

# MINT AND MUSTARD MENU

Food and wine pairing is available via our Tasting Menus.

If you have any food allergies or special dietary requirements, please speak to a member of our staff.

**G** Wheat Present **D** Dairy Present **N** Nuts Present **V** Vegetarian **F** Fish Present **C** Crustaceans Present **E** Eggs Present **●** Hot **●** Medium **●** Mild

25% OFF  
on food at  
Lunch time  
\*

## Lunch Thali

\*Discount not applicable

### VEGETABLE THALI

£9.95  
This Thali includes 2 Vegetarian dishes, Dal, Raita, pickles, mini pappads, rice and Naan.

### LAMB THALI

£9.95  
This Thali includes 1 Lamb dish, Dal, Raita, pickles, mini pappads, rice and Naan.

### CHICKEN THALI

£9.95  
This Thali includes 1 Chicken dish, Dal, Raita, pickles, mini pappads, rice and Naan.

### FISH THALI

£9.95  
This Thali includes 1 Fish dish, Dal, Raita, pickles, mini pappads, rice and Naan.

Optional upgrade to Special Thali £11.95. This Thali includes 1 piece of Onion Pakora and an additional Prawn or Vegetable dish.

## Starters

- ONION PALAK PAKORA** **V** £5.50  
Homemade crunchy snack with fritters of finely shredded spinach, onion and water chestnuts.
- BOMBAY CHAAT** **G D V** £4.95  
Popular vegetarian melt-in-mouth snack with yoghurt, topped with homemade chutneys and gram flour vermicelli.
- SAFFRON PANEER TIKKA** **D V** £6.25  
Indian cottage cheese marinated with distinct flavours, grilled to perfection in the tandoor.

- EXOTICS OF CHICKEN** **D** £6.95  
A display of Tandoori skills with chicken in exclusive distinct flavours of Kashmiri chilli, star anise and fresh basil.
- SPICE CRUSTED LAMB TIKKA** **D** £7.25  
Southern spiced lamb morsels cooked to perfection in the tandoor.
- LAMB SEEKH KEBAB** **D** £6.95  
Ground Lamb crusted with bell peppers, hand picked chef's spices and grilled in the tandoor.

- KERALAN TIGER PRAWNS** **C** £8.75  
Tiger prawns marinated in a paste of kashmiri chillies, turmeric and deep fried... a simple & flavoursome delicacy.
- SCALLOP THENGAPAL** **D** £7.95  
Hand dived Scottish scallops simmered in lemon zest flavoured coconut milk.
- CRAB PORICHATHU** **G** £8.75  
Soft shell crab marinated with our Chef's exclusive masala and deep fried.

## Mint And Mustard Specials

- M & M KORMA** **D N**  
Korma skimmed with creamy sauce of cashew nuts and coconut, flavoured with fresh coriander.  
Chicken £10.95 | Lamb £11.50 | Vegetable £9.95
- CHICKEN TIKKA MASALA** **D N** £11.75  
Our own exclusive recipe of chicken tikka in turmeric, yoghurt and spices.
- DHABA MURGH** **D N** £12.75  
Chicken cooked with fine garlic, ginger, coriander with aromatic spices. Very popular in roadside classic diners.
- NADAN CHICKEN CURRY** £12.50  
Delicious Kerala Chicken curry with coconut milk, tomatoes and Spices.

- CHICKEN MAKHANI** **D N** £11.50  
Tandoori chicken simmered in a rich tomato sauce, flavoured with fenugreek.
- SAAG LAMB** **D** £12.75  
Slow cooked Lamb with spinach and Chef's own simple ground spices.
- MAJESTIC LAMB** £12.95  
Slow cooked Lamb, a perfect combination of spices and flavours, created in a home style cuisine.
- PONDICHERRY LAMB** £12.75  
A Spicy preparation of Lamb in a home made style from the French colony Pondicherry.
- SYRIAN BEEF CURRY** £12.95  
Spicy preparation from Syrian christians of Kerala: a perfect combination of spices and flavours.

- KOCHI PRAWN MANGO CURRY** **C** £13.95  
Tiger prawns simmered in fennel, coconut and raw mango sauce.
- MONKFISH CHATTI CURRY** **F** £13.25  
In Kerala, we still make fish or seafood curries in an earthen pot called "Meen chatti" or "Mann chatti". By cooking it in an earthen pot, it enhances the flavour of the curry.
- ALLEPPEY SWORD FISH CURRY** **F** £12.95  
Sword fish in a smooth clever blend of raw mango and ginger with coconut milk.
- M&M PAN SEARED SEA BASS** **F** £15.25  
Fresh sea bass pan seared, served on a bed of curry leaf infused mashed potatoes: in a raw mango, ginger & coconut sauce.
- MALABAR BIRYANI** **G D C** £11.75  
Under a flaky crust with fragrant spices, served with Raita. Choice of chicken, lamb, prawn or vegetable.  
(Gluten free on request).

