# FOOD

**INSPIRED BY THE WAY FOOD IS SHARED IN INDIAN HOMES** Mowgli is best enjoyed with a table full of flavours. Most guests choose 2 to 3 dishes each, or 5 to 6 between two to share.

(Ng) ..... Non-Gluten
(Ng*) Non-Gluten Available
(V) ..... Vegetarian
(Vg) ..... Vegan
(Vg*) ..... Vegan Available

New Recipe

For allergy information please see the reverse

## STREET SNACKS

*The perfect plates to get your meal started*

**Yoghurt Chat Bombs** ..... 7
A real flavour explosion. Crisp puff breads filled with chickpeas, spiced yoghurt, tamarind, coriander & topped with a pomegranate seed. *(302 kcal) V/Vg**

**NEW Poppadoms & Dips** ..... 4.7
The perfect start. Three crispy poppadoms served with a green chutney, zingy pickled onions & spiced yoghurt for dipping. *(460 kcal) Ng/V/Vg**

**Onion Bhajis** ..... 7.3
Crispy onion, vegetable & chilli tangles deep fried in an aromatic spiced gram flour. Served with a punchy masala dipping sauce on the side. *(642 kcal) Ng/V/Vg*

## SMALL STREET PLATES

*A great side, or choose a few & make a meal*

**NEW Bombay Butter Prawns** ..... 9.5
Five juicy tail-on king prawns, served in a lightly spiced Indian butter sauce & topped with green chilli & coriander. Bright, buttery & irresistible. *(302 kcal) Ng*

**NEW Mowgli Spice Bag** ..... 8
A hot crispy tangle of fries, grilled onions & peppers all tossed together in a paper bag with a generous dusting of chat masala. Served with a jug of Mother Butter Sauce for dipping or pouring. *(828 kcal) Ng/V*

**Diwali Cauliflower** ..... 9.5
A festival of colours. Golden turmeric-roasted & fried cauliflower florets topped with yoghurt, pomegranate, coriander, tamarind chutney & sev. *(336 kcal) Ng/V/Vg**

**Mowgli Crispy Wings** ..... 9.7
Super-seasoned & spicy with a moreish kick. Crunchy fried wings tossed in spices & served with a fiery dipping sauce. *(590 kcal) Ng*

**Gunpowder Chicken** ..... 9.7
Our flavour-packed chicken poppers. Chicken marinated in ginger, garlic & garam masala, then golden fried in a light chickpea batter. *(467 kcal) Ng*

**Himalayan Cheese Toast** ..... 8
Cheese on toast done the Indian way with melting mature cheddar, red onion & green chilli. Served with a spiced Indian pickle. *(564 kcal) V*

**Mowgli Chip Butty** ..... 9
Fenugreek Fries, fiery chilli pickle, red onion, coriander, green chilli & Mowgli tomato relish, all served in a roti wrap. *(1082 kcal) V/Vg*

**Sticky Chicken** ..... 9.7
Our lip-smacking crispy chicken bites, fried in chickpea batter for deep flavour & glazed all over in our sticky, sweet, spiced dark molasses. *(601 kcal) Ng*

## FROM THE GRILL

*Flame-grilled, spiced & bursting with flavour*

**NEW Mowgli Mixed Grill** ..... 33
A meat feast, for the table. Spiced chicken thighs, chargrilled marinated lamb chops, crispy wings & tender lamb koftas, served with a selection of house dips. For two or more to share. *(1330 kcal) Ng*

**NEW Lamb Kofta Kebabs** ..... 9.2
Three tender spiced lamb skewers, alive with chilli, coriander & cumin, then chargrilled until deliciously smoky. *(380 kcal) Ng*

**Maa's Lamb Chops** ..... 16.1
Three tender lamb chops marinated in aromatic spiced yoghurt, ginger & garlic, served with zingy green chutney & spiced yoghurt dip. *(481 kcal) Ng*

**Angry Bird** ..... 11.9
Two succulent chicken thighs chargrilled with tandoori spices, yoghurt, ginger & garlic. Served with a popped mustard Mowgli Slaw *(627 kcal) Ng*

**Monkey Tandoor Roti** ..... 13
An open roti wrap with succulent charred tandoori chicken, pomegranate, mint & spinach. Drizzled with homespun chutneys. *(682 kcal)*

