

## BREAKFAST

### Poha Pot (Ve)

- Poha

Poha (Flat Rice), Vegetable Oil, Cumin Seeds, **Mustard** Seeds, Curry Leaf, Onion White, Potato, Ginger, Salt, Kashmiri Red Chilli Powder, Turmeric Powder, Lime

### Poached Egg on Poha (V)

- Poha

Poha (Flat Rice), Vegetable Oil, Cumin Seeds, **Mustard** Seeds, Curry Leaf, Onion White, Potato, Ginger, Salt, Kashmiri Red Chilli Powder, Turmeric Powder, Lime

- Poached Egg

Spirit Vinegar, **Egg**, Red Chilli, Salt, Coriander

### Atcha Savoury Porridge (Ve)

Organic Porridge Oats (**Gluten**), Vegetable Oil, Cumin Seeds, Kashmiri Red Chilli Powder, Ginger, Turmeric Powder, Roasted Cumin (Ground), Courgette, Onion, Peas, Coriander, Lime, Salt, Water

### Atcha Sweet Porridge (Ve)

Organic Hullet Millet, Organic Porridge Oats (**Gluten**), Jaggery, Cardamom Green (Ground), Coconut Milk (Coconut Extract (65%), Water, Stabiliser: Guar Gum), Sunflower Seeds, Pumpkin Seeds, Chia Seeds, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Water

### Bun-Omelette (V)

- Bun

Wholemeal **Wheat** Flour, Water, Yeast, Rapeseed Oil, Whear Flour (**Wheat** Flour, Calcium Carbonate, Iron, Niacin, Thiamin), **Wheat** Gluten, Salt, Sugar, Emulsifiers (Mono- And Di-Acetyl Tartaric Acid Esters Of Mono- And Di-Glycerides Of Fatty Acids, Mono- And Di-Glycerides Of Fatty Acids), Preservative (Calcium Propionate), **Soya** Flour, Flour Treatment Agent (Ascorbic Acid)

- Omelette

**Egg**, Onion White, Tomato, Coriander, Kashmiri Red Chilli Powder, Salt, Turmeric Powder, Butter Unsalted (**Milk**)

- Spiced Ketchup

Masala Chilli Maggi (Water, Sugar, Red Chilli Purée, Salt, Red Chilli Powder, Acid (Acetic Acid), Cumin Powder, Modified Maize Starch, Thickener (Xanthan Gum), Preservative (Sodium Benzoate))

### Chai (V)

**Milk**, Cardamom Green, Ginger, Tea, Sugar

## RICE BOWLS

### Northern Bowl

- Aubergine

Rapeseed Oil, Aubergine, Onion Indian, Tomato Whole, Garlic Paste, Ginger Paste, Red Chilli Powder Kashmiri, Salt, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander, Peas Green

- Cauli

Rapeseed Oil, Ginger Whole, Salt, Green Chilli, Red Chilli Powder Kashmiri, Turmeric Ground, Cauliflower, Coriander Seeds, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander

- Tarka Daal

Toor Daal (Pigeon Peas), Masoor Daal (Red Lentils), Onion Indian, Tomato Whole, Salt, Green Chilli, Ginger Whole, Turmeric Ground, Asafoetida, Water, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander, Rapeseed Oil, Cumin Whole, Garlic Whole, Red Chilli Powder Kashmiri, Dried Fenugreek Leaves

- Salad

Carrot, Cucumber, Black Pepper, Salt, Lemon Juice

- Rice

Red Matta Rice, Water

### Southern Bowl

- Avial

Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), Rapeseed Oil, Coconut Milk (Coconut Extract (65%), Water, Stabiliser: Guar Gum), Water, Green Chilli, Plantain, Courgettes, Carrots, Potatoes, Green Peas, Salt, **Mustard** Seeds Whole, Asafoetida, Cumin Whole, Curry Leaves, Toor Daal (Pigeon Peas), Urad Daal, Sugar, Tamarind, Red Chilli Powder, Coriander Seeds, Coriander

- Coconut Black Chickpeas

Black Chickpeas, Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), Curry Leaves, **Mustard** Seeds Whole, Red Chilli Dried Kashmiri, Rapeseed Oil, Lime Whole, Dried Cranberries (Cranberries, Sugar, Sunflower Oil)

- Beetroot Thoran

Beetroot, Onion Indian, Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), **Mustard** Seeds Whole, Cumin Whole, Curry Leaves, Red Chilli Dried Kashmiri, Ginger Whole, Turmeric Ground, Coriander Seeds, Rapeseed Oil, Salt, Lemon Whole, Cardamom Green, Peppercorn Whole, Cinnamon Whole, Cloves Whole, Dried Mango Powder

- Rice

Red Matta Rice, Water

- Coconut Collaborative Coconut Yoghurt

Coconut Milk (71%), Coconut Water (24%), Cornflour, Potato Starch, Stabilizer (Pectin), Non-Dairy Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)