## From The Tandoor

- TANDOORI KING PRAWNS** **D C** £17.95  
Our take on the famous Goan Kafreal: king prawns marinated in fresh coriander, grilled to perfection in the Tandoor.
- TANDOORI LAMB SHANK** **D C** £15.75  
Very tender lamb shank marinated with aromatic malabar Keralan spices slowly cooked in tandoor. Accompanied with Chef's infused potato mash, served with aromatic sauce.

- TANDOORI DILL SALMON** **D F** £14.50  
Salmon steaks marinated in dill, honey, wholegrain mustard, Kashmiri chilli, and handpicked spices: grilled in the tandoor, it's a M&M signature dish.
- CHARMINAR KABAB PLATTER** **D F C** £15.50  
A combination of king prawns, salmon, chicken tikka, seekh kebab and lamb tikka on a bed of home made chutneys.

- TANDOORI SPRING CHICKEN** **D** £12.95  
One of the most popular dishes originated in 1920 in Peshawar (North India): Chicken on the bone marinated in yoghurt, lemon juice and handpicked spices. Served with Mint sauce.
- MURGH-E-AWADH** **D N** £13.95  
Chicken breast, marinated in yoghurt and spices. Cooked in the Tandoor, and served with aromatic sauce.  
(Nuts free on Request).

## Mint And Mustard Vegetarian Specials *Main £9.75 | Side £4.95*

- VEGETABLE MANGO CURRY** **V**  
Vegetables cooked with baby raw mango, ginger, spices and finished with coconut milk.
- FIVE SPICED PANEER MASALA** **D N V**  
Indian cottage cheese, simmered in a rich tomato sauce, flavoured with fenugreek leaves.
- SUBZ KADAI** **D N V**  
Wok tossed seasonal vegetables in Kadai Chef's spices.  
(Nuts and Dairy free on Request).

- SAAG ALOO / SAAG PANEER** **D V**  
A North Indian popular dish made with spinach and potato or spinach and paneer. A Perfect dish to accompany your meal.  
(Dairy free on request).
- BHINDI MASALA** **D N V**  
Tender okra with onion, tomato, ginger and Malabar spices.  
(Nuts and Dairy free on Request).
- OLAN** **V**  
Butternut squash and cowpeas (lentil family), simmered in a delectable sauce.

- THORAN OF THE DAY** **V**  
Seasonal vegetables stir-fried with coconut and tempered with mustard and curry leaves. Please ask the waiter for the Thoran of the day.
- TARKA DAL** **D V**  
Home made style lentils tempered with garlic, cumin, onion and tomato, finished with fresh coriander.  
(Dairy free on Request).
- ALOO JEERA** **D N V**  
Baby potatoes tossed with Malabar spices and fresh coriander.  
(Nuts and dairy free on Request).

## Rice & Breads

- LEMON RICE** **V** £3.95
- STEAMED RICE** **V** £3.75
- PILAU RICE** **V** £3.95
- COCONUT RICE** **V** £3.95

- ROTI** **G V** £2.75
- NAAN** **G D V E** £2.95
- PESHWARI NAAN** **G D N V E** £3.25
- LAMB NAAN** **G D E** £3.25
- CHILLI CORIANDER NAAN** **G D V E** £3.25
- GARLIC NAAN** **G D V E** £3.25
- FIG AND FRESH CORIANDER NAAN** **G D V E** £3.25
- KERALA PARATHA** **G D V E** £3.25

- BASKET OF PAPPADOMS** **V** £3.00
- HOMEMADE PICKLES** (Dairy free on request). **D** £2.00
- FRESH TOSSED SALAD** **V** £3.50  
A tasty salad, typically comprising of carrot, onions, tomatoes and cucumbers with simple lemon dressing.
- RAITA** **D V** £3.95  
Natural yoghurt, cucumber and onion, with a touch of roasted cumin.

