



 **Sun & Sand**

Est. 1989

Dining Menu





Next time, make it even easier.
Reserve a table, order a takeaway or get your favourite food
delivered to your home or work by visiting our website.

sunandsandlounge.com

Vegetarian Starters

Vegetable Samosa (vg) 6.95 Golden triangular pastry filled with spiced vegetables, deep fried to crispy perfection.	Chilli Chips (vg, xh) 10.95 Golden potato chips tossed in a bold, spicy blend of sauces and seasonings, delivering a flavourful, mouth watering kick.
Jalapeños 8.95 Golden fried jalapeños stuffed with creamy cheese, wrapped in a light batter for a fiery, savoury crunch.	Chilli Paneer (h) 12.95 Paneer cubes in a spicy soy garlic sauce with peppers and chillies, finished with fresh spring onions.
Crispy Bhajia (vg) 8.95 Thinly sliced potatoes, coated in seasoned gram flour and fried until golden, served with chilli sauce.	Paneer Tikka Shashlik (t) 12.95 Succulent paneer marinated in aromatic spices, skewered, and grilled in a clay oven for a smoky flavour.
Onion Bhajia (vg, xh) 8.95 Crispy onion fritters spiced to perfection, dipped in gram flour batter and fried to golden crunchiness.	Tandoori Mushrooms (h, t) 11.95 Tender mushrooms marinated in ginger, garlic, pepper, and chillies, roasted in a clay oven with a hint of yoghurt.
Samosa Chaat 9.95 Crispy samosa chunks topped with tangy chutneys, creamy yoghurt, and spices for a burst of flavour in every bite.	Chilli Garlic Mushrooms (vg, h) 11.95 Golden fried mushrooms in a spicy garlic pepper soy sauce, garnished with crisp spring onions.
Crispy Corn 9.95 Crispy, golden sweetcorn kernels, seasoned and fried to irresistible crunchiness.	Achari Soya Tikka (h) 12.95 Tender soya chunks marinated in tangy achari spices and roasted to perfection.
Garlic Mogo (vg) 9.95 Cassava wedges tossed with aromatic garlic and our chef's secret seasoning for an irresistible kick.	Chilli Soya (vg, xh) 12.95 Spicy soya chunks tossed in a bold soy garlic sauce with chillies and fresh peppers, topped with spring onions.
Mogo Masala (vg, h) 9.95 Golden cassava, coated in a bold and spicy masala sauce.	

n - Contains Nuts **vg** - Vegan **vgo** - Vegan Option **h** - Hot **xh** - Extra Hot **t** - Tandoor dishes may take longer to cook
Allergy Notice: Our food may contain allergens. Please inform a team member before ordering.

Meat Starters

Lamb Samosa

6.95

Golden, crisp pastry pockets filled with a rich blend of spiced minced lamb, peas, and potatoes, fried to irresistible perfection.

Mixed Grill (t)

22.95

A sharing platter of 2 lamb chops, 2 seekh kebabs, 2 tandoori chicken pieces, 3 chicken tikka, and 3 tandoori wings. Marinated in aromatic tandoori spices and grilled in the clay oven for a medley of smoky, tender flavours, served on a bed of sizzling onions.

Chilli Wings (xh)

10.95

Crispy chicken wings marinated in cornflour, fiery red chilli, and a hint of lemon, deep fried for a zesty, spicy bite.

Tandoori Chicken (t)

10.95

Succulent breast and leg pieces marinated in our chef's unique blend of herbs and spices, grilled to perfection in the clay oven.

Seekh Kebab (t)

10.95

Minced lamb mixed with green chillies, garlic, ginger, herbs, and spices, cooked in the clay oven and served on a bed of sizzling onions.

Lamb Chops (t)

13.95

Tender lamb chops marinated in a special blend of herbs and spices, grilled in the clay oven to juicy perfection.

Chicken Tikka (t)

10.95

Diced chicken marinated in tandoori herbs and spices, then cooked in the clay oven for a burst of flavour.

Tandoori Chicken Wings (h, t)

10.95

Juicy wings marinated in signature herbs and spices, clay oven-cooked for a smoky char and irresistibly tender bite.

Chilli Chicken (xh)

11.95

Crispy, golden fried boneless chicken tossed in a fiery garlic-chilli soy sauce, finished with spring onions for a bold, spicy kick.

Chicken Shashlik (h, t)

11.95

Skewered chicken pieces marinated in spices, paired with tomatoes and peppers, and cooked in the clay oven for a smoky taste.

