



**PUNJABI  
HEAVEN**

One of the most respected Indian cuisines is the Punjabi style, which owes much to the geographical position of the Punjab itself. The land of the five rivers is an affluent agricultural region set in a plain in the foothills of the Himalayas with rivers running into fertile fields. Punjabi food requires a skilful blending and cooking to produce a rich taste and smooth texture. Balance is the key, as Punjabi spices gently promote (and never dominate) the flavour and texture of the primary ingredient, be it fish, meat, or vegetables. Established in 2021, we are the best North Indian Street Food Restaurant in the Leeds, UK, serving distinctive Punjabi cuisine to our diners in Leeds and beyond.

## NIBBLES

**MASALA POPPADOM'S CONES** V **£3.20**  
Fried pappad with chopped onion, red chilli, tomato, coriander, chat masala and fresh lime.

**POPPADOMS WITH CHUTNEY TRAY** V GF **£4.50**  
Poppadoms basket with our signature chutneys.

## STREET BITES

**KURKURE ONION BHAJI** V DF GF VEGAN **£4.95**  
Spicy crispy Indian fritters made with onion, spinach and gram flour.

**PUNJABI HEAVEN CHAAT** V NEW **£5.95**  
A popular North Indian street food made with papdi (flour cracker), black gram fritters, boiled chickpeas, potatoes and home made chutneys.

**BHEL PURI** V **£5.95**  
Bhel puri is a very popular Mumbai street food. Snack made with puffed rice, boiled potatoes, onion, various chutneys, herbs, ground spices, sev, textures sour, tangy, crispy sweet salty, crunchy.

**SEV PURI (DAHI PURI)** V **£5.99**  
Made of crispy puffed pastry loaded with potato, spice onion, chick peas and popular Indian chutneys and sprinkled with sev and pomegranate.

**BEETROOT CHEESE BALLS** V GF **£5.99**  
Delicious spiced beetroot balls stuffed with mozzarella cheese and shallow fired to perfection.

**RAINBOW PANI-PURI SHOTS** V DF VEGAN NEW **£6.50**  
6 Pieces crispy shells filled with potato, chick peas and served with mint coriander and tamarind pani puri water.

**SAMOSA CHAAT** V (VEGAN DA) **£6.50**  
Pastry filled with layered vegetable and spice chick peas adorned with yogurt tamarind and mint coriander chutney.

**ALOO TIKKI CHOLAY CHAAT** V GF (VEGAN DA) **£6.50**  
Deep fried vegetable and potato pattie served on the bed of spiced chick peas topped with variety of chutneys and pomegranate.

**OKRA FRY** V GF DF VEGAN **£6.50**  
Fried lady finger coated in light spiced chick peas batter.

**PANEER TACOS** V NEW **£6.50**  
Our take on scrambled paneer, served in beetroot wheat tacos, topped with mint and chilli chutney.

**MUMBAI BATATA VADA PAO** V **£6.50**  
Fresh baked and toasted pao buns are famous in Mumbai. This spicy fried potato inside the buns with herb chutney, chilli sauce and dry garlic chilli and roasted peppers.

**CHICKEN 65** GF DF **£6.50**  
Crispy fried chicken marinated with lemon juice mustard seed, curry leaves and homemade spices served with tamarind sauce.

**AMRITSARI FISH PAKORA** GF DF **£6.99**  
This dish of tilapia fillets flavoured with ginger, ajwain and paprika. Then fried with home spice gram flour batter is eaten all over in Punjab.

**KERELAN LAMB FRY** DF NEW **£8.50**  
So good it crossed over cultures. This dish of slow cooked lamb, browned onions, toasted spices and crushed peppercorns served in a fluffy fried bread.

## COOL PLATER

**CHAT COOL PLATER** V (SERVES 2 PEOPLE) **£11.99**  
Sev Puri, Pani Puri, Punjabi Heaven Chat, Bhel Puri.

## TANDOORI STARTERS

**ACHARI PANEER TIKKA** V GF **£6.50**  
Homemade paneer marinated with pickle, ginger garlic and homemade spices served with mint sauce.

**TANDOORI BROCCOLI** V GF **£6.50**  
Marinated in fresh cream yogurt home spice and ginger garlic.

**HARYALI CHICKEN TIKKA** GF NEW **£6.99**  
A classic North Indian starter marinated in fresh green herbs, mint and coriander leaves along with home spices.