## White Wine

Taste Guide: Champagne, White and Rosé wines are designated numbers from 1-9, with 1 being the driest and 9 being the sweetest

**MINT AND MUSTARD SAUVIGNON BLANC RESERVA 2 (CHILE)**  
Crisp and clean, floral with citrus notes. Good fruity body with a pleasant mouthfeel.  
175ml £4.95 • 250ml £6.25 • Bottle £18.50

**PINOT GRIGIO IGT CAPRIANO 2 (ITALY)**  
An elegant bouquet with typical citrus fruit, pear, apple and delicate herbaceous aroma. Soft on the palate with well-balanced acidity and a clean, crisp finish.  
175ml £5.25 • 250ml £6.50 • Bottle £19.50

**SOUL TREE SAUVIGNON BLANC 2 (INDIA)**  
Vibrant and invigorating with notes of elderflower, pear, and green herbs. A tropical Sauvignon that breaks from the mould. Crisp, fresh, and dry on the palate.  
175ml £5.25 • 250ml £6.50 • Bottle £20.00

**LES FONCANELLES CHARDONNAY 3 (FRANCE)**  
Soft, rich, creamy Chardonnay, which is beautifully balanced by light, fresh acidity.  
175ml £5.25 • 250ml £6.50 • Bottle £22.00

**OUDE KAAP CHENIN BLANC 1 (WESTERN CAPE, SOUTH AFRICA)**  
Pale gold with a youthful green tinge. Pronounced ripe pineapple, passion fruit and melon aromas with a subtle perfumed complexity. Fruity dry entry followed by mixed tropical fruit flavours well integrated with a zesty acidity and a perky fresh finish.  
Bottle £22.00

**TAMAYA RESERVA VIOGNIER 2 (CHILE)**  
Clean and bright with floral and peach notes. With great freshness, typical of Viognier from this valley, underlined with creamy and custardy notes.  
Bottle £28.00

**KOTUKU MARLBOROUGH SAUVIGNON BLANC 2 (NEW ZEALAND)**  
Beautifully dry and crisp and brimming with exotic fruit flavours. A quality Marlborough Sauvignon Blanc.  
Bottle £27.00

**TORRES GEWURZTRAMINER 4 (CHILE)**  
Fine, full-bodied wine with classic honey-and-flowers bouquet and hints of roses, jasmine and orange blossom. A luscious, tropical fruit and perfumed character is balanced by a nice subtle bite of acidity.  
Bottle £27.00

**DR LOOSEN RIESLING 4 (GERMANY)**  
Medium-bodied, refreshing and juicy, with zippy acidity balancing bright flavours of pear, apricot, apple and lime.  
Bottle £32.00

**DOMAINE DU COLOMBIER CHABLIS 1 (FRANCE)**  
Clear, bright and light. Domaine bottled, this is an elegant wine with aromas of ripe fruit. Full-bodied and gives a classic Chablis finish.  
Bottle £36.00

## Dessert Wine

**HERMANOS TORRONTÉS LATE HARVEST 9 (ARGENTINA)**  
A refreshing dessert wine with high natural sugar due to the late harvesting of the Torrontes grape. It encompasses a perfect balance of fruit, sweetness and acidity, suitable with any dessert, or on its own to end your meal. Long Finish.  
100ml Glass £4.50 • Bottle £18.00

## Red Wine

Taste Guide: Red wines are designated letters from A-E, with A being the lightest and softest and E being the deepest and fullest

**MINT AND MUSTARD MERLOT RESERVA C (CHILE)**  
Smooth with lovely sweet plums and blackcurrant flavours. Generous with a smooth and long finish.  
175ml £4.95 • 250ml £6.25 • Bottle £18.50

**GRAN DOMINIO, CRIANZA, RIOJA C (SPAIN)**  
Rich and robust wine, with aromas of blackcurrant, cherry and vanilla. Fruity, powerful but with soft, sumptuous tannins.  
175ml £5.50 • 250ml £6.95 • Bottle £21.00

**SOUL TREE CABERNET SAUVIGNON C (INDIA)**  
An outstanding barrel aged wine from the Nasik Valley with great depth, structure and notes of cherry, black and dark chocolate in a very elegant finish. A great example of a bold and expressive red wine from India.  
175ml £5.25 • 250ml £6.50 • Bottle £20.00

**SANGIOVESE RUBICONE LA CASADA B (ITALY)**  
A light and fruity Sangiovese. A classic tart, cherry nose with underlying sweet spice. Good acidity and length.  
Bottle £21.00

**LES VERSANT PINOT NOIR B (FRANCE)**  
Wonderfully aromatic with complex notes of strawberries, raspberries and liquorice. Full of flavour with smooth and gentle tannins.  
Bottle £25.00