### No-Butter Chicken Rice Bowl

- Chicken

British Chicken Thigh, Red Chilli Powder Kashmiri, Salt, Ginger Paste, Garlic Paste, Low Fat Yoghurt (**Milk**), Lime Whole, Chopped Tomato (Chopped Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion Indian, Rapeseed Oil, Green Cardamom, Black Cardamom, Cloves, Cinnamon, Bay Leaves, Sugar, Coriander Seeds, Cumin Seeds, Dried Mango Powder, Fennel Seeds, Spirit Vinegar, Water

Reviewed: September 2021

- Salad

Carrot, Cucumber, Black Pepper, Salt, Lemon Juice

- Rice

Red Matta Rice, Water

## Paneer Butter Masala Rice Bowl

- Paneer

Paneer (**Milk**, Citric Acid), Butter (**Milk**), Salt, Turmeric, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Kashmiri Red Chilli Powder, Chopped Tomato (Chopped Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion Indian, Rapeseed Oil, Green Cardamom, Black Cardamom, Cloves, Cinnamon, Bay Leaves, Sugar, Coriander Seeds, Cumin Seeds, Dried Mango Powder, Fennel Seeds, Spirit Vinegar, Water

- Salad

Carrot, Cucumber, Black Pepper, Salt, Lemon Juice

- Rice

Red Matta Rice, Water

## Grilled Chicken & Lentils Bowl

- Tarka Daal

Toor Daal (Pigeon Peas), Masoor Daal (Red Lentils), Onion Indian, Tomato Whole, Salt, Green Chilli, Ginger Whole, Turmeric Ground, Asafoetida, Water, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander, Rapeseed Oil, Cumin Whole, Garlic Whole, Red Chilli Powder Kashmiri, Dried Fenugreek Leaves

- Hariyali Chicken
  - British Chicken Thigh, Turmeric Ground, Dried Mango Powder, Low Fat Yoghurt (**Milk**), Coriander, Green Chilli, Red Chilli Powder Kashmiri, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Cumin Ground, Salt, Mint Leaves, Rapeseed Oil
- Coconut Collaborative Coconut Yoghurt
  - Coconut Milk (71%), Coconut Water (24%), Cornflour, Potato Starch, Stabilizer (Pectin), Non-Dairy Cultures (S. Thermophilus + L. Bulgaricus, Lactobacillus Acidophilus, Bifidobacterium Lactis)
- Cherry Tomatoes
- Rice

Red Matta Rice, Water

## SALADS

### Chickpea Frittata

- Frittata

Onion, Cauliflower, Courgette, Spinach, Sweetcorn, Peas, Carrots Grated, Salt, Red Chilli Powder, Turmeric, Coriander Powder, Dried Fenugreek, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Chaat Masala (Salt White, Dry Mango, Salt Black, Cumin, Musk Melon, Black Pepper, Pomegranate Seeds, Coriander, Mint Leaves, Dry Ginger, Nutmeg, Chilli, Caraway, Bishop's Weeds, Cloves, Asafoetida), Ground Fennel Seed, Garlic Paste, Ginger Paste, Green Chilli Paste, Baking Powder (Sodium Dihydrogen Diphosphate, Sodium Bicarbonate, Calcium Sulphate), Dried Red Chilli, Cumin Seed

- Bed

Mixed Salad Leaves (Frisée, Radicchio, Lamb's Lettuce)

- Pickled Red Onion Slices

Red Onion, Sugar, Salt, Spirit Vinegar, Water

- Masala Chickpeas

Chickpeas, Salt, Turmeric, Chaat Masala (Salt White, Dry Mango, Salt Black, Cumin, Musk Melon, Black Pepper, Pomegranate Seeds, Coriander, Mint Leaves, Dry Ginger, Nutmeg, Chilli, Caraway, Bishop's Weeds, Cloves, Asafoetida), Dried Pomegranate Powder, Kashmiri Chilli Powder, Olive Oil, Lime, Black Pepper, Green Cardamom, Cloves Whole, Cinnamon, Black Cardamom, Bay Leaves, Cumin Seed

- Lemon Millet

Organic Hulled Millet, Peas, Salt, Lemon, Lime, Olive Oil

- Cherry Tomatoes

## Paneer Box

- Paneer

Paneer (**Milk**, Citric Acid), Butter (**Milk**), Salt, Turmeric, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Kashmiri Red Chilli Powder

- Bed

Mixed Salad Leaves (Frisée, Radicchio, Lamb's Lettuce)

- Pickled Red Onion Slices

Red Onion, Sugar, Salt, Spirit Vinegar, Water

- Masala Chickpeas

Chickpeas, Salt, Turmeric, Chaat Masala (Salt White, Dry Mango, Salt Black, Cumin, Musk Melon, Black Pepper, Pomegranate Seeds, Coriander, Mint Leaves, Dry Ginger, Nutmeg, Chilli, Caraway, Bishop's Weeds, Cloves, Asafoetida), Dried Pomegranate Powder, Kashmiri Chilli Powder, Olive Oil, Lime, Black Pepper, Green Cardamom, Cloves Whole, Cinnamon, Black Cardamom, Bay Leaves, Cumin Seed

