

Tapasya Spices® Kitchen

CATERING & EVENTS

Indian Spices play an enormous role in the way we cook and consume food in India. Spices benefits are plenty and proven by several researchers around the world.

If you wish to improve your health while enjoying tasty food, Indian spices benefits include not only wholesome flavour but also prevent several diseases by fighting free radicals and increasing your body's immunity.

Here is a list showing the different spices which we used at Tapasya Spices Kitchen with their benefits for our health.

Asafoetida - **Antibacterial, antifungal, and antimicrobial effects**

Black Pepper - **High in antioxidants, anti-bacterial**

Black Salt - **Acts as an antioxidant. Helps in removing acidity**

Carom Seeds - **Fight bacteria and fungi. Improves cholesterol level**

Coriander Powder - **Promote digestion & gut health, maintain low blood sugar**

Cumin - **Helps in weight loss and acts as an antioxidant**

Degi Mirch - **Rich in vitamin C, rich source of iron, aids in curing cold**

Dry Fenugreek Leaves - **Improve weight loss, reduce inflammation**

Dry Ginger Powder - **It helps in maintaining low cholesterol, low blood sugar, helps in digestion**

Fennel Powder - **Antibacterial properties, improves digestive health**

Garam Masala - **Regulate blood pressure and improve heart health, enhances nutrition absorption**

Green Cardamom - **Helps in digestion, antioxidant & diuretic properties**

Kashmiri Chilli Powder - **Revs your metabolism, Prevent heart disease**

Mace - **Boost blood circulation, prevent cold & cough**

Nutmeg - **Anti bacterial properties, improve blood sugar control**

Pomegranate Powder - **Anti microbial properties, good for brain, support digestive health**

19 Holderness Road, Hull, HU8 7NA - 01482 213 888 - www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.

Tapasya Spices® Kitchen

CATERING & EVENTS

Small Bites

Bhalla Papadi (V) • £4.50

Soft lentil dumplings, Greek yoghurt, tamarind, papadi, mint chutney & Tapasya roasted cumin

Aloo Dal Matar Ki Tikki (V) • £5.95

Corner street food of India, shallow fried to a crispy, gooey texture, Tapasya dry ginger powder

Kurkuri Palak Patta Chaat (V) • £5.95

Crispy fried spinach fritters, mint, tamarind chutney & Tapasya black salt

Shakargandi Chaat (V) • £5.95

Lip smacking combination of sweet potatoes & a trio of chutneys with Tapasya cumin powder

Punjabi Samosa (V) • £4.95

Ever popular puffed triangles filed with spiced up mashed potatoes peas, Tapasya dry pomegranate seeds

Onion Bhazia (V) • £4.95

All-time favourite of sliced onions and gram flour, Tapasya Carom Seeds

Kooti Mirch Ka Paneer Tikka (V) • £6.95

Tandoori paneer with bell peppers & Tapasya crushed chillies

Paneer Pukhtan (V) • £6.95

Tandoori paneer stuffed with raisins, hint of Tapasya fennel powder

19 Holderness Road, Hull, HU8 7NA - 01482 213 888 - www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.

Tapasya Spices® Kitchen

CATERING & EVENTS

Small Bites

Murgh Malai Tikka • £6.95

Tandoori glazed grain fed chicken breast with soft cheese, Tapasya green cardamom & mace

Chicken Tikka • £6.95

Grain fed chicken tikka marinated with Tapasya Degi Mirch, tandoori spices & green chutney

Lehsooni Tandoori Tangri • £6.95

Chicken drumstick infused with garlic & Tapasya turmeric

Lamb Gilafi Seekh • £6.95

Fine quality lamb mince rolls, Tapasya coriander powder, studded with onions roasted in tandoor

Tandoori Lamb Chops • £9.95

Yorkshire lamb chops infused with Tapasya Fenugreek grilled to perfection in oven

Fish Koliwada • £7.95

Crispy deep-fried tilapia, Tapasya Degi Mirch with mint sauce

Jaitooni Jheenga • £9.95

King prawns marinated with Tapasya turmeric and olive oil

19 Holderness Road, Hull, HU8 7NA - 01482 213 888 - www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.

Tapasya Spices® Kitchen

CATERING & EVENTS

Grilled Mains

Murg Malai Tikka • £11.95

Tandoori glazed grain fed chicken breast with soft cheese, Tapasya green cardamom & mace

Chicken Tikka • £11.95

Grain fed chicken tikka marinated with Tapasya Degi Mirch, tandoori spices & green chutney

Tandoori Lamb Chops • £16.95

Yorkshire lamb chops infused with Tapasya Fenugreek grilled to perfection in oven

Mix Grill • £18.95

Assortment of juicy seekh kabab, chicken tikka, lamb chops & prawns

Curry Mains

Butter Chicken • £10.95

Grain fed chicken tikka simmered in rich tomato & Tapasya fenugreek sauce

Karahi Chicken • £11.95

Flavourful boneless chicken thigh in crushed coriander & Tapasya fennel seeds

Chicken Korma • £11.95

Chicken cooked in mildly Tapasya spiced almond-based gravy with coconut flavour

Methi Murgh • £11.95

Chicken thigh, fresh fenugreek, onion tomato masala, Tapasya yellow chilli powder

