

Chaat

LOTUS

Spices

Welcome to Lotus Chaat and Spices — The North Bay's only destination for South Indian Dosa and small bite sized foods from India: dishes that will not only nourish you but also tingle your tongue and provoke your palate with a kaleidoscope of flavors, textures and spices.

Indian chaat are among the world's most interesting snacks. In India they originated as street foods in the Uttar Pradesh region. Today they've become so popular, they're sold throughout the Indian sub-continent as well in Southeast Asia.

Most chaat are based on dough made from a variety of flours. Depending on the type, they're either deep-fried, baked or steamed. They can be stuffed or topped with a variety of fillings that range from potatoes, beans and chick peas to assorted vegetables to cheese, even other grains.

At Lotus Chaat, many of our dishes are **gluten free** and **vegan**. We use organic ingredients as much as possible.

Feel free to talk to our servers about our unusual menu. Many of our chaat dishes may be new to you. We've done our best to fully describe them here, but if there's more you would like to know, please don't hesitate to ask.

We also sell frozen and prepared foods in our store, imported from some of India's most renowned food producers. After your meal, come browse our exceptional selection and take home some new tasty treats.

HOURS:

Tuesday - Saturday: 11:30 a.m. to 9:00 p.m.

Sunday: 11:30 a.m. to 8:00 p.m.

RESERVATIONS RECOMMENDED ON WEEKENDS

Closed Monday / Visit Our Other Location

LOTUS CUISINE OF INDIA

704 4th Street, San Rafael

LUNCH BUFFET

Monday - Saturday: 11:30 a.m. to 9:00 p.m.

DINNER DAILY

5:00 p.m. to 9:30 p.m.

Go to our web site, www.lotuschaat.com or call, for more information.

Lotus Chaat and Spices • 1559 4th St., San Rafael
Tel: (415) 454-6887 • Fax (415) 454-8508

LOTUS CHAAT MENU

1. BHEL PURI..... \$7.99
Savory, crunchy puffed rice with assorted vegetables, peanuts and tangy tamarind sauce; sweet and spicy. (V)
2. PANI PURI \$7.99
Bite-sized puffed hollow pastries, thin and crackly, filled with a stew-like blend of potatoes, chickpeas, onion, chili and served with tamarind-mint water. (V)
3. DAHI PURI..... \$8.99
Crispy little round breads, their tops broken open, interiors filled with a mix of mashed potatoes, chili and lightly sweetened yogurt.
4. PAPPDI CHAAT \$7.99
Deep-fried, puffed flatbreads topped with potatoes, yogurt, and tamarind and mint sauces.
5. CHOLE BHATURE \$9.99
Big, deep-fried puffy breads made of fine-grained wheat flour, served with spiced chickpea stew.
6. CHOLE SAMOSEY** \$8.99
Samosa pastries stuffed with peas and potatoes, accompanied by a vibrant spiced chickpea stew. (V)
7. ALOO TIKKI CHAAT ** \$8.99
A North Indian potato croquette, pan-fried and served hot with chickpea stew. (V & G)
8. PURI BHAJI *Puri made of flat rounds of flour that are deep fried and served with spiced potatoes* \$8.99

SOUTH INDIAN SPECIALTIES

9. PAV BHAJI** \$9.99
Potato-based vegetable curry, served with soft breads and topped with fresh coriander and chopped onions.
10. SAMBAR VADA** \$8.99
Deep-fried savory donuts made of lentil flour with spices and coconut, served with a bowl of sambar. (V & G)
11. SAMBAR IDLI** \$8.99
South Indian breakfast classic, little cakes of steamed, fermented black lentil and rice flour, served in a bowl of sambar (a spice-enriched vegetable soup). (V & G)
12. DAHI VADA *Deep-fried lentil donuts, soaked in a tangy, spiced yogurt sauce. (G)* \$8.99

DOSA

Savory rice and lentil crepe, all served with fresh coconut chutneys and sambar, a flavorful lentil dipping soup made with vegetables and spices. Masala, the classic dosa filled with mashed spiced potatoes (masala) and onions which is a traditional filling.

Tips for first-timers: Dip each morsel of your dosa or uttapam in the sambar, then add a bit of the chutneys... and yes, feel free to use your fingers.

ALL DOSA ARE SERVED WITH SAMBAR AND COCONUT CHUTNEY

13. MASALA DOSA *Mildly spiced potatoes and peas. (V & G)* \$13.99
14. LOTUS SPECIAL DOSA \$14.99
Dosa stuffed with aromatically spiced organic tofu, potatoes and broccoli. (V & G)
15. PANEER DOSA *Stuffed with home made cheese and onions. (G)* \$16.99
16. SADA DOSA *Plain Dosa without the filling. (V & G)* \$11.99

V = Vegan; G = Gluten free; **Served temperature hot

Most items can be prepared VEGAN and GLUTEN FREE.