- Lemon Millet

Organic Hulled Millet, Peas, Salt, Lemon, Lime, Olive Oil

- Cherry Tomatoes

## Grilled Chicken Box

- Hariyali Chicken

British Chicken Thigh, Turmeric Ground, Dried Mango Powder, Low Fat Yoghurt (**Milk**), Coriander, Green Chilli, Red Chilli Powder Kashmiri, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Cumin Ground, Salt, Mint Leaves, Rapeseed Oil

- Bed

Mixed Salad Leaves (Frisée, Radicchio, Lamb's Lettuce)

- Pickled Red Onion Slices

Red Onion, Sugar, Salt, Spirit Vinegar, Water

- Masala Chickpeas

Chickpeas, Salt, Turmeric, Chaat Masala (Salt White, Dry Mango, Salt Black, Cumin, Musk Melon, Black Pepper, Pomegranate Seeds, Coriander, Mint Leaves, Dry Ginger, Nutmeg, Chilli, Caraway, Bishop's Weeds, Cloves, Asafoetida), Dried Pomegranate Powder, Kashmiri Chilli Powder, Olive Oil, Lime, Black Pepper, Green Cardamom, Cloves Whole, Cinnamon, Black Cardamom, Bay Leaves, Cumin Seed

- Lemon Millet

Organic Hulled Millet, Peas, Salt, Lemon, Lime, Olive Oil

- Cherry Tomatoes

## Salmon Box

- Salmon

**Salmon** Fillet, Roasted Cumin Ground, Turmeric Ground, Salt, Red Chilli

- Beetroot Thoran

Beetroot, Onion Indian, Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), **Mustard** Seeds Whole, Cumin Whole, Curry Leaves, Red Chilli Dried Kashmiri, Ginger Whole, Turmeric Ground, Coriander Seeds, Rapeseed Oil, Salt, Lemon Whole, Cardamom Green, Peppercorn Whole, Cinnamon Whole, Cloves Whole, Dried Mango Powder

- Lemon Millet

Organic Hulled Millet, Peas, Salt, Lemon, Lime, Olive Oil

- Bed

Mixed Salad Leaves (Frisée, Radicchio, Lamb's Lettuce)

- Pickled Red Onion Slices

Red Onion, Sugar, Salt, Spirit Vinegar, Water

- Cherry Tomatoes
- Garnish
  - Lime Whole

## Carrot & Red Pepper Dressing

Garlic, Lemon Juice, Carrot, Tomatoes, Jaggery, Roasted Cumin Powder, Salt, Red Pepper, Extra Virgin Olive Oil, Spirit Vinegar, Green Chilli, Ginger

## Tamarind Dressing

Tamarind Pulp, Water, Jaggery, Salt, Roasted Cumin Powder, Ground Fennel Seed, Red Chilli Powder, Ginger Powder, Sugar, Tomato Concentrate, Modified Starch, Black Pepper, Acetic Acid, Potassium Sorbate, Sweetener (Sucralose).

## Green Chutney Dressing

Extra Virgin Olive Oil, Pepper Green, Salt, Coriander, Mint, Lemon Juice, Ginger, Garlic, Pomegranate Powder, Green Chilli, Vinegar Red Wine, Jaggery, Apple Green

## SANDWICHES

### Egg Chilli-Mayo

- Breid Sourdough
  - Wheat Flour (**Gluten**), Spelt Flour (**Gluten**), Rye Flour (**Gluten**), Oat Bran, Salt
- Egg Mayo
  - **Egg**, Mayonnaise Hellmans (Rapeseed Oil, Water, Pasteurised Free Range **Egg & Egg** Yolk, Spirit Vinegar, Salt, Sugar, Rapeseed Oil, Lemon Juice Concentrate, Antioxidant [Calcium Disodium EDTA], Flavourings, Paprika Extract), Masala Chilli Maggi (Water, Sugar, Red Chilli Purée, Salt, Red Chilli Powder, Acid [Acetic Acid], Cumin Powder, Modified Maize Starch, Thickeners [Xanthan Gum], Preservative [Sodium Benzoate]), **Mustard** Dijon ((Water, **Mustard** Seed (30%), Spirit Vinegar, Salt, Preservative [Sodium **Metabisulphite**]), Coriander, Radish English, Onion Indian, Cumin Whole, Black Pepper

