

# the prahna

## INDIAN GRILL

*Prahna* : BREATH, CONSIDERED A LIFE-GIVING FORCE. *Prahna* IS NOT BREATH. *Prahna* IS THE CREATOR OF BREATH.

### Street GRILL (STARTERS)

<b>PAPAYA AND MANGO SALAD</b> ①	7.5	<b>PANEER TIKKA</b> ①	8
Fresh leaves, green papaya, ripe mango, pine nuts, orange and mango dressing		Indian cottage cheese, mixed peppers, pickle, marinated with yoghurt & spices	
<b>CORONATION STREET CHICKEN SALAD</b>	7.5	<b>KING SCALLOP (HAND-DIVED)</b>	10
Homemade minced coronation chicken lettuce parcels, sweet chilli dressing		Deliciously grilled king scallops served on cabbage poriyal with tongue-tingling moilee sauce	
<b>PINK CRAY FISH</b>	8	<b>MONK FISH TIKKA</b>	9.8
Scottish freshwater cray fish, sweet pink grapefruit, avocado paprika mousse		North Sea monkfish marinated in scotch bonnet chilli, with yogurt and fenugreek	
<b>ONE O'CLOCK GUN POWDER POTATO</b> ①	7	<b>GRILLED PRAWNS</b>	12.5
Roasted Scottish baby potatoes in vegetable ghee, tossed in gun powder spices - adds bang of flavours to the palate		Gamba prawns marinated with sun kissed tomato paste and garlic	
<b>SPINACH AND APRICOT TIKKI</b> ①	7	<b>CORSTORPHINE CHICKEN TIKKA</b>	8
Pan-fried lightly spiced patties made with spinach, fried garlic, along with stuffed apricot		Chicken, hung yoghurt-infused in arran mustard. Dedicated to our community.	
<b>YAM KE KEBAB</b> ①	7.5	<b>CHEESY BLACK PEPPER CHICKEN TIKKA</b>	8
Finely Diced yam, Cumin infused Figs		Chicken, clotted cream, cheddar cheese, crushed pepper	
<b>KONKANI FISH</b>	8	<b>TANDOORI PARTRIDGE</b>	9
Cod marinated with konkani spices		Partridge marinated in cinnamon, honey and ginger	
<b>SWEET CHILLI HAGGIS PAKORA</b>	7.5	<b>VENISON SHEEKH KEBAB</b>	9
Sweet Romano chilli pepper stuffed with haggis, beef fat, tatties and raisins		Minced venison with white cheddar cheese and saffron	
		<b>LAMB CHOP</b>	11
		In a unique blend of Prahna spices, hint of manuka honey	

### Chill Grill PLATTER

<b>FOR 2 PERSONS</b>	35
Sharing TAWA grill (for 2) 2 chicken tikka, 2 cheesy chicken Tikka, 2 lamb chop, 2 Venison Sheekh kebab and 2 grilled fillets of seabass & 1 Butter Naan.	

### Prahna Biryani A JOURNEY TO INDIAN ROYALTY

<b>HYDRABADI CHICKEN DUM BIRYANI</b>	15.5
<b>AWADHI LAMB DUM BIRYANI</b>	17
<b>VEG BIRYANI</b> ①	13.5

THE SAFETY AND WELL-BEING OF ALL OF OUR GUESTS IS PARAMOUNT TO US HERE AT PRAHNA AND EVERY CONSIDERATION IS TAKEN TO ENSURE THAT YOU HAVE THE INFORMATION & REASSURANCE NEEDED IF YOU ARE AFFECTED BY ANY OF THE 14 KNOWN ALLERGENS. WE ALWAYS RECOMMEND THAT YOU INFORM YOUR WAITER OF ANY ALLERGIES WHEN ORDERING, EVEN IF YOU HAVE EATEN THE DISH BEFORE, AS OUR RECIPES CONSTANTLY EVOLVE AND WE DON'T LIST EVERY INGREDIENT ON OUR MENUS.