Do you have any special requests (vegan, gluten free, other)? Please ask your server! 6/9/16

17. EGG DOSA *Lentil crepe topped with MILDLY SPICED egg. (G)* \$14.99
18. RAVA MASALA CRISPY DOSA \$14.99
Made of semolina wheat, served with spiced Indian potatoes, onions & cashews. (V)
19. MYSORE MASALA DOSA \$14.99
Layered with a thin spread of a spicy lentil chutney, typical of the Indian city of Mysore. (V & G)
20. MUSHROOM DOSA *Mildly spiced mushrooms and potatoes. (V & G)* \$14.99
21. CAULIFLOWER DOSA *Mildly spiced cauliflower and potatoes. (V & G)* \$14.99
22. SPINACH DOSA *Layer of saag on a bed of potatoes (Can add paneer cheese on request). (G)* \$14.99
23. EGGPLANT DOSA *Layer of baingan bartha on a bed of potatoes. (G)* \$14.99

HEALTHY VEGETARIAN CHAAT

24. BARLEY BHEL \$8.99
High protein, high fiber grain with chewy texture and nutty flavor similar to brown rice, mixed with cooked potatoes, onions, peanuts, tomatoes and tamarind and mint sauces. (V)
25. BEAN SPROUT BHEL \$8.99
Fresh raw bean sprouts mixed with cooked potatoes, onions, tomatoes, peanuts, tamarind and mint sauces. (V)
26. TOFU BHEL \$8.99
Organic tofu mixed with cooked potatoes, onions, tomatoes, peanuts, tamarind and mint sauces. (V)

UTHAPAMS

*Slightly thicker, pancake-style variation of the Dosa, with a variety of savory toppings described below.
Each Uttapam is also served with fresh coconut & tomato chutneys and sambar*

27. PLAIN UTHAPAM \$7.95
Thick rice lentil pancake served with chutneys & sambar. (V & G)
- ADD ONIONS, OR CHILLI OR TOMATO (ADD \$2 EXTRA)
Thick rice lentil pancake topped with onion, tomato and green chilies served with coconut and tomato chutney & sambar. (V & G)

THALI

28. SOUTH INDIAN THALI \$22.99
Includes : Idli, vada, sambar, rasam, masala dosa, and vegetable of the day. (V & G)

PARATHAS

29. STUFFED WHOLE WHEAT PARATHAS** \$4.99
Filled with your choice of one — cauliflower, potato, or house made paneer cheese.
30. LOTUS COMPLETE PARATHA** \$6.99
Stuffed with all of the above ingredients — cauliflower, potato and house made paneer cheese.

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SALADS

31. GREEK INSPIRED SALAD \$8.99
Roasted paneer cheese with red onions, cucumbers, spinach, lettuce and tomato.
32. INDIAN TRADITIONAL SALAD..... \$8.99
Tomato, cucumber, spring onions, carrots with dressing of raita and salt and black pepper.
33. MIXED GREEN SALAD WITH GRILLED TOFU \$8.99
Mixed greens with tandoori grilled tofu, roasted almonds, avocado, red onion, assorted organic mixed greens, curry vinaigrette.

DESSERTS

- RAS MALAI \$4.99
Delicate Indian cheesecake patty of house made sweetened paneer in ice-cold milk enhanced with rose water and pistachios.
- INDIAN ICE CREAM..... \$4.99
*Traditional Indian ice cream.
 Flavors: Rose, Malai, Kesar Pista (Saffron/Pistachio), or Pista - classic pistachio.*

DRINKS *All of our drinks are available to-go.*

- MASALA CHAI \$3.95
Traditional Indian hot wake-up beverage of black tea spiced with cardamom, ginger, anise, clove, cinnamon stick, enriched with milk. (One refill only)
- MANGO LASSI \$4.99
Refreshing, thick yogurt drinks made from fresh mango, whirled with tangy plain yogurt and sweetened with rosewater.
- PLAIN LASSI (SWEET/SALTED) *Traditional North Indian yogurt drink.* \$3.99
- INDIAN SODAS *Thumbs Up, Limca, Fanta, or Tamarind.* \$2.99
- INDIAN FRUIT DRINKS *Mazza Mango, Lychee, Guava or canned coconut water.* \$2.99
- SODAS *Coke, Diet Coke, or Sprite* \$2.99
- PREMIUM BEERS (MICROBREW) \$4.95
Red Tail Ale, Porter (Organic), Indian Pale Ale, St. Pauli (Non-alcoholic).
- GLUTEN FREE BEER *Red Bridge Beer.* \$4.95
- INDIAN BEERS *Kingfisher (Small beer - \$4.25), Taj Mahal.* \$7.95

WINES

- NAVARRO, SAUVIGNON BLANC, MENDOCINO..... \$8.00 (G)/\$26.00 (B)
- NAVARRO, CHARDONNAY, MENDOCINO..... \$8.00 (G)/\$27.00 (B)
- NAVARRO, GEWÜRZTRAMINER, MENDOCINO..... \$8.00 (G)/\$28.00 (B)
- NAVARRO, PINOT NOIR, MENDOCINO..... \$9.00 (G)/\$30.00 (B)
- NAVARRO, ZINFANDEL, MENDOCINO..... \$9.00 (G)/\$30.00 (B)
- BONTERRA ORGANIC CABERNET, MENDOCINO \$8.00 (G)/\$26.00 (B)
- BONTERRA ORGANIC VIOGNIER, MENDOCINO..... \$8.00 (G)/\$26.00 (B)
- LAIRD PINOT GRIGIO, CARNEROS \$8.00 (G)/\$25.00 (B)