



# Shalas

SEA FOOD - INDIAN - CONTINENTAL - CHINESE - ARABIC

SYNDICATE CIRCLE, MANIPAL

8861530531/ 8660128410

# MENU

## SOUP

Hot & Sour	80/120/140
Manchow Soup Veg/ Chicken /Mutton	80/120/140
Clear Soup Veg/ Chicken /Mutton	80/120/140
Sweet Corn Soup Veg/ Chicken	80/120
Tom Yum Soup	180
Lemon Coriander Soup Veg/ Chicken /Mutton	80/120/140
Cream of Tomato Soup	100
Cream of Mushroom Soup	100
Cream of Vegetable Soup	100
Cream of Spinach/ Broccoli/Soya paneer	140
Cream of chicken soup	120
Roasted garlic soup	100
Chicken Broccoli Soup	140
Chicken Almond Soup	140
Basil & Lemon Soup	140
Broccoli Crab Soup	180
Sea food Cream Soup	180
A la Romana Soup	180
Minestrone Soup	130

## STARTERS - VEG

Paneer 65 /Mushroom65/	240/200
Babycorn65/Gobi 65	200/200
Pakora - Paneer/Mushroom/ Babycorn/Onion	240/200 200/120
Crispy Chilly Potato	180
Paneer Burji	250
Paneer Ghee Roast	300
Chilly - Paneer/Mushroom/ Baby corn/Gobi	240/200 200/200
Manchurian- Paneer/Mushroom/ Baby corn/Gobi	240/200 200/200
Papad -Roasted/Fried/Masala	30/30/50
Roasted Masala Papad	60

## STARTERS - NONVEG

Fish Chilly	Seasonal
Chicken 65	260
Chicken Koliwada	260
Chicken Dry Fry	260
Chicken Urval	260
Chicken Chatpata	260
Chicken Upkari	280
Chicken pepper dry	320
Mutton Fry	350

## SALADS

Chicken Caesar salad	280
Greek Feta salad	320
Waldrof Salad	280
Green Salad	100
Russian Salad	200
Tossed Salad	200
Cheese cherry pineapple	220
Prawn Melon salad	Seasonal
Prawn Cocktail	Seasonal

## COASTAL DELICACIES

Tava Fried Fish	
Masala Fried Fish	
Fish Ghee Roast	
Rava Fry Fish	
Marwai Sukka	
Squid Sukka/Masala Fry	
Prawns (Rava Fry/ Masala Fry)	
Prawns Ghee Roast	
Prawns Sukka	
Crab Sukka	
Crab Ghee Roast	
Fish Upkari	
Fish curry	
Fish Masala	
Fish special Thali	
Fish Pulimuchi	
Fish Egg	
Thali - Veg/Fish	90
Chicken Sukka (full/Half)	220/120
Chicken Pulimunchi	220
Ghee roast- Egg/Chicken/Mutton	200/300/400
Mutton Sukka	340
Chicken Thali	190
Nati Koli Sukka	450

## KERALA DELICACIES

Malabar Biriyani Chicken/ Egg/Mutton	260/ 220/380
Malabar Biriyani Rice	120
Malabar Fish Biriyani	Seasonal
Kerala Parotta	20
Chicken Stew	260

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Puttu (2 Pieces)	50
Kappa (Tapioca)	60
Appam (2 Pieces)	50
Idiyappam (2 Pieces)	50
Kadala Curry/Veg Stew	50
Plain Dosa	60
Neer Dosa	50

## TANDOORI - VEG

Tikka - Paneer/ Babycorn	260
Paneer Hariyali	260
Paneer Malai	260
Paneer Balwani (Cheese)	300
Mushroom Tikka	260
Mushroom Double Decker Tikka	300
Assorted veg platter (16 pieces)	1200
Tandoori Gobi	200
Harabara Kebab	220