## The Paneer Sarnie

- Breid Sourdough
  - Wheat Flour (**Gluten**), Spelt Flour (**Gluten**), Rye Flour (**Gluten**), Oat Bran, Salt
- Marinated Paneer
  - Paneer (**Milk**, Citric Acid), Olive Oil, Pepper Green, Salt, Coriander, Mint Leaves, Lemon Juice, Cumin Ground, Pomegranate Powder, Green Chilli, Vinegar Red Wine (Red Wine Vinegar, Water), Jaggery, Apple Green
- Filling
  - Onion Red, Tomato Whole, Chaat Masala (Salt White, Dry Mango, Salt Black, Cumin, Musk Melon, Black Pepper, Pomegranate Seeds, Coriander, Mint Leaves, Dry Ginger, Nutmeg, Chilli, Caraway, Bishop's Weeds, Cloves, Asafoetida), Mozzarella (**Milk**), Vegetable Oil & **Milk** Protein Blend 73% (Mozzarella (**Milk**) 38%, Palm Oil, **Milk** Protein, Water, Modified Starch, Starch, Emulsifying Salt (E331), Acidity Regulator (E330)), Mozzarella (**Milk**), Anti Caking Agent (Calcium Silicate).

## The Cauli Sarnie

- Breid Sourdough
  - Wheat Flour (**Gluten**), Spelt Flour (**Gluten**), Rye Flour (**Gluten**), Oat Bran, Salt
- Cauli
  - Rapeseed Oil, Ginger Whole, Salt, Green Chilli, Red Chilli Powder Kashmiri, Turmeric Ground, Cauliflower, Coriander Seeds, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander
- Pickle
  - Ginger Whole, Spirit Vinegar, Sugar, Water, Salt
- Cashew Mayo
  - **Cashew Nuts**, Lemon Whole, Vinegar White Wine (**Sulphites**), **Mustard** Dijon (Water, **Mustard** Seed (30%), Spirit Vinegar, Salt, Preservative [Sodium **Metabisulphite**]), Salt, Water, Masala Chilli Maggi (Water, Sugar, Red Chilli Purée, Salt, Red Chilli Powder, Acid [Acetic Acid], Cumin Powder, Modified Maize Starch, Thickener [Xanthan Gum], Preservative [Sodium Benzoate])

## Atcha Club

- Breid Sourdough

Wheat Flour (**Gluten**), Spelt Flour (**Gluten**), Rye Flour (**Gluten**), Oat Bran, Salt

- Chicken Tikka

British Chicken Thigh, Red Chilli Powder Kashmiri, Salt, Ginger Paste, Garlic Paste, Low Fat Yoghurt (**Milk**), Lime Whole

- Filling [\[PLEASE NOTE THAT IN MAYFAIR, THIS IS SERVED WIHTOUT BACON\]](#)

Gem Lettuce, Tomato, Red Onion, Bacon Unsmoked Streaky, Rapeseed Oil

- Tamarind Mayo

Mayonnaise (Rapeseed Oil, Water, Sugar, Stabiliser: Modified Maize Starch, Preservative: Acetic Acid, **Egg** Yolk Powder, (Pasteurised **Egg** Yolk, Salt, Maltodextrin), Stabiliser: Xanthan Gum, Salt, Preservative: Potassium Sorbate), Water, Sugar, Tamarind Paste (11%), Tomato Concentrate, Modified Starch, Salt, Cumin Seed, Chilli Powder, Black Pepper, Acid: Acetic Acid, Preservative (Potassium Sorbate), Fennel Seed, Sweetener (Sucralose)

## The Goan

- Breid Sourdough
  - Wheat Flour (**Gluten**), Spelt Flour (**Gluten**), Rye Flour (**Gluten**), Oat Bran, Salt
- Pulled Pork
  - Pork Shoulder, Garlic Paste, Ginger Paste, Red Chilli Dried Kashmiri, Cloves Whole, Cinnamon Whole, Peppercorn Whole, Cumin Whole, Turmeric Ground, Jaggery, Tamarind Sauce Concentrate (Tamarind, Water), Vinegar Red Wine (Red Wine Vinegar, Water), Red Chilli Powder Kashmiri, Rapeseed Oil, Onion Indian, Tomato Whole, Salt
- Veg

- Cabbage White, Lime Whole, Radish English
- Mayo
  - Mayonnaise (Rapeseed Oil, Water, Sugar, Stabiliser: Modified Maize Starch, Preservative: Acetic Acid, **Egg** Yolk Powder, (Pasteurised **Egg** Yolk, Salt, Maltodextrin), Stabiliser: Xanthan Gum, Salt, Preservative: Potassium Sorbate), Water, Sugar, Tamarind Paste (11%), Tomato Concentrate, Modified Starch, Salt, Cumin Seed, Chilli Powder, Black Pepper, Acid: Acetic Acid, Preservative (Potassium Sorbate), Fennel Seed, Sweetener (Sucralose)
- Red Chutney
  - Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), Red Chilli Dried Kashmiri, Garlic Whole, Ginger Whole, Onion Indian, Coriander Seeds, Cumin Whole, Turmeric Ground, Tamarind Sauce Concentrate (Tamarind, Water), Sugar, Salt

