

At Tantra, we take great pride in our Indian heritage and the family-oriented culture that we've established within our restaurant.

Our menu, thoughtfully crafted by our founder and expert chefs, brings to you a true taste of India, with a diverse range of recipes from the North to the South.



Assorted selection of Indian crisps served with progressive regional dips.

3.95

Ideal for 1 or sharing upto 2 persons.

Artisan

Sharing

Perfect sharing platter for upto 4 persons.

NIBBLES

Appetizer or a perfect accompaniment for your drinks.

Masala Peanuts VE

Peanuts deep fried in spiced gram flour

Honey Roasted Cashewnuts V

The irresistible nutty munchie glazed in honey.

Trio of Southern Snacks VE

Banana chips | Desi mix J | Jackfruit chips.

Tandoori Spiced Soya Bites VE

Juicy chunks of tandoori spiced soya, crispy fried curry leaves.

Pulled Chicken Tikka Naan Bites

Bite sized cheesy garlic naan stuffed with pulled chicken tikka.



SMALL PLATES

9.50

Malabar Steak Bites Steak bites in Keralan aromatic spices, sesame, coconut shaving, fried onion, curry leaf.

Tibetian Mogs Steamed chicken dumplings, mog chutney.

Gold Bags 8.25 Roasted Scottish mussels in crispy gold

bags, bisque dip, red sesame dip.

beetroot glaze, fig-ginger puree.

chilli sauce.

Khasta VEO ① Potato & chickpea goodies in puffed bread with pomegranate, chutneys, yoghurt &

Venison Sheekh 13.95 Wild Scottish venison minced kebab,

Cocos Chicken 7.25 Crispy coconut crusted chicken, sweet

Paneer Angara Tikka V 9.95 Angara spiced stuffed cottage cheese tikka, smoked; cilantro lime coulis, imli glaze and lemon pearls.

Fuchka Xplosionz VE Pani puri with five tantalising concoctions.

Scallops on Saffron Reduction Hand dived Scottish scallops pan seared, saffron moilee reduction, seafood pearls, sheermal coins.

Chilli Chicken Our Indo-Chinese delicacy. A sweet, spicy & lightly sour crispy appetizer with

boneless chicken, peppers & spring onion. Bone Marrow Canoes

Marinated roasted marrow veal, mini paratha triangles, jareesh.

Bird's Nest Potato bird's nest, marbles of chicken, fish, <u>lamb</u>, <u>paneer</u> & <u>potato</u>, tomato sesame dip. 7.25

Veg Peel Pakora VE Our moreish crisp vegetable fritters made from veg peels, onions & gramflour, served with imli dip. This dish is part of Tantra's waste to zero initiative.*

Calamari Crunch Crispy fried squid rings, seasoned with salt & pepper; garlic- chilli mayo.

MAINS

25-29

12.50

18.50

11.50

Nawabi Nalli Gosht Our signature lamb shank dish slow cooked in spiced yoghurt based sauce. Inspired from Mughal royal kitchen. Pousso E Tantra

Roasted chicken supreme on a bed of asparagus tips, seasonal veggies and a rich creamy cashewnut based signature sauce.

Meen Ecstacy J T Halibut/Monkfish (or seasonsal fish fillet) in Kuttanad spice mix, wrapped & baked in wilted banana leaf; served with mashed cassava, tomato salad & crème malabar sauce.

Haggis d'crusto Salmon tikka Haggis crusted baked salmon tikka on a bed of clapshot & creamy mushroom sauce; served with crème makhani, samphire & seafood pearls.

CURRIES

Chicken Tikka Masala 12.95 Chargrilled pieces of boneless chicken in our creamy house tikka masala sauce.

Serrano Chicken Boneless chicken curry spiked with serrano chillies, slow cooked to perfection.

Desi Lamb Curry 14.95 Succulent pieces of boneless lamb cooked in desi-style, hot and delicious.

Duck Chettinad J Chettiyar's delicacy, boneless duck prepared with freshly ground coconut, black pepper, chillies & a well balanced blend of south indian spices.

Prawn Mappas Hand dived freshwater prawns cooked in a rich and creamy Kerala style coconut milk based curry.

Desi Vegetable Korma V Seasonal vegetables braised in mild and creamy cashew-coconut sauce.

BIRIYANIS

Dum Hyderabadi Lamb 19.50 Layered Dumpukht style Hyderabadi lamb biriyani. Served with onion cucumber tomato raita & mixed veg pickle. Dum Hyderabadi Chicken 16.95 Layered Dumpukht style Hyderabadi chicken biriyani. Served with onion

cucumber tomato raita & mixed veg pickle.

14.50 Zafrani Echor Biriyani VE Mixed vegetable & baby jackfruit biriyani cooked in Dumpukht style; served with sallas & mixed veg pickle.