**MURGH MALAI TIKKA** GF **£6.99**  
Chicken marinated in yogurt, cream and house spice served with mint sauce.

**DELHI CHICKEN TIKKA** GF **£6.99**  
Chicken marinated in ginger garlic, garam masala and cooked in tandoor served with mint sauce.

**GILAFI SEEKH KEBAB** GF NEW **£8.50**  
Juicy lamb mince skewers with ginger, garlic, garam masala, coriander, chopped peppers and onions served with a tandoori salad and mint chutney.

**CHEF'S SPECIAL LAMB CHOPS** **£8.50**  
Marinated in ginger garlic beets and home spice served with sauce.

**TANDOORI PRAWN** GF **£8.50**  
tiger prawns marinated with ginger, paprika, yogurt, nigella seeds and ajwain.

**TANDOORI SALMON** GF NEW **£8.99**  
Salmon filet marinated in ginger, garlic, beetroot, yogurt and cooked in our coal tandoor.

**VEG PLATER** GF (SERVES 2 PEOPLE) **£12.99**  
Veg samosa, veg cutlet, tandoori broccoli, Paneer tikka.

**MIXED GRILL** GF (SERVES 2 PEOPLE) **£14.99**  
Seekh kebab, malai tikka, chicken tikka and fish pakora.

## INDO-CHINESE

**CHILLI PANEER** V **£6.99**  
Crispy fried paneer cooked with onion, peppers with sweet and chilli sauce.

**VEG MANCHURIAN** V **£6.99**  
Veg Manchurian is an indo Chinese appetizer where crisp fried vegetables balls dunked in slightly sweet, sour and hot Manchurian sauce this balls are super delicious & crisp, the sauce is even more addictive and tasty Manchurian can made to dry.











**CHILLI CHICKEN** **£7.50**  
Crispy fried chicken cooked with onion, peppers with sweet and chilli sauce.

## TANDOORI MAINS

**PUNJABI TANDOORI HALF CHICKEN** GF **£14.95**  
Marinated in ginger garlic, chill, Garam masala cooked in tandoor served with rice, sauce and salad and chutneys.

**WHOLE TANDOORI SEABASS** GF NEW **£17.99**  
Locally sourced whole seabass marinated in lemongrass, red chilli, ginger and home spices. Served with basmati rice, sauce and salad.

## VEG CURRY

- TARKA DAAL** **V GF DF VEGAN**  **£10.50**  
Popular Indian dish where cooked spiced lentil are finished with tempering made of oil and spice.
- RAILWAY POTATO CURRY** **V GF DF VEGAN**  **£10.50**  
Tasty mild curry traditionally served on the railways.
- PUNJABI HEAVEN CHOLE** **V GF DF VEGAN**  **£10.50**  
Most popular vegetarian dish in India. A dollop of comfortingly bolstering pulses bathed in thick, tangy, deeply spiced gravy.
- DAL MAKHANI** **V GF**  **£10.50**  
Dal makhani is a popular dish originating from the Punjab region of the Indian subcontinent. The primary ingredients in dal makhni are whole black lentil, butter and cream.
- KADHI PAKORA** **V GF**  **£10.99**  
Flavour full Punjabi Kadai pakora has deep fried pakora dunked in a tangy yogurt based curry.
- NAWABI MALAI KOFTA** **V GF**  **£11.50**  
Malai Kofta is a classic North Indian dish originated from Mughlai cuisine. Malai refers to the cream and koftas are deep fried paneer and vegetable dumplings in rich creamy tomato gravy.
- BUTTER PANEER** **V GF**  **£11.50**  
You'll love our authentic butter paneer made with pureed tomatoes, ginger, honey, butter, hand-picked spices with fenugreek leaves.
- PUNJABI SAGG PANEER** **V GF**  **£11.50**  
Our sagg inspired by the typical farmers fare of the Punjabi region. Pureed spinach and homemade paneer spiced with cumin, garlic and dried fenugreek leaves.
- KADAI PANEER** **V GF**  **£11.50**  
Homemade paneer cooked in onion, tomatoes, gravy, bell pepper and blend of home spices.
- MATAR METHI MALAI PANEER** **V GF NEW**  **£11.50**  
A popular indian paneer curry with rich and creamy sauce mixed with methi(fresh fenugreek greens), green peas.

