



**ruchii**

# A la carte

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Discover the ancient wisdom of Ayurveda through the culinary artistry. The wheel of Ruchii spins vibrant flavours, exotic aromas to harmonise the five elements and create an exquisite taste experience.

Inspired by the Konark Sun temple's wheels, the six spokes of Ruchii symbolise 6 primary tastes of Ayurveda — Sweet, Sour, Salt, Bitter, Pungent & Astringent; which in-fact are different combinations of “Panchabootha” — 5 elements: Earth, Air, Water, Fire & Ether (space).

**Join us on this gastronomic journey!**



## Snacks

- |  |              |
|--|--------------|
| <b>1. Lentil &amp; rice crackers</b> <sup>1</sup>  | <b>€4.50</b> |
| Served with seasonal fresh chutneys, currently strawberry and apple/mint   |              |
| <b>2. Truffle kulcha</b> <sup>1,8</sup>  | <b>€5.00</b> |
| Little flatbreads stuffed with ricotta and mushrooms, cooked in the tandoor, brushed with truffle oil and served with Ruchii butter. |              |
| <b>3. Masala nuts</b> <sup>5,9</sup>   | <b>€5.00</b> |
| Cashews and pink peanuts toasted with gram flour and freshly-ground masala spices.   |              |



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#### Allergens

1 | Gluten-Wheat, 2 | Crustaceans, 3 | Eggs, 4 | Fish, 5 | Peanuts, 6 | Soybeans, 7 | Lupins, 8 | Dairy, 9 | Nuts, 10 | Celery, 11 | Mustard, 12 | Sesame Seeds, 13 | Sulphites, 14 | Molluscs.

*Vegan options available*

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## Starters

- 1. Ruchii salad** <sup>13</sup> €9.00  
Black chickpeas, black beans, plum tomatoes, raw mango, cucumber and curry leaves dressing.
- 2. Pulled jackfruit phulka** <sup>1,8</sup> €9.50  
An Indian take on a vegetarian taco.
- 3. Tokri masala chaat** <sup>1,8</sup> €9.50  
The favourite street food of India. Crisp potato tokri (basket) filled with a chaat: puffed rice, chickpeas, gram flour vermicelli, crushed wheat crisps, tamarind glaze.
- 4. Beetroot and peanut butter tikki** <sup>1,5,8</sup> €10.00  
Earthy spiced beetroot flavoured with peanut butter in a crisp shell, goat's cheese.
- 5. Tandoori paneer tikka** <sup>8,9,11</sup> €10.50  
Paneer (cottage cheese) marinated and then cooked on a skewer in the tandoor. An Indian vegetarian favourite.
- 6. Keralan fried chicken** <sup>1,3</sup> €11.00  
Chicken breast marinated with a Keralan spice run, then coated with a wheat/rice flour batter, served with curry leaf mayonnaise, pickled radish.
- 7. Surkh laal chicken tikka** <sup>8,9,11</sup> €11.50  
Yoghurt and spice-marinated chicken pieces cooked in the tandoor. Kashmiri chilli delivers the unique red colour "surkh laal".
- 8. Lamb seekh kebab** <sup>3,8</sup> €13.50  
Hand-pounded, spiced lamb moulded on to a seekh (skewer) and cooked in the tandoor.
- 9. Adraki lamb chops** <sup>8,11</sup> €14.50  
Wicklow lamb marinated with ginger, cumin, fennel served with mint chutney.
- 10. Samudri khazana** <sup>2,3,4,14</sup> (Ocean's treasure) €15.00  
Irish scallops — pan seared, Irish crab meat with sour cream, Atlantic cod in masala marinade and Tandoori Indian Ocean prawns.
- 11. Soft shell crab** <sup>1,2,3,4,14</sup> €15.00  
Irish soft-shell crab encased in crisp spiced rice-flour batter, with tomato chutney and curry leaf mayonnaise.



