



Welcome

to Shudh Indian Restaurant

*Serving food in the heart of
Carrick on Shannon for the last 15 years*

Vegan food available

FOOD ALLERGY WARNING

"All 14 allergens are openly used throughout our kitchen. Trace amounts may be present at all stages of cooking."

1. Gluten, 2. Crustaceans, 3. Eggs, 4. Prawns, 5. Molluscs, 6. Soya Sauce, 7. Peanuts, 8. Nuts, 9. Milk, Cream, Yoghurt,
10. Celery, 11. Mustard, 12. Sesame Seeds, Fennell Seeds, 13. Sulphites, 14. Lupin



Starters

VEGETARIAN HOUSE

1. **Shudh Vegetable Platter** (for 2 people) 1 €14.99
A rare combination of vegetable pakora, samosa, onion bhaji, spring roll and punjabi aloo tikki.
2. **Cashew Nut Rolls** 1 €6.99
A rare combination of cottage cheese, vegetables and ground cashew nuts marinated in garlic, ginger with mild spices and then deep fried.
3. **Punjabi Aloo Tikki** 1 €6.99
A mixture of green peas, mashed potatoes combined with some colourful peppers with chopped chillies.
4. **Vegetable Pakora** 7 €6.99
Selection of vegetables coated in a spicy gram flour batter and fried.
5. **Onion Bhaji** 1 €7.25
Finely sliced onion mixed with lentil flour batter and fried.
6. **Vegetable Samosa** 1,5,6,8,11 €6.99
A savoury delight having mash potatoes, green peas, a touch of cumin seeds, spices in a filo pastry.
7. **Vegetable Spring Rolls** 7 €6.99
Mix vegetables in medium spices in a filo pastry then deep fried.



NON VEGETARIAN HOUSE

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| 8. | Shudh Meat Platter (for 2 people) 9 | €15.99 |
| | A rare combination of lamb, chicken tikka, seekh kebab and tandoori chicken. | |
| 9. | Lamb Samosa 1 | €7.99 |
| | Lamb filling mixed with spices in filo pastry and then deep fried. | |
| 10. | Chicken Tikka 9 | €7.99 |
| | Barbecued chicken marinated in yoghurt and medium spices. | |
| 11. | Tandoori Chicken 9 | €7.99 |
| | Chicken with bone marinated with authentic Indian herbs, yoghurt, ginger and spices. | |
| 12. | Boti Kebab | €8.10 |
| | Lamb pieces marinated in mixture of spices, ground nuts, oils, soya sauce, papaya and touch of curry leaves then cooked in clay oven. | |
| 13. | Seekh Kebab | €8.10 |
| | Spicy minced lamb skewered and barbecued. | |
| 14. | Chicken Pakora 1 | €7.99 |
| | Barbecued pieces of chicken fried in a medium spicy batter. | |
| 15. | Chicken Chat Puri 1 | €8.25 |
| | Smooth, sweet and spicy chicken with brown bread. | |
| 16. | Prawn Chat Puri 1,4 | €8.50 |
| | Smooth, sweet and spicy prawn with brown bread. | |
| 17. | Tandoori Prawn 4,9 | €8.95 |
| | King prawns marinated in garlic, ginger puree, lemon juice, yoghurt, roasted gram flour with Himalayan spices and cooked in a low flame in the tandoor to keep in the individual flavours. | |
| 18. | Prawn Butterfly 4,9 | €8.95 |
| | Jumbo prawn marinated in gram flour, medium north Indian spices and deep fried to give you a satisfying taste. | |



Main Courses

TANDOORI SPECIALITIES

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| 19. Chicken Malai Tikka 9 | €15.99 |
| 20. Seekh Kebab | €16.50 |
| 21. Tandoori Chicken 9 | €15.99 |
| 22. Chicken Tikka 9 | €15.99 |
| 23. Tandoori Shaslik 9 | €16.50 |
| 24. Tandoori Zhinga 4,9 | €16.99 |
| 25. Shudh Sizzlers 4,9 | €16.99 |

MOST POPULAR DISHES

LAMB/PRAWN: EXTRA €1/€2

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| 26. Shudh Special Curry | €16.50 |
| Medium Curry dish of Chicken, Prawn and Lamb with the flavour of Spinach, Garlic and Ginger. | |
| 27. Chicken Rainbow 9 (Medium) | €15.99 |
| Three different styles on marinated chicken, cooked in tomato with almond sauce. | |
| 28. Chicken Kashmiri 8,9 (Mild) | €15.99 |
| Chicken Kashmiri, mild dish cooked in fruit, mango pulp cream and almond sauce. | |



