



SONITA'S

HEALTHY INDIAN COOKING

HOME DELIVERY MENU

STARTERS

Vegetarian

Spiced Popadums

served with mint, onion and yogurt chutney
£0.95

Plain Popadums

served with mint, onion and yogurt chutney
£0.95

Paneer Spring Rolls

Crispy pastry stuffed with Indian cheese, spices and fresh herbs served with tamarind chutney
£5

Vegetable Somosas

Pastry parcels stuffed with potato & garden peas served with tamarind chutney
£5

Non Vegetarian

Chicken Tikka Somosas

Pastry parcels stuffed with spiced minced chicken served with tamarind chutney
£5

Lamb Somosas

Pastry parcels stuffed with spiced minced lamb served with tamarind chutney
£5

Lamb Kofte

Spiced lamb mince served with salad and mint, onion and yogurt chutney
£7

CURRIES

Vegetarian Dishes

Tadka Dal and Saag

Yellow lentils tempered with mustard seeds, spice blend and baby spinach
Small £5 Large £7

Chana, Saag and Aloo

A North Indian classic with chickpeas, spinach and potato
Small £5 Large £7

Mixed Vegetable

A traditional curry with seasonal vegetables cooked in a fragrant tomato masala
Small £5 Large £7

Saag Paneer

Spinach and pieces of Indian cheese with blended spices cooked in a rich garlic and onion sauce
Small £5 Large £7

Capsicum Sabzi

Mixed bell peppers stir fried in a rich tomato and cumin masala
Small £5 Large £7

Chilli Paneer

Mixed bell peppers and pieces of Indian cheese stir fried in a rich tomato and cumin masala
Small £5 Large £7

Aloo Gobi

A light and fragrant curry with potato and cauliflower with blended spices
Small £5 Large £7

Bombay Potato

Potatoes cooked in Indian spices with mustard seeds
Small £5 Large £7

Chicken Dishes

Chicken Curry

Succulent pieces of chicken breast simmered in a rich vine tomato masala
Small £6 Large £8

Chicken and Saag Curry

Succulent pieces of chicken breast simmered in a rich vine tomato masala with spinach
Small £6 Large £8

Chicken and Red Pepper Curry

Succulent pieces of chicken breast simmered in a rich vine tomato masala with roasted red peppers
Small £6 Large £8

Lamb Dishes

Lamb Curry

Tender pieces of baby lamb (no bone, leg meat) slow cooked with aromatic spices in a ginger garlic and vine tomato sauce
Small £6 Large £8

Lamb and Saag Curry

Tender pieces of baby lamb (no bone, leg meat) slow cooked with aromatic spices in a ginger garlic and vine tomato sauce and baby spinach.
Small £6 Large £8

Lamb and Aubergine Curry

Tender pieces of baby lamb (no bone, leg meat) slow cooked with aromatic spices in a ginger garlic and vine tomato sauce with roasted aubergine
Small £6 Large £8



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CURRIES

Lamb Dishes

Keema Mutter Curry

A classic punjabi curry of minced lamb simmered with peas

Small £6 Large £8

Seafood Dishes

King Prawn Curry

Juicy King prawns cooked in a rich tomato, onion, garlic and ginger sauce

Small £7 Large £9

King Prawn and Red Pepper Curry

Juicy King prawns cooked in a rich tomato, onion, garlic and ginger sauce with roasted red peppers

Small £7 Large £9

King Prawn and Bombay Aloo

Juicy King prawns cooked in a rich tomato, onion, garlic and ginger sauce with spiced potatoes

Small £7 Large £9

SIDES

Punjabi Rice

Fragrant basmati rice cooked with cumin, mustard seeds and spices

£4

Plain Basmati Rice

Light and simple

£2.50

Roti

£2.25

Naan Bread

£2.25

Garlic Naan

£2.50

Raita

Cucumber Yogurt

£2.50

Onion, Tomato and Lemon

Salad

£2.50

Mixed Salad

£2.50

PICKLES AND CHUTNEYS

Mango Chutney

Sweet and smooth

£2.50

Mixed Pickle

Tangy and zesty

£2.50

Chilli Pickle

Hot, Hot, HOT

£2.50

Tamarind Chutney

Tangy and slightly sweet

£2.50

Mint, Onion and Yogurt

Chutney

£2.50

Mint, Coriander and Apple

Chutney

£2.50

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West Yard, Camden Lock
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SonitasKitchen

All of our curries are free from gluten, dairy and nuts.