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## Mains

- 1. Malabar beef** €23.50  
Irish beef (chuck) with grated coconut, long pepper, poppy seeds and phattar ke phool (rare stone flower spice).
- 2. Smoked butter chicken** <sup>8,9</sup> €23.50  
Butter chicken, invented by KL Gujral in Peshwar and involves a sauce of butter, tomatoes, cream, is given a smoky dimension.
- 3. Tawa murgh rara** <sup>3</sup> €23.50  
Marinated chicken cooked in a griddle and hand mixed long enough, so that ends as minced.
- 4. Murgh zafrani** <sup>8,9</sup> €23.50  
Saffron chicken slow-cooked with yoghurt, a paste of nuts, a royal kitchen of Mughal era recipe.
- 5. Tandoori Murgh** <sup>8,9,11</sup> €24.50  
Tender chicken-on-bone marinated with spices and yoghurt, then cooked in the clay tandoor.
- 6. Ghee roast lamb botti** <sup>8</sup> €24.50  
Lamb marinated overnight and cooked with ghee (clarified butter) on a griddle with onions, bay leaves, cinnamon and pipli (long peppers) or for a soft but distinctive pungency.
- 7. Nizami gosht** <sup>8,9</sup> €24.50  
A royal Mughlai dish of marinated lamb cooked in a blend of cashews, cardamom and nutmeg.
- 8. Nalli nihari** <sup>8,9</sup> €25.50  
Lamb shank slow-cooked with onions and cashews for maximum flavour. Originally cooked before dawn to serve after morning or nihar prayers.
- 9. Tandoori sea bass** <sup>4,11</sup> €25.50  
Whole spiced seabass-on-bone served with naan, samphire pakoras and coconut sauce.
- 10. Baked macchi** <sup>4</sup> €26.00  
Irish cod marinated with ginger, garlic, shallot, mustard seed and black pepper, served with a creamy Goan moilee sauce.
- 11. Mango coconut jumbo prawns** <sup>2,11</sup> €26.50  
Ruchii's signature dish from the first day. Plump prawns served in a slow-cooked fruity and spicy sauce.



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## Vegetarian

- 1. Ruchii special black daal** <sup>8</sup> €18.00  
Very long cooking of urad daal (black daal) explains the creamy texture but for good measure cream is added too.
- 2. Kumbh hara pyaaz** <sup>8,9</sup> €18.50  
A combination of exotic mushrooms with scallions, cashew nut cream and tomatoes, finished with cream and fenugreek.
- 3. Rasbhari malai kofta** <sup>8,9</sup> €19.00  
Cottage cheese dumplings in a green cardamom enriched gravy.
- 4. Baingan mirchi ka saalan** <sup>5,11,12</sup> €19.50  
Baby aubergines with a crispy exterior in a curry based on crushed peanuts and onions, finished with mild mirchi (chillies).

## Side dishes (Main)

- 1. Yellow daal tadka** <sup>8</sup> €8.50 / €17  
Toor daal cooked with garlic, turmeric powder and finished off with “Tadka” - tempered cumin, mustard to bring out the oils from the spices.
- 2. Greens poriyal** <sup>8,9,11</sup> €8.50 / €17  
Seasonal vegetables (based on availability) are cooked with grated coconut (Poriyal), topped off with the oil of tempered spices.
- 3. Saag corn** <sup>8</sup> €8.50 / €17  
Baby spinach leaves cooked with plum tomatoes to a puree consistency and is lightly spiced with cumin, garlic and corn.
- 4. Bhindi fry** <sup>5,13</sup> €8.50 / €17  
Thin batter of gram flour over the Bhindi, red onion, and roasted peanuts could make this your favourite Okra dish ever.
- 5. Gobi anardana** <sup>8</sup> €8.50 / €17  
Cauliflorets with crushed ginger, chopped garlic, diced tomatoes, chilli flakes, pomegranate seeds.
- 6. Chutney-wale aloo** <sup>8</sup> €8.50 / €17  
Spiced Irish spuds with a special finish: this could be your favourite side dish and tastiest spud dish ever.
- 7. Chana masala** <sup>8</sup> €8.50 / €17  
Overnight soaked chickpeas cooked with onions, tomatoes, cinnamon and cloves.



