



Ruchie

THE TASTE OF SOUTHERN INDIA

MENU

OUR STAFF WILL BE HAPPY TO HELP YOU CHOOSE A DISH, JUST ASK.

APPETISER

Nibbles 🌱 GF £3.25
Mix of Pappodoms, Pappadavada, Murukku and Banana chips.

Pappodoms 🌱 GF £1.25
Served with chutneys.

SOUPS

Rasam 🌶️ 🌱 GF £2.95
Hot and sour soup with lentils, tomato, ginger, green chillies, mustard seeds and pepper.

Fisherman Soup 🌶️ GF £4.75
Prawns, crab, fish, squid cooked with onion, garlic, ginger, green chillies, curry leaves and fresh coconut milk

Dhal Soup 🌶️ 🌱 GF £3.50
Lentils cooked with garlic, ginger, green chilli, mustard seeds, curry leaves and lemon juice.

SOUTH INDIAN TIFFIN

All-time favourite south Indian tiffin served with Sambar and variety of chutneys

Idli 🌶️ 🌱 GF £4.25
Rice and lentil steamed dumplings

Plain Dosa 🌶️ 🌱 £4.50
Thin rice and lentil crispy pancake

Masala Dosa 🌶️ 🌱 £5.45
Thin rice and lentil crispy pancake with flavourful potato filling

Ghee Roast 🌶️ £5.45
Thin rice and lentil crispy pancake topped with ghee

Paneer Dosa 🌶️ £6.50
Thin rice and lentil crispy pancake filled with Indian cottage cheese

Uthappam 🌶️ 🌱 £5.45
Thick rice and lentil pancake topped with choice of onion, tomato or vegetables

Poori Masala 🌶️ 🌱 £4.85
Wheat Flour Bread, deep fried and served with potato masala

Ghee Masala Dosa 🌶️ £6.50
Thin rice and lentil crispy pancake topped with ghee and filled with potato masala

Mysore Masala Dosa 🌶️ 🌱 £6.25
crispy rice pancake with red chilli chutney spread and filled with potato masala

VEGETARIAN STARTER

Mixed Starter 🌶️ 🌱 GF £6.25
Onion Bhajee, Medhu Vada, Aloo Bonda & aubergine served with mint sauce and coconut chutney.

Onion Bhajee 🌶️ 🌱 GF £3.50
Gram flour mixed with onion and other spices deep fried and served with tomato chutney.

Mysore Bonda 🌶️ 🌱 GF £3.50
Spicy potato mixture dipped in batter and deep fried. Served with coconut chutney

Samosa 🌶️ 🌱 £3.25
Deep fried veg. Samosa served with mint sauce

Medhu Vada 🌶️ 🌱 GF £3.50
One of the most favourite South Indian snacks. Golden fried lentil doughnuts served with sambar and coconut chutney

Cauliflower Chilli Fry 🌶️ 🌱 £3.75
Crispy fried cauliflowers tossed with green chili and curry leaves.

SEAFOOD AND MEAT STARTERS

Mixed Sea Food Platter 🌶️ £6.95
Mix platter of fish fillet, prawns, squid, and fried mussels

Fish Fry 🌶️ GF £5.50
Kingfish marinated in a spicy paste and shallow fried

Chilli Fish 🌶️ £4.95
Fish tossed with aromatic Indian spices.

Mussel Moilee 🌶️ GF £4.95
Half shell mussels cooked with garlic, green chili and coconut milk

Grilled King Prawns 🌶️ GF £6.95
Prawns marinated in spicy paste and cooked in tandoor.

Kathrikka 🌶️ 🌱 GF £3.50
Finely sliced aubergines coated in special batter and deep fried. Served with Tomato chutney

Paneer Tikka 🌶️ GF £4.75
Indian cottage cheese marinated in special Spices and cooked in tandoor served with mint chutney

Chilli Paneer 🌶️ GF £5.20
Indian cottage cheese tossed with aromatic Indian spices.

Mushroom Pepper Fry 🌶️ 🌱 GF £5.25
mushrooms sautéed with onion, curry leaves, garlic and black pepper.

All of our dishes are made with the finest fresh ingredients and cooked using traditional south Indian techniques.

