



# Indian Cooking and Culture

Food, family, devotion and community. The meaning of these words are intertwined in the vast cultural tapestry of India.

In Indian life, among friends and in community gatherings, food is an indispensable part of socializing and an important aspect of any festivity. Food is given and accepted with an attitude of mutual appreciation. It establishes the concept of graceful give and take, and all other social interactions can be modeled upon it.

Perhaps the best way to bring the nations of the world into harmony would be to spread a dinner table that spans the globe. It would be a wonderful sight, all those different foods, cooked to perfection, with a rainbow of colors and a myriad of pleasing, tempting aromas, being shared in joy and gratitude by all the people of the world – and no reserved seating. Each one of us can start right now, in our own home, by trying foods of other lands and by sharing the recipes and experience of other peoples to forge this eternal link of body and soul – the grace of God through the gift of food.

by BIBIJI INDERJIT KAUR





# India Garden

Two Great Locations

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Indianapolis, Indiana 46204  
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830 Broadripple Ave.  
Indianapolis, Indiana 46220  
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## Appetizers

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| <p>1. Vegetable Samosa (2 pieces) . . . . . 2.95<br/>Crisp turnovers filled with potatoes and peas</p> <p>2. Vegetable Pakora (6 pieces) . . . . . 3.95<br/>Fritters stuffed with assorted vegetables</p> <p>3. Chicken Pakora (5 pieces) . . . . . 4.95<br/>Delicately spiced and deep fried chicken fritters</p> <p>4. Onion Bhaji . . . . . 2.95<br/>Freshly cut onions, dipped in chic peas batter mix, tempered with spices and fried</p> | <p>5. Panir Pakora (5 pieces) . . . . . 3.95<br/>Pieces of homemade cheese, dipped in chic peas batter and fried</p> <p>6. Garden Choice . . . . . 8.95<br/>Chicken Tikka, Seekh Kabaab, Samosa, Vegetable Pakora and Panir Pakora</p> <p>7. Vegetarian Platter . . . . . 7.95<br/>Assorted vegetable appetizers.</p> |
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## Soups

8. Chicken Soup . . . . . 2.95  
Delicately spiced chicken
9. Lentil Soup . . . . . 2.95  
A traditional vegetable soup with lentils delicately spiced

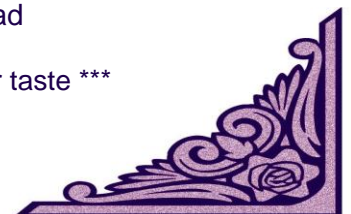
## Condiments

10. Papadam . . . . . 1.50  
A crisp lentil wafer
11. Garden Salad . . . . . 1.95  
Tomatoes, lettuce, onions and cucumbers with fine herbs and lemon juice
12. Raita . . . . . 1.50  
Cool homemade yogurt with grated cucumbers, carrots and mint leaves
13. Indian Pickle . . . . . .95  
Hot and spicy mixed Indian pickles
14. Mango Chutney . . . . . 1.50  
Sweet and spicy pickles from India

## Breads

15. Tandoori Roti (Chapati) . . . . . 1.95  
Plain whole wheat bread baked in our clay oven
16. Naan . . . . . 1.95  
The traditional white flour bread, baked in our clay oven
17. Garlic Naan . . . . . 2.95  
Tandoori naan topped off with seasoned garlic
18. Paneer Naan . . . . . 2.95  
Tandoori naan stuffed with homemade cheese
19. Keema Naan . . . . . 2.95  
Rich and delicious unleavened bread stuffed with minced meat and onions
20. Pratha . . . . . 2.75  
Unleavened layered whole wheat bread topped with melted butter
21. Aloo Pratha . . . . . 2.95  
Pratha bread stuffed with mildly spiced potatoes
22. Onion Kulcha . . . . . 2.95  
Unleavened bread, stuffed generously with crushed onion
23. Garden Special Bread . . . . . 2.95  
White flour bread stuffed with delicately spiced chicken, onions and homemade cheese
24. Poori (2 pieces) . . . . . 2.95  
Deep fried puffed light bread

\*\*\* "Spicy Does Not Mean Hot" – We will be happy to alter our spices to your taste \*\*\*





## Garden Choice

86. Vegetarian Thali ..... 15.95  
Start with a vegetarian appetizer, then enjoy two vegetarian dishes (Mixed Vegetables and Palak Paneer) with long grain rice, a Naan garnished with Dal Makhni, Raita, then top it off with the Dessert of the Day and Indian Tea or Coffee for the perfect Indian repast.
87. Non-Vegetarian Thali..... 16.95  
Start with a non-vegetarian appetizer, then enjoy Chicken Curry and Lamb Curry or Tandoori Chicken with long grain Basmati rice, a Naan, Dal Makhni, Raita and Chutney, and top it off with the Dessert of the Day and Tea or Coffee.
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## Desserts

