

AMRUTHA EARLSFIELD TAKEAWAY MENU

MAINS £15

BUDDHA CURRY (mild and creamy lentil dahl served with rice and slaw)

SEASONAL CURRY (spicy curry with mixed veg served with rice and slaw)

ANNIE'S SOUL BOWL (all our fresh salads, pickles, beet gazpacho, cashew cheese and chef special)

PEANUT NOODLE STIRFRY (with our signature satay sauce, crushed peanuts, mushroom, broccoli, Chinese greens, choose your spice level!)

SIDES

CRISPY PAKORA (aubergine, mushroom and broccoli bites in a crispy batter served with chilli and satay sauce) £7

EXTRAS

KALE SALAD (kale massaged in an orange and garlic dressing) £7

COCONUT TAMARIND CHUTNEY (so good with Buddha!) £1.5

CASHEW DIP (creamy with garlic and rosemary) £2

MILA CHILLI PICKLE (super spicy moorish chilli dip) £1.5

TRIO OF DIPS (all three dips above) £4

AMRUTHA HERBAL TEA £6

SOMETHING SWEET

CHOCOLATE BROWNIE £4

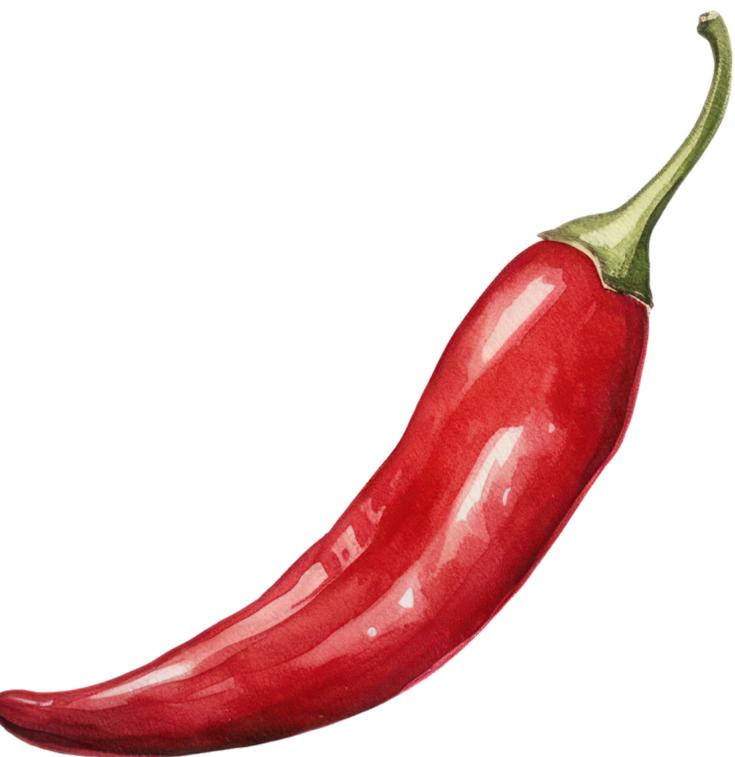
CHEESECAKE (ask for flavours) £6

DRINKS £4.50

Homemade Lemonade

Holos Kombucha

Homemade Mango lassi



Amrutha is a Sanskrit term that translates as life-giving nectar; we adopt this meaning and apply it to the way we create and also serve your food. Our aim is to nourish the body and feed the Soul.

FAIR PRICE POLICY

We believe our price reflects the quality, care and creativity behind every dish we serve. Running an independent restaurant comes with its challenges, but our goal has always been simple - to make all of our guests happy. If you wish to, you're welcome to pay what you feel is a fair price for your meal. Just let your server know when you settle your bill.

NO SOUL GOES HUNGRY

Everyone deserves access to good, nourishing food, whatever their circumstances. No soul goes hungry here. We are more than happy for you to exchange your time or skills for a meal for yourself or loved ones.

BRING YOUR OWN BOOZE

We are happy for you to bring your own beer and wine to our restaurant to make sure you have a perfect meal - we won't charge you any corkage fees either. We also have a small selection of curated vegan wines available to buy by the bottle.

WE WANT TO SEE YOU ALL

Under 16s eat free Saturday and Sunday lunchtimes. Friday community lunch offered to retirees, low income families and students.

Much Love, Team Amrutha

AMRUTHA SHARING MENU

Grande Selection - £37 per person

Original Selection - £33 per person

Buddha Curry
Seasonal Curry
Basmati Rice
Sesame Slaw
Pickle Plate
Crispy Pakora
Coconut and Tamarind Chutney
Sautéed Mungbean sprouts
Cashew Cheese

Chef Special
Mint and Coriander Chutney
Kale Salad
Beetroot Gazpacho
(additional with Grande Selection)

A curated selection of dishes designed for sharing. Feel free to request extra servings of your favourites at any time.

Anything left over at the end of your meal can be packed up and taken home

*Our seasonal curry and chef specials are everchanging, our team will let you know what we have on today.