## BIRYANI'S













All biryanis come with sauce, raita and salad

- TEMPLE VEG BIRYANI**  **£11.99**
- ROYAL CHICKEN BIRYANI**  **£13.95**
- SINDI LAMB BIRYANI**  **£14.95**

## DOSA'S

- MYSORA MASALA DOSA**  **£12.50**  
Thin rice and lentil crepe with chutney and potato masala filling served with sambar.
- PLAIN DOSA**  **£9.99**  
Thin rice and lentil crepe with chutney served with sambar.
- HEAVEN SPECIAL**  **£11.99**  
Cheese Chilli Dosa served with sambar chutney.

## NON-VEG CURRY

- BUTTER CHICKEN** **GF**  **£12.99**  
You'll love our authentic butter chicken made with pureed tomatoes, ginger, honey, butter, hand-picked spices with fenugreek leaves.
- KADAI CHICKEN** **GF DF**  **£12.99**  
Chicken cooked with onion, tomatoes, gravy, bell pepper and blend of home spice.
- SAGG CHICKEN** **GF**  **£12.99**  
Our sagg inspired by the typical farmers fare of the Punjabi region. Pureed spinach and spiced with cumin, garlic and dried fenugreek leaves.
- VILLAGE CHICKEN CURRY** **GF DF**  **£12.99**  
A traditional home style chicken curry.
- MADRAS CHICKEN CURRY** **GF**  **£12.99**  
Madras curry is a fairly hot curry red in colour with use of chilli powder.
- PUNJABI LAMB** **GF DF**  **£13.99**  
Slow cooked lamb with ginger garlic, Kashmiri chilli and hand-picked spices.
- SLOW COOKED LAMB MADRASS** **GF**  **£13.99**  
A classic hot and tangy South Indian dish toasted spices in a deep rich sauce.
- RAJASTHANI LALL MASS** **GF**  **£13.99**  
Full flavoured tender lamb cooked in authentic Rajasthani way.
- BOMBAY KEEMA MATAR** **GF**  **£13.99**  
popular in Mumbai, this curry was the Persian's gift to India spiced ground lamb with ginger, tomato and browned onions is finished off with green peas and crisp spring onions.
- PUNJABI HEAVEN HOUSE CURRY** **GF NEW**  **£13.99**  
Traditional chicken curry from southern India cooked with freshly ground black pepper, curry leaves & coconut milk. *Pair it with our Piantaferro Primitivo. Sweet with upfront fruit, dark berries, raisins, black cherry and red liquorice which goes perfectly with our meat dishes. BTL £28*
- LAMB SHANK** **GF DF NEW**  **£14.99**  
Lamb Shank slowly cooked for hours in our classic Hyderabadi Sauce.
- SRILANKAN FISH CURRY** **GF DF NEW**  **£14.99**  
Fresh and locally sourced seabass filet served in goan style hot and sour coconut gravy. *Pair it with our Organic Albarino. A particular favourite of our chef which he personally enjoys with seafood. BTL £28*

## BREAD AND RICE

- BASMATI WHITE RICE** **V VEGAN GF DF** **£2.95**
- PILAU RICE** **V VEGAN GF DF** **£3.50**
- BUTTER NAAN** **V** **£2.95**
- GARLIC NAAN** **V** **£3.50**
- CHEESE NAAN** **V** **£3.50**
- COCONUT NAAN (SWEET NAAN)** **V** **£3.50**
- CHILLI GARLIC & CORIANDER NAAN** **V** **£3.99**
- RASOI SPECIAL CHEESE CHILLI GARLIC NAAN** **V** **£4.50**
- TANDOORI ROTI** **V (VEGAN OPTION AVAILABLE)** **£2.95**

## SIDES

- BOONDI RAITA** **V** **£2.99**
- MIXED PUNJABI SALAD** **V VEGAN GF DF** **£2.95**
- PLAIN CHIPS** **V DF** **£3.00**
- MASALA CHIPS** **V DF** **£3.50**
- CHOPPED GREEN CHILLI** **£1.50**
- PLAIN YOGHURT** **£1.99**
- SLICED ONIONS** **£1.50**
- MIX PICKLE** **V** **£1.50**

For Allergies and Intolerance, please speak to a manager or member of staff.



**Tripadvisor  
Travellers'  
Choice Awards**



2023-2024

**“PUNJABI  
RESTAURANT  
OF THE YEAR”  
2024**

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THE\_PUNJABI\_HEAVEN**

**CATERING SERVICE FOR ALL OCCASIONS AND EVENTS AVAILABLE.  
PLEASE VISIT OUR WEBSITE [WWW.PUNJABIHEAVEN.CO.UK](http://WWW.PUNJABIHEAVEN.CO.UK) FOR MORE INFORMATION.**