



# ATCHA

*DELIVERY*

Good-for-you

Indian food.

Delivered.

**order** . [hi@atcha.co.uk](mailto:hi@atcha.co.uk)

 07515 423 215 . [@atcha\\_uk](https://www.instagram.com/atcha_uk)

INDIVIDUALLY PACKED MEALS  
MINIMUM ORDER £50

Joey doesn't share food! Do you?

Sometimes platters or group servings just don't do the trick. Everyone wants their own thing, and that's okay – we've got you sorted.

Just drop us an email with the order one day in advance (**24hrs** before you want the delivery) and we'll make sure we get it all to you **individually packed** and **nicely labelled**.

**For large orders (50+ people) we ask that you please give us 48hrs' notice.**

All of our food is made from scratch and prepared fresh daily. Deliveries are typically made via cargo bike – and we do charge for this – but food labels, recyclable bowls, cutlery, napkins and serving spoons are all complimentary.

We strive for sustainability, so please let us know if you don't need them when completing your order!

#EATWELL #EATINDIAN

# ATCHA LUNCH .

## RICE BOWLS .

### **NO-BUTTER CHICKEN:**

grilled chicken in a tomato sauce, cucumber salad, Kerala red rice 6.95

### **NORTHERN BOWL (Ve):**

smoky aubergine mash, curried cauliflower, daal, Kerala red rice 6.95

### **SOUTHERN BOWL (Ve):**

mixed veg. coconut *avial*, beetroot *thoran*, black chickpea salad, Kerala red rice, coco yogurt 6.95

## SALADS .

### **SALMON BOX:**

steamed salmon on buckwheat, beetroot *thoran*, daal *kosambari* salad, cumin-curd dressing 7.45

### **GRILLED CHICKEN:**

*haryali* chicken, sprouted mung daal, buckwheat salad, honey-garlic *raita* dressing 6.45

### **PANEER BOX (V):**

minty paneer, sprouted mung daal, buckwheat salad, cardamom & orange vinaigrette 6.45

## TOASTED SANDWICHES . in sourdough pao

**THE GOAN:** pulled *vindalho* pork, grated cabbage, radish, coconut chutney-mayo 5.45

**ATCHA CLUB:** creamy chicken *tikka*, bacon, gem lettuce, sliced tomato, tamarind mayo 5.45

**THE CAULI SARNIE (Ve):** spiced cauliflower, pickled ginger, masala cashew mayo 5.45

## SANDWICHES . in sourdough pao

**EGG CHILLI-MAYO (V):** free range egg-mayo, chilli sauce, chopped radish, ground cumin 4.45

## ATCHA DRINKS .

**VEGAN MANGO LASSI (Ve)** 3.45

Coke 330ml 1.10

Diet Coke 330ml 1.10

S. Pellegrino (Lemon) 330ml 1.30

Vita Coco Coconut Water 1.75

Volvic Still Water 1.10

S. Pellegrino Sparkling 1.85

## BITS & BOBS .

**Sprouted Lentils & Mango Pot (Ve):** sprouted mung daal, mango, tomato, red onions, lemon 3.95

**Coco Chickpeas Pot (Ve):** black chickpeas, coconut, cranberries, lime 3.95

Pipers Crisps Sea Salt 1.10

PROPERCORN Sweet & Salty Popcorn 1.10

Montezuma Milk Choc (V) 1.95

Montezuma 73pc Dark Choc (Ve) 1.95

Pastel De Nata (V) 1.95

(V) = vegetarian | (Ve) = vegan

Everything is freshly prepared in our kitchen in Hackney. This is a space that handles allergens **so we really can't guarantee any of it is allergen-free.** Please take care, and let us know of any queries or specific requests.

# GROUP PORTIONS

Sometimes it makes sense to get multiple portions served up together – perfect for sharing and when people want to try different things from the menu. We offer menu items served in catering trays that would each feed about 10 people.

Feel free to also order a mix of group stuff and individually portioned meals.

Just drop us an email with the order 1 day in advance (24hrs before you want the delivery) and we'll make sure we get it all to you served in catering trays and nicely labelled.

**For large orders (50+ people) we ask that you please give us 48hrs' notice.**

#EATWELL #EATINDIAN

# ATCHA LUNCH .

## RICE BOWLS .

<b>NO-BUTTER CHICKEN</b>	10x	<u>60</u>
<b>NORTHERN BOWL (Ve)</b>	10x	<u>60</u>
<b>SOUTHERN BOWL (Ve)</b>	10x	<u>60</u>

## SALADS .

<b>SALMON BOX</b>	10x	<u>70</u>
<b>GRILLED CHICKEN</b>	10x	<u>60</u>
<b>PANEER BOX (V)</b>	10x	<u>60</u>

## SANDWICHES . in sourdough pao

<b>THE GOAN (toasted)</b>	10x	<u>50</u>
<b>ATCHA CLUB (toasted)</b>	10x	<u>50</u>
<b>THE CAULI SARNIE (Ve) (toasted)</b>	10x	<u>50</u>
<b>EGG CHILLI-MAYO (V) (cold)</b>	10x	<u>40</u>
<b>PAO MIX (Goan, Club, Cauli, Egg-Mayo)</b>	10x	<u>50</u>
<b>VEGGIE MIX (Cauli, Egg-Mayo)</b>	10x	<u>45</u>

## ATCHA DRINKS .

<b>VEGAN MANGO LASSI (Ve)</b>	10x	<u>30</u>
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## WHAT THEY'RE SAYING

"It tasted just as good as it looks! - delicious! Thank you Atcha!"

*Bloom & Wild*

"Thank you so much for sending over your beautifully prepared food. We all enjoyed it."

*Julian Metcalfe, CEO, itsu*

"Loved it so much! 100% repeating...I was all in on the paneer"

*PerchPeek*

"You feel like you're eating good and healthy"

*The Behavioural Insights Team*

"Loved the food...! Big fan of the sandwich"

*Evercore*

# ALLERGEN INFORMATION

As most of our food is handmade in our shared kitchen every day, we cannot guarantee that our food is 100% free of any allergen.

Before placing your order, please inform us if a person in your party has a food allergy so that a manager can, at your request, provide you with a list of ingredients in your order.

**Menu subject to change without notice.**

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[www.atcha.co.uk](http://www.atcha.co.uk)