Jeera Chicken

12.95

Boneless chicken, infused with cumin, spring onions, lemon, butter, and soy sauce for a savoury, aromatic dish.



Fish Starters

Fish Tikka (t)	12.95	Garlic Prawns	14.95
Tender salmon marinated in aromatic tandoori spices and cooked in the clay oven for a rich, smoky flavour.		Battered prawns tossed in aromatic garlic, a touch of lemon, spring onions, and coriander, creating a dry, flavour packed dish.	
Chilli Fish (h)	12.95	Tandoori Prawns (h, t)	16.95
Crispy tilapia coated in cornflour, tossed in a bold, spicy soy sauce with red and green peppers for a vibrant finish.		King prawns marinated in an exquisite blend of tandoori spices and herbs, roasted in the clay oven for a juicy, smoky taste.	
Hariyali Fish Tikka (xh, t)	14.95	Chilli Garlic Tiger Prawns (h)	22.95
Tilapia marinated in fresh mint, coriander, and aromatic spices, then clay-oven grilled for a smoky, herb-infused delight.		Crispy tiger prawns tossed in a spicy garlic-chilli sauce with a hint of lemon, served on a fresh bed of lettuce.	
Chilli Prawns (h)	14.95		
Golden battered prawns tossed in a fiery chilli sauce with a hint of lemon and soy, for a bold, tangy bite.			

Fish Curries

Fish Masala	12.95	King Prawns Masala	18.95
Tender tilapia chunks simmered in a rich, spicy sauce that bursts with bold, aromatic flavours.		Succulent king prawns cooked with ginger, chillies, and a blend of herbs and spices in a robust onion and tomato sauce.	
Fish Tikka Masala (t)	15.95		
Clay-oven-roasted salmon, marinated in tandoori spices, gently simmered in a rich tomato, onion, and pepper sauce for an indulgent, melt-in-your-mouth experience.			

n - Contains Nuts **vg** - Vegan **vgo** - Vegan Option **h** - Hot **xh** - Extra Hot **t** - Tandoor dishes may take longer to cook
Allergy Notice: Our food may contain allergens. Please inform a team member before ordering.

Vegetarian Curries

Bombay Aloo (vg, h)	9.95	Saag Curry (vgo)	9.95
Soft potato cubes simmered in a medley of herbs and spices for a comforting, flavourful experience.		Chopped spinach in a rich tomato, cream, and butter sauce, full of vibrant flavours.	
Chana Masala (vg, h)	9.95	Paneer Makhni (n)	12.95
Chickpeas cooked in traditional spices for a hearty, rich, and aromatic dish.		Marinated paneer in a sweet and tangy tomato butter sauce, delivering a rich, creamy delight.	
Tadka Daal (vg)	10.95	Paneer Tikka Masala (n, t)	12.95
A trio of lentils tempered with crushed garlic, cumin, ginger, and chillies for a fragrant and hearty dish.		Tandoori grilled paneer in a creamy tomato, onion, and capsicum sauce with a blend of warming spices.	
Daal Makhani	10.95	Karahi Paneer (h)	12.95
Rich black lentils simmered with cream, tomatoes, and a blend of ginger, garlic, herbs, and spices.		Paneer cooked in a bold, spicy sauce with peppers, onions, and green chillies for a vibrant, savoury dish.	
Tawa Mixed Vegetables (vgo, h)	11.95	Soya "Not-Lamb" Keema (vgo, h)	12.95
Seasonal vegetables cooked on a tawa with herbs and spices for a flavourful, rustic dish.		Soya mince simmered in an aromatic tomato, ginger, and garlic sauce, delivering a rich, satisfying taste.	
Orzo	10.95	Soya "Not-Chicken" Karahi (vgo, h)	12.95
Minced aubergine simmered in a thick, aromatic sauce for a unique and flavourful experience.		Soya pieces cooked in a spicy tomato-based sauce with peppers, onions, and green chillies.	
Methi Corn (vgo)	9.95	Egg Curry (h)	11.95
Sweetcorn kernels cooked in a creamy tomato and butter sauce, flavoured with chillies and fenugreek leaves.		Boiled eggs simmered in a rich, spiced gravy, offering a comforting and hearty dish.	



Chicken Curries

Saag Chicken

12.95

Tender boneless chicken simmered in a rich tomato, cream, and butter sauce with spinach, onions, garlic, and a hint of ginger.