VEGETARIAN

14.95

7.50

19/29

7.25

3.50

Oasis of Thar V ① Our signature 5in1 vegetarian dish! Crisp okra on papad tart filled with sweet pearl millet churma, topped with daal, sev, pomegranate & special Jaipur chutneys: papad soil, shahi malai sauce

Makhani Saabat Maanh V Tantra's signature Daal Makhani (lentils) recreated from the original secret recipes of Mughal royal kitchen, slow cooked overnight & aged to lock in flavours.

Paneer Makhani V 12.95 A popular Punjabi mild dish made with paneer (cottage cheese), tomatoes, cashewnuts & special spice blend.

Chickpea Masala VEO Chana Masala chickpea based gravy made with onions, tomatoes and cilantro.

VEGAN

Asparagus Broccoli Sundal VE T 7.50 Chickpeas, asparagus & broccoli tossed tempered with mustard, spices & coconut.

Baingan VE Eggplant steak topped with fire roasted bhartha mash, pickled beets blades.

9.50 Panchmel Daal VE A nutririous and subtly flavoured mix of five lentils tempered with Tantra spices.

Spiced Soya Roast VE Slow roasted succulent soya chunks in Malabar spicemix, garnished with freshly chopped onion & fried curry leaves. Best served with Malabar porotta.

Spiced Cauliflower Steak VE Roasted cauliflower steak, tatties and neeps mash, tenderstem broccoli.

Vegan Sizzler 2/4 VE Assorted selection of mixed veg tikka, tikki, bbq potatoes, tandoori soya, sheekh, corn & tofu, served with dips.

Available for 2 or 4 people.

SALADS

Chicken Tikka Salad ① 7.50 Spiced chicken tikka, cucumber, carrots, red onion, lettuce, chilli mayo dressing. Salad Nicoise 7.50 Wedges of soft boiled egg, romaine lettuce, olives, green beans, cherry tomatoes, baby potatoes, lemon-mustard dressing with thyme & basil.

Tantra's Seasonal Salad VEO Seasonal treat! A refreshing salad loaded with seasonal fruits, greens and veggies, garlic croutos, parmesan shavings (feta cheese V or grilled tofu VE), honey mustard dressing.

GRILL

15.50

Tantric Lamb Chops J T

Two juicy lamb chops in special Tantric

spice mix, beetroot glaze, creme pudina. 37.50 Ocean's Treasure Seasonal seafood varieties, corn on the cob & baby potatoes marinated in authentic Tantric spicemix and grilled to perfection. Served with trio of dips. (Ask your service staff for more information)

Sizzler Sampler 17.95 Sampling portion of Angara paneer, lamb chop, grilled king prawn & venison sheekh with tantric dips

Tantric Sizzler 2/4 28/39 Assorted selection of flambéed tandoori chicken thigh, chicken tikka, lamb sheekh, BBQ spiced potatoes & fillet of seasonal fish. Served with flavour bursting Tantric

Available in sharing for 2 or 4 people.

Grilled Prawns Grilled Jumbo king prawns marinated in tantric house spices, carrot-truffle glaze.

SIDES

Onion Cucumber Tomato Raita V Macèdoine of onion, cucumber & tomatoes in spiced creamy yoghurt.

Plain Yoghurt V Lancashire premium greek yoghurt.

Dips Tray V Home made green chutney, crème Pudina, red sesame & tamarind dips.

Desi Salad VE 2.95 Freshly cut chillies, onion and lemon.

Skinny Fries with Chilli Mayo 3.50 Skinny potato chips served with chilli infused mayonnaise.

1.60 Mixed Veg Pickle VE North Indian style mixed vegetable pickle. 2.50

Sallas VE Sliced onions, tomatoes, chillies pickled in house made pickling liqour.

RICE AND BREADS

Fluffy Steamed Multigrain Tandoori Basmati Rice VE Roti VE 3.75 Shahi Pulao VE Malabar Porotta 4.50 Garlic and Tawa Paratha Coriander Naan 4.50 Truffle cheese Tantra's Peshwari mushroom kulcha Naan V 4.75 5.50 Plain Naan Rumali Roti

BEYOND INDIAN

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Our "Beyond Indian" section features unique and flavorful dishes from international cuisines.

> Thai Green Curry 🤳 🗇 Chicken:16 Veg:12.50

Chicken or veg Thai green curry, spring greens, peppers, steamed Jasmine Rice.

Penne Gamey Venison Ragu

Penne al dente, Wild venison ragu sauce, Petite basil leaves, Cherry tomatoes, Parmigiano reggiano.

Stir-Fry

Chicken:14.95 Veg:12.50 Chicken or veg, egg noodle, cashew crumbs, seasonal stir-fry vegetables, garlic & soy sauce.

Mushroom Stroganoff V

Creamy mushroom stroganoff, blanched green beans. Best served with steamed rice.

Polenta 🗇

Grilled polenta, ratatouille, peas, aspagarus tips, cherry tomato, herb oil, grilled fennel, carrot truffle glaze.

