

## Hindu Kitchen

<b>Baighan Ka Bhartha</b> 🌶️🌶️🌿	£5.50
Smoked aubergine with green chillies, ginger, tomatoes & peas	
<b>Saag Aloo</b> 🌶️🌿	£4.50
Potato cooked in a smooth tomato & spinach based gravy with a hint of green chilli & ginger	
<b>Paneer Makhani</b> 🌶️	£7.50
Soft cubes of Indian cheese cooked in a light ginger infused creamy tomato gravy	
<b>Matar Paneer</b> 🌶️🌶️	£7.50
Soft Indian Cheese cooked with fried onions, tomato & sweet peas	
<b>Masala Mushrooms</b> 🌶️🌿	£4.95
Stir fired mushrooms with ginger, garlic and blend of spices	
<b>Rajma Chawal</b> 🌶️🌶️🌿	£7.50
The "Sunday roast" of Hindu kitchen. Red kidney beans cooked in a light spicy gravy served with steamed basmati rice	
<b>Roadside Dal</b> 🌶️	£4.95
Black lentils simmered with tomatoes & garlic over eight hours for a rich 'melt in the mouth' experience	
<b>Bombay Potatoes</b> 🌶️🌿	£4.50
Mini potatoes cooked with whole spices and fresh tomatoes	
<b>Three Sisters</b> 🌶️🌶️🌿	£4.95
Chickpeas, Spinach and sweet potato cooked with onion, garlic & coconut	
<b>Tadka Dal</b> 🌶️🌿	£4.50
Light Moong (Yellow) Lentils cooked with cumin garlic onions & tomato	
<b>Chilli Paneer</b> 🌶️🌶️	£7.95
An Indian favourite. Soft cheese cooked with Peppers & Onions in chilli sauce, Chinese influence from streets of Delhi	
<b>Sweet Potato Vindal</b> 🌶️🌶️🌿	£5.50
Sweet Potato in super spicy tomato based gravy with a hint of garlic	
<b>Green Dal With Fennel</b> 🌶️🌿	£4.95
Ajurvedic green lentils simmered with fennel seeds, simple but very delicious dal!	
<b>Cabbage &amp; Coconut Thoran</b> 🌶️🌶️🌿	£4.95
Stir fried green cabbage with mustard seeds and coconut!	

## Rice

<b>Steamed Basmati Rice</b> 🌿	£2.25	<b>Mushroom Rice</b> 🌿	£3.50
<b>Pilau Rice</b> 🌿	£2.95	<b>Saffron &amp; Lemon Rice</b>	£3.95
Basmati rice cooked with whole spices and vegetables		<b>Egg Fried Rice</b>	£3.50
		<b>Upma</b> 🌶️🌿🚫🥚	£3.50
		Semolina with vegetables, great alternative to rice	

## Extras

<b>Poppadom</b> 🌿	50p
<b>Chutney Set</b>	£2.95
<b>Mint Raita CS</b>	95p
<b>Pickled Red Onion CS</b> 🌿	95p
<b>Mango Chutney CS</b> 🌿	95p
<b>Lime Pickle CS</b> 🌿	95p
<b>Tamrind Chutney</b> 🌿	95p
<b>Katchumber Salad</b> 🌿	95p
<b>Cucumber Raita</b>	95p
<b>Fresh Green salad</b> 🌿	£1.50
<b>Chips</b> 🌿	£2.50
<b>Chilli Chips</b> 🌿	£3.50

## Drinks

<b>Soft Drinks 1.5L</b>	£2.50
(Cola, Diet Cola, Fanta, Lemonade)	
<b>Can 330ml</b>	£1.75
(San Pellegrino Orange, Lemon)	
<b>Sparkling Water</b>	£2.50
<b>Still Water</b>	£1.50
<b>Red, Rose or White Wine Bottle</b>	from £13.95
<b>Cider 500ml or Beer Bottle 330ml</b>	from £3.50



# GANGES

Authentic Indian Restaurant

**Real Indian food is fresh, full of flavour and healthy!**

**Our simple dishes are the kind of food Indians eat at home and on their streets.**

Tel: 01271 322299 or 01271 324566  
87 Newport Road, Barnstaple EX32 9BE

### Opening Hours

Monday: closed

Sunday - Thursday: 5.00 to 10.30pm

Friday & Saturday: 5.00 to 11.00pm

**Take away delivery charge of £3.50**

All our food is free from artificial colours and flavours.

We do not use peanuts in our kitchens but we cannot guarantee it is peanut free.