Chicken Masala

11.95

Juicy chicken pieces cooked with aromatic ginger, garlic, chillies, herbs, spices, onions, and tomatoes for a flavourful, hearty dish.

Chicken Jalfrezi *(xh)*

12.95

Spicy chicken dish cooked with green chillies, peppers, and a robust blend of herbs and spices for a bold and zesty flavour.

Chicken Tikka Masala *(n, t)*

13.95

Clay-oven-cooked boneless chicken in a mildly spiced, creamy tomato sauce for a perfect balance of smoky and rich flavours.

Chicken Tikka Jalfrezi *(xh, t)*

13.95

Tender, clay-oven-roasted chicken in a spicy sauce with green chillies, peppers, and a fragrant blend of herbs and spices.

Chicken Korma *(n)*

12.95

Delicate boneless chicken in a creamy sauce with nuts and mild spices, offering a rich and subtly sweet flavour.

Methi Chicken

12.95

Boneless chicken simmered with freshly chopped fenugreek leaves, butter, and aromatic herbs for a delightful, savoury dish.

Karahi Chicken *(h)*

12.95

Diced chicken pieces cooked in a spiced sauce with tomatoes, onions, herbs, and capsicums for a bold and rustic flavour.

Tawa Chicken *(h)*

13.95

Spiced chicken pieces with tomatoes, herbs, onions, and capsicums, cooked and served on a tawa pan for a rich, sizzling experience.

Butter Chicken *(t)*

13.95

Juicy, clay-oven-roasted boneless chicken simmered in a creamy, buttery tomato sauce for an indulgent, melt-in-your-mouth delight.

Tawa Bombay Mix *(h, t)*

16.95

A hearty mix of chicken, tender lamb, chicken tikka, and seekh kebab pan-fried with ginger and garlic, then cooked with fresh coriander. Finished with green and red peppers in a thick, flavourful sauce and served sizzling on a tawa pan.

n - Contains Nuts **vg** - Vegan **vgO** - Vegan Option **h** - Hot **xh** - Extra Hot **t** - Tandoor dishes may take longer to cook

Allergy Notice: Our food may contain allergens. Please inform a team member before ordering.

Lamb Curries

Lamb Masala (h)	13.95	Lamb Keema	13.95
Boneless lamb simmered in a rich, spicy sauce, delivering deep, aromatic flavours		Minced lamb cooked in a special, flavourful sauce for a hearty, spiced dish.	
Lamb Rogan Josh (xh)	13.95	Tawa Lamb (h)	13.95
Tender lamb infused with onions, tomatoes, coriander, and a blend of aromatic herbs and spices for a classic, hearty dish.		Boneless lamb cooked with spices, herbs, tomatoes, and capsicums, served sizzling on a tawa pan for an irresistible finish.	
Karahi Lamb (h)	13.95	Lamb Rara (h)	13.95
Succulent lamb cubes cooked in a traditional karahi with green peppers, onions, and chillies, creating a bold, spicy delight.		Marinated lamb mince and chunks cooked in a special, spicy sauce, offering a rich, bold flavour profile.	
Saag Lamb	13.95	Lamb Jalfrezi (h)	13.95
Boneless lamb simmered with spinach in a rich tomato, cream, and butter sauce, seasoned with onions, garlic, and ginger.		Tender lamb pieces tossed with green chillies, peppers, herbs, and spices for a fiery, vibrant dish.	

Biryani

Vegetable Biryani (n, vgo)	12.95	Chicken Tikka Biryani (n, t)	14.95
Aromatic rice cooked with spiced vegetables, herbs, and a blend of spices, served with refreshing cucumber raita for a perfect pairing.		Succulent tandoori chicken mixed with aromatic rice, spices, and herbs, creating a delightful blend, served with cucumber raita.	
Chicken Biryani (n)	13.95	Lamb Biryani (n)	14.95
Tender, spiced chicken layered with fragrant rice and a medley of herbs and spices, served alongside cool cucumber raita.		Juicy lamb simmered with fragrant rice, spices, and herbs, offering rich, bold flavours, accompanied by cucumber raita.	