## WRAPS

### Pulled Chicken Khurchan Wrap

- Chicken
  - Rapeseed Oil, Cumin Seeds, Onion White, Green Pepper, Red Pepper, Kashmiri Red Chilli Powder, Turmeric, Salt, Ginger, Garlic, British Chicken Thigh, Red Chilli Powder Kashmiri, Salt, Ginger Paste, Garlic Paste, Low Fat Yoghurt (**Milk**), Lime Whole, Green Cardamom, Black Cardamom, Cloves, Cinnamon, Bay Leaves, Sugar, Coriander Seeds, Cumin Seeds, Dried Mango Powder, Fennel Seeds, Spirit Vinegar, Water
- Wrap
  - **Wheat** Flour (With Calcium, Iron, Niacin, Thiamin), Water, Rapeseed Oil, Dextrose, Humectant (Glycerine), Raising Agents (E450, E500, E341), Acidity Regulators (E330, E296), Emulsifier (E471), Preservatives (E282, E200), Salt, Stabiliser (E415).

## SOUPS

### Tomato & Tamarind Soup

- Rasam
  - Toor Dal (Pigeon Peas), Water, Tomato Whole, Tamarind Sauce Concentrate (Tamarind, Water), Turmeric Ground, Salt, Jaggery, Coriander Seeds, Red Chilli Dried Kashmiri, Fenugreek Seeds, Cumin Whole, Asafoetida, **Mustard** Seeds Whole, Rapeseed Oil, Curry Leaves

### Squash & Green Chilli Soup

- Soup
  - Chopped Onion White, Green Chilli, Ginger, Rapeseed Oil, Butternut Squash, Salt, Water, Fennel Seeds, Dried Mango Powder, Sugar

### Beetroot & Coconut Cream Soup

- Soup
  - Beetroot, Onion Indian, Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), **Mustard** Seeds Whole, Cumin Whole, Curry Leaves, Red Chilli Dried Kashmiri, Ginger Whole, Turmeric Ground, Coriander Seeds, Rapeseed Oil, Salt, Lemon Whole, Cardamom Green, Peppercorn Whole, Cinnamon Whole, Cloves Whole, Dried Mango Powder, Coconut Milk (Coconut Extract (65%), Water, Stabiliser: Guar Gum)

## ATCHA SPECIALS

### Pau Bhaji

- Pau
  - Wheat Flour (**Gluten**), Oats, Rye Flour (**Gluten**), Potato, Rapeseed Oil, Salt, Yeast (<0.1%).
- Bhaji
  - Rapeseed Oil, Pepper Green, Onion White, Tomato Whole, Potatoes, Salt, Garlic, Red Chilli Powder Kashmiri, Dried Fenugreek Leaves, Peeled Plum Tomatoes, Coriander, Peas Frozen, Water, Butter Unsalted (**Milk**), Lemon Whole, Lime Whole, Coriander, Pau Bhaji Masala (Chilli, Coriander, Cumin, Dry Mango, Cassia Leaf, Black Pepper, Cassia, Clove, Turmeric, Dry Ginger, Star Anise, Fennel, Black Cardamom, Salt)

## SIDE POTS

### Coconut Chickpeas Pot

- Salad

Black Chickpeas, Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), Curry Leaves, **Mustard** Seeds Whole, Red Chilli Dried Kashmiri, Rapeseed Oil, Lime Whole, Dried Cranberries (Cranberries, Sugar, Sunflower Oil)

### Chickpea-Chaat Pot

- Salad
  - Chickpeas White (Chickpeas, Water, Antioxidant Sodium **Metabisulphite**), Black Beans (Water, Black Beans, Salt), Mango Whole (Brazilian), Red Pepper, Coriander, Sweet Potato Indian, Onion Red, Tomato Cherry, Green Chilli, Tamarind Sauce Maggi (Water, Sugar, Tamarind Paste (15%), Salt, Modified Maize Starch, Cumin Powder, Ginger Powder, Red Chilli Powder, Acid (Acetic Acid), Preservative (Sodium Benzoate)), Ketchup (Water, Tomato Paste, Glucose-Fructose Syrup, Modified Maize Starch, Sugar, Acidity Regulator (Acetic Acid, Citric Acid), Salt, Preservative (Potassium Sorbate), Tomato Spice (Salt, Natural Clove Flavourings, Natural Flavouring, Spice Extract), Sweetener (Sodium Saccharin)), Water

### Sprouted Lentils & Mango Pot

- Salad
  - Sprouted Daal (Mung Beans / Green Gram), Tomato Cherry, Pomegranate Seeds, Lemon Juice, Salt, Turmeric Ground, Coriander, Sweet Potato Indian, Sweetcorn, Carrot, Cucumber, Cumin Ground, Peppercorn Ground, Rocket, Chaat Masala (Salt White, Dry Mango, Salt Black, Cumin, Musk Melon, Black Pepper, Pomegranate Seeds, Coriander, Mint Leaves, Dry Ginger, Nutmeg, Chilli, Caraway, Bishop's Weeds, Cloves, Asafoetida), Mango Whole