INSPIRED BY BRIGHTON

**Enka's Fish & Chips** ..... 16
Our take on a classic Brighton dish. Light & flaky fish golden fried in a spiced tempura batter, with potato cubes tangled in chilli masala & spiced yoghurt. Served with crushed garden peas on the side. *(1351 kcal) Ng*

## COMPANIONS

**Garlic & Coriander Butter Paratha** ..... 4.7
Soft & flaky flatbread, served warm. *(453 kcal) V*

**Puffed Puri Bread** ..... 4.5
Pillowy, puffed up fried golden flatbread. *(168 kcal) V/Vg*

**Roti Breads** ..... 4.6
Two ghee brushed Roti flatbreads. *(439 kcal) V/Vg**

**Mowgli Cumin Rice** ..... 4
Homestyle cumin rice. *(315 kcal) Ng/V/Vg*

**NEW Masala Carrots** ..... 4
Sweet roasted masala spiced carrots, topped with a zingy green chutney. *(130 kcal) Ng/V/Vg*

**Mowgli Slaw** ..... 4
Red cabbage with a moreish dressing. *(430 kcal) Ng/V/Vg*

**Fenugreek Kissed Fries** ..... 8
Golden fried potato cubes tossed in turmeric, fenugreek & our Mowgli masala. *(940 kcal) Ng/V/Vg*

**Treacle Tamarind Fries** ..... 8.9
Crisp turmeric potato cubes glazed in a spiced black treacle tamarind sauce. *(1153 kcal) Ng/V/Vg*



## TIFFIN FOR ONE

*Food roulette chosen by Chef, as it is in India*

**Office Worker's Tiffin** ..... 20
Four tiers of meat, veg & carb jeopardy. *Ng*

**Indian School Tiffin** ..... 18
Four tiers of meat-free pot luck. *Ng/V/Vg**

## HOUSE KITCHEN CURRIES

*Recipes handed down from my Bengali ancestors*

**Mother Butter Chicken** ..... 10.5
Chicken Tikka Masala does not exist in India; Butter Chicken is the real deal. Tandoori chicken pieces simmered in a rich, sweet, spiced tomato & yoghurt sauce. *(444 kcal) Ng*

**House Chicken Curry** ..... 10.5
A lush South Indian curry gently simmered with fragrant curry leaves, coconut milk & ground almonds. Tame but tantalising. *(481 kcal) Ng*

**House Lamb Curry** ..... 11.9
Slow-cooked lamb that falls apart, simmered with anise, plums & chickpeas. This was my Dad's heirloom recipe. A deep, rich, home kitchen gem, passed down through generations. *(465 kcal) Ng*

**Goan Fish Curry** ..... 10.9
Boneless market fish simmered in a deep, mahogany spiced sauce with tamarind, ginger, coriander & smoky Kashmiri chillies. Fiery, tangy, sweet & delicious. *(288 kcal) Ng*

**Aunty Geeta's Prawn Curry** ..... 10.5
Juicy tail-on king prawns simmered in a haunting Bengali Five Spice infused tomato sauce with green chilli & garden peas. Utterly addictive. *(210 kcal) Ng*

**Mowgli Paneer** ..... 10
A firm staff favourite. Tender cubes of soft paneer cheese simmered with velvety sweet, spiced tomatoes & garden peas. Gentle, rich & comforting, with a delicate warmth. *(516 kcal) Ng/V*

**Mowgli Black Dahl** ..... 7.5
Simmered through the night, luxurious black lentils, aromatic spices, garlic & butter, finished with a slick of cream. Earthy, velvety & warming. *(608 kcal) Ng/V*

**Temple Dahl** ..... 7
Red lentils simmered until tender, brought to life with toasted cumin, coriander & lemon. *(361 kcal) Ng/V/Vg*

**Tea Steeped Chickpeas** ..... 7.5
Chickpeas long-simmered in a rich, deep Darjeeling spiced tomato & spinach sauce. *(293 kcal) Ng/V/Vg*

**Picnic Potato Curry** ..... 7
Potatoes slow-cooked with pickling spices, fenugreek, tomatoes & turmeric. *(262 kcal) Ng/V/Vg*