

● ALOO JEERA V	£3.95
Potatoes tossed in cumin, onions, tomatoes and fresh coriander.	
● SAAG KHUMB V M	£3.95
Leaf spinach and mushroom sautéed in butter with spices and ginger.	
● SAAG ALOO V M	£3.95
Potatoes cooked with tempered spinach and spices.	
● DAL TADKA V	£3.95
Yellow lentils tempered with garlic and cumin.	
● THORAN V	£3.95
Handpicked seasonal vegetables stir-fried with coconut and tempered with mustard and curry leaves.	
● BHINDI MASALA V M	£3.95
Okra with onion, tomato and ginger.	
● RAITA V M	£2.50
Natural yoghurt with a touch of roasted cumin.	
● POPPADUMS V M	£3.00
Served with homemade pickles.	

STEAMED RICE V	£3.00
PILAU RICE V M	£3.25
COCONUT RICE V	£3.25
ROTI V W	£2.25
NAAN V W M E	£2.25
PESHWARI NAAN V W M N E	£2.50
LAMB NAAN W M E	£2.75
GARLIC NAAN V W M E	£2.50
CHILLI CORIANDER NAAN V W M E	£2.50
FIG AND CORIANDER NAAN V W M E	£2.50

Please note: Our food might contain traces of nuts. If you have any food allergies or special dietary requirements please speak to a member of staff.

DRINKS

HOUSE WINE (WHITE/RED/ROSE)	£14.00
COBRA (660 ML)	£4.50
COBRA (330 ML)	£2.45
KINGFISHER (660 ML)	£4.50
KINGFISHER (330 ML)	£2.45
COCA COLA (330 ML)	£1.60
DIET COKE (330 ML)	£1.60
SPRITE (330 ML)	£1.60

MINT GIFT VOUCHERS



As one of the most awarded UK indian restaurants, a gift voucher from Mint and Mustard makes the perfect present for the foodie in your life or as a thank you for a valued client.

Gift vouchers can be purchased for meals at any of our restaurants. Please ask a member of staff for details.

COOKERY EXPERIENCES



Discover the art of cooking award-winning Mint and Mustard dishes for yourself, by joining our chef at one of his inspirational fine dining Master Classes -and enjoy an inclusive three-course meal!

For further details, visit www.mintandmustard.com

To book, call us (02920 700 500), or email us (penarth@mintandmustard.com)

ALSO IN: CARDIFF • TAUNTON • CHEPSTOW

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Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.

PLEASE NOTE THAT all our food is freshly cooked from order, and during peak hours there may be a slight delay, but all efforts will be made to deliver your order at the earliest possible time.

AWARD WINNING INDIAN CUISINE

BROUGHT TO YOUR DOOR



MINT AND MUSTARD

REDEFINING INDIAN CUISINE

02920 700 500

33-34 Windsor Terrace, Penarth CF64 1AB

www.mintandmustard.com/penarthpenarth@mintandmustard.com

ALSO IN: CARDIFF • TAUNTON • CHEPSTOW

FREE COLLECTION

Monday - Thursday: 12:00pm - 2:00pm & 5:00pm - 11:00pm

Friday - Sunday: 12:00pm - 11:00pm

FREE DELIVERY

Free delivery on orders above £25, within a 5 mile radius. For orders less than £25, there will be a delivery charge of £2, within a 5 mile radius.

Delivery times: 6pm - 10:30pm

● Mild ● Medium ● Hot

✓ Vegetarian

W Wheat Present

M Milk Present

N Nuts Present

F Fish Present

C Crustaceans Present

E Eggs Present

STARTERS

- **ONION PALAK PAKORA** ✓ £3.95
A homemade crunchy snack with fritters of finely chopped shredded spinach, onion and water chestnuts.
- **PATTICE OF THE DAY** W E £3.95
A delightful mix of grated vegetables and herbs crumbed and shallow fried.
- **PANEER TIKKA** M £4.95
Indian cottage cheese in a subtle flavour and yoghurt marinade, grilled to perfection in the tandoor.

- **PUNJABI SAMOSA** ✓ W M £4.25
Spiced mashed potatoes wrapped in plain flour tringle pastry.
- **SEEKH KEBAB** £4.95
Ground lamb crusted with bell peppers and grilled in the tandoor.
- **CHICKEN TIKKA** M £4.95
Tender chicken morsels marinated in fenugreek, garlic and yoghurt and cooked to perfection in clay oven.

