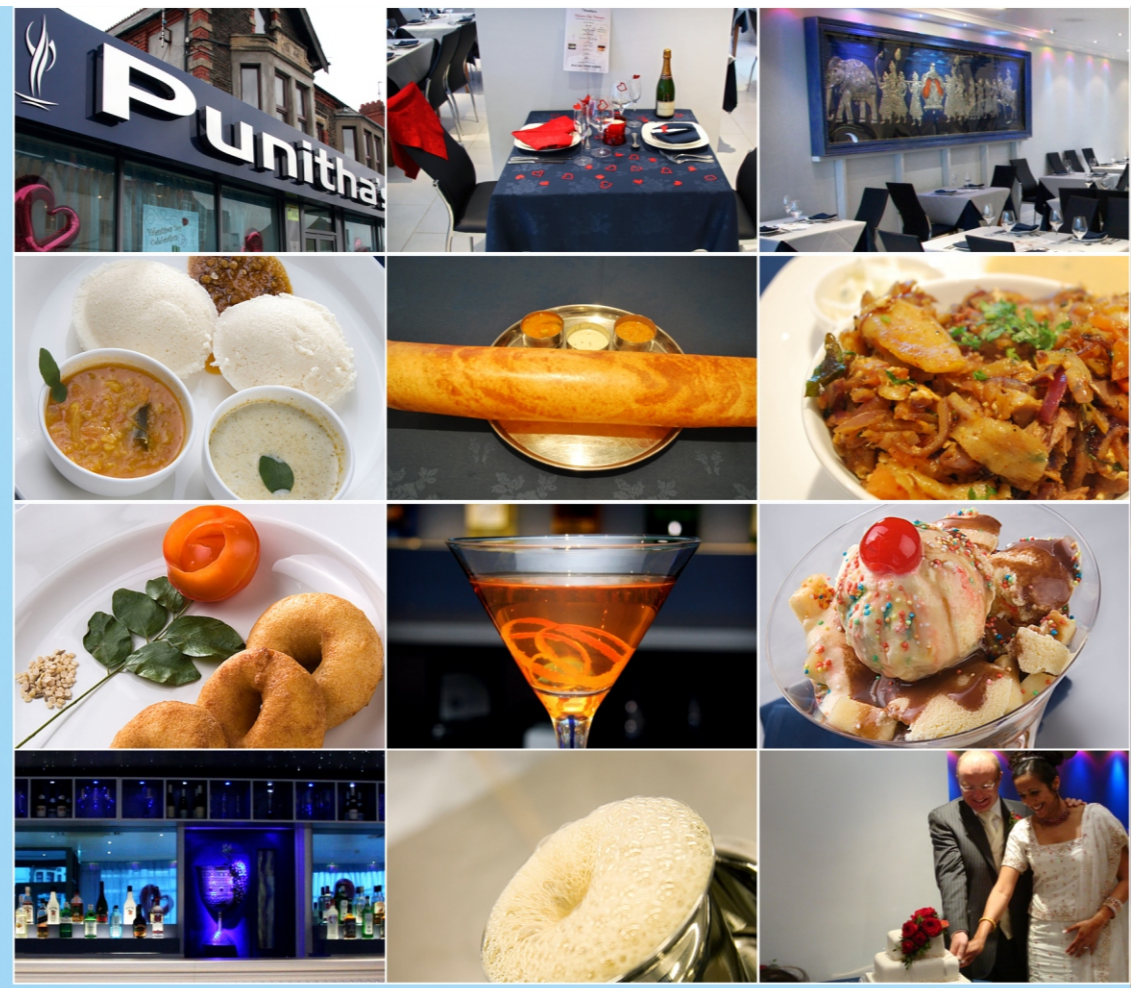
Bread Varieties

- 85. **Chappathi** - A flat disk shaped bread of northern India, made of wheat flour £1.00
- 86. **Bai Roti** - A flat leavened bread of north west India made of wheat flour & baked £1.50
- 87. **Garlic Butter Naan** - Flat leavened bread flavored with roasted garlic and baked £1.75
- 88. **Kulcha** - Flat leavened bread flavored with coriander and black onion seeds £1.65
- 89. **Poori (2 no's)** - Indian puffed bread golden fried £1.75
- 90. **Parotta** - Soft refined flour dough beaten to thin sheet and folded to form layered bread £1.25
- 91. **Veechu Parotta** - Soft refined flour dough beaten to thin sheet and cooked in skillet £1.35