PLEASE ASK A MEMBER OF THE TEAM FOR ANY ALLERGEN ADVICE

Chicken Tikka 🌶️ GF £4.25
Cubes of chicken marinated in special spices and cooked in tandoor.

Chilli Chicken 🌶️ £5.30
Fried chicken tossed with aromatic Indian spices.

Chicken Pepper Fry 🌶️ GF £4.95
Chicken cooked with abundance of black pepper and spices

Lamb Pepper Fry 🌶️ GF £5.75
Boneless cubes of lamb cooked with abundance of black pepper and spices

Lamb Chops 🌶️ GF £6.95
Lamb chops cooked with green chilli, curry leaves and abundance of black pepper.

All of our dishes can be made spicier, please ask one of our members of staff who will be happy to advise



Mild



Medium Spice



Hot Spice



Vegan



Gluten Free



Nuts

VEGETARIAN DISHES

Spinach Dhal 🌱 ✓	£5.95
Home cooked style Lentils with Spinach	
Aloo Gobi 🌱 ✓	£5.95
Potato & cauliflower cooked with onion & tomato.	
Bhindi Masala 🌱 ✓	£5.75
Okra cooked with onion and tomato masala.	
Paneer Butter Masala 🌱 N	£6.50
Indian cottage cheese cooked with rich tomato sauce and butter.	
Mushroom Chettinadu 🌱 🌱	£6.95
Mushrooms cooked in Roasted chettinadu masala	
Palak Paneer 🌱	£6.95
Indian cottage cheese cooked with Spinach Puree	
Vegetable Korma 🌱	£5.75
Mixed vegetables cooked with coconut sauce.	
Tadka Dhal 🌱 ✓	£4.95
Lentils cooked and tempered with aromatic spices	
Mixed Vegetable Curry 🌱 🌱	£5.65
Mixed vegetable cooked with onion, tomato, ginger, green chillies, garlic and curry leaves.	
Chana Masala 🌱 ✓	£5.45
Chick peas cooked with roasted masala made of ginger, garlic, chilli, coconut & curry leaves.	
Kathrika Kulambu 🌱 🌱	£5.95
Aubergine cooked with roast masala made with coconut, green chilli, garlic and mustard seeds in tamarind sauce.	

RICE AND BREAD

Steamed Basmati Rice ✓ GF	£2.95
Lemon Rice ✓ GF	£3.25
Basmati rice cooked with lemon and cashew and tempered with curry leaves and mustard seed	
Pulao Rice GF	£3.25
Cooked with cardamom, bay leaf & cumin.	
Coconut Rice ✓ GF	£3.50
Rice cooked with coconut & tempered in mustard seed.	
Mushroom Rice ✓ GF	£3.95
Steamed rice sauted with mushroom masala	
Appam GF	£2.95
Soft centred pancake with a crispy border, fermented with yeast and coconut milk.	
Kal Appam GF	£2.95
Kal appam made with rice flour, coconut and seasoned with cumin .	
Kerala Paratha	£2.75
Soft layered, flaky bread	
Poori ✓	£2.50
Deep fried, puffed wheat flour bread.	
Chapatti ✓	£2.25
Two pieces of round, unleavened flat bread	
Plain / Butter Naan	£2.25
Garlic / Green Chilli Naan	£2.55
Peshwari Naan N	£3.25
Tandoori Roti ✓	£1.95
Potato Chips ✓ GF	£2.50

All our curries are gluten free
CHICKEN DISHES

Nadan Kozhi Curry 🌱	£7.95
Boneless chicken cooked with ginger, garlic, coconut milk and tempered with mustard seeds and curry leaves.	
Kozhi Roast 🌱	£7.50
Boneless chicken marinated with spices and marinated in thick masala.	
Pepper Chicken 🌱	£7.95
Boneless chicken cooked in green pepper based sauce with onion, garlic, and fresh coconut milk	
Chicken Chettinadu 🌱	£8.25
Boneless chicken cooked with roast masala in authentic Chettinadu style	
Varutharacha Kozhi Curry 🌱	£8.25
Kerala special medium Spiced Chicken Curry cooked in a roasted masala.	
Chicken Korma 🌱	£7.95
Boneless chicken cooked with tomato sauce, ginger, garlic and single cream.	
Butter Chicken Masala 🌱 N	£7.95
Tender pieces of tandoori chicken cooked in butter and delicately flavoured with spices and fresh cream	
Spinach Chicken 🌱	£7.95
Cubes of chicken cooked with fresh spinach and Cream	
Chicken Tikka Masala 🌱 N	£7.95
Chicken tikka cooked in onion and tomato based sauce. Topped with cream	