## TANDOORI - NONVEG

Fish Tikka (Basa/Anjal)	
Tandoori Prawns	
Tandoori Fish Platter	
Tandoori Fish	
Chicken Tikka	280
Chicken Malai Tikka	260
Chicken Hariyali Tikka	270
Tandoori Chicken (Full / Half)	480/250
Lasooni Kebab	260
Pahadi Kebab with bone	280
Murgh Kasoori Kebab	280
Kalimirch Kebab	290
Tangdi Kebab	320
Afghani Kebab	280

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Kalmi Kebab	350
Achari Tikka	280
Tandoori Kebab	240
Banjara Kebab	280
Peshawari Kebab	280
Chicken Platter	800(Half) 1400(Full)
Assorted Non veg platter	1600
Fish Platter	Seasonal
Seekh Kebab- Chicken/Mutton	280/380
Paneer/Chicken Tikka Kati Roll	240/260
Chicken Chatpata	260

## TANDOORI BREADS

Chapathi	20
Roti	35
Butter Roti	40
Rumali Roti	55
Naan/ Kulcha	40
Butter Naan	45
Garlic Naan	80
Kashmiri Naan	80
Keema Naan	160
Phulka	25
Garlic kulcha	80
Butter Kulcha	45
Butter Paratha	55
Lachha Paratha	45
Aloo Paratha	65
Paneer Paratha	80
Chicken stuffed Paratha	120
Stuffed Mixed Veg Paratha	100
Roti Basket(Roti, Butter Naan, Kashmiri Naan,Rumali Roti,Phulka)	250

## CHINESE DELICACIES

Veg Hot Garlic	240
Chilly Chicken	260
Prawns Chilly	Seasonal
Manchurian - Chicken / Mutton	260/350
Mint flavoured Chinese Chicken	280
Chicken Hunan	280
Chicken Hongkong	280
Schezwan - Chicken /Mutton	280/380
Chicken salt & Pepper	260
Crispy Chicken	300
Chicken Hot garlic	280
Lemon Chicken	280
Chicken lollipop	280
Chicken Butter Garlic	280
Prawns Butter Garlic	Seasonal
Chicken Black Bean Dry	380
Chicken Spring Roll	280
Veg spring roll	200
Sea food spring roll	320
Mutton Pepper Dry	400
Mutton Chilly	400
Honey Ginger Lemon Chicken	260
Dunken Chicken	260
Chicken Pepper Dry	280
Mushroom Pepper Dry	240
Egg Manchurian	180
Egg Chilly	180
Chicken in Hot Garlic Sauce	280
Chicken Dumplings in manchurian sauce	280
Chicken in Honey & Chilly Sauce	280
Chicken in Lemon, Honey & Ginger Sauce	280

## EGGS TO ORDER

Boiled Egg	40
Cheese Omelette	80
Masala Omelette	50
Egg Burji	50
Egg Urval	170

## NORTH INDIAN DELICACIES VEG

Paneer Butter Masala	220
Kadai Paneer	220
Palak Paneer	220
Mix veg kadai	200
Kolhapuri -	240
Mushroom/Paneer/Mixed Veg	
Mushroom Masala	220
Paneer Tikka Masala	250
Palak Paneer	220
Aloo Gobi Masala	190
Aloo Mutter Masala	190
Veg Panjabi Masala	200
Dum Aloo Panjabi	250
Malai Kofta Curry	220
Veg Kofta Curry	200
Green Peas Masala	180
Afghani Chole Masala	180
Veg Hyderabad	200
Paneer Shahi Korma	250
Paneer Pasanda	280
Aloo Jeera (Dry)	180
Stuffed capsicum Masala	200
Paneer Tikka Masala	250
Navratan Korma	250
Veg/ Paneer Tava Masala	200/220

Veg Shalimar	200
Veg Asmani	200
Dal Kolhapuri	180
Dal Makhani	200
Dal Tadka	160
Dal Fry	140