### Masala Peas Pot

- Peas
  - Peas Frozen, Rapeseed Oil, Peppercorn Whole, Red Chilli Powder Kashmiri, Sugar, Salt, Dried Mango Powder, Cumin Whole, Lemon Whole

### N.B.C. Pot

- Chicken
  - British Chicken Thigh, Red Chilli Powder Kashmiri, Salt, Ginger Paste, Garlic Paste, Low Fat Yoghurt (**Milk**), Lime Whole, Chopped Tomato (Chopped Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion Indian, Rapeseed Oil, Green Cardamom, Black Cardamom, Cloves, Cinnamon, Bay Leaves, Sugar, Coriander Seeds, Cumin Seeds, Dried Mango Powder, Fennel Seeds, Spirit Vinegar, Water

### Butter Paneer Pot

- Paneer
  - Paneer (**Milk**, Citric Acid), Butter (**Milk**), Salt, Turmeric, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Kashmiri Red Chilli Powder, Chopped Tomato (Chopped Tomatoes, Tomato Juice, Acidity Regulator: Citric Acid), Onion Indian, Rapeseed Oil, Green Cardamom, Black Cardamom, Cloves, Cinnamon, Bay Leaves, Sugar, Coriander Seeds, Cumin Seeds, Dried Mango Powder, Fennel Seeds, Spirit Vinegar, Water

### Cauli Pot

- Cauli
  - Rapeseed Oil, Ginger Whole, Salt, Green Chilli, Red Chilli Powder Kashmiri, Turmeric Ground, Cauliflower, Coriander Seeds, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander



## Smoky Aubergine Pot

- Aubergine
  - Rapeseed Oil, Aubergine, Onion Indian, Tomato Whole, Garlic Paste, Ginger Paste, Red Chilli Powder Kashmiri, Salt, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander, Peas Green

## Daily Daal

- Tarka Daal
  - Toor Daal (Pigeon Peas), Masoor Daal (Red Lentils), Onion Indian, Tomato Whole, Salt, Green Chilli, Ginger Whole, Turmeric Ground, Asafoetida, Water, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Coriander, Rapeseed Oil, Cumin Whole, Garlic Whole, Red Chilli Powder Kashmiri, Dried Fenugreek Leaves

## Beets Pot

- Beetroot Thoran
  - Beetroot, Onion Indian, Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), **Mustard** Seeds Whole, Cumin Whole, Curry Leaves, Red Chilli Dried Kashmiri, Ginger Whole, Turmeric Ground, Coriander Seeds, Rapeseed Oil, Salt, Lemon Whole, Cardamom Green, Peppercorn Whole, Cinnamon Whole, Cloves Whole, Dried Mango Powder

## Avial Pot

- Avial
  - Coconut Desiccated (Desiccated Coconut, Preservative: **Sulphur Di Oxide**), Rapeseed Oil, Coconut Milk (Coconut Extract (65%), Water, Stabiliser: Guar Gum), Water, Green Chilli, Plantain, Courgettes, Carrots, Potatoes, Green Peas, Salt, **Mustard** Seeds Whole, Asafoetida, Cumin Whole, Curry Leaves, Toor Daal (Pigeon Peas), Urad Daal, Sugar, Tamarind, Red Chilli Powder, Coriander Seeds, Coriander

## Grilled Chicken Pot

- Hariyali Chicken
  - British Chicken Thigh, Turmeric Ground, Dried Mango Powder, Low Fat Yoghurt (**Milk**), Coriander, Green Chilli, Red Chilli Powder Kashmiri, Garam Masala (Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace), Cumin Ground, Salt, Mint Leaves, Rapeseed Oil

## Bhaji Pot

- Bhaji
  - Rapeseed Oil, Pepper Green, Onion White, Tomato Whole, Potatoes, Salt, Garlic, Red Chilli Powder Kashmiri, Dried Fenugreek Leaves, Peeled Plum Tomatoes, Coriander, Peas Frozen, Water, Butter Unsalted (**Milk**), Lemon Whole, Lime Whole, Coriander, Pau Bhaji Masala (Chilli, Coriander, Cumin, Dry Mango, Cassia Leaf, Black Pepper, Cassia, Clove, Turmeric, Dry Ginger, Star Anise, Fennel, Black Cardamom, Salt)

## Fenugreek Parathas

- Dried Fenugreek, **Wheat** Flour, Red Chilli Powder, Turmeric Powder, Green Chilli, Garlic Paste, Ginger Paste, Salt, Coriander Powder, Oil

## Aloo Paratha

- Potato Mix

Potatoes, Green Chilli, Coriander, Ginger, Kashmiri Red Chilli Powder, Dried Mango Powder, Ground Fennel Seed, Salt, Roasted Cumin Powder, Dried Pomegranate Powder, Dried Mint Powder, Carom Seed, Coriander Powder, Dried Fenugreek