LAMB DISHES

Lamb Curry 🌱	£9.50
Lamb cooked in onion and tomato masala	
Attirauchi Ularthiyathu (dry) 🌱	£9.95
Boneless cubes of lamb cooked in turmeric water, stir fried in open kadai, with black pepper, curry leaves, fresh coconut slivers and fried onion.	
Lamb Korma 🌱	£9.50
Lamb cooked with tomato, ginger, garlic and single cream	
Spinach Lamb 🌱	£9.50
Lamb cooked with fresh spinach and Cream.	
Pot Roast Lamb 🌱	£9.95
Lamb cooked with thick sauce.	
Lamb Chettinadu 🌱	£9.95
Boneless Lamb cooked with roast masala in authentic Chettinadu style	
Lamb Chops Masala 🌱	£9.95
Lamb chops cooked in roast masala made with onion, tomatoes, ginger and other spices	

FROM THE SEA

Meen Kuzhambu 🌱	£7.97
King fish cooked traditional way with tamarind sauce.	
Fish Moilee 🌱	£8.20
King fish cooked with garlic, green chilli, coconut paste and lemon juice.	
Meen Alleppey 🌱	£8.75
King fish cooked in spiced gravy and raw mangoes.	

FROM THE SEA

Meen Pollichathu 🌱	£12.25
Boneless Whole Sea bass covered with specially made spice paste, wrapped with banana leaf and steam cooked, finished with lemon.	
Salmon Roast Masala 🌱	£9.25
Salmon cooked with roast masala made from coconut, garlic, curry leaves, ginger, tomato, onion and tamarind sauce.	
SHELL FISH	
Royyala Pulusu 🌱	£11.95
King prawn cooked in a thick sauce with ginger, onion fresh curry leaves and tamarind sauce.	
King Prawn Moilee 🌱	£11.55
King prawn cooked with garlic, green chili, coconut milk and fresh lemon juice.	
Chemmeen Curry 🌱	£10.95
King prawns cooked with special roasted masala	
Pepper King Prawn Roast 🌱	£12.75
Roasted large king prawns with onion, tomato, ginger, curry leaves, coconut paste and raw mango.	
Nandu Thoran (dry) 🌱	£9.50
Fresh crab meat cooked with grated coconut, garlic and ginger. Tempered with mustard seeds and fresh curry leaves.	

BIRYANIS

Biryani is a favourite Indian dish made with either rice, fish, meat or vegetables. Our biryanis have an indigenous recipe from Malabar (North Kerala). Basmati rice with exotic spices including saffron, nutmeg and cardamom, with your choice of meat, fish or vegetables served with raita, chefs special biryani chutney and poppadum's.

Vegetable Biryani 🌱 N GF	£7.75
Chicken Biryani 🌱 N GF	£ 8.75
King Prawn Biryani 🌱 N GF	£11.25
Lamb Biryani 🌱 N GF	£9.95
Fish Biryani 🌱 N GF	£10.50

SIDE DISHES

Cabbage Thoran 🌱 ✓ GF	£3.25
Finely chopped vegetables cooked with chillies, grated coconut and tempered with shallots	
Okra Bhaji 🌱 ✓ GF	£3.50
Okra cooked with onion, tomato, ginger, green chillies and curry leaves	
Aloo Cheera 🌱 ✓ GF	£3.25
Aloo cooked with onion tomato, ginger, garlic, curry leaves and fresh spinach.	
Kathrika Bhaji 🌱 ✓ GF	£3.35
Fried Kathirika cooked with garlic, pepper, ginger, onion and tomato.	
Mushroom Bhaji 🌱 ✓ GF	£3.95
Mushrooms cooked in onion tomato based thick masala.	



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