Fish & Chips

Fillet of breaded seasonal fish, potato chips, peas, salads & tartar



Vegan

VEO Vegan option available

Our favourites

Here a guide of how much

How spicy is my dish?

spice is your dish Slightly spicy

Very spicy

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All our food is prepared in a kitchen where nuts, gluten and other allergens are present and our menu descriptions do not include all ingredients; If you have a food allergy, please let us know before ordering.

Full allergen information is available, please ask a team member for details.



added to your bill to reward good service and it goes completely to the staff



Served from 12 pm to 4 pm

Vada Pav V

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Desi veggie burger! Spiced potato dumpling in a home made soft roll.

Pav Bhaji V

Mumbai's ultimate street food! Desi veg curry served with two home made soft rolls.

Keema Pav

Desi street food style keema (minced lamb curry) served with two home made soft rolls

FRANKIES

Chilli Chicken Frankie

Succulent pieces of chilli chicken, peppers, Indo-Chinese chillie glaze, scallions, salad, rolled in rumali bread.

Cottage Cheese Frankie V

Grilled paneer, salads, chilli mayonnaise, chutneys, rolled in rumali bread.

Mutton Chukka Frankie

Chettinad's special mutton chukka, salads, onions, rolled in rumali bread

Spiced Soya Jackfruit Frankie VE

Desi vegan wrap! Spiced soya chunks and baby jackfruit, salads, chutneys, wrapped in tandoori roti

CLASSIC

Butter Chicken

K Gujral style Makhani. A flavor rich chicken dish made with plum tomatoes, onions & aromatic spices.

Tantra's Korma

Chicken: 9.50 Lamb: 12.50 Chicken or Lamb braised in mild and creamy

cashew-coconut sauce.

Paneer: 9.95 Lamb: 12.95

Succulent pieces of paneer (cottage cheese) or tender boneless lamb in authentic mustard, garlic & spinach greens.

Aloo Gobi VE

Baby potatoes & cauliflower florets cooked with onions & tomatoes in a special spice

TIFFIN BOX

Vegetarian V

Dabbawala style! Paneer pea masala, vegetable subzi, daal tadka, steamed basmati rice, roti, mixed veg pickle, yoghurt, mithai.

Non Vegetarian

Dabbawala style desi <u>lamb</u> curry, dhaba chicken masala, daal tadka, steamed basmati rice, roti, mixed veg pickle, yoghurt, mithai.

Plain Naan

Shahi PulaoVE

3.50

Tandoori Roti VE

Steamed Basmati

RiceVE

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Meeta Paan

Soft quenelles of meeta paan ice cream, betel leaf, sprinkled with paan mix.

Brownie Sizzler

Sizzling brownie topped with vanilla ice cream, drizzled with chocolate sauce.

Rasmalai Tres Leches

Home made butter cake soaked in rasmalai & 3milks, topped with Graham's fresh cream, mixed nuts, mint leaf & seasonal berry.

Tandai Mousse

Home made fresh white chocolate tandai mousse crusted with pistachios and rose petals, berries, seasonal sorbet.

Misti Cigars

Milk chocolate cigerallos filled with wild carrot halwa, served with merigue ashes.

Jilebi Granita

Cardamon-Rose infused jilebi granita with vanilla custard served in a milk chocolate plant pot topped with chocolate soil and a sprig of mint

Kulfi Stick

Mango, malai or pistachio: choose your favourite! Topped with rose syrup, nuts & crushed rose petals; Served in a street style glass tumbler.

Mystic Falooda ①

Falooda deconstructed! Falooda, rasmalai pannacotta, fruit pearls, kulfi, berries, crushed pistachios, macaron & rosemilk.

Selection of Icecream or Sorbet

Two scoops of your favourite ice cream or sorbet.

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HOT DRINKS

Tantra's Masala Chai

Glass: 2.95 Pot: 4.75 Tantra's Masala chai. Share pot available.

Canton Tea

English Breakfast | Earl Grey | Peppermint Chamomile.

Nespresso Original

Americano | Flat White | Latte | Cappuccino.

Nespresso Flavoured

Caramel | Vanilla | Chai Spice.





KIDS MENU

Fish Fingers & Chips

Freshly fried fish fingers served with skinny fries, peas & mayonnaise

Nuggets & Chips

6 crispy & succulent pieces of chicken nuggets, served with skinny fries & ketchup

Mac & Cheese V

Our cheesiest macaroni pasta recipe!

Halloumi cheese & Skinny Fries V

Fried halloumi cheese bites served with skinny fries & ketchup

Korma with Mini Butter Naan

Veg:5.50 Chicken:6.50 Kids size Korma of your choice, served with Mini Butter Naan

Basket of Skinny Fries VE

Portion of skinny potato chips served with

Toddler's stix VE

Steamed sticks of seasonal veggies (Carrots/Asparagus) The perfect finger food for your 'lil diners'!