29. **Zaffrani zhingra** 4,8,9 €16.50
King prawn roasted in tandoor, cooked with colourful peppers with asmooth cashew nut, almond sauce flavoured with cardamom and saffron "a mild dish".
30. **Ginger Prawn** 4,6 €16.50
Stir fried prawns with mushrooms, onions, carrots, spring onion and ginger in soya sauce "a rare dish".
31. **Sali Lamb** €15.99
Lamb cooked in crushed garlic, ginger and chillies in a rich medium spicy curry with baby'potatoes and fried apricots with cumin powder "a mouth watering dish".
32. **Lassuni Tikka** €15.99
Barbequed chicken or lamb prepared in garlic based hot sauce having fresh south Indian spices.
33. **La jawab** €15.99
Speciality of the house a unique dish in a saffron flavoured curry with spring onion, baby potatoes and chef's top secret spices.
34. **Ceylon** 9 €15.99
A mild spiced tangy sweet dish cooked with coconut milk and pineapple cubes to give it a unique flavour.
35. **Saag** 9 €15.99
Tender pieces of chicken or lamb cooked in spinach, and tempered with ginger and spices to medium hot rich in iron. A special dish for spinach lovers.
36. **Methi Malai Mass** 8,9 €15.99
Another rare combination of lamb and minced lamb prepared in onion tomato sauce with fenugreek powder, spinach, cream and fresh coriander.



37. **Bhopal** €15.50
Chef's special, cooked with chick peas, ginger and spices.
38. **Dhansak** 9 €15.50
Tangy, medium spiced with lentils together with a touch of fresh coriander.
39. **Pathia** 8 €15.50
Sweet and spicy similar to a madras dish but cooked with tamarind sauce, curry leaves and coconut flakes.
40. **Phall (Very HOT dish)** €15.50
If you want it really hot and spicy this is mind blowing.
41. **Chilli Masala** €15.50
A hot dish in onion gravy and cooked with wicked green chillies.
42. **Butter Chicken** 8,9 €15.50
Marinated barbecued chicken pieces cooked in a creamy tomato buttery sauce with a touch of fenugreek.
43. **Passanda** 8,9 €15.50
Mild curry cooked in tomato, cashew nut puree, almond powder and a touch of fennel powder.
44. **Murgh Jaipuri** 8,9 €16.50
A medium hot delicacy of jaipur. Barbequed chicken cooked with fresh mushrooms, tomatoes and herbs.



KORMA DISHES (Mild)

Chicken/lamb/prawn's cooked in a mild creamy sauce flavoured with coconut powder.

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| 45. Chicken Korma 8,9 | €15.50 |
| 46. Lamb Korma 8,9 | €15.99 |
| 47. Prawn Korma 4,8,9 | €16.50 |

TIKKA MASALA DISHES (Mild)

Chicken/lamb/prawn's marinated in spices grilled in the tandoor oven and then gently cooked in mild creamy sauce topped with almonds.

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| 48. Chicken Tikka Masala 8,9 | €15.50 |
| 49. Lamb Tikka Masala 8,9 | €15.99 |
| 50. Prawn Tikka Masala 4,8,9 | €16.50 |

KARAHI DISHES (Medium)

Prepared with onions, green peppers, ginger, garlic, tomato gravy and a dash of yoghurt sauce.

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| 51. Chicken Karahi 9 | €15.50 |
| 52. Lamb Karahi 9 | €15.99 |
| 53. Prawn Karahi 4,9 | €16.50 |



BHUNA DISHES (Medium)

Prepared with chunks of onion, fresh tomatoes, peppers and flavoured with Himalayan spices.

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| 54. Chicken Bhuna | €15.25 |
| 55. Lamb Bhuna | €15.75 |
| 56. Prawn Bhuna 4 | €15.99 |

DO-PIAZA DISHES (Medium)

Fried onions, tomatoes, cumin seeds, coriander cooked with onion based curry sauce.

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| 57. Chicken Do-Piazza | €15.25 |
| 58. Lamb Do-Piazza | €15.75 |
| 59. Prawn Do-Piazza 4 | €15.99 |

JALFREZI DISHES (Medium)

Green peppers, onions and tomatoes in sweet and sour and pungent, thick curry sauce.

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| 60. Chicken Jalfrezi | €15.25 |
| 61. Lamb Jalfrezi | €15.75 |
| 62. Prawn Jalfrezi 4 | €15.99 |



ROGAN JOSH DISHES (Medium)

A classic kashmiri Indian curry with flavours of cinnamon, cardamoms, cloves and bay leaves.

63. Chicken Rogan Josh	€15.25
64. Lamb Rogan Josh	€15.75
65. Prawn Rogan Josh 4	€15.99

CURRY DISHES (Medium)

Traditional curry medium spiced to suit most palates.

66. Chicken Curry	€12.95
67. Lamb Curry	€15.25
68. Prawn Curry 4	€15.75

BALTI DISHES (Medium)

We introduce our famous traditional balti dishes with fresh herbs, spices which are required short cooking time to keep in the individual flavours and complex aroma.

69. Chicken Balti	€15.25
70. Lamb Balti	€15.75
71. Prawn Balti 4	€15.75
72. Shudh Special Balti 4	€16.50



MADRAS DISHES (Very Hot)

Cooked in curry sauce with sharp south Indian spices.

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| 73. Chicken Madras 8 | €15.25 |
| 74. Lamb Madras 8 | €15.75 |
| 75. Prawn Madras 4,8 | €15.99 |

VINDALOO DISHES (Very Hot)

Wonderfully hot dish cooked with potatoes and spices.