- Paratha

Wheat Flour (**Gluten**), Vegetable Oil, Water, Salt, Chickpea Flour

## BITS & BOBS

### Alphonso Mango Gelato

- Ice cream
  - Alphonso Mango Pulp (Alphonso Mango Pulp (90%), Sugar, Water, Acidity Regulator: Citric Acid), Sugar, **Milk**, Condensed Milk (**Milk**, Sugar, Skimmed **Milk**), Vanilla Extract (Water, Ethanol, Sugar, Vanilla Extract), Double Cream (**Milk**), Mango

### Tony's Chocolonely: Milk Chocolate (V)

Sugar, Dried Whole **Milk**, Cocoa Butter, Cocoa Mass, Emulsifier: **Soya** Lecithin, Cocoa Solids: 32% minimum, Sugar, Cocoa Butter, Cocoa Mass: traded in compliance with Fairtrade Standards, total 77%

### Tony's Chocolonely: 51% Dark Chocolate, Almond & Sea Salt (Vg)

Cocoa Mass, Sugar, 10.00% **Almonds**, Cocoa Butter, 0.50% Sea Salt, Emulsifier (**Soya** Lecithin)

### Eat Real Lentil Chips: Chilli & Lemon (Vg)

Lentil Flour (40%), Potato Starch, Corn Starch, Rapeseed Oil, Chilli & Lemon Seasoning (7%) (Rice Flour, Salt, Spices (Paprika, Cayenne Pepper, Black Pepper), Chilli Blend (Chilli, Cumin, Salt, Garlic, Oregano), Garlic Powder, Onion Powder, Yeast Extract Powder, Citric Acid, Dried Yeast, Natural Flavouring, Lemon Juice Powder (Maltodextrin, Lemon Juice), Colour (Paprika Extract)), Salt

### Metcalfe's Rice Cakes: Yoghurt (V)

Yoghurt Flavoured Coating 60% (Sugar, Cocoa Butter, Whole **Milk** Powder, Skimmed Yoghurt Powder (3%) (**Milk**), Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Rice Cake 40% (Wholegrain Brown Rice, Rice)

### Metcalfe's Rice Cakes: Milk Chocolate (V)

Milk Chocolate 60% (Sugar, Cocoa Butter, Whole **Milk** Powder, Cocoa Mass Emulsifier: **Soya** Lecithin, Natural Vanilla Flavouring), Rice Cake 40% (Wholegrain Brown Rice, Rice). (Minimum Cocoa Solids 39%)

### Deliciously Ella Oat Bar: Peanut Butter (Vg)

Gluten Free **Oats** (41%), Brown Rice Syrup, Roasted **Peanuts** (15%), Coconut Oil, Coconut Sugar, Date Syrup, Roasted **Peanut** Butter (4%), Sunflower Oil, Salt

### PROPERCORN Sweet & Salty Popcorn

- Popcorn

Popped Butterfly Corn, Rapeseed Oil, Brown Cane Sugar, Sea Salt

### Pipers Crisps Anglesey Sea Salt

- Crisps

Potatoes, Rapeseed Oil, Halen Mon Sea Salt

### Pipers Karnataka Black Pepper & Sea Salt Crisps

- Crisps

Potatoes, Rapeseed Oil, Sea Salt, Dextrose, Indian Black Pepper, Onion Powder, Rice Flour, Natural Flavouring, Yeast Extract Powder

### Pastel de Nata

- Pastel

- **Milk**, Sugar, **Egg** Yolk, Whole **Egg**, **Wheat** Flour Alto (Calcium Carbonate, Iron, Niacin, Thiamin), Maize Starch, Vanilla Flavour, **Wheat** Flour Europ (**Wheat** Flour, **Wheat** Malt Flour; Enzymes – **Wheat**, Flour Treatment Agent E300), Pastry Margarine (Vegetable Oils – Non-Hydrogenated – Palm and Rapeseed, Water, Salt, Emulsifier: Mono And Diglycerids Of Edible Fatty Acids E471, Preservative: Potassium Sorbate E202, Acidifying Agent: Citric Acid E330, Colour: B-Carotene E160ai, Natural Flavour), Water

## ATCHA ESSENTIALS

### Atcha Ghee

- Butter Unsalted (**Milk**)

### All-Rounder Tarka

- White Onion, Tomato, Ginger, Garlic, Vegetable Oil, Cumin, Coriander Seeds, Turmeric Powder, Kashmiri Red Chilli Powder, Garam Masala [Cumin, Black Pepper, Cloves, Black Cardamom, Green Cardamom, Cinnamon, Mace], Fenugreek Leaves, Green Chilli, Coriander

### Champion Chana Masala

- White Onion, Ginger, Garlic, Green Chilli, Tomato, Coriander, Vegetable Oil, Pomegranate Seeds, Green Cardamom, Mace, Cumin Seeds, Coriander Seeds, Cinnamon, Kashmiri Red Chilli Powder, Yellow Split Peas, Fennel Seed, Carom Seeds, Asafoetida, Mint Dry, Black Pepper, Mango Powder Dried, Ginger Powder Dried, Black Salt

### Islands Chocolate: Smooth Operator - Milk Chocolate 55% (75g)

- Chocolate
  - Cocoa, Cocoa Butter, Sugar, **Milk**, Sunflower Lecithin. May contain traces of nuts.