- **SPICE CRUSTED LAMB TIKKA** M £4.95
Home ground spice and herb marinated lamb, cooked to perfection in the tandoor. (Dairy free on request)
- **KERALAN TIGER PRAWNS** C £5.95
Marinated in a paste of curry leaves, red chillies and garlic.

MINT AND MUSTARD SPECIALS

- **VEGETABLE MANGO CURRY** ✓ £6.95
Vegetables cooked with baby raw mango, ginger, spices and coconut milk.
- **SAAG PANEER** ✓ M £6.95
Cottage cheese cooked with tempered spinach and spices.
- **SUBZ KADAI** ✓ M N £6.95
Seasonal vegetables cooked in coconut, tomato and the Chef's unique home ground masala.
- **FIVE SPICED PANEER MASALA** ✓ M N £6.95
Indian cottage cheese, simmered in rich tomato sauce, flavoured with fenugreek leaves.
- **VEGETABLE BIRYANI** ✓ £8.95
Malabar style vegetable biryani with fragrant spices, served with curry sauce or raita.
- **MALABAR BIRYANI** M C £10.95
Meat cooked in dum with aromatic spices and basmati rice. Served with raita or curry sauce. Choice of chicken, lamb or prawn.

- **NADAN CHICKEN CURRY** £8.95
Delicious Kerala chicken curry with coconut milk, tomatoes and spices.
- **DHABA MURGH** M N £9.95
Chicken cooked with fine garlic, ginger, coriander and aromatic spices. Very popular in roadside diners.
- **LAMB SHANK** M £11.95
Very tender slowly cooked shank of lamb cooked in its own juices and aromatic spices of Northern Kerala.
- **SYRIAN BEEF CURRY** £9.95
A spicy preparation from the Syrian Christians of Kerala: a perfect combination of spices and flavours.
- **MANGO PRAWN CURRY** C £10.95
Tiger prawns simmered in fennel, coconut and raw mango sauce.
- **ALLEPPEY FISH CURRY** F £10.95
A staple curry in every house hold in Kerala. Swordfish simmered in fennel, raw mango with coconut milk.

- **ALLEPPEY PRAWN CURRY** C £10.95
Tiger prawn in a smooth clever blend of raw mango and ginger with coconut milk.
- **M & M SALMON** M F £10.95
Salmon steak marinated with honey dill leaves and spices finished in the tandoor.
- **TANDOORI KING PRAWNS** M C £12.50
Prawns marinated in fresh coriander and grilled in the tandoor.
- **CHARMINAR KEBAB PLATTER** M F C £12.95
A combination of Tandoori King prawns, salmon, chicken tikka, sheekh kebab and lamb tikka.
- **TANDOORI CHICKEN** M £10.95
One of the most popular dishes, originated in 1920, in Peshawar: Chicken on the bone marinated in yoghurt, lemon juice and hand picked spice.

CLASSICS

- **PANEER MAKHANI** ✓ M £6.95
Indian cottage cheese steeped in rich tomato sauce flavoured with fenugreek.
- **VEGETABLE KHORMA** ✓ M N £6.95
Vegetable simmered in a creamy sauce of cashew nuts, coconut and flavoured with fresh coriander.
- **CHICKEN KHORMA** M N £8.95
Chicken simmered in a creamy sauce of cashew nuts, coconut and flavoured with fresh coriander.

- **LAMB KHORMA** M N £8.95
Lamb simmered in a creamy sauce of cashew nuts, coconut and flavoured with fresh coriander.
- **CHICKEN TIKKA MASALA** M N £8.95
Our own exclusive recipe of chicken tikka in turmeric, yoghurt and spices.
- **CHICKEN MAKHANI** M N £8.95
Tandoori chicken simmered in a rich tomato sauce flavoured with fenugreek.

- **SAAG GOSHT** M £9.95
Slow braised lamb and leaf spinach tossed with garlic, cumin and roasted fenugreek leaves.
- **LAMB ROGAN JOSH** £9.95
Rogan Josh is one of the signature lamb dishes from the magnificent state of Kashmir. Brimming with flavours of fennel, ginger and marked by the striking red hue from the Kashmiri chilies.

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