

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

1. **BHEL PURI** \$9.99
Savory, crunchy puffed rice with assorted vegetables, peanuts and tangy tamarind sauce; sweet and spicy. (V)
2. **PANI PURI** \$9.99
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 / PAPDI CHAAT** \$9.99
Crispy little round breads, their tops broken open, interiors filled with a mix of mashed potatoes, chili and lightly sweetened yogurt.
4. **CHOLE BHATURE / CHOLEY SAMOSEY (V)** \$10.99
Big, deep-fried puffy breads made of fine-grained wheat flour, served with spiced chickpea stew. Samosas are pastry stuffed with peas and potatoes.
5. **ALOO TIKKI CHAAT** \$9.99
A North Indian potato croquette, pan-fried and served hot with chickpea stew. (V & G)

SOUTH INDIAN SPECIALTIES

6. **PAV BHAJI** \$10.99
Potato-based vegetable curry, served with soft breads and topped with fresh coriander and chopped onions.
7. **SAMBAR VADA** \$8.99
Deep-fried savory donuts made of lentil flour with spices and coconut, served with a bowl of sambar. (V & G)
8. **IDLI SAMBAR** \$8.99
Little cakes of steamed, fermented black lentil and rice flour, served in a bowl of sambar (a spice-enriched vegetable soup). (V & G)

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

9. **MASALA DOSA / MYSORE DOSA** Mildly spiced potatoes and peas. (V & G) \$13.99
10. **LOTUS SPECIAL DOSA** Dosa stuffed with aromatically spiced organic tofu, potatoes and broccoli. (V & G) \$14.99
11. **RAVA MASALA CRISPY DOSA** Made of semolina wheat, served with spiced Indian potatoes, onions & cashews. (V) . \$14.99
12. **MUSHROOM DOSA** Mildly spiced mushrooms and potatoes. (V & G) \$14.99
13. **SPINACH DOSA** Layer of saag on a bed of potatoes (Can add paneer cheese on request). (G) \$14.99
14. **EGGPLANT DOSA** Layer of baingan bartha on a bed of potatoes. (G) \$14.99
15. **LAMB DOSA (WITH SPINACH, OR EGGPLANT, OR MUSHROOM)** on mildly spiced potatoes and peas. (G) .. \$18.99
16. **GROUND LAMB DOSA (WITH BROCCOLI, OR PEAS)** on mildly spiced potatoes (G) \$18.99
17. **CHICKEN DOSA (WITH SPINACH, OR EGGPLANT, OR MUSHROOM)** on mildly spiced potatoes and peas. (G) ... \$18.99
18. **SALMON DOSA (WITH SPINACH, OR BROCCOLI)** on mildly spiced potatoes and peas. (G) \$18.99
19. **SHRIMP DOSA (WITH SPINACH, OR BROCCOLI)** on mildly spiced potatoes and peas. (G) \$18.99

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

20. **PLAIN UTHAPAM** Thick rice lentil pancake served with chutneys & sambar. (V & G) \$7.95
ADD ONIONS, OR CHILLI OR TOMATO (ADD \$2 EXTRA)

THALI

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

BIRYANI

22. VEGETABLE BIRYANI \$13.99

One dish rice based meal that consists of layering cooked rice and vegetables, accompanied with raita

ADD LAMB, OR CHICKEN OR SHRIMP (ADD \$3 EXTRA)

PARATHAS

23. LOTUS COMPLETE PARATHA *Stuffed cauliflower, potato and house made paneer cheese.* \$6.99

SALADS

24. 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.

ADD CHICKEN..... (ADD \$2 EXTRA)

DESSERTS

RAS MALAI / ROSE PETAL ICE CREAM / GULAB JAMUN..... \$4.99

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 / PLAIN LASSI (SWEET/SALTED) \$4.99

Refreshing, thick yogurt drinks, whirled with tangy plain yogurt and flavored with rosewater.

SODAS *Coke, Diet Coke, Sprite* INDIAN SODAS *Thumbs Up, Limca, or Tamarind.* \$2.99

INDIAN FRUIT DRINKS *Mazza Mango, Lychee, Guava or canned coconut water.* \$2.99

BEERS

PREMIUM BEERS (MICROBREW) *Red Tail Ale, Porter (Organic), Indian Pale Ale, St. Pauli & Becks (Non-alcoholic).* \$4.95

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)

*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! 12/19/16