



Vegetarian Menu

Starter ~ Bhel Puri Chaat

The famous street food from Mumbai, a satisfying medley of sweet, sour, spicy, crispy, and soft. Fresh tomato, onion, chilli and coriander is mixed with boiled potato, chaat masala, crispy sev, puffed rice and then drizzled with tamarind, hari chutney and seasoned yogurt and sprinkled with pomegranate seeds. A taste sensation!

(contains: peanuts, milk)

Main ~ Saag Paneer

Creamy paneer, lightly fried and served in a spiced spinach curry – slow cooked with ghee and plenty of garlic make this a stand out vegetarian main course.

(contains: milk)

Side ~ Katti Dal

‘Katti’ translates as sour, these red lentils are simmered and flavoured with sour tamarind, then tempered with cumin seed, garlic and dried red chillies.

Rice ~ Jeera Rice

Fluffy basmati rice finished with fried cumin seeds

Bread ~ Paratha

Flatbreads folded into layers, rolled into a square shape and fried.

(contains: gluten)

Dessert ~ Mango Mousse and Nankhatai

Creamy mango puree whipped with cream and garnished with fresh mango.

Served with a cardamom biscuit.

(contains: milk, gluten)

*****Gluten free bread available, please email us to order*****

ALLERGENS

Produced in a home kitchen handling all 14 allergens. Please contact us in advance of ordering if you have any allergies or intolerances you wish to discuss. lockdowndhaba@gmail.com

See our hygiene rating here:

<https://ratings.food.gov.uk/business/1283856/lockdown-dhaba>



Reheating Instructions

STEP ONE

Preheat your oven to 200 degrees

STEP TWO

Remove the lids from the main and side dish and reheat them in the oven for 15-20 minutes or until piping hot

STEP THREE - SERVING YOUR STARTERS

Mix the salad with the dry mix and chutneys and serve immediately to prevent it going soggy

STEP FOUR

For the last 5 mins of the main and side in the oven, place the paratha (still in the foil), into the oven. Remove the lid and heat your rice in a microwave (about 3 minutes) or stir fry on a high heat.

STEP FIVE

Stir your main and side and check they are piping hot before removing from the oven. If you want to leave them for longer, cover the tubs to prevent them from drying out. Open the foil to let your bread crisp up

STEP SIX - Serving Your Main

The main, side dish and rice can be taken to the table in the pots so you can self-serve, or be plated up. For a proper Punjabi meal, serve with a dollop of yogurt, bread and pickle on the side.

STEP SEVEN - Serving Your Dessert

Your dessert is ready to eat cold.

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Alternative Reheating Options

All dishes can be microwaved, or heated on the hob if you prefer. If using the microwave, please remove the lids from the packaging and take the breads out of the foil; keep the bread wrapped once reheated to keep them soft and prevent them drying out.

Our ingredients and packaging

Our ingredients are all sourced from an Indian grocery store in Wolverhampton that our family have used for many years.

Our packaging is provided mainly by vegware, it is made from recycled materials and is commercially compostable. Please **dispose of it in your general household waste** where it will compost down over time.

You can find out more here:

<https://www.vegware.com/uk-en/page/faq/>

Sometimes we use foil trays - these should be cleaned and recycled with your household recycling.

Your carrier bag can be used as a food caddy liner or home composted.

Enjoyed your dinner? Please spread the word and share your pics with us on Instagram or Facebook, we are @lockdowndhaba

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