

Sun & Sand

INDIAN BAR & RESTAURANT

16-18 Hendon Lane • Finchley • London N3 1TR
Tel: 020 8346 0580

वेदुदतरीतन इतरीतरी

Vegetable Samosa 3pc - Triangle shaped pastry filled with spicy vegetables, then deep fried	4.45
Paneer Samosa 3pc - Deep fried triangle shaped pastry filled with cottage cheese and spices	4.95
Spring Rolls Deep fried filo pastry wrapped in cabbage, carrots, onions, bean sprout and soya sauce lightly spiced	4.45
Chilli Chips <i>Chef's Special</i> // Potato chips marinated in a special blend of sauces and spices	7.95
Jalapenos Juicy jalapenos filled with cream cheese in batter and deep fried	5.45
Mogo Chips Plain fried wedges of cassava	6.95
Garlic Mogo Cassava chips tossed with garlic, in our chef's own special recipe	7.95
Mogo Masala // Cassava tossed in our special spicy sauce	7.95
Crispy Bhajia Sliced potatoes, coated in gram flour, deep fried and served with our chilli sauce	6.95
Onion Bhajia / Onions dipped in lightly spiced gram flour batter and fried until golden brown	6.95
Mari Aloo // Boiled and fried baby potatoes tossed in crushed black pepper, ginger, coriander, spring onions and soy sauce	7.45
Paneer Tikka T Indian cottage cheese marinated in a special blend of spices and cooked in the clay oven	7.95
Chilli Paneer // Indian cheese cubes tossed in a spicy soy sauce made with garlic, peppers and chillies, garnished with spring onions	7.95
Tandoori Mushrooms T // Fresh mushrooms, ginger, garlic, black pepper and chillies marinated in a yoghurt sauce, cooked in the clay oven	7.95
Chilli Garlic Mushrooms <i>Chef's Special</i> // Deep fried button mushrooms battered in corn flour and tossed in a spicy soy sauce made with garlic, peppers and chillies, garnished with spring onions	7.95
Chilli Garlic Baby Corn // Deep fried baby corn tossed in a spicy soy sauce made with garlic, peppers and chillies, garnished with spring onions	7.95

लदत इतरीतरी

Lamb Samosa 3pc - Minced lamb seasoned with herbs and spices, wrapped in pastry and deep fried	4.95
Mixed Grill T 2pc lamb chops, 2pc seekh kebab, 2pc tandoori chicken, 3pc chicken tikka and 3pc tandoori chicken wings marinated in tandoori spice, grilled in the tandoor and served on a bed of onions	16.95
Chilli Wings <i>Chef's Special</i> // 5pc - Deep fried chicken wings marinated in cornflower, red chilli powder and lemon juice	7.95
Tandoori Chicken Half T 4pc - Chicken marinated in our chef's special herbs and spices and cooked in the clay oven	7.95
Tandoori Chicken Full T 8pc - Chicken marinated in our chef's special herbs and spices and cooked in the clay oven	14.95
Seekh Kebab T 4pc - Minced lamb, green chillies, garlic, ginger, herbs and spices, cooked in the clay oven and served on a bed of onions	7.95
Lamb Chops T 5pc - Lamb chops marinated in herbs and spices and cooked in the clay oven	9.95
Chicken Tikka T 12pc - Diced chicken marinated in our special tandoori herbs and spices and cooked in the clay oven	7.95
Tandoori Chicken Wings T // 5pc - Chicken wings marinated with special herbs and spices and cooked in the clay oven	7.95
Chilli Chicken <i>Chef's Special</i> // 5pc - Chicken niblets on the bone cooked in ginger, garlic, chillies, ground black pepper and soya sauce	8.95
Chicken Shashlik T / 6pc - Skewered chicken pieces marinated in a special blend of spices, tomatoes and peppers, cooked in the clay oven	8.45
Jeera Chicken <i>Chef's Special</i> 5pc - Chicken niblets on the bone cooked in cumin, spring onions, lemon juice, butter and soya sauce	8.95