Railway Lamb • £12.95

Authentic Lamb curry done with Tapasya dry ginger & fennel seed powder

19 Holderness Road, Hull, HU8 7NA – 01482 213 888 – www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.

Tapasya Spices® Kitchen

CATERING & EVENTS

Curry Mains

Saag Gosht • £12.95

Lamb curry with blended spinach, fenugreek leaves & Tapasya Nutmeg

Lamb Almond Korma • £12.95

Diced Lamb, saffron, Tapasya green cardamom, almond curry with fresh cream & flakes

Coconut Fish Curry • £12.95

Tilapia Fish tempered with curry leaves, mustard & Tapasya fennel powder

Home Style Fish Curry • £12.95

Fish curry simmered in Tapasya whole garam masala and onion tomato masala

Chettinad Prawn Curry • £14.95

Black tiger prawns simmered in Tapasya mustard & coconut masala

Vegetarian Mains

Paneer Methi Chaman (V) • £10.95

Cubes of paneer with Tapasya fenugreek & onion tomato masala

Palak Paneer (V) • £10.95

Cubes of Paneer, Tapasya nutmeg, garlic & cumin tempered blended spinach

Paneer Makhani (V) • £10.95

Paneer tossed in makhni sauce & Tapasya fenugreek powder

Malai Kofta (V) • £11.95

Paneer dumpling, Tapasya green cardamom in creamy rich sauce

Beetroot Fogath Kofta (V) • £11.95

Beetroot Fogath dumpling, Tapasya mustard seeds and coconut sauce

19 Holderness Road, Hull, HU8 7NA - 01482 213 888 - www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.

Vegetarian Mains

Gobhi Chaman (V) • £8.95

Fried cauliflower tempered with garlic, yellow chilli & Tapasya fenugreek

Bhindi Nayantara (V) • £8.95

Okra tossed with cumin & onion tomato masala finished with Tapasya dry mango powder

Malai Broccoli (V) • £9.95

Tandoori malai broccoli, Tapasya green cardamom, Lababdar gravy

Seasonal Mix Vegetables (V) • £9.95

Seasonal vegetables tempered with garlic, Tapasya cumin & onion tomato masala

Amritsari Choley (V) • £7.95

Chickpeas in popular northern Indian style with Tapasya pomegranate seed powder

Choley Bhature (V) • £11.95

A Popular Punjabi dish of puffed bread & chickpeas, enjoyed in lunch or brunch

Aloo Methi (V) • £7.95

Red Potato tempered with chopped garlic & Tapasya fenugreek leaves

Tadka Dal (V) • £7.95

Yellow lentils tempered with fresh garlic & Tapasya cumin seeds

Dal Tapasya (V) • £7.95

Wholesome black lentil, Tapasya fenugreek finished with fresh cream & butter

Tapasya Spices® Kitchen

CATERING & EVENTS

Rice Selection

Vegetable Biryani • £9.95

Seasonal vegetables with selection of herbs & spices combined with Tapasya basmati rice served with raita

Awadhi Chicken Biryani • £11.95

Chicken combined with saffron & herbs infused Tapasya basmati rice served with raita

Hyderabadi Lamb Biryani • £14.95

Spiced curd marinated lamb cooked with fragrant Tapasya basmati rice served with raita

Andhra Prawn Biryani • £15.95

Juicy prawn cooked with aromatic Tapasya basmati rice, served with raita

Steamed Rice • £2.50

Pulao Rice • £2.95

Mushroom Rice • £3.50

Egg Fried Rice • £3.50

Indian Bread Selection

Tandoori Roti • £2.25

Plain Naan • £2.25

Butter Naan • £2.25

Garlic Naan • £2.75

Peshawari Naan • £3.50

Amritsari Kulcha • £3.50

Missi Roti (Gluten Free) • £3.50

Cheese Naan • £3.95

Keema Naan • £3.95

Breadbasket • £6.50

Plain naan, tandoori roti, garlic naan

19 Holderness Road, Hull, HU8 7NA - 01482 213 888 - www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.

Tapasya Spices® Kitchen

CATERING & EVENTS

Accompaniments

- Plain Papadom • £2.00
- Spicy Papadom • £2.00
- Chutney Tray • £2.00
- Green Salad • £3.00
- Raita • £2.00

Desserts

- Beetroot Halwa • £5.50

Heart-warming Indian beetroot pudding slow cooked served warm with pistachio-almond kernels

- Doughnut Gulab Jamun • £5.50

Caramelised doughnut of soya-soaked in home homemade golden syrup

- Caramelized Kheer • £5.50

Tapasya rice pudding, fig compote, caramelised sugar

- Malai Kulfi • £4.50

Cardamom malai kulfi, rice vermicelli, saffron syrup

- Jalebi • £5.50

Lip smacking fried swirls of dough oozing with warm sugar served with reduced milk rabri

- Selection of Ice Creams • £3.00

Locally sourced artisan ice cream served in various flavours, please check with your server

19 Holderness Road, Hull, HU8 7NA - 01482 213 888 - www.tapasyadine.co.uk

Vegan and vegetarian options are available. For allergen information please ask any member of staff. Although we take every precaution to ensure that our food has not been in contact with nuts, we cannot guarantee this. Some of these products may be fried in genetically modified ingredients. All prices include VAT.