88. Kulfi..... 2.95  
An authentic Indian ice cream made with milk and nuts
88. Gulab Jamun.....2.95  
Juicy milk balls dipped in honey syrup
90. Rasmalai ..... 2.95  
Homemade cheese balls sweetened in milk and flavored with rose water and nuts
91. Mango Ice Cream ..... 2.95  
Mango-flavored ice cream
92. Kheer (Rice Pudding) ..... 2.50  
Long grain Basmati rice in thick milk with almonds, nuts, topped with pistachio
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## Beverages

93. Coffee (free refill) .....1.95
94. Indian Tea .....1.95  
Made with Indian spices and milk
95. Iced Tea (free refill) ..... 1.95
96. Soda (free refill) .....1.95  
Coke, Diet Coke, Sprite, Lemonade, Minute Maid
97. Mango Juice ..... 2.95
98. Mango Milk Shake..... 2.95
99. Mango Lassi ..... 2.95
- 100.Lassi (sweet, salted or plain).....2.95  
Refreshing drink made with homemade yogurt and flavored with rose water
- 101.Milk .....1.25

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## Seafood Delicacies continued

39. Fish Masala ..... 14.95  
Fish cubes cooked in tomatoes and creamy sauce
40. Lobster Curry ..... 20.95  
Lobster cooked in a light gravy with freshly ground spices
41. Lobster Vindaloo ..... 20.95  
Lobster and potatoes cooked in a hot and tangy curry sauce
42. Lobster Malabar ..... 20.95  
Lobster cooked with fresh tomatoes in a mild sauce
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## Chicken Selections

Served with long grain Basmati rice

43. Chicken Curry ..... 12.95  
Chicken cooked in a light gravy with freshly ground spices
44. Chicken Tikka Masala ..... 12.95  
Oven-baked diced chicken cooked in a creamy sauce with fresh tomatoes and oriental spices
45. Chicken Makhni ..... 12.95  
Boneless pieces of Tandoori chicken cooked in oriental spices with tomato gravy and butter
46. Chicken Palak ..... 12.95  
Chicken cooked in spinach with mild spices
47. Chicken Vindaloo ..... 12.95  
Chicken pieces and potatoes cooked in hot and tangy curry sauce
48. Chicken Shahi Korma ..... 12.95  
Boneless supreme of chicken, cooked in creamy sauce with a selection of mild spices and sprinkled with nuts
49. Chicken Krahi ..... 12.95  
Boneless chicken sauteed with ginger, onions, fresh tomatoes and spices
50. Chicken Madras ..... 12.95  
Boneless chicken cooked with fresh tomatoes and onions in a fiery hot sauce with coconut powder
51. Chicken Do-Piazza ..... 12.95  
Tender pieces of chicken cooked with shredded onions and spices
52. Chicken Chili ..... 12.95  
Boneless chicken pieces simmered in tomato sauce with seasoned bell pepper and shredded onions
53. Chicken Jalpharezi ..... 12.95  
Tender pieces of chicken cooked with mixed vegetables

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## Lamb Delights

Served with long grain Basmati rice

54. Lamb Curry ..... 14.95  
Lamb cubes cooked in freshly ground spices in onion and tomato gravy
55. Lamb Palak ..... 14.95  
Pieces of lamb cooked in delicate spices and creamed spinach
56. Lamb Vindaloo..... 14.95  
Highly spiced lamb cooked in a tangy hot sauce
57. Lamb Krahi..... 14.95  
Lamb cubes sauteed in ginger, onions, fresh tomatoes and spices
58. Lamb Shahi Korma..... 14.95  
Lamb cubes marinated and cooked with nuts in cream sauce
59. Boti Kabaab Masala ..... 14.95  
Pieces of lamb tikka cooked in a creamy sauce with fresh tomatoes and spices
60. Keema Matar ..... 14.95  
Ground lamb with green peas cooked in mildly spiced sauce
61. Lamb Madras ..... 14.95  
Lamb cubes with fresh tomatoes, onions and ginger in a fiery hot sauce with coconut powder

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## Rice Specialties (Biryani)

62. Vegetable Biryani ..... 10.95  
Fragrant rice cooked with fresh garden vegetables and nuts
63. Chicken Biryani ..... 11.95  
Classic muglai dish of curried boneless chicken cooked with fragrant rice and topped with nuts
64. Lamb Biryani ..... 13.95  
Lamb pieces cooked with fragrant rice, nuts, raisins and flavored with saffron
65. Shrimp Biryani ..... 13.95  
Long grain Basmati rice cooked with shrimp, saffron and spices
66. Garden Special Biryani..... 14.95  
Long grain Basmati rice flavored with saffron then sauteed together with shrimp, quality lamb and pieces of chicken in a delicate blend of spices and nuts
67. Plain Rice ..... Half 1.25 - 2.50  
Long grain Basmati rice with cumin seeds and lightly flavored
68. Peas Pulao ..... 9.95  
Long grain Basmati rice cooked with green peas and flavored saffron

