



ruchii

A la carte

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!



Starters

- | | |
|---|--------------|
| 1. Lentil & rice crackers ¹ | €3.50 |
| Served with seasonal fresh chutneys, currently strawberry and apple/mint | |
| 2. Aloo tikki ⁸ | €9.00 |
| Crispy potato cake, green peas, chana masala & yoghurt. | |
| 3. Pulled jackfruit phulka ^{1,8} | €9.50 |
| An Indian take on a vegetarian taco. | |
| 4. Tokri masala chaat ⁸ | €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. | |
| 5. Tandoori paneer tikka ^{8,9,11} | €9.50 |
| Paneer (cottage cheese) marinated and then cooked on a skewer in the tandoor. An Indian vegetarian favourite. | |



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

A la carte

Starters

- 6. Chicken tikka** ^{8,9,11} **€9.50**
Yoghurt and spice-marinated chicken pieces cooked in the tandoor. Kashmiri chilli delivers the unique red colour “surkh laal”.
- 7. Keralan fried chicken** ^{1,3} **€10.00**
Chicken breast marinated with a Keralan spice run, then coated with a wheat/rice flour batter, served with curry leaf mayonnaise, pickled radish.
- 8. Lamb seekh kebab** ^{3,8} **€10.50**
Hand-pounded, spiced lamb moulded on to a seekh (skewer) and cooked in the tandoor.
- 9. Lamb chops** ^{8,11} **€12.00**
Wicklow lamb marinated with ginger, cumin, fennel served with mint chutney.
- 10. Tandoori prawns** ⁸ **€13.50**
Jumbo prawns marinated with Kashmiri chillis, carom seeds, lemon zest, garlic & ginger.
- 11. Soft shell crab** ^{1,2,3,4,14} **€13.50**
Irish soft-shell crab encased in crisp spiced rice-flour batter, with tomato chutney and curry leaf mayonnaise.



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Mains

- 1. Chicken dhaniyawala ⁸** €20.00
Slow cooked homemade chicken curry with whole spices, kashmiri chilli, coriander roots & plum tomatoes.
- 2. Butter chicken ^{8,9}** €20.50
Butter chicken, invented by KL Gujral in Peshwar and involves a sauce of butter, tomatoes, & cream.
- 3. Zafrani chicken ^{8,9}** €20.50
Saffron chicken slow cooked with yoghurt, a paste of nuts, a royal kitchen of Mughal era recipe.
- 4. Tandoori Chicken ^{8,9,11}** €21.00
Tender chicken-on-bone marinated with spices and yoghurt, then cooked in the clay tandoor.
- 5. Lamb rogan josