

prana

INDIAN GRILL

Prana : BREATH, CONSIDERED AS A LIFE-GIVING FORCE. Prana IS NOT BREATH. Prana IS THE CREATOR OF BREATH.

HERE AT PRANA EDINBURGH, NOT ONLY IS IT OUR AIM TO TAKE YOUR BREATH AWAY WITH OUR AUTHENTIC CUISINE BUT TO CREATE A WHOLE NEW EXPERIENCE FOR YOU TO SHARE WITH FAMILY AND FRIENDS.

Our restaurant has been specially designed to channel the essence of the Prana into a unique dining experience. Our beautiful blossom tree signifies a time of renewal, taking us into this new chapter of our journey. The peacock symbolises our pride to serve you the finest locally sourced ingredients, bringing to life all of your favourite past time dishes with a new Scottish twist. We have purposely installed dark wood throughout to represent longevity and create an ambience of warmth and love through our golden colour palette.

REALISE YOUR TRUE NATURE WITH PRANA.

Street GRILL

PAPAYA AND MANGO SALAD ❶	7.5
Fresh leaves, green papaya, ripe mango, pine nuts, orange and mango dressing	
CORONATION STREET CHICKEN SALAD	7.5
Homemade minced coronation chicken lettuce parcels, sweet chilli dressing	
PINK CRAY FISH Scottish freshwater cray fish, sweet pink grapefruit, avocado paprika mousse	8
ONE O'CLOCK GUN POWDER POTATO ❶ Roasted Scottish baby potatoes in vegetable ghee,	6
tossed in gun powder spices - adds bang of flavours to the palate	
SPINACH AND APRICOT TIKKI ❶	6.5
Pan-fried lightly spiced patties made with spinach, fried garlic, along with stuffed apricot	
YAM KE KEBAB ❶ Finely Diced yam, Cumin infused Figs	6
KONKANI FISH Haddock marinated with konkani spices.	7.5
SWEET CHILLI HAGGIS PAKORA Sweet Romano chilli pepper stuffed with haggis, tatties & raisins	6.5
PANEER TIKKA ❶ Indian cottage cheese, mixed peppers, pickle, marinated with yoghurt & spices	7
KING SCALLOP (HAND-DIVED)	10 (3PCS)
Deliciously grilled king scallops served on cabbage poriyal with tongue-tingling mollee sauce	
MONK FISH TIKKA	9.5
North Sea monkfish marinated in scotch bonnet chilli, with yogurt and fenugreek	
GRILLED PRAWNS Gamba prawns marinated with sun kissed tomato paste and garlic	12.5 (3PCS)
CORSTORPHINE CHICKEN TIKKA	8
Chicken, hung yoghurt-infused in arran mustard. Dedicated to our community.	
CHEESY BLACK PEPPER CHICKEN TIKKA	8
Chicken, clotted cream, cheddar cheese, crushed pepper	
TANDOORI PARTRIDGE Partridge marinated in cinnamon, honey and ginger	9
VENISON SHEEKH KEBAB Minced venison with white cheddar cheese and saffron	8.5
LAMB CHOP In a unique blend of Prana spices, hint of manuka honey	10 (3PCS)

Proud CURRIES

CHICKEN KORMA	12.5
Chicken,coconut and almond - all time favourite creamy sauce.	
BUTTER CHICKEN ❶ Chicken tikka in tomato, honey and cream-based	12.5
sauce with 20 ingredients to produce this famous Delhi curry	
CHICKEN KADAI ❶❶ A rich north Indian dish cooked in a kadai pot	12.5
with fragrant ground coriander, ginger, garlic, whole chilli with tomato	
CHICKEN JALFREZI ❶❶❶ Chicken breast tossed with julienne of ginger,	12.5
tomato and bell peppers in a tangy sauce tempered with carom seeds	
RAILWAY CHILLI GARLIC CHICKEN ❶❶❶❶	12.5
Chicken, green chilli, garlic, onion, tomato	
NALLI KA GOSHT(LAMB SHANK) ❶❶	16
12 hrs slow cooked lamb shank with turmeric and fresh tomatoes and poppy seeds	
LAMB ROGAN JOSH ❶❶	14.5
Marinated Slow cooked baby lamb with tomato & onion	
LAMB BHUNA ❶❶❶ Lamb cooked in fried banana shallot with bhuna masala	14.5
ADIPOLI PRAWN ❶❶	16
Prawns cooked in Kerala spices, peanut, coconut with onion and tomato	
MONK FISH CURRY ❶❶	16
North Atlantic monkfish cooked in sweet tamarind sauce, with Andra spices	
PANEER MALAI ❶	10.5
Homemade Indian cottage cheese, Fenugreek Leaves, in silky tomato onion sauce	
VEGETABLE CURRY ❶❶	9.5
All seasonal vegetables cooked with rich chopped masala	
ACHARI BHINDI ❶❶ Fresh okra tossed in pickling spices	9.5
PUNJABI CHOLE ❶❶ Semi-dry preparation of chickpeas in onion	9.5
and tomato-based gravy, flavoured with caraway seeds.	
DAL A PRANA ❶❶ Red lentil tempered with ghee	8

Chill Grill PLATTER

FOR 2 PERSONS	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.	

Indian REIMAGINED

BABY AUBERGINE ❶	12
Baby Aubergine on Salan Sauce	
MALABAR GRILLED SEA BASS	17
Scottish pin-boned fillets sea bass bursting with spiced masala,	
complimenting sautéed moongdal and buttered kale, malabari coconut sauce	
NEWHAVEN COD	15
Lightly spiced cod served with herb infused	
sweet potato mash & broccoli, bhuna sauce	
SIZZLING SALMON	16
Scottish salmon, fenugreek, kashmiri chilli infused and light spices	
served on Bombay aloo, sautéed asparagus with silky tomato sauce.	
SEA FOOD COCHIN CARNIVAL	22
A South Indian specialty Scottish sea food mix, cooked with mild	
kerala spice sauce. It's truly a carnival for those craving seafood.	
LUCKNOW LAMB	17
Scottish fillet of lamb marinated in ground herb spices,	
served with okra and tandoori pineapple with lazes sauce.	
KALMI CHICKEN	15
Chicken breast stuffed with nuts and honey mince.	
Served on sag aloo and korma sauce.	
RAAN A PRANA Scottish lamb leg marinated in 24 hrs,	27
slow-cooked in tandoor and served with nihari sauce.	
LOBSTER	29
Scottish Lobster tail tossed with shallots,	
tomato and peppercorn. Served with basmati rice.	
TANDOORI CRACKLING DUCK	18
Duck breast marinated in ginger, garlic and cardamom served on	
sautéed fennel and buttered beans with silky smooth tangy sauce	

Prana Biryani A JOURNEY TO INDIAN ROYALTY

HYDRABADI CHICKEN DUM BIRYANI	15
AWADHI LAMB DUM BIRYANI	16.5
VEG BIRYANI ❶	13

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

Desserts

KULFI MOUSSE	7.5
with white chocolate shards, mango coulis and pistachio crumble	
CHOCOLATE SEMIFREDDO MARQUISE	7.5
with salted caramel and roasted peanut jaggery popcorn	
SAFFRON HONEY BABA	7.5
with whipped cream and mango lime curd	
SELECTION OF ICE CREAMS 3 scoops - ask for your smiley server	6
SELECTION OF SORBETS 3 scoops - ask for your smiley server	6
SCOTT	7
Scottish tablet ice cream, vanilla ice cream, short bread, topped with whipped cream	
VEGAN & GLUTEN FREE CHOCOLATE & RASPBERRY GATEAUX	7.5

THE SAFETY AND WELL-BEING OF ALL OF OUR GUESTS IS PARAMOUNT TO US HERE AT PRANA 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 : ❶ VEGETARIAN ❶ MILD ❶❶ MEDIUM ❶❶❶ HOT ❶❶❶❶ VERY HOT