DIETARY KEY : ① VEGETARIAN ① MILD ①① MEDIUM ①①① HOT ①①①① VERY HOT

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## Indian REIMAGINED

<b>BABY AUBERGINE</b> 	12.5	<b>LUCKNOW LAMB</b>	18
Baby Aubergine on Salan Sauce		Scottish fillet of lamb marinated in ground herb spices, served with okra and tandoori pineapple with lazes sauce.	
<b>MALABAR GRILLED SEA BASS</b>	17.5	<b>KALMI CHICKEN</b>	15
Scottish pin-boned fillets sea bass bursting with spiced masala, complimenting sautéed moongdal and buttered kale, malabari coconut sauce		Chicken breast stuffed with nuts and honey mince. Served on sag aloo and korma sauce.	
<b>NEWHAVEN COD</b>	16	<b>RAAN A PRAHNA</b>	27
Lightly spiced cod served with herb infused sweet potato mash & broccoli, bhuna sauce		Scottish lamb leg marinated in 24 hrs, slow-cooked in tandoor and served with nihari sauce.	
<b>SIZZLING SALMON</b>	17	<b>LOBSTER</b>	29
Scottish salmon, fenugreek, kashmiri chilli infused and light spices served on Bombay aloo, sautéed asparagus with silky tomato sauce.		Scottish Lobster tail tossed with shallots, tomato and peppercorn. Served with basmati rice.	
<b>SEA FOOD COCHIN CARNIVAL</b>	22	<b>TANDOORI CRACKLING DUCK</b>	18
A South Indian specialty Scottish sea food mix, cooked with mild kerala spice sauce. It's truly a carnival for those craving seafood.		Duck breast marinated in ginger, garlic and cardamom served on sautéed fennel and buttered beans with silky smooth tangy sauce	

## Proud CURRIES

<b>CHICKEN KORMA</b>	13	<b>LAMB BHUNA</b> 	15.5
Chicken, coconut and almond - all time favourite creamy sauce.		Lamb cooked in fried banana shallot with bhuna masala	
<b>BUTTER CHICKEN</b> 	13	<b>ADIPOLI PRAWN</b> 	17
Chicken tikka in tomato, honey and cream-based sauce with 20 ingredients to produce this famous Delhi curry		Prawns cooked in Kerala spices, peanut, coconut with onion and tomato	
<b>CHICKEN KADAI</b> 	13	<b>MONK FISH CURRY</b> 	17.5
A rich north Indian dish cooked in a kadai pot with fragrant ground coriander, ginger, garlic, whole chilli with tomato		North Atlantic monkfish cooked in sweet tamarind sauce, with Andra spices	
<b>CHICKEN JALFREZI</b> 	13	<b>PANEER MALAI</b>  	10.5
Chicken breast tossed with julienne of ginger, tomato and bell peppers in a tangy sauce tempered with carom seeds		Homemade Indian cottage cheese, Fenugreek leaves, in silky tomato onion sauce	
<b>RAILWAY CHILLI GARLIC CHICKEN</b> 	13	<b>VEGETABLE CURRY</b>  	10.5
Chicken, green chilli, garlic, onion, tomato		All seasonal vegetables cooked with rich chopped masala	
<b>NALLI KA GOSHT(LAMB SHANK)</b> 	17.5	<b>ACHARI BHINDI</b>  	10.5
12 hrs slow cooked lamb shank with turmeric and fresh tomatoes and poppy seeds		Fresh okra tossed in pickling spices	
<b>LAMB ROGAN JOSH</b> 	15.5	<b>PUNJABI CHOLE</b>  	10.5
Marinated Slow cooked baby lamb with tomato & onion		Semi-dry preparation of chickpeas in onion and tomato-based gravy, flavoured with caraway seeds.	
		<b>DAL A PRAHNA</b>  	9.5
		Red lentil tempered with ghee	

## Rice, Bread & SIDES

<b>SAFFRON PILAU RICE</b>	4	<b>NAAN</b>	3.5
<b>STEAM WHITE RICE</b>	3.8	<b>GARLIC NAAN</b>	3.8
<b>MUSHROOM PILAU RICE</b>	4.5	<b>PESHWARI NAAN</b>	4
<b>TANDOORI ROTI</b>	3.5	<b>CHIPS</b>	3.8
<b>DESI SALAD</b>	3.5	<b>MASALA CHIPS</b>	4
<b>RAITA</b>	3.5	<b>BOWL OF BROCCOLI</b>	4