

the prahna

INDIAN GRILL

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

Street GRILL (STARTERS)

PAPAYA AND MANGO SALAD V 9	PANEER TIKKA V 9.5
Fresh leaves, green papaya, ripe mango, pine nuts, orange and mango dressing	Indian cottage cheese, mixed peppers, pickle, marinated with yoghurt & spices
CORONATION STREET CHICKEN SALAD 7.5	KING SCALLOP (HAND-DIVED) 12
Homemade minced coronation chicken lettuce parcels, sweet chilli dressing	Deliciously grilled king scallops served on cabbage poriyal with tongue-tingling moilee sauce
PINK CRAY FISH 10.5	MONK FISH TIKKA 12
Scottish freshwater cray fish, sweet pink grapefruit, avocado paprika mousse	North Sea monkfish marinated in scotch bonnet chilli, with yogurt and fenugreek
ONE O'CLOCK GUN POWDER POTATO V 8	GRILLED PRAWNS 14
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
SPINACH AND APRICOT TIKKI V 9	CORSTORPHINE CHICKEN TIKKA 9.5
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.
YAM KE KEBAB V 9	CHEESY BLACK PEPPER CHICKEN TIKKA 9.5
Finely Diced yam, Cumin infused Figs	Chicken, clotted cream, cheddar cheese, crushed pepper
KONKANI FISH 10.5	TANDOORI PARTRIDGE 11
Cod marinated with konkani spices	Partridge marinated in cinnamon, honey and ginger
SWEET CHILLI HAGGIS PAKORA 9	VENISON SHEEKH KEBAB 11
Sweet Romano chilli pepper stuffed with haggis, beef fat, tatties and raisins	Minced venison with white cheddar cheese and saffron
	LAMB CHOP 14
	In a unique blend of Prahna spices, hint of manuka honey

Chill Grill PLATTER

FOR 2 PERSONS 42
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

HYDRABADI CHICKEN DUM BIRYANI 16.5
AWADHI LAMB DUM BIRYANI 18
VEG BIRYANI V 14.5

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 : **V** VEGETARIAN **1** MILD **11** MEDIUM **111** HOT **1111** VERY HOT

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Indian REIMAGINED

BABY AUBERGINE 	14.5	LUCKNOW LAMB	19
Baby Aubergine on Salan Sauce		Scottish fillet of lamb marinated in ground herb spices, served with okra and tandoori pineapple with lazes sauce.	
MALABAR GRILLED SEA BASS	19	KALMI CHICKEN	17.5
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.	
NEWHAVEN COD	17.5	RAAN A PRAHNA	29
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.	
SIZZLING SALMON	19	LOBSTER	32
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.	
SEA FOOD COCHIN CARNIVAL	25	TANDOORI CRACKLING DUCK	21
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

CHICKEN KORMA	14	LAMB BHUNA 	16
Chicken, coconut and almond - all time favourite creamy sauce.		Lamb cooked in fried banana shallot with bhuna masala	
BUTTER CHICKEN 	14	ADIPOLI PRAWN 	18.5
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	
CHICKEN KADAI 	14	MONK FISH CURRY 	18.5
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	
CHICKEN JALFREZI 	14	PANEER MALAI  	12
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	
RAILWAY CHILLI GARLIC CHICKEN 	14	VEGETABLE CURRY  	11.5
Chicken, green chilli, garlic, onion, tomato		All seasonal vegetables cooked with rich chopped masala	
NALLI KA GOSHT(LAMB SHANK) 	19	ACHARI BHINDI  	11.5
12 hrs slow cooked lamb shank with turmeric and fresh tomatoes and poppy seeds		Fresh okra tossed in pickling spices	
LAMB ROGAN JOSH 	16	PUNJABI CHOLE  	11.5
Marinated Slow cooked baby lamb with tomato & onion		Semi-dry preparation of chickpeas in onion and tomato-based gravy, flavoured with caraway seeds.	
		DAL A PRAHNA  	10
		Red lentil tempered with ghee	

Rice, Bread & SIDES

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