## RICE & NOODLES

Rice - Jeera/ Ghee/ G.Peas/Veg	160
Biryani - Veg/Egg/ Chicken/ Mutton	200/220/240/420
Hyderabad Biryani -Veg/Chicken/ Mutton	220/260/420
Fish Biryani	Seasonal
Kichadi	200
Curd Rice	80
Pulav -Veg/Chicken	180/230
Rice - Boiled/White	60
Raita-Choice of raita boondi, cucumber, pineapple, mixed vegetable	60
Chicken Fried Rice	220
Mix Non veg fried rice	280
Egg Fried Rice	180
Mutton Fried Rice	240
Veg Fried Rice	180
Paneer Fried Rice	200
Schezwan Fried Rice Veg/Egg/Chicken/Mixed Nonveg	200/220/240/300
Noodles -Veg/Egg/Chicken	200/220/240
Mixed Hakka Noodles	280
Schezwan Noodles - Veg/Egg/Chicken	220/240/260
Crispy Noodles	180
American Chopsuey Veg/Non veg	300/350
Chinese Chopsuey Veg/Non veg	300/350

## NORTH INDIAN DELICACIES NON VEG

Butter Chicken (Full/Half)	480/280	Safed Murg	400
Kadai Chicken	260	Buna Masala - Chicken/Mutton	300/380
Chicken Hyderabadi	260	Murgh saagwala	260
Chicken Handi	280	Murgh Musallam (Full/Half)	475/900
Chicken Masala	250	Chicken Mughlai	350
Chicken Curry	200	Chicken Patiala	260
Chicken Kolhapuri	280	Chicken Angara	260
Mutton Kolhapuri	400	Chicken Lava	260
Chicken Tikka Masala	280	Mutton Hyderabadi	400
Mutton Patiala	420	Mutton Masala	400
Chicken do pyaza	320	Achari Chicken	280
Rogan Josh - Chicken/Mutton	280/440	Egg Curry	120
		Egg Masala	130
		Prawns Kolivada	Seasonal

## CONTINENTAL DELICACIES

### Grilled Lobster

#### Seafood Thermidor

(Pan fried assorted sea food served with creamy thermidor sauce)

#### Grilled Fish with lemon Butter Sauce

(Grilled Pomfret/sear fish/ prawns served with lemon butter sauce)

#### Grilled Fish with chilly cilantro Sauce

(Grilled Pomfret/sear fish/ prawns served with chilly cilantro Sauce)

#### Grilled lamb chops with red wine sauce

(Accompanied with potato wedges or buttered rice & buttered vegetables)

600

#### Grilled lamb chops with Barbeque Sauce

(Accompanied with potato wedges or buttered rice & buttered vegetables)

600

#### Roast Lamb with mushroom Sauce

(Accompanied with potato wedges or buttered rice & buttered vegetables)

600

#### Sizzler-Chicken/Mutton

(Accompanied with potato wedges or buttered rice & buttered vegetables)

450/750

#### Chicken Grilled with mushroom Sauce

(Accompanied with potato wedges or buttered rice & buttered vegetables)

350

#### Chicken Stroganoff

(Accompanied with buttered rice & buttered vegetables)

350

#### Grilled Chicken steak

(Accompanied with barbeque sauce, potato wedges or buttered rice & buttered vegetables)

350

#### Chicken cordon bleu

(Crumb fried chicken breast stuffed with smoked chicken & cheese with mushroom accompanied with accompanied with potato wedges or buttered rice & buttered vegetables)