Sundries

- 92. **Omelette - 2 Egg's** £1.90
Beaten eggs cooked on pan with onion & chillies
- 93. **Pappodam** £0.50
Deep fried south Indian pappodam
- 94. **Yogurt** - Natural set yogurt £0.50
- 95. **Chalna** £1.75
South Indian non-veg curry sauce
- 96. **Rasam** £1.90
South Indian thin soup made out of tomato, onion & other spices
- 97. **Sambar** - South Indian lentil curry £0.50
- 98. **Chutney Varieties** £0.50
Coconut/Spicy/Mint/Tamarind/Mango chutney
- 99. **Salad** - Mixed salad with red onions £1.75

 Medium Spicy  Hot & Spicy

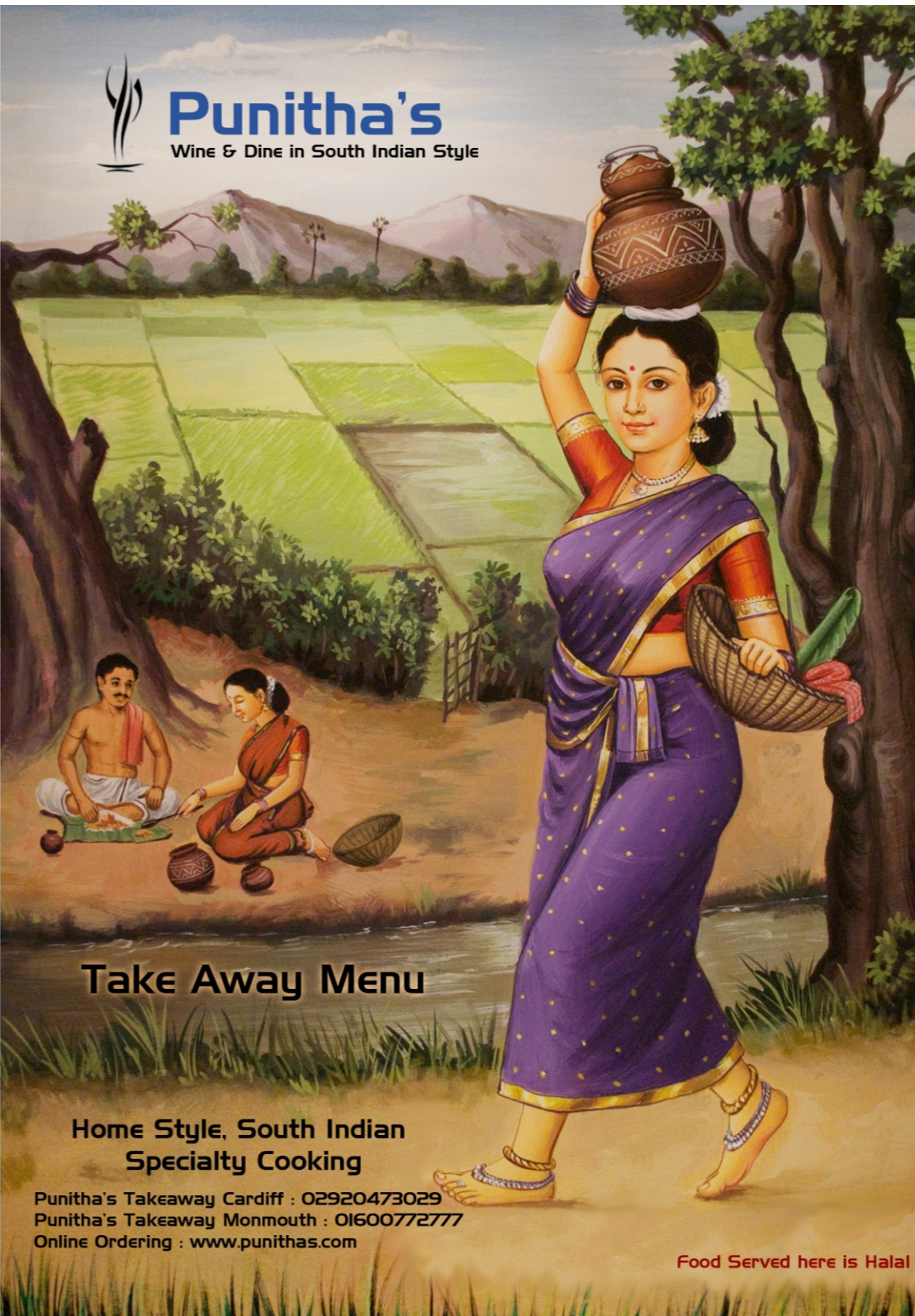


Punitha's & Punitha's Tiffin Corner

131 Albany Road
Cardiff
CF24 3NS Wales
Reservation : 029020473055
Tiffin Corner No. : 029020473029

Punitha's & Punitha's Tiffin Lounge

Unit 5, Old Way Centre
Monow Street
Monmouth
NP25 3 PS
Reservation & Tiffin Lounge No. : 01600772777
www.punithas.com



Punitha's Takeaway Cardiff : 02920473029
Punitha's Takeaway Monmouth : 01600772777
Online Ordering : www.punithas.com

Food Served here is Halal

Starters

- 1. **Methu Vadai (one piece) (Veg)** £0.50
Ground urid dhal, onion & herbs cake deep fried
- 2. **Parupu Vadai (one piece) (Veg)** £0.50
Ground channa dhal, onion & herbs cake deep fried
- 3. **Potato Bonda (one piece) (Veg)** £0.50
Mashed potato balls, gram flour batter fried
- 4. **Veg Roll (one piece) (Veg)** £0.60
Fresh vegetables, spices & onion rolled in pastry sheet coated with bread crumbs, deep fried
- 5. **Veg Samosa (one piece) (Veg)** £0.50