**CAL Y CANTO TINTO TEMPRANILLO MERLOT C (SPAIN)**  
Big and rich and filled with blueberry, plum and earthy spices. Long, juicy and velvety.  
Bottle £23.00

**FRANSCHHOEK CELLAR CABERNET SAUVIGNON D (SOUTH AFRICA)**  
Intense blackcurrants and violets on the nose. On the palate: concentrated currants and mulberry fruit flavours. The flavours of the Cabernet Sauvignon are elaborated by attractive savoury oak spice to a smooth and lingering juicy finish.  
Bottle £24.00

**P15 PICADA MALBEC D (PATAGONIA)**  
Aromas of morello cherries and plums, with a subtle hint of violet and an additional hint of vanilla, imparted by light oak-ageing.  
Bottle £26.00

**HESKETH MIDDAY SOMEWHERE SHIRAZ A (AUSTRALIA)**  
Generous and ripe, yet subtle aromas. Cherry fruits predominate with reminders of toasted oak in the background. The fruit flavours are set against gentle oak character, and are balanced neatly with natural acidity.  
Bottle £30.00

**RENIERI ROSSO DI MONTALICINO DOC D (ITALY)**  
Medium-to-full bodied and full of dried flowers and cherry fruit flavours, with good underlying minerality and nicely integrated toasty oak notes.  
Bottle £48.00

*We can't overstate how superb this food is... it's knock-your-block-off brilliant*  
- Tatler Magazine

*Keralan Cooking redefined to an exceptional standard*  
- Observer Food Monthly

## Rosé Wine

**MINT AND MUSTARD CABERNET ROSÉ 3 (CHILE)**  
Refreshing on the palate, with a crisp acidity which balances out the fresh red summer fruit flavours.  
175ml £4.95 • 250ml £6.25 • Bottle £18.50

**BUFFALO RIDGE ZINFANDEL ROSÉ 1 (CALIFORNIA, USA)**  
A smooth, refreshing and easy drinking wine with a nose of strawberries and flavours of jammy red fruits.  
175ml £5.25 • 250ml £6.50 • Bottle £20.00

## Sparkling

**PROSE CCO SPUMANTE BORG ALATO NV 1 (ITALY)**  
Pale light yellow colour with fine, delicate fruity, slightly aromatic bouquet with hints of flowers.  
Bottle £24.00

## Champagne

**CHAMPAGNE HENRIOT BRUT NV 1 (FRANCE)**  
Light house style of Champagne. Subtle citrus, toast and spice predominate this well-balanced Champagne from this family-run house.  
Bottle £35.95

**LAURENT PERRIER BRUT NV 1 (FRANCE)**  
Fresh and supple upon entry with rounded and expressive flavours from which fruit progressively emerges. Good balance and length.  
Bottle £52.95

## Spirits 25ml

Absolut Vodka	£2.95
Bombay Sapphire	£3.25
Bacardi White Rum	£2.95
Captain Morgan Dark Rum	£2.95
The Famous Grouse	£2.95
Jameson Irish Whisky	£3.00
Jack Daniels	£3.00
JW Black	£3.00
Glenfiddich Single Malt	£3.50
Glenmorangie	£3.50
Talisker 10 Yr Old	£3.50
Oban	£4.00
Courvoisier VS	£3.00
Martell VS	£3.00
Remy Martin VSOP	£4.00
Please Add 99p For A Mixer	

## Bottled Beer And Cider

King Cobra 750ml	£8.95
Kingfisher Beer 650ml	£5.50
Cobra Beer 330ml	£3.50
Cobra (Draught) Half Pint	£2.50
Cobra (Draught) Pint	£4.75
Cobra Non Alcohol 330ml	£3.50
Chai Street Indian Pale Ale 500ml	£4.00
Cider Bottle 500ml	£4.00

## Soft Drinks

Coca Cola / Diet Coke / Sprite	£2.50 / £3.50 (Pint)
Soda / Tonic Water	£2.00 / £2.95
Fruit Juice	£2.50 / £3.50 (Pint)
Orange/pineapple/apple/mango	
Mango Lassi	£3.50
Still Or Sparkling Water (Large)	£3.50

## CARDIFF | TAUNTON | PENARTH | CHEPSTOW

Please Note - An optional service charge of 10% will be added on to groups of 6 or more

## Aperitifs 50ml

Martini Dry	£3.00
Martini Rosso	£3.00
Cinzano Bianco	£3.00
Pernod	£3.00
Campari	£3.00
Port	£3.00

## Awards