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<b>Chicken A La kiev</b>	350
(Crumb fried chicken breast stuffed with herbs garlic butter & cheese with mushroom sauce accompanied with potato wedges or buttered rice & buttered vegetables)	
<b>Chicken chasseur</b>	400
(Grilled chicken served in red wine brown sauce with shallots & mushrooms accompanied with potato wedges or buttered rice & buttered vegetables)	
<b>Chicken Buritto</b>	300
(Sorted strips of chicken with mushroom, pepper, cheese & kidney beans served in tortilla bread accompanied with salsa sour cream)	
<b>Chicken quesadilla</b>	350
(Sorted strips of chicken with hollapinos, black pepper, cheese served in tortilla bread accompanied with salsa sour cream & french fries)	
<b>Fish &amp; chips with tartar sauce</b>	Seasonal
(Crumb fried or batter fried fish accompanied with tatar sauce, french fries & buttered vegetables)	
<b>Louisiana fish fingers</b>	350
(Crumb fried or batter fried Basa fish strips accompanied with tatar sauce, french fries & buttered vegetables)	
<b>Grilled Basa fish with lemon butter sauce</b>	380
(Served with chilly Cilantro accompanied with potato wedges & buttered vegetables)	
<b>Chicken parmesan served with penne pasta</b>	350
(Shallow fried crumbed chicken breast served on penne pasta)	
<b>Veg/Chicken penne Arrabbiata in red sauce</b>	250/350
(Accompanied with garlic bread)	
<b>Chicken penne pasta with Alfredo Sauce</b>	350
(Accompanied with garlic bread)	
<b>Spaghetti Bolognese Chicken/Mutton</b>	350/450
(Minced chicken or mutton cooked in tomato sauce accompanied with spaghetti & garlic bread)	
<b>Lasagna</b>	350
(Pasta sheets stuffed with minced chicken cooked in tomato sauce topped with cheese accompanied with garlic bread & french fries)	
<b>Chicken Almond with tagliatelle pasta</b>	350
(Strips of chicken cooked with creamy almond sauce served with tagliatelle pasta)	
<b>Au Gratin veg/ non veg</b>	200/250
(Vegetables or Chicken cooked in creamy sauce topped with cheese)	
<b>Seafood with farfalle Pasta</b>	300
(Seafood cooked in creamy sauce served on farfalle Pasta served with garlic bread)	
<b>Seafood Risotto</b>	400
(Seafood cooked with Italian Arborio rice)	
<b>Veg Risotto</b>	250
(Mixed vegetables cooked with Italian Arborio rice)	
<b>Roast - Chicken / Mutton</b>	380/600
(Roasted Chicken/Mutton accompanied with potato wedges & buttered vegetables)	

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Mexican Potato Wedges	200
Chicken Nuggets	180
Cheese Toast	120
Chicken Butter Garlic	300
Prawns Butter Garlic	Seasonal
Grilled Mexican chicken with Mexican rice	350
Mexican Potato with salsa & Sour cream	130
Pizza -	300 (Veg)
Cheese/Veg/Pepperoni /Chicken/ Chicken Tikka/Mexican Chicken	330 (Non-Veg)
Pizza margherita	150
Chicken Burger served with french fries & coleslaw	130
Veg Burger served with french fries & coleslaw	100
Veg Cutlet served with french fries	100
Chicken Cutlet	180
Veg Grilled Sandwich french fries & coleslaw	80
Chicken Grilled Sandwich french fries & coleslaw	120
Club Sandwich french fries & coleslaw	150

## FROM MIDDLE EAST DELICACIES

### Soups

#### Iranian Aush-e- reshteh

Farm Fresh Vegetables & grains cooked with timeless essence of kashk 100

**Soup-e Morgh** 120

Chicken soup in Arabian style

### SHAWARMA

Chicken Shawarma Roll ( With Salad)	70	Cheese chicken Shawarma Roll (With Salad)	100
Chicken Shawarma Plate (With Salad)	100	Cheese Chicken Shawarma Plate (With Salad)	130
Chicken Shawarma Roll (only meat)	110	Chicken Shawarma Roll ( With french fries )	100
Chicken Shawarma Plate (only meat)	160	Chicken Shawarma Plate (With french fries)	130
Paneer Roll	110	Kubus	20