Fresh vegetables, potato spiced triangle made in pastry sheet deep fried
- 6. **Sambar Vadai (one piece) (Veg)** £1.35
Methu Vadai soaked in lentil curry (sambar)
- 7. **Mini Sambar Idly (Veg)** £2.75
South Indian mini rice cakes soaked in traditional lentil sauce-Sambar
- 8. **Onion Pakoda (Veg)** £2.50
Shredded onion coated with gram flour golden fried & crispy
- 9. **Kai Kari Cutlet (Veg)** £3.15
Fresh vegetables mixed with south Indian spices, coated with bread crumbs & fried
- 10. **Zafrani Paneer (Veg)** £3.60
Indian cottage cheese flavoured with saffron & spices - Cooked in clay oven
- 11. **Fish Patties (one piece)** £0.70
Tuna fish, onions, potato & whole spices covered in a pastry sheet deep fried
- 12. **Mutton Roll (one piece)** £0.90
Mutton sauteed with onion, potatoes, cardamoms and fresh spices rolled in pastry sheets coated with breadcrumbs, deep fried
- 13. **Hariyali Chicken** £3.85
Chicken pieces marinated with panchaporan (mixture of 5 spices) & fresh coriander paste - Cooked in clay oven
- 14. **Chicken Kasoori** £3.85
Chicken pieces marinated in mustard oil, tandoori spices & flavoured with dry fenugreek leaves - Cooked in clay oven
- 15. **Chicken Suttathu** £3.75
Supreme chicken pieces coated with sweet chilly and South Indian spices with a dash of pomegranate powder - From the grill

16. Chicken Lollypop £3.10
Chicken wings marinated in a tempting combination of Indian spices, dusted with flour, fried

17. 2 Suvai Chicken £3.75
Saffron flavoured chicken pieces served with mango chutney & salad, fried