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## Breads

1. Naan <sup>1,8</sup>	€2.50
2. Garlic naan <sup>1,8</sup>	€3.50
3. Pumpkin seed roti <sup>1,8</sup>	€3.50
4. Peshwari naan <sup>1,8,9</sup>	€4.50
5. Exotic mushroom kulcha truffle oil drizzle <sup>1,8</sup>	€4.50
6. Trio - Breadbasket <sup>1,8,9</sup>	€8.50

## Rice

1. Basmati rice	€3.50
2. Pulao rice <sup>8</sup>	€4.50

## Accompaniments

1. Pickles	€3.50
2. Salad desi-style	€4.50
3. Beetroot raita with pomegranate & honey <sup>8</sup>	€4.50
4. Cucumber raita with burnt garlic <sup>8</sup>	€4.50



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## Desserts

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|---|--------|
| <b>1. Trio of sorbets</b><br>Seasonal flavours.   | €8.00  |
| <b>2. Kulfi falooda</b> <sup>8,9</sup><br>Indian ice cream with vermicelli, rose syrup and basil seeds.           | €9.00  |
| <b>3. Gujia, palakova</b> <sup>1,8</sup><br>Indian dessert empanadas filled with coconut, Kova: dried whole milk. | €9.00  |
| <b>4. Bellam gaare</b><br>Lentil doughnuts dipped in jaggery syrup served with lemon sorbet from Andhra Pradesh.  | €9.00  |
| <b>5. Mango bhapa doi</b> <sup>8</sup><br>Steamed yogurt pudding with Mango flavours from Bengal.                 | €10.00 |



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## Suppliers

### **Lamb, Pork, Beef: Gahan Meat, Farm —**

Irish Country Meats, Navan, Co Meath. Farmer — JP O'Connor Chicken — Carton Brothe's Manor farm, Farmer — Paddy O'Reilly, Cavan.

### **Vegetables and Dairy products:**

Keelings Farm

### **Fish and Seafood:**

Kish Fish, Howth, Co. Dublin

### **Spices:**

World Wide Foods, Co. Dublin

### **Grocery:**

Musgrave Market, Co. Dublin



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## Appendix

“Adrak” is ginger in Hindi.

“Anardhana” is pomegranate.

“Aloo” is potatoes.

“Baingan” is aubergines or egg plants.

“Bellam” is jaggery (unrefined sugar with molasses) in Telugu.

“Bhapa doi” is steamed yoghurt pudding in Bengali.

“Bhindi” is okra, also known as “Ladies Fingers” in India.

“Botti” is diced shoulder of lamb.

“Chaat” is a savoury snack, literally means “to lick” or “to taste”

“Chana” is chickpeas.

“Daal” is lentils.

“Falooda” is a dessert made with vermicelli, rose syrup, basil seeds.

“Gaare” is a lentil savoury doughnut in Telugu, Vada can be other term.

“Ghee” is clarified butter, which has immense health benefits including protecting the gut.

“Gobi” is Cauliflower in Hindi (coincidentally the Mongolian desert is called Gobi too).

“Gosht” is meat, can be lamb, goat, game.

“Gujiya” is a festive half-moon shaped pastry with a kova / coconut filling.

“Hara” means green.

“Kebab” is said that it originated in central Asia but has a strong Arabic (Kebab — fried or burnt), Persian and Turkish (kebap) influence.

“Kofta” is edible ball of meat or vegetables deep fried and served.

“Kulcha” is the flatbread made with all-purpose flour / maida .

“Khumb” is a mushroom.



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- “Kova” or Palakova is a dessert made with reduced milk.
- “Kulfi” is Indian ice cream
- “Laal” is red colour, surkh laal is deep red.
- “Macchi” is fish.
- “Malabar” is the southwest region of India that includes Goa, Karnataka and Kerala.
- “Malai” is cream.
- “Makhan” is butter.
- “Masala” is either a paste or powder ground in a mortar and pestle.
- “Mirchi” is chilli or a pepper.
- “Murgh” is chicken.
- “Nalli” is shank cut.
- “Nihar” is morning in urdu, nahar is dawn in Arabic.
- “Nizam” means administrator or ruler, Hyderabad was ruled by the Nizam-ul-mulk.
- “Paneer” is Indian cottage cheese.
- “Phulka” is the wheat flatbread made on a tawa and puffed on direct flame.
- “Poriyal’ is a dish that is sauteed, cooked stir fry topped off with grated coconur.
- “Pyaaaz” is onions and their family (like scallions)
- “Rasbhari” is full of essence.
- “Saag” is spinach.
- “Salan” is hyderbadi curry made of peanut base, sesame seeds and coconut.
- “Seekh” is long metallic skewer or rod covered usually with kebabs.
- “Tadka” is tempering of spices in oil, which brings out oils from the spices.
- “Tandoor” is the earthen / clay urn which is probably the best cooking invention by humans.
- “Tawa” is a skillet or a griddle.
- “Tikka” is a piece of meat or vegetable marinated with a spicy mixture
- “Tokri” is a basket.
- “Zafran” is Saffron.