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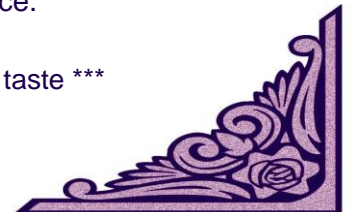


## Vegetarian Specials

Served with long grain Basmati rice

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| 69. Vegetable Malai Kofta.....   | 10.95 |
| Homemade cheese stuffed in vegetable balls, cooked in mildly spiced creamy sauce                 |       |
| 70. Matar Paneer.....  | 9.95  |
| Homemade cheese with green peas cooked in mildly spiced sauce                                    |       |
| 71. Palak Paneer.....  | 9.95  |
| Homemade Indian cheese cubes and spinach cooked in spices and herbs                              |       |
| 72. Nav Rattan Curry.....  | 9.95  |
| Mixed vegetables cooked with nuts, mild spices and cream   |       |
| 73. Dal Makhni.....  | 9.95  |
| Lentils with freshly ground spices sauteed in butter, onions and tomatoes                        |       |
| 74. Bhindi Masala.....   | 10.95 |
| Baby okra sauteed with onions, tomatoes and spices   |       |
| 75. Baingen Bhartha.....   | 10.95 |
| Eggplant roasted in our clay oven and then cooked together with chopped onions and tomatoes      |       |
| 76. Aloo Gobi.....   | 9.95  |
| Fresh cauliflower and sauteed potatoes stir-fried with mild to medium spices                     |       |
| 77. Channa Masala.....   | 9.95  |
| Chick peas steamed with tomatoes, onions, ginger, garlic and spices                              |       |
| 78. Aloo Dumm.....   | 9.95  |
| Potatoes cooked with fresh tomatoes, onions, ginger, garlic and other herbs                      |       |
| 79. Vegetables Jalpharezi.....   | 9.95  |
| Garden fresh vegetables with homemade cheese sharply spiced                                      |       |
| 80. Mixed Vegetables.....  | 9.95  |
| Several vegetables cooked in Indian spices   |       |
| 81. Paneer Masala.....   | 10.95 |
| Tender chunks of homemade cheese cooked with tomato and butter sauce                             |       |
| 82. Kadhi Kofta.....   | 9.95  |
| Vegetable balls cooked in a chick peas and yogurt sauce with a touch of ginger, garlic and herbs |       |
| 83. Aloo Palak.....  | 9.95  |
| Delightful ragout of potatoes, spinach and tomatoes, light cream and spices                      |       |
| 84. Tarka Dal.....   | 9.95  |
| Lentils with freshly ground spices sauteed in onions, ginger, garlic and fresh tomatoes          |       |
| 85. Panjabi Bhaji.....   | 9.95  |
| Deep fried fresh vegetable fritters, simmered in ginger, garlic and tomato sauce.                |       |

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## Tandoori Specialties

(Food prepared in a special clay oven [Tandoor])  
All entrees served with rice

- 25. Tandoori Chicken ..... Half 9.95 • Full 16.95  
Chicken marinated in yogurt and mild spices, roasted in our traditional clay oven
- 26. Chicken Tikka ..... 14.95  
Tender and juicy cubes of breast of chicken (boneless), roasted on skewers in our Tandoor
- 27. Seekh Kabaab ..... 14.95  
Minced lamb with onions and herbs roasted in skewers in our Tandoor
- 28. Boti Kabaab ..... 14.95  
Tender morsels of lamb marinated in our special recipe and broiled with complementing additions in the Tandoor
- 29. Tandoori Shrimp ..... 15.95  
Jumbo shrimp marinated in herbs and broiled to perfection in our Tandoor
- 30. Fish Tandoori ..... 15.95  
Top quality fish marinated in herbs and spices and broiled in our clay oven
- 31. Tandoori Mixed Grill ..... 17.95  
Tandoori Chicken, Chicken Tikka, Boti Kabaab, Seekh Kabaab, shrimp

## Seafood Delicacies

Served with long grain Basmati rice

- 32. Shrimp Palak ..... 14.95  
Shrimp cooked in creamed spinach with mild spices and herbs
- 33. Shrimp Vindaloo ..... 14.95  
Shrimp and potatoes cooked in hot and tangy curry sauce
- 34. Shrimp Curry ..... 14.95  
Shrimp cooked in gravy sauce with herbs and spices
- 35. Shrimp Kashmiri ..... 14.95  
Shrimp cooked in mildly spiced gravy
- 36. Shrimp Tikka Masala ..... 14.95  
Tender shrimp cooked in creamy sauce with fresh tomatoes and spices
- 37. Shrimp Do-Piazza ..... 14.95  
Tender shrimp cooked with shredded onion and spices
- 38. Fish Curry ..... 14.95  
Fish of the season cooked in an exotic combination of tomatoes, herbs and spices

Seafood Delicacies continued on next page

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