Naan

Plain Naan	3.75
Chilli Naan <i>(xh)</i>	3.95
Garlic Naan	3.95
Tandoori Roti <i>(vg)</i>	3.45
Paratha <i>(vgo)</i>	4.95
Peshwari Naan <i>(n)</i>	4.95
Chilli Garlic Naan <i>(h)</i>	4.45

Rice

Steamed Rice <i>(vg)</i>	5.25
Jeera Rice <i>(vg)</i>	5.95
Pilau Rice <i>(vg)</i>	5.95
Egg Fried Rice	6.95
Mutter Rice <i>(vg)</i>	5.95
Mushroom Rice <i>(vg)</i>	5.95

Salads

Mixed Salad <i>(vg)</i>	5.50
A refreshing mix of crisp cucumber, carrot, onion, lettuce, and juicy tomato – perfect for a light, vibrant side.	
Kachumber <i>(vg)</i>	5.95
A finely chopped, mixed salad of cucumber, tomato, and onion, lightly seasoned for a burst of fresh flavors in every bite.	
Onion Salad <i>(vg)</i>	4.95
Crisp onion rings paired with green chillies and fresh lemon wedges, adding a zesty, spicy kick to your meal.	

Sides & Snacks

Fried Papadam <i>(vg)</i>	1.25
Roasted Papadam <i>(vg)</i>	1.25
Masala Papadam <i>(vg)</i>	2.45
Crispy Bombay Mix <i>(n, vg)</i>	7.95
Plain Yoghurt	3.95
Cucumber Raita	4.95
French Fries <i>(vg)</i>	6.95

n - Contains Nuts **vg** - Vegan **vgo** - Vegan Option **h** - Hot **xh** - Extra Hot **t** - Tandoor dishes may take longer to cook
Allergy Notice: Our food may contain allergens. Please inform a team member before ordering.

Desserts

Passion & Mango Cheesecake

8.95

A luscious, creamy cheesecake infused with tropical passion fruit and mango, on a buttery biscuit base. A delightful balance of sweet and tangy flavours.

Rose & Lychee Cheesecake

8.95

A delicate fusion of fragrant rose and juicy lychee, layered in a creamy cheesecake on a buttery biscuit base. A floral, exotic indulgence.

Gulab Jamun

7.95

Soft, melt-in-your-mouth milk dumplings soaked in fragrant rose-infused syrup, served warm for a rich, indulgent treat.

Gajjar Halwa (n)

7.95

A rich and aromatic dessert made with slow cooked grated carrots, simmered in milk, sugar, and ghee, infused with cardamom and garnished with nuts.

Rasmalai (n)

7.95

Soft, flattened cheese dumplings soaked in sweetened milk, delicately scented with cardamom and saffron for a rich, aromatic indulgence.

Vanilla Faluda (n)

7.95

A luxurious blend of silky vermicelli, basil seeds, rose syrup, and chilled milk, topped with vanilla ice cream for a creamy, refreshing treat.

Kulfi (n)

7.95

Traditional Indian dairy ice cream made with fresh cream. Available in Almond, Malai, Pistachio & Mango flavours.

Matka Kulfi (n)

8.95

Pistachio kulfi served in a traditional ceramic matka clay pot containing saffron sauce, almond and pistachio nuts.

Ice Cream

6.95

Available in vanilla, chocolate and strawberry flavours.

Tea by teapigs

Chai Tea

3.95

Chamomile

3.95

Darjeeling Earl Grey

3.95

Lemon & Ginger

4.45

Fresh Mint Tea

6.95

Coffee

Espresso

2.95

Double Espresso

4.95

Americano

4.95

Café Latte

5.45

n - Contains Nuts **vg** - Vegan **vgo** - Vegan Option **h** - Hot **xh** - Extra Hot **t** - Tandoor dishes may take longer to cook

Allergy Notice: Our food may contain allergens. Please inform a team member before ordering.



Important Allergy Information

We take allergens seriously and provide full details upon request. As our kitchen handles multiple allergens and does not have designated allergen-free zones, cross-contamination is possible, and we cannot guarantee any dish is completely allergen-free. If you have an allergy, please inform a team member before ordering, even if you've had the dish before. Some allergies may not be accommodated, and modified versions of dishes may not be possible. All items may contain trace nuts.

For detailed allergen information, please ask a team member or visit:
sunandsandlounge.com/allergens



Next time, make it even easier.
Reserve a table, order a takeaway or get your favourite food
delivered to your home or work by visiting our website.

the perfect
place to meet
in Finchley

Sun & Sand Lounge

16-18 Hendon Lane, Finchley, London N3 1TR
020 8346 0580
info@sunandsandlounge.com

sunandsandlounge.com