AMRUTHA EXTRAS

If you'd like to add some extras to your selections;

Peanut Noodle Stir-fry - £15

Chef Special - £8

Spicy Chilli Relish - £2



DRINKS

Holos Kombucha - £4.50
(ginger hibiscus, elderflower raspberry)

Mango Lassi - £4.50

Fresh Jaggery Lemonade - £4.50

Impossibrew (alcohol free beer, 0.5%) - £4.50

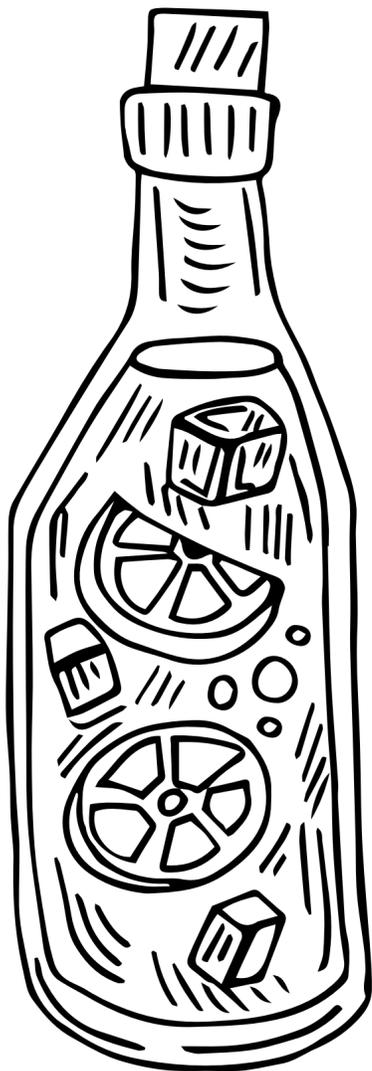
Herbal Tea - £ Free
(we will bring some more after your meal
its the best for digestion)



We know how our food is best enjoyed so that's why we remove the need for a traditional menu.

If you'd rather order individual dishes from our á-la-carte menu, please let one of our servers know.

Please let us know if you have any allergies or intolerances



A la carte menu

STARTERS AND SIDES

Beet Gazpacho £7

Spicy, sweet and creamy, our beetroot and coconut soup has as many tastes as you can imagine! Gazpacho is a cold soup; ours is completely smooth and topped with a silky cashew and dill cream.

Kale Salad £7

Massaged kale with a creamy orange dressing. It is then garnished with figs, sunflower seeds and goji berries.

Crispy Pakoras £8

Mushroom, aubergine and broccoli are coated in a golden batter with onion seeds and a mix of spices. Fried and served with our home-made peanut satay and sweet chilli sauces.

MAINS

Buddha Box £21

Our twist on a traditional dahl, this is a mild and creamy dish. The two lentil and coconut curry is served with fluffy white rice, sesame slaw, green salad as well as our crispy pakoras and a coconut and tamarind chutney.

Seasonal Curry Box £21

A Second curry that changes with the seasons, served with rice, salad and pakoras.

Noodle Stir-Fry £18

Fresh wheat noodles stir-fried with roasted mushrooms, broccoli, sesame and chilli. Garnished with a crunchy peanut sauce and fresh herbs, each dish is made to order so we can adapt it to your tastes. If you don't like any of the ingredients or would like the spice levels adjusted, just let us know!

Annie's Soul Bowl £18

Fresh and hearty - kale salad, sautéed mung bean sprouts, cashew cheese, sesame slaw, pickles vegetables, chef special, all surrounding a tasting pot of our beetroot gazpacho.

What we're all about...

FAIR PRICE POLICY

We believe we charge a fair price for our food, but if you feel that your meal did not provide value, you can pay whatever you like! Simply let one of the team members know when you're paying the bill.

BRING YOUR OWN BOOZE

We are happy for you to bring your own beer and wine to our restaurant to make sure you have a perfect meal – we won't charge you any corkage fees either.

NO SOUL GOES HUNGRY

We don't want anyone to go hungry while we have a kitchen full of food. So if you cannot afford to pay, simply volunteer some of your time in exchange for a good meal.

WE WANT TO SEE YOU ALL

- **Under 16's** eat free Sat and Sunday lunchtimes
- **Over 60's** eat free Friday lunchtimes 12.30–2.30pm
- Your little ones can enjoy a plain rice bowl with cooked veggies, as well as try anything they want from our selections!
- Doggos get rice and veggie bowls too!

Our main goal is for you to have a pleasurable dining experience, if there are any special requests, or questions, don't hesitate to let us know.

Much Love, Team Amrutha



Something sweet

Chocolate Brownie £7

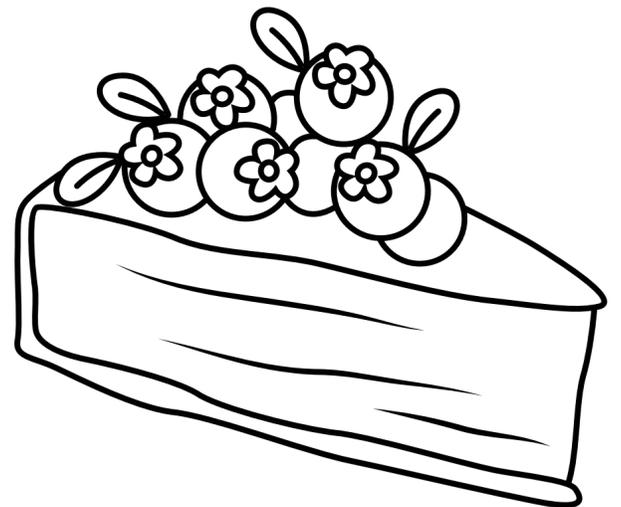
Rich chocolate brownie, our chocolate sauce and caramel drizzle, served with your choice of gelato.

Cheesecake of the week £7

Cashew cream no bake, crumbly biscuit base. We'll let you know flavours! (**GF**)

Chocolate Mousse £6

Creamy, light yet indulgent mousse. We'll let you know flavours! (**GF**)



Our desserts are made in-house with Love

Gelato (2 scoops) £6

Salted peanut butter, Mint choc chip, Creamy mango, Vanilla.

Made by our friends in Earlsfield- Chill Gelato