ररर इतरीतरी

Fish Tikka 6pc - Salmon fish marinated in tandoori spices and cooked in the clay oven	9.95
Chilli Fish // 6pc - Tilapia fish and corn flour deep fried in our special spicy soy sauce and served with green and red peppers	9.95
Hyderabadi Fish <i>Chef's Special</i> T // 2 strips of tilapia fish, lightly seasoned with salt, garlic, chilli, lemon juice and butter and cooked in the clay oven	11.95
Chilli Prawns // 6pc - Battered prawns tossed in a spicy chilli sauce with a dash of lemon juice and soya sauce	12.95
Garlic Prawns 6pc - Battered prawns tossed in garlic with a dash of lemon juice, spring onion and coriander	12.95
Tandoori Prawns T / 4pc - King prawns marinated in special tandoori herbs and spices, cooked in the clay oven	14.45
Chilli Garlic Tiger Prawns // 8pc - Battered tiger prawns tossed in garlic, chillies and the chef's special sauce, with a dash of lemon juice	17.95
Vegetable Biryani Spicy vegetables, herbs and spices cooked in a tasteful dish of rice, served with cucumber raita	9.95
Chicken Biryani Spicy chicken, herbs and spices cooked in a tasteful dish of rice, served with cucumber raita	10.95
Chicken Tikka Biryani T Spicy chicken from the tandoor, mixed with herbs and spices and cooked in a tasteful dish of rice, served with cucumber raita	11.95
Lamb Biryani Spicy lamb, herbs and spices cooked in a tasteful dish of rice, served with cucumber raita	11.95

biryani

T Tandoor dishes may take longer to cook N These dishes contain nuts, please refer to our allergy advice below / Hot // Extra Hot

Allergy Aware: Full allergen information is available for all dishes, please ask a team member before you order your food and drink as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen free zones in our kitchen and it is therefore not possible to fully guarantee separation of allergens. Please inform a team member of any food allergies, before placing your order, even if you have eaten the dish previously, so that every precaution can be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces.

ਚੜ੍ਹਦੇ ਖਾਣੇ ਦੇ ਟਾਊਰਨੇ

Bombay Aloo Hot	7.45
Boiled potato cubes cooked in herbs and spices	
Chana Masala	7.45
Chick peas cooked in traditional spices	
Tadka Daal	7.95
A combination of three lentils tempered with crushed garlic, cumin, ginger and chillies	
Daal Makhani	7.95
A classic Punjabi dish. black lentils cooked with cream, tomatoes, ginger, garlic, herbs and spices	
Tawa Mixed Vegetables	8.45
Mixed vegetable cooked with herbs and spices on tawa	
Bhindi Bhaji (Dry Dish)	7.45
Okra cooked in herbs and spices	
Orro	7.95
Aubergine mince cooked in a special aromatic thick sauce	
Methi Corn	7.95
Corn kernels cooked in a tomato, cream and butter sauce with onions, chillies and fenugreek leaves	
Saag Curry	7.95
Chopped spinach cooked in tomato, cream and butter sauce	
Paneer Makhni N	8.95
Indian cottage cheese marinated in herbs and spices and served in a special sweet and sour tomato and butter sauce	
Paneer Tikka Masala N T	9.45
Indian cottage cheese marinated in special herbs and spices, cooked in the tandoor, served in a creamy tomato, onion and capsicum sauce	
Mutter Paneer N	8.95
Peas cooked with Indian cottage cheese cubes in gravy of tomato, onion, garlic herbs and spices with cream and touch of coconut powder and butter	
Karahi Paneer Hot	8.95
Indian cottage cheese cooked in a spicy sauce mixed with peppers, onions and green chillies	
Veg Quorn Keema	8.45
Soya "Quorn" mince cooked in a special sauce of tomato, ginger and garlic	
Karahi Quorn Hot	8.45
Soya "Quorn" pieces cooked in a spicy sauce mixed with peppers, onions and green chillies	
Egg Curry	7.95
Boiled egg cooked in gravy with herbs and spices	
Egg Bhurji	7.95
Grated boiled egg cooked with onions, ginger, garlic, herbs and spices	

