



AMRUTHA SELECTIONS

At Amrutha Lounge, we believe that the best way to enjoy food is to share it with your friends, family and loved ones. To encourage this, we recommend you try one of our Amrutha Selections.

The food is served tapas style and unlimited refills mean your bowls will be topped up as many times as you like. Just ask one of our hosts and we'll keep the delicious food coming!

Collectively as a table, choose from one of the set menus below and we'll do the rest.

The Original Selection - £18 per person

Buddha curry (chickpea, lentil and coconut dahl)
Caribbean curry
Fluffy basmati rice
Sesame slaw
Chinese salad
Crispy Pakora (with homemade peanut satay and sweet chilli sauces)
Coconut and tamarind chutney
Sautéed Mung Bean Sprouts
Cashew Cheese

Selection Grandé - £24 per person

Buddha curry (chickpea, lentil and coconut dahl)
Caribbean curry
Fluffy basmati rice
Sesame slaw
Chinese salad
Crispy Pakora (with homemade peanut satay and sweet chilli sauces)
Coconut and tamarind chutney
Sautéed Mung Bean Sprouts
Cashew Cheese
Beet Gazpacho
Kale Salad
Quinoa and Lentil Falafels

IF YOU HAVE ANY ALLERGIES OR INTOLERANCES, PLEASE LET ONE OF US KNOW, SO THAT WE CAN

ACCOMMODATE ACCORDINGLY 😊

Amrutha Lounge

Starters and Sides

Beet Gazpacho **£5**
Spicy, sweet and creamy, our beetroot and coconut soup has as many tastes as you can imagine! Gazpacho is a cold soup; ours is completely smooth and topped with a silky cashew cream.

Kale Salad **£5**
We break apart and massage kale into a creamy orange dressing. It is then garnished with figs, sunflower seeds and goji berries. We are always experimenting with our garnishes to create the perfect dish!

Crispy Pakoras **£5**
Mushroom, aubergine and broccoli are coated in a golden batter with onion seeds and a mix of spices. Fried to perfection, these are served with our home-made peanut satay and sweet chilli sauces.

Quinoa and Lentil Falafels **£5**
Crispy spiced falafel balls served with a sweet and spicy ginger and five-spice sauce.

Mains

Buddha Box **£13.50**
Our version of a traditional dahl, this is a mild and creamy dish. The chickpea, lentil and coconut curry is served with fluffy white rice, beetroot and sesame slaw, crunchy Asian salad as well as our crispy pakoras and a coconut and tamarind chutney.

Caribbean Box **£13.50**
A spicy and sweet Caribbean curry with brown lentils, black beans, fava beans, sweet potatoes and scotch bonnet chillies. It is served with fluffy rice, Chinese salad, and crispy pakoras. If you love heat in your curry, this is the one for you.

Noodle Stir-Fry **£13.50**
Fresh wheat noodles stir-fried with roasted mushrooms, broccoli, spinach and chilli. Garnished with a crunchy peanut sauce, sesame seeds and fresh herbs, each dish is made to order so we can adapt it to your tastes. If you don't like any of the ingredients or would like the spice levels adjusted, just let us know!

Annie's Soul Bowl **£13.50**
Fresh and hearty – kale salad, sautéed mung bean sprouts, cashew cheese, sesame slaw, Asian salad, quinoa and lentil falafels and cherry tomatoes, all surrounding a tasting pot of our beetroot gazpacho.

If you'd like some extra heat to go with your meal, just let us know and we'll bring some fresh chilli out to you.

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