18. Beer Batter Fish £3.75
Cod fish fingers marinated in a special combo of beer, lemon and spices, coated with fresh bread crumbs, fried

19. Melagu Meen £4.25
Cod fish cubes marinated in Chef's special masala & spiced up with pepper - Cooked in clay oven

20. Prawn Poori £3.75
Prawn simmered in aromatic flavoured mild sauce served on golden fried puffed bread

21. Un, Dau, Tri, Jumbo Prawns £5.90
Jumbo prawns marinated in three different flavours and finished over glowing embers

22. Lamb Sheek £4.50
Tender lamb minced with roasted onion, coriander roots, green chilli - Cooked in clay oven

23. Lamb Chops - Racks of lamb £4.60
cooked in aromatic herbs and spices - From the grill

24. Mixed Platter - Chef's selection £6.80
of lamb, fish, paneer & chicken

25. Dosai Roll - Crepe roll £5.50
filled with chicken masala served with coconut & spicy chutney

Main Dishes

26. Healthy Green Dal Curry (Veg) £6.15
Whole green moong dal cooked in slow fire with garlic cloves - Authentic village style

27. Vegetable Kurma (Veg) £6.15
Mixed fresh vegetables cooked in cashew nut base gravy flavoured with mint and coriander

28. Paneer Makhani (Veg) £6.80
Tandoor roasted cheese cooked in butter gravy finished with fresh cream and dry fenugreek leaves

29. Aloo Palak (Veg) £6.20
Potatoes & spinach curry flavoured with roasted garlic

30. Chettinadu Potato & Peas (Veg) 🍴 £6.00
Potato & green peas cooked in a aromatic spicy gravy which contain 18 freshly ground spices

31. Dal Palak (Veg) £5.20
Yellow lentils tempered with cumin, garlic finished with shredded spinach

32. Masala Paneer (Veg) £6.80
Battons of cottage cheese tossed with onion & capsicum finished with sweet & sour masala - Dry

33. Cauliflower Manchurian (Veg) £4.25
Batter fried cauliflower florets, cooked with onion, green pepper & indo chinese sauses

34. Egg Masala £5.25
Medium spiced egg masala made with boiled egg, onion, tomato & coconut based gravy

35. Butter Chicken £6.95
Tandoori chicken pieces simmered in medium spiced creamy sauce with garam masala & butter

36. Chicken Pasanta £6.95
Tender pieces of chicken cooked in rich gravy flavoured with cardamon & saffron

37. Karuvepillai Chicken 🍴 £6.95
Chicken pieces cooked in medium spiced aromatic gravy flavoured with curry leaves

38. Chettinadu Chicken Curry 🍴 £6.95
Chicken cooked in chettinadu style gravy. This dish is from the chettinadu region of Tamil Nadu it is one of the spiciest & most aromatic dish in south India

39. Chilli Chicken £6.00
Batter fried chicken cubes tossed with onion & capsicum finished with sweet & sour masala - Dry

40. ChickenVaruval 🍴 £6.00
Chicken cubes, fennel seeds, red chillies, curry leaves & golden brown sauteed onions cooked on medium flame until the masala slightly thicken - Dry

41. Granny Fish Curry 🍴 £7.10
This old time favourite fish curry made with chilli, cummin, coriander & coconut paste mixed in tamarind juice, boiled to thicken adding cod fish, finished with onion & curry leaves

42. Malabar Fish Curry £7.10
Cod fish cooked in mild coconut gravy infused flavour of ginger & curry leaves

43. Prawn Moilee £8.90
Prawn cooked in pure coconut milk with enhanced flavour of green chilly & curry leaves

44. Chettinadu Prawn Curry 🍴 £8.90
One of the most traditional south Indian dish. This hot & spicy prawn curry gets its flavour from 18 distinctive ingredients

45. Punitha's Spl Mutton Kurma £7.80
Mutton pieces tempered with South Indian spices, fresh coconut paste, garnished with fried onions