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| 76. Chicken Vindaloo | €15.25 |
| 77. Lamb Vindaloo | €15.75 |
| 78. Prawn Vindaloo 4 | €15.99 |

BIRIYANI DISHES (Medium)

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| 79. Chicken Biryani | €15.99 |
| 80. Lamb Biryani | €16.50 |
| 81. Prawn Biryani 4 | €16.99 |
| 82. Shudh Special Biryani 4 | €16.50 |
| 83. Vegetable Biryani | €14.99 |



VEGETABLE CORNER

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| 84. Mutter Paneer/Sang Paneer ⁹
A mild dish, mixture of peas and cottage cheese with a touch of fresh coriander. | €9.50/14.50 |
| 85. Aloo Mutter/Aloo Gobhi ⁹
A mild dish, mixture of peas and potatoes with a touch of fresh coriander. | €8.99/13.99 |
| 86. Chilli Garlic Okra ⁶
A must for a cold evening, okra tossed in with peppers, garlic and chillies which are in a tomato gravy with a touch of soya sauce and fresh coriander. | €9.50/14.50 |
| 87. Saag Paneer ⁹
Fried cubes of cottage cheese cooked in spinach puree with onion, tomatoes, garlic and spoon of cream. | €9.50/14.50 |
| 88. Saag Aloo/Chana Saag
Fried cubes of potatoes cooked in spinach puree with onion, tomatoes, garlic and spoon of cream. | €8.99/13.99 |
| 89. Pindi Cholley/Bombay Aloo
Chick peas cooked in gravy and chef's special ground spices. | €8.99/13.99 |
| 90. Tarka Dal ⁹
Famous Indian lentils, fried in butter and garlic. | €8.99/13.99 |
| 91. Vegetable Jaipuri ⁹
Vegetables cooked in onion tomato sauce with cottage cheese with medium herbs and spices. A delicacy of gujrat region. | €8.99/13.99 |
| 92. Methi Chaman ^{9,12}
Homemade cottage cheese cooked in fresh greens, spinach, fenugreek, coriander and red onion tomato sauce with splash of cream. | €8.99/13.99 |
| 93. Vegetable Korma ^{8,9}
Mildest dish cooked with ground cashew nut, coconut, fresh cream, cardamom and garnished with almond flakes to form a mild sweet creamy sauce. | €9.99/14.50 |
| 94. Vegetable Tikka Masala ^{8,9}
Vegetables gently cooked in mild creamy tomato sauce topped up with almonds. | €9.99/14.50 |



INDIAN BREADS

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| 95. | Coconut Fruits Naan 1,8,9,12
Sweet nan stuffed with sultanas, almonds and coconut. | €4.99 |
| 96. | Naan Bread 1,9,12
White flour bread. | €3.99 |
| 97. | Garlic Bread 1,9,12
White flour bread coated with garlic paste. | €4.00 |
| 98. | Coriander Naan 1,9,12
White flour bread topped with coriander. | €4.00 |
| 99. | Keema Naan 1,9,12
Nan bread stuffed with minced lamb. | €4.50 |
| 100. | Cheese Naan 1,9,12
Nan bread stuffed with cheese. | €4.50 |
| 101. | Garlic Coriander Naan 1,9,12
Nan bread with garlic and coriander. | €4.50 |
| 102. | Onion Kulcha 1,9,12
Bread stuffed with chopped onion and coriander. | €4.50 |
| 103. | Roti 1
Brown flour thin bread. | €3.00 |
| 104. | Garlic, Onion, Coriander Naan 1,9,12
Nan stuffed with onion, coriander and coated with garlic. | €4.99 |
| 105. | Garlic, Cheese Naan 1,9,12
Nan stuffed with cheese and coated with garlic. | €4.50 |



BASMATI RICE PRESENTATIONS & SIDES

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| 106. | Coconut Sweet Rice 8,9
Rice cooked with coconut, almonds and fruits. | €4.99 |
| 107. | Boiled Rice
Steamed basmati rice. | €3.50 |
| 108. | Pilau Rice
Basmati rice cooked in fried onions and herbs. | €4.00 |
| 109. | Peas Rice
Boiled rice cooked with green peas. | €4.50 |
| 110. | Egg Fried Rice 3,6
Boiled rice cooked with eggs and peas. | €4.50 |
| 111. | Mushroom Rice
Pilau rice cooked with mushrooms. | €4.50 |
| 112. | Lemon Rice
Basmati rice cooked with chopped onion and lemon flavour. | €4.50 |
| 113. | Vegetable Rice
Basmati rice cooked with vegetables. | €4.50 |
| 114. | Chick Nuggets + Chips | €10.50 |
| 115. | Chicken Goujons + Chips | €10.50 |
| 116. | Chips | €3.99 |



DRINKS

117.	Soft Drinks	€2.99
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SAUCES

118.	Korma Sauce	€5.50
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119.	Masala Sauce	€5.50
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120.	Butter Sauce	€5.50
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121.	Extra Mango/Mint/Onion Dips	€1.00
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122.	Extra Popodom	€2.50
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