

Sun & Sand

INDIAN BAR & RESTAURANT

16-18 Hendon Lane • Finchley • London N3 1TR

Tel: 020 8346 0580

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Vegetable Samosa 🌱	4.45
3pc - Triangle shaped pastry filled with spicy vegetables, then deep fried	
Spring Rolls 🌱	4.45
Deep fried filo pastry wrapped in cabbage, carrots, onions, bean sprout and soya sauce lightly spiced	
Chilli Chips <i>Chef's Special</i> 🌱 //	7.95
Potato chips marinated in a special blend of sauces and spices	
Jalapenos	5.45
Juicy jalapenos filled with cream cheese in batter and deep fried	
Mogo Chips 🌱	6.95
Plain fried wedges of cassava	
Garlic Mogo 🌱	7.95
Cassava chips tossed with garlic, in our chef's own special recipe	
Mogo Masala 🌱 //	7.95
Cassava tossed in our special spicy sauce	
Crispy Bhajia 🌱	6.95
Sliced potatoes, coated in gram flour, deep fried and served with our chilli sauce	
Onion Bhajia 🌱 //	6.95
Onions dipped in lightly spiced gram flour batter and fried until golden brown	
Paneer Tikka 🔥	7.95
Indian cottage cheese marinated in a special blend of spices and cooked in the clay oven	
Chilli Paneer //	7.95
Indian cheese cubes tossed in a spicy soy sauce made with garlic, peppers and chillies, garnished with spring onions	
Tandoori Mushrooms 🔥 //	7.95
Fresh mushrooms, ginger, garlic, black pepper and chillies marinated in a yoghurt sauce, cooked in the clay oven	
Chilli Garlic Mushrooms <i>Chef's Special</i> 🌱 //	7.95
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	
Chilli Garlic Baby Corn 🌱 //	7.95
Deep fried baby corn tossed in a spicy soy sauce made with garlic, peppers and chillies, garnished with spring onions	

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Lamb Samosa	4.95
3pc - Minced lamb mixes with peas and potatoes seasoned with herbs and spices, wrapped in pastry and deep fried	
Mixed Grill 🔥	16.95
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	
Chilli Wings <i>Chef's Special</i> //	7.95
5pc - Deep fried chicken wings marinated in cornflower, red chilli powder and lemon juice	
Tandoori Chicken 🔥	7.95
1 breast and 1 leg of chicken marinated in our chef's special herbs and spices and cooked in the clay oven	
Seekh Kebab 🔥	7.95
4pc - Minced lamb, green chillies, garlic, ginger, herbs and spices, cooked in the clay oven and served on a bed of onions	
Lamb Chops 🔥	9.95
5pc - Lamb chops marinated in herbs and spices and cooked in the clay oven	
Chicken Tikka 🔥	7.95
12pc - Diced chicken marinated in our special tandoori herbs and spices and cooked in the clay oven	
Tandoori Chicken Wings 🔥 //	7.95
5pc - Chicken wings marinated with special herbs and spices and cooked in the clay oven	
Chilli Chicken <i>Chef's Special</i> //	8.95
5pc - Chicken niblets on the bone cooked in ginger, garlic, chillies, ground black pepper and soya sauce	
Chicken Shashlik 🔥 //	8.45
6pc - Skewered chicken pieces marinated in a special blend of spices, tomatoes and peppers, cooked in the clay oven	
Jeera Chicken <i>Chef's Special</i>	8.95
5pc - Chicken niblets on the bone cooked in cumin, spring onions, lemon juice, butter and soya sauce	



























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Fish Tikka	9.95
6pc - Salmon fish marinated in tandoori spices and cooked in the clay oven	
Chilli Fish //	9.95
6pc - Tilapia fish and corn flour deep fried in our special spicy soy sauce and served with green and red peppers	
Hyderabadi Fish <i>Chef's Special</i> 🔥 //	11.95
2 strips of tilapia fish, lightly seasoned with salt, garlic, chilli, lemon juice and butter and cooked in the clay oven	
Chilli Prawns //	12.95
6pc - Battered prawns tossed in a spicy chilli sauce with a dash of lemon juice and soya sauce	
Garlic Prawns	12.95
6pc - Battered prawns tossed in garlic with a dash of lemon juice, spring onion and coriander	
Tandoori Prawns 🔥 //	14.45
4pc - King prawns marinated in special tandoori herbs and spices, cooked in the clay oven	
Chilli Garlic Tiger Prawns //	17.95
8pc - Battered tiger prawns tossed in garlic, chillies and the chef's special sauce, with a dash of lemon juice	
biryani	
Vegetable Biryani 🌱 <i>Vegan Option</i>	9.95
Spicy vegetables, herbs and spices cooked in a tasteful dish of rice, served with cucumber raita	
Chicken Biryani	10.95
Spicy chicken, herbs and spices cooked in a tasteful dish of rice, served with cucumber raita	
Chicken Tikka Biryani 🔥	11.95
Spicy chicken from the tandoor, mixed with herbs and spices and cooked in a tasteful dish of rice, served with cucumber raita	
Lamb Biryani	11.95
Spicy lamb, herbs and spices cooked in a tasteful dish of rice, served with cucumber raita	




















🌱 Vegan 🔥 Tandoor dishes may take longer to cook 🥜 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.

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Bombay Aloo  	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   <i>Vegan Option</i>	7.95
Corn kernels cooked in a tomato, cream and butter sauce with onions, chillies and fenugreek leaves	
Saag Curry   <i>Vegan Option</i>	7.95
Chopped spinach cooked in tomato, cream and butter sauce	
Paneer Makhni 	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  	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 	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  	8.95
Indian cottage cheese cooked in a spicy sauce mixed with peppers, onions and green chillies	
Mock "Not-Lamb" Keema   <i>Vegan Option</i>	8.45
Soya "Quorn" mince cooked in a special sauce of tomato, ginger and garlic	
Mock "Not-Chicken" Karahi   <i>Vegan Option</i>	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	









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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  	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   	9.95
Diced chicken cooked in the clay oven and mixed in a spicy sauce with green chillies, peppers, herbs and spices	
Chicken Korma 	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  	9.45
Diced chicken pieces cooked in spices, herbs, tomatoes, onion and capsicums	
Tawa Chicken  	9.95
Diced chicken cooked in spices, herbs, tomatoes and capsicums served on tawa pan	
Butter Chicken 	9.95
Boneless chicken cooked in the clay oven and simmered with tomatoes, cream and butter	
Tawa Bombay Mix   	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	







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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	

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Lamb Masala 	9.45
Boneless lamb simmered gently in a spicy sauce	
Lamb Rogan Josh  	9.95
Tender lamb cooked with onions, tomatoes, coriander, herbs and spices	
Karahi Lamb  	9.95
Succulent 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  	9.95
Minced lamb meat cooked in our special sauce	
Tawa Lamb  	9.95
Boneless lamb cooked in spice, herbs, tomatoes and capsicums served on tawa pan	
Lamb Rara  	9.95
Marinated minced and lamb pieces served in a special spicy sauce	
Lamb Jalfrezi  	9.95
Lamb pieces cooked with green chillies, peppers herbs and spices	




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Plain Naan	2.75
Chilli Naan  	2.95
Garlic Naan	2.95
Tandoori Roti 	2.75
Paratha  <i>Vegan Option</i>	3.45
Peshwari Naan 	3.45
Chilli Garlic Naan 	3.25

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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

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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	

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

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