### Islands Chocolate: Midnight Mover - Dark Chocolate 75% (75g)

- Chocolate
  - Cocoa, Cocoa Butter, Sugar, Sunflower Lecithin. May contain traces of nuts.

## BEVERAGES

### Vegan Mango Lassi

- Lassi
  - Mango Pulp (Mango, Sugar, Water, Acidity Regulator (Citric Acid)), Coconut Milk (Coconut Extract, Water, Stabiliser, Emulsifier), Lime Whole, Rose Water (Water, Rose Extract), Mango Whole (Brazilian), Salt, Sugar

### Mango Lassi

- Lassi
  - Mango Pulp (Mango, Sugar, Water, Acidity Regulator (Citric Acid)), Low Fat Yoghurt (**Milk**), Rose Water (Water, Rose Extract), Mango Whole (Brazilian), Cardamom Green, Sugar

### Berry Lassi

- Lassi
  - Rose Water (Water, Rose Extract), Sugar, Mixed Berries (Strawberry, Blackberry, Raspberry), Low Fat Yoghurt (**Milk**), Cumin Ground

### Coke 330ml

- Coke

Carbonated Water, Sugar, Colour (Caramel E150d), Phosphoric Acid, Natural Flavourings including Caffeine

### Diet Coke 330ml

- Diet Coke

Carbonated Water, Colour (Caramel E150d), Sweeteners (Aspartame, Acesulfame K), Natural Flavourings including Caffeine, Phosphoric Acid, Citric Acid

## S. Pellegrino (Lemon) 330ml

- S. P. Lemon

Water, Lemon Juice from Concentrate (Lemon Juice from Concentrate (11%), Lemon Juice (5%)), Sugar, Carbon Dioxide, Natural Lemon Flavouring, Stabilisers: Pectins, Sweeteners: Steviol Glycosides, Natural Flavouring, Sweeteners from Natural Origin

## DASH Water (Blackcurrant)

- Sparkling Water

Carbonated Spring Water, Natural Flavourings, Blackcurrant Extract, Tartaric Acid

## Volvic Still Water 500ml

- Water

## S. Pellegrino Sparkling 500ml

- Water

## Earl Grey Oat Milk Classic Tea Latte

Earl Grey Tea (50%) (Water, Organic Rwandan Black Tea, Natural Flavouring), Water, **Oats** (5.5%), Organic Agave Nectar, Sea Salt, Acidity Regulator (Potassium Carbonate).

## Paper Boat Pomegranate [Anar] Juice

Water, Pomegranate Juice Concentrate (8%), Pomegranate Juice (5%), Sugar, Iodised Salt, Ginger Powder, Black Pepper, Black Salt

## Paper Boat Lemon & Cumin Juice [Jaljeera]

Water, Sugar, Lemon Juice Concentrate (1%), Black Salt, Iodised Salt, Spices And Condiments (Cumin Powder, Black Pepper Powder, Ginger Powder), Acidity Regulator (Citric Acid)

## Paper Boat Mango Juice [Aamras]

Water, Mango Pulp (45%), Sugar, Acidity Regulator (Citric Acid), Antioxidant (Ascorbic Acid), Cardamom Powder, Saffron Powder

## Nunc Kombucha

Sencha Green Tea, Raw Honey from Buckinghamshire, Amarillo Hops, Simcoe Hops, Citra Hops, Coriander Seeds, Cardamom, Orange Peel, Ginger

## FIX8 Triple Ginger Kombucha

Filtered Water, Raw Kombucha Culture, Rainforest Alliance Tea, Cane Sugar, Organic Ginger Juice (3%) (CH-BIO-14), Ginger Extract, Ginger Oil

## Tuk Tuk Chai Original Drink 250ml

- Chai
  - Whole **Milk** (62%), Water, Sugar, Black Tea\* (2.8%), Acidity Regulator (Sodium Citrate), Stabiliser (Carrageenan)

## Tuk Tuk Chai Spicy Masala Drink 250ml

- Chai
  - Whole **Milk** (62%), Water, Sugar, Black Tea (2.8%), Cardamom, Ginger, Clove, Nutmeg, Cinnamon, Pepper, Mace, Cassia, Acidity Regulator (Sodium Citrate), Stabiliser (Carrageenan)

## Vita Coco Coconut Water 330ml

- Coconut Water
  - Coconut Water (99%), Natural Fruit Sugar (1%), Vitamin C