

ATCHA

EAT WELL . EAT INDIAN

RICE BOWLS

Served in individual, compostable bowls



Grilled Chicken & Lentils Bowl

Hariyali-marinated [mint + coriander] grilled chicken thigh, daily daal, coconut yoghurt, cherry toms, red rice

R: 692kcal. £10.45
XL: 1512kcal. £15.45
contains milk



Southern Bowl (Vg)

Mixed vegetable avial [coconut stew], beets thoran, black chickpea salad, coconut yogurt, red rice

R: 684kcal. £9.45
XL: 1182kcal. £14.45
contains mustard, sulphites



Utterly Butterless Chicken Bowl

Chargrilled chicken thigh in a spiced, butterless tomato sauce with red rice + house kachumber

R: 683kcal. £9.95
XL: 1294kcal. £14.95
contains milk



Paneer Butter Masala (V)

Grilled paneer in a spiced, buttery sauce with red rice + house kachumber

R: 691kcal. £9.95
XL: 1274kcal. £14.95
contains milk



Northern Bowl (Vg)

Smoky aubergine bharta, cauli sabzi, daily daal, house kachumber, red rice

R: 678kcal. £9.45
XL: 1002kcal. £14.45

SALAD BOWLS

Served in individual, compostable bowls



Chickpea Frittata (Vg)

Vegetable + turmeric bake, lemon millet, masala chickpeas, pickled red onion, cherry toms, tamarind chutney

R: 552kcal. £8.45
XL: 889kcal. £13.55



Paneer Box (V)

Fresh paneer, lemon millet, masala chickpeas, pickled red onion, cherry tomatoes, roasted carrot chutney

R: 670kcal. £9.45
XL: 1220kcal. £14.75
contains milk



Salmon Box

Steamed salmon, beets thoran, lemon millet, pickled red onion, cherry toms, tamarind chutney

R: 654kcal. £10.95
XL: 902kcal. £17.35
contains fish, mustard, sulphites



Grilled Chicken Box

Hariyali-marinated [mint + coriander] grilled chicken, lemon millet, masala chickpeas, pickled red onion, cherry toms, carrot chutney

R: 673kcal. £9.95
XL: 1156kcal. £15.45
contains milk

(V) = Vegetarian | (Vg) = Vegan | R = Regular | XL = Extra Large

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

For all ingredient & allergen information, please see our website.

SHARING PLATTERS

All orders arrive with kachumber, coriander & chillies on the side.
Regular serves 6. Extra Large serves 12.

Mixed Vegetable Avial (Vg)	R: 29.95
South Indian coconut stew contains mustard, sulphites	XL: 49.95
Gobhi Sabzi (Vg)	R: 24.95
Curried cauliflower	XL: 39.95
Baingan Bharta (Vg)	R: 29.95
Smoky aubergine mash	XL: 49.95
Paneer Butter Masala (V)	R: 29.95
Grilled paneer in a spiced, buttery sauce contains milk	XL: 49.95
Kala Chana Salad (Vg)	R: 29.95
Coconutty black chickpea salad contains mustard, sulphites	XL: 39.95
Beetroot Thoran (Vg)	R: 29.95
Kerala stir-fry - contains mustard, sulphites	XL: 39.95
Daily Daal (Vg)	R: 29.95
Our house daal; tempered, garlic & fenugreek	XL: 39.95
Utterly Butterless Chicken	R: 39.95
Chargrilled chicken in a spiced, butterless sauce contains milk	XL: 59.95
Hariyali Chicken Kebab	R: 39.95
Mint + coriander grilled chicken thigh contains milk	XL: 59.95
Red Rice (Vg)	R: 14.95
Kerala "Matta" Rice	XL: 19.95
Fenugreek Theplas (Vg)	1.50 per piece
Handmade methi [fenugreek]-infused flatbreads contains gluten	



SOURDOUGH SANDWICHES

Served in individual, compostable boxes - or in sharing platters of 5

The Cauli Sarnie (Vg) | gluten, cashew nuts, mustard, sulphites

Cauli sabzi, pickled ginger, masala cashew mayo, toasted in wholemeal sourdough. 480kcal. £7.45

The Paneer Sarnie (V) | gluten, milk

Fresh paneer, mint + coriander chutney, red onion, tomato, mozzarella, chaat masala, toasted in wholemeal sourdough. 751kcal. £7.95

Atcha Club | gluten, milk, egg

Chicken tikka, streaky bacon, baby gem, tomato, red onion, tamarind mayo, toasted in wholemeal sourdough. 811kcal. £8.45