Arabian Rice 160

Special Rice Platter 280

Saffron Rice 180



<b>Kebab-E-Meygu</b>	
Tiger Prawns marinated and grilled accompanied with french fries and salad	Seasonal
<b>Kebab Mahi</b>	
Grilled fish in Arabian seasoning	Seasonal
<b>Fried Pomfret</b>	
Seasoned & Flavoured oil fried pomfret with Arabian spice & accompanied with french fries	Seasonal
<b>Lobster Grill</b>	
Grilled Lobster Served in sizzler accompanied with buttered vegetables	Seasonal
<b>Sea food mix sizzler</b>	
Sea food served in sizzler accompanied with french fries & buttered vegetables	Seasonal
<b>Sea Food mix Platter</b>	
Sea food served in a platter with french fries	Seasonal
<b>Chelo ba morgh</b>	350
Grilled chicken served with long grain rice accompanied with Iranian gravy	
<b>Chicken Koobideh</b>	350
Grilled Succulent pieces of chicken mince with parsley accompanied with french fries/ Buttered rice	
<b>Chicken Mandi ( Arabic)</b>	700(Half) 1200(Full)
Roasted Chicken with majboos rice accompanied with yogurt, dakkus, gravy	
<b>Mutton Mandi ( Arabic)</b>	800(Half) 1400(Full)
Roasted mutton with majboos rice accompanied with yogurt, dakkus, gravy	
<b>Lamb Chops Grill</b>	650
Grilled ribs of the Lamb accompanied with french fries & mayonnaise	
<b>Kebab Tikka (Mutton)</b>	480
Grilled boneless mutton pieces accompanied with french fries and salad	
<b>Persian Treat (For four)</b>	2500
Sheesh Kebab, Joojeh Kebab, Koobideh Chicken accompanied with salad, soup, rice, roti & french fries	

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**Ramzar**

Grilled sea food, meat, chicken in lavish Iranian style 3500

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**Irani Mix Grill**

Assorted mixed grilled chicken and mutton accompanied with french fries 800

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**Chelo Kebab Koobideh**

A traditional kebab of marinated lamb served with saffron flavoured rice 800

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**Kebab Koobideh**

A traditional kebab of marinated lamb with French fries 800

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**Joojeh Chicken Kebab**

Grilled Sweet and succulent marinated chicken accompanied with french fries & mayonnaise sauce 350

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**Chicken Kodmoni**

Grilled boneless chicken marinated in yogurt and black pepper accompanied with french fries & U sauce 350

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**Crispy Crumb fried chicken**

(Accompanied with french fries & mayonnaise sauce) 350

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**Alfam Chicken**

Charcoal grilled saffron flavoured chicken 250(Half)  
500(Full)

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**FRESH FRUIT JUICE & NOURISHING BEVERAGES**

Sweet Lime	120	Horlicks milk shake	110
Grape	120	Tea	25
Water Melon	90	Coffee	30
Ganga Jamuna	130	Masala Tea	30
Pineapple	100	Lemon Tea with Honey	40
Orange	100	Green Tea	40
Fresh Lime Juice Sweet/ Salt	40	Ginger Tea	40
Fresh Lime Soda Sweet/ Salt	50	Kokum	50
Chikoo	120	Ginger Lime	50
Avocado	140	Mint Lime	50
Pomegranate	100	Tamarind	50
Peanut Butter	120	Goli Soda	25

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Nescafe	50
Butter Milk	40
Curd	40

## MOCKTAILS

Vegan Egnog	120
Triple Berry Sparklers	130
Caramel Frappuccino	150
Shirley Temple	130
Virjin Mojito	110
Blackberry Mojito	130
Blueberry Mojito	130
Virgin Pina Colada	150
Whipped Lemonade	150
Iced Tea	100
Watermelon Lemonade	100
Pineapple -Mint Mojito	120

## HEALTH DRINKS:

No added Sugar & Ice

ABC: Apple + Beetroot + Carrot	180
COP: Carrot + Orange + Pineapple	180
CAG: Carrot + Apple +GINGER	180
CAP: Carrot + Apple + Pineapple	180

## MILK SHAKE

Vanila	140
Strawberry	140
Chocolate	160
Apple	140
Chikku	140
Muskmelon	140
Banana	120
Mango	130
Apple Banana	120
Pina Colada	130
Kitkat Shake	120
Oreo Shake	120
Lassi	60
Mango Lassi	130
Cold Coffee	110
Cold Coffee with ice cream	160



# Shalals

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