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## Detailed explanation of A la carte dishes

### Snacks

Munch away one or all the three snacks, specially created for you while you decide on your choice of starters and main course with accompaniments to order.

**1. Rice and lentil crisps:** Why not try the R&L crisps which are crunchier, crisper and have completely different colour, texture, flavour and feel in your mouth. The accompanying chutneys will be seasonal and currently we are serving Strawberry chutney and Apple-Mint chutney.

**2. Kulcha:** is the flatbread made with all-purpose flour / maida . The kulchas are cooked in the tandoor and are touched with truffle oil. Kulchas are stuffed with ricotta cheese and mushrooms. Enjoy it as a snack while browsing through the menu with a dash of Ruchii's spiced butter.

**3. Masala nuts:** is a mixture of Cashew nuts, pink pea nuts. These nuts are roasted, coated with batter of gram flour lightly spiced Ruchii house fresh ground masala. These are no ordinary nuts — Ruchii Masala Nuts will set the scene for your evening. They would go well with MS Chardonnay / Sav Blanc and Gewurztraminer.

### Starters

**1. Ruchii salad:** Enjoy the salad: a mix of vegetables and fruits as a light & refreshing start to your dining experience in Ruchii.

**2. Pulled jackfruit phulka:** The Indian vegetarian version of the Taco. Phulka is the wheat flatbread made on a tawa and puffed on direct flame in North India. Jackfruit is one of the fleshiest fruits grown in southern India and the pulled jackfruit curry makes a great filling for this fusion dish of India with a Mexican inspiration.

**3. Tokri chaat:** The favourite street food of India — Chaat is reimagined to be served in an edible "Tokri" — basket. Our chefs have created a basket made of Irish potatoes which is freshly made and the Chaat is filled up in the spud basket. Enjoy the burst of street food flavours in the comfort of the restaurant.

**4. Beet root tikki:** Enjoy the flavours and benefits of beetroot in as a starter on the new menu. Beetroot is grated and made into a ball and held with bread crumb coating. The crispy exterior with a soft interior with a touch of peanut butter and

**5. Tandoori paneer tikka:** "Tikka" is a piece of meat or vegetable marinated with a spicy mixture. "Paneer" or Indian cottage cheese is marinated, loaded on a seekh / skewer and grilled in a tandoor. Tandoor is the earthen / clay urn which is one of the best cooking inventions by humans. This is one of the favourite appetisers for vegetarians in India.



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**6. Kerala fried kitchen:** KFC in Ruchii is a dish from Kerala style of cooking. The chicken breasts are marinated in spice rub and coated with a mix of rice and all-purpose flour batter and fried. KFC is served with curry leaf may-onnaise and pickled radish.

**7. Surkh laal chicken tikka:** The overnight yogurt-spice marinated chicken pieces are grilled in the tandoor to 160°C in a 30-35 minute three-step process. The Kashmiri chilli gives this starter a unique red colour : “Surkh laal”.

**8. Lamb seekh kebab:** Kebab is probably most loved meat dish in the world. It is said that it originated in central Asia but has a strong Arabic (Kabab — fried or burnt), Persian and Turkish (kebap) influence. The spiced lamb meat is hand pound and skewered on a seekh (long metallic rod) which is inserted into the tandoor. Indian cuisine has numerous kebabs— Gulati, Kakori, Chapli, Tunday, Boti to name some, but Seekh kebab is our favourite

**9. Adraki lamb chops:** Wicklow lamb chops marinated ginger, cumin, fennel paste and tandoori grilled and served with mint chutney.