ਠੰਡੇ ਖਾਣੇ ਦੇ ਟਾਊਰਨੇ

Saag Chicken	9.45
Boneless chicken cooked in a tomato, cream and butter sauce with spinach, onions, garlic and ginger	
Chicken Masala	8.95
Chicken pieces cooked with ginger, garlic, chillies, herbs, spices, onions and tomatoes	
Chicken Jalfrezi	9.45
Chicken pieces cooked in a spicy sauce with green chillies, peppers herbs and spices	
Chicken Tikka Masala N T	9.95
Boneless chicken cooked in the clay oven and simmered in a mildly spiced tomato sauce with a touch of cream	
Chicken Tikka Jalfrezi T Hot	9.95
Diced chicken cooked in the clay oven and mixed in a spicy sauce with green chillies, peppers, herbs and spices	
Chicken Korma N	8.95
Boneless chicken cooked with nuts, cream, and mild spices	
Methi Chicken	9.45
Boneless pieces of chicken cooked with freshly chopped fenugreek leaves, a touch of creamed butter, spices and herbs	
Karahi Chicken Hot	9.45
Diced chicken pieces cooked in spices, herbs, tomatoes, onion and capsicums	
Tawa Chicken Hot	9.95
Diced chicken cooked in spices, herbs, tomatoes and capsicums served on tawa pan	
Butter Chicken T	9.95
Boneless chicken cooked in the clay oven and simmered with tomatoes, cream and butter	
Tawa Bombay Mix T Hot	12.95
Mixed pieces of tender lamb, seekh kebab and chicken tikka, pan fried in ginger, garlic and then cooked with fresh coriander, served with green and red peppers in a thick sauce, served on a tawa pan	

ਫਿਸ਼ ਦੇ ਟਾਊਰਨੇ

Fish Masala	9.95
Tilapia fish chunks simmered gently in a spicy flavoursome sauce	
Karahi King Prawns	15.95
Prawns cooked in spices, herbs, tomatoes, onions and capsicum peppers	

ਲਿਲੇ ਟਾਊਰਨੇ

Lamb Masala Hot	9.45
Boneless lamb simmered gently in a spicy sauce	
Lamb Rogan Josh Hot	9.95
Tender spring lamb cooked with onions, tomatoes, coriander, herbs and spices	
Karahi Lamb Hot	9.95
Succulent spring lamb cubes cooked in a traditional karahi with green peppers, onions and chillies	
Saag Lamb	9.95
Boneless lamb cooked in a tomato, cream and butter sauce with spinach, onions, garlic and ginger	
Lamb Keema Hot	9.95
Minced lamb meat cooked in our special sauce	
Tawa Lamb Hot	9.95
Boneless lamb cooked in spice, herbs, tomatoes and capsicums served on tawa pan	
Lamb Rara Hot	9.95
Marinated minced and lamb pieces served in a special spicy sauce	
Lamb Jalfrezi Hot	9.95
Lamb pieces cooked with green chillies, peppers herbs and spices	

ਨਾਨ

Plain Naan	2.75
Chilli Naan Hot	2.95
Garlic Naan	2.95
Tandoori Roti	2.75
Paratha	3.45
Peshwari Naan N	3.45
Kheema Naan	3.95
Chilli Garlic Naan Hot	3.25

ਰਿਸ਼ਟ

Steamed Rice	3.75
Jeera (Cumin) Rice	3.95
Pilau Rice	3.95
Egg Fried Rice	4.95
Mutter (Peas) Rice	4.45
Mushroom Rice	4.45

ਫਲੈਵਰ

Mixed Salad	3.50
Cucumber, carrot, onion, lettuce and tomato	
Kachumber	3.95
Finely chopped cucumber, cabbage, tomato and onion salad	
Onion Salad	2.95
Onion, green chillies and lemon wedges	

ਫ੍ਰਾਈਡ ਫੂਡ

Fried Papadam	0.95
Roasted Papadam	0.95
Masala Papadam	1.95
Crispy Bombay Mix N	4.95
Plain Yoghurt	2.45
Cucumber Raita	3.45
French Fries	3.95

T Tandoor dishes may take longer to cook **N** These dishes contain nuts, please refer to our allergy advice below **Hot** **Hot** Extra Hot

Allergy Aware: Full allergen information is available for all dishes, please ask a team member before you order your food and drink as menus do not list all ingredients. We have taken all reasonable steps to avoid the unintentional presence of allergens. However, we cannot fully guarantee that products are '100% free from' allergens, owing to cross-contamination, as we do not have specific allergen free zones in our kitchen and it is therefore not possible to fully guarantee separation of allergens. Please inform a team member of any food allergies, before placing your order, even if you have eaten the dish previously, so that every precaution can be taken in the kitchen to prevent cross-contamination. We cannot guarantee that any dishes are free from nut traces.