46. Mutton Kuzhambu 🍴 £7.80
Freshly ground cumin seeds, chilli, coconut & onion cooked with mutton pieces on a medium flame

47. Chettinadu Mutton Curry 🍴 £7.80
Chettinadu mutton curry is an aromatic gravy, mutton is simmered in freshly ground 18 varieties of spices

48. Mutton Chukka 🍴 £7.80
Small cubed mutton pieces with whole spices, red chilli, onion & curry leaves pressure cooked, simmered with cashew nuts - Dry

South Indian Varieties

49. Poori Masala (Veg) £3.00
Indian puffed breads fried golden brown & served with potato masala

50. Idly - 2nos (Veg) £2.00
Steamed rice cake served with chutney & sambar

51. Plain Dosai (Veg) £2.90
A thin crepe made of ground rice & lentil mix served with chutney & sambar

52. Masala Dosai (Veg) £3.50
Triangle crepe filled with mashed potato masala, served with chutney & sambar

53. Podi Dosai (Veg) £3.50
A thin crepe spread with spicy lentil powder on top served with chutney & sambar

54. Chutney Dosai (Veg) £3.50
A thin crepe spread with spicy chutney on top, served with chutney & sambar

55. Onion Roast (Veg) £3.25
A thin crepe topped with chopped onion, toasted & folded, served with chutney & sambar

56. Cheese Dosai (Veg) £3.65
A thin crepe with cheddar cheese & chopped tomato served with chutney & sambar

57. Cheese Masala Dosai (Veg) £3.95
A thin crepe spread with cheddar cheese, filled with potato masala served with chutney & sambar

58. Oothapam (Veg) £2.75
Indian thick pan cake served with chutney & sambar

59. Oothapam Onion/Mixed (Veg) £3.00
Thick pan cake topped with onion or tomato or mixed, served with chutney & sambar

60. Kal Dosai Sambar & Chutney (Veg) £2.50
2 home style crepes, served with chutney & sambar

61. Kal Dosai Chicken Curry £4.25
2 home style crepes, served with chicken curry

62. Kal Dosai Mutton Curry £4.50
2 home style crepes, served with Mutton curry

63. Egg Dosai £3.50
Crepe coated with egg on top and cooked, served with chutney & sambar

64. Chicken Kari Dosai £5.00
Thin crepe with chicken mince masala egg coated, served with 2 varieties of chutney

65. Parotta 2nos - Chalna £2.75
Soft refined flour dough beaten to thin sheet & folded to form layered bread, served with chalna

66. Egg Veechu - Chalna £3.50
Soft refined flour dough spread on grill with 2 eggs on top sprinkled with pepper & served with chalna

67. Omelette Parotta - Chalna £4.00
Soft refined flour dough beaten to thin sheet topped with egg omelette, served with chalna

68. Egg Kothu Parotta £4.50
Crispy shredded parotta, mixed and mashed with scrambled eggs & spicy sauce

69. Chicken Kothu Parotta £5.00
Parotta, shredded to small pieces, enhanced with chicken, onion, tomato & mixed with spicy gravy

70. Mutton Kothu Parotta £5.50
Parotta, shredded to small pieces, enhanced with mutton, onion, tomato & mixed with spicy gravy

Rice & Noodles Varieties

71. Vegetable Biryani £5.00
Fresh mixed vegetable, rice laced with spices and herbs, served with raitha & chalna

72. Chicken Biryani £6.40
Basmati rice & chicken cooked with authentic south Indian spices, served with raitha & chalna

73. Mutton Biryani £7.00
Basmati rice and lamb cooked with traditional south Indian spices, served with raitha & chalna

74. Vegetable Noodles £3.50
Indian style vegetable noodles

75. Egg Noodles £3.75
Indian style egg noodles

76. Chicken Noodles £4.50
Indian style chicken noodles

77. Vegetable Fried Rice £3.50
Indian style vegetable fried rice

78. Egg Fried Rice £3.75
Indian style egg fried rice