**10. Samudri khazana:** Irish scallops, Irish crab meat, Atlantic Cod and Indian ocean jumbo prawns meet on this spiced up this seafood plate, savour it.

**11. Soft shell crunchy crab:** The Irish soft-shell crab, dipped in chettinad spiced rice flour batter and is served with cooked crab meat. The accompanying tomato chutney and curry leaves mayonnaise can take you on different taste trip. Sea food lovers must have starter.

## Main courses

**1. Malabar beef:** Marinated Irish beef, onions, crushed ginger, chopped garlic are sauteed in a skillet. Malabar beef’s marinade is special with “Pathar ka phool”, grated coconut, pipili and khas ki khad. Another Ruchii signa-ture dish — Irish beef with a Malabar coast twist.

**2. Smoked butter chicken:** The credit for inventing “Butter Chicken” goes to Kundan Lal Gujral, (Peshwar, undivided India) who had started to immerse the tandoori chicken pieces in a gravy of tomatoes, cream and spice mix to prevent them from drying out as they hung from the seekhs after they were cooked. After the partition, he moved to Delhi and Moti mahal in Delhi has been the Mecca of “Butter Chicken” ever since. We offer the smoked version of the KL Gujral’s butter chicken — Chicken pieces are tandoori oven cooked.

**3. Tawa murgh rara:** Tawa is a skillet or a griddle. Marinated diced chicken is cooked on a Tawa and mixed with a spatula so that the diced chicken ends up a mince. This Punjabi dish is a favourite served in dhabas, restaurants. Purists mention that this dish should be cooked with meat on bone. Preparation of this dish is at gentle pace and is not rushed.



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**4. Murgh zafrani** — “Zafran” is Saffron and Murgh is chicken. The royal kitchens of the Mughal empire used the Saf-fron, kewra water to give this dish special flavour and Kashmiri chilli to give it the colour. The silky texture of the gravy is due to the slow cooking — “Dum-Pukht” open-lid cooking of onions and nuts paste, mixed with yogurt. In-deed, Murgh Zafrani could be called the “Royal Chicken Korma”.

**5. Tandoori chicken:** Tandoor is the earthen / clay urns which are found in North India, Persia, Arabia and central asia, historically found in extinct civilisations of Indus valley — Harappa. Iranians call it tanoor; Uzbeks - tandyr; Azerbaijanis - tandir; Armenians- tonir; and Georgians - tone. The half chicken is marinated with the spicy mix with yogurt as an important ingredient. The chicken is grilled in the oven for 12-15 minutes and served. Enjoy the centuries old cooking as the Harappans or the Persians would have eaten their food.

**6. Ghee roast lamb boti:** Ghee is clarified butter, which has immense health benefits including protecting the gut. The overnight marinated lamb gizzrds are cooked in a tawa with ghee with onions, bay leaves, cinnamon. Pipli, the long pepper is used in this dish to give it the extra flavour and gentle pungency kick.

**7. Nizami gosht:** A mughlai dish with a silky gravy made of creamy cashewnut, green and black cardamom, grated nutmeg, pathar ka phool. Marinated lamb meat is added to the gravy and cooked to give this the royal stamp.

**8. Nalli nihari:** Nalli is “the shank cut” in Hindi. Nihar is morning in urdu, nahar is dawn in Arabic. The lamb shank is simmered prior to the dawn for the royals so that the Nihari dishes are served after the prayers. The slow sim-mering of the shank extracts the nutrients and taste to this dish from the bone and its marrow. The base is a mix of slow cooked onions and cashew nuts.

**9. Tandoori seabass:** We serve the whole seabass on the bone, marinated with the Ruchii spice mix and grilled in the tandoor for 12-15 minutes. This is served with rice, samphire pakoras and coconut gravy.

**10. Baked macchi:** Irish cod marinated with garlic, ginger and crushed black pepper is pan-seared. This dish served with cod and vegetable ratatouille, velvety moilee sauce.

**11. Mango coconut jumbo prawns:** Chopped ginger, garlic paste, diced shallots, mustard seeds, whole red chilli, chopped tomato and diced mango are slow cooked to make a sauce with creamy coconut milk. Marinated jumbo prawns are poached in the sauce and served. Ruchii’s signature dish for the past 5 years.



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## Vegetarian

**1. Ruchii special black daal:** Also called “Daal makhani”, this is a delicacy cooked in North India. The urad daal or black daal needs to be cooked for a minimum of 3 hours and when the daal becomes soft, the base of onions, to-matoes, ginger, garlic is added and slow-cooking continues. Although cream is added to the preparation, the creaminess of the dish is from the daal getting cooked rather than the added cream. Best things take time as does the black daal.

**2. Kumbh hara pyaaz:** Chopped exotic mushrooms are sauteed in olive oil along with diced scallions. Ground onion paste, cashew nut cream and diced tomatoes are added and cooked. Cream & fenugreek is added at the end to give its unique flavour.

**3. Rasbhari malai kofta:** “Kofta” is an edible ball of meat or vegetables deep fried and served. The word Kofta originated in Persia and is known as Kefta, Kufra, qofte. The vegetarian avatar in India is a Kofta ball made of potatoes, paneer, cashew nuts and served in a silken gravy rich in cream (Malai) and butter. We have created a special gravy which makes “Rasbhari” (full of essence) malai kofta - a special dish to remember.

**4. Baingan mirchi ka saalan** is a delicacy served in wedding feasts in Hyderabad, Deccan. The baby aubergines are oven cooked and quick-fried in a fryer to obtain the crispy exterior. The base of this curry is made of crushed pea-nuts, onions and the long Mirchi are added at finishing stages for the little extra pungency.



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## Sides

**1. Yellow daal takda:** Toor daal is the lentil of choice for a daal preparation in many Indian households. Lentils could be the main source of protein for vegetarians in India. The “Yellow daal takda” is the toor daal cooked with light spicing and finished off with “Tadka” - tempered spices in mustard oil which brings out the oils from the spices.

**2. Greens poriyal:** Poriyal is the popular dish from Kerala — “God’s own country”. The grated coconut added to the seasonal green vegetables ( varies based on availability) could be most wholesome food of the day for you. The Poriyal is topped off with the oil of tempered spices - Tadka.

**3. Saag corn:** Pop eye would have made Spinach popular as the baby spinach leaves would be best source of iron and other vital minerals for your system. Baby spinach leaves cooked with plum tomatoes to a puree consistency and is lightly spiced with cumin gives this dish a unique flavour. The corn gives it the crunchiness and add more fibre to the dish.

**4. Bhindi fry:** Bhindi is “Okra” and is popularly known as “Ladies Fingers” in India. Bhindi is a fibre-rich vegetable with anti-oxidants and has low calorific value. Bhindi masala, Bhindi baaji are other dishes which popular. Chefs in Ruchii bring the Bhindi fry to your table: The flavours of red onion, thin batter of gram flour over the Bhindi and the roasted peanuts give you the extra crunchiness to make this your favourite Okra dish.

**5. Gobi anardhana:** “Gobi” is cauliflower in Hindi (coincidentally the Mongolian desert is called Gobi too). Cauliflo-rets are cooked with crushed ginger, chopped garlic and diced tomatoes. Crushed pomegranate and chilli flakes give this dish the distinct flavour. It is garnished with pomegranate seeds.

**6. Chutneywale aloo:** Aloo is potatoes in Hindi. Aloo is ubiquitous in Indian cuisine — Aloo paratha, Aloo Gobi, Aloo tikki, Aloo mutter. We are spicing the irish spud with a special spicy finish and this could be your favourite side-dish and tastiest spud dish that you’ve ever tasted.

**7. Chana masala:** Chana is chickpeas. This is probably the simplest yet the most wholesome dish of our menu. Chickpeas are soaked overnight and cooked with onions, tomatoes and the cinnamon and cloves give it the fla-vours to savour.



### Allergens

1 | Gluten-Wheat, 2 | Crustaceans, 3 | Eggs, 4 | Fish, 5 | Peanuts, 6 | Soybeans, 7 | Lupins, 8 | Dairy, 9 | Nuts, 10 | Celery, 11 | Mustard, 12 | Sesame Seeds, 13 | Sulphites, 14 | Molluscs.

*Vegan options available*



9 George's Ave, Blackrock, Co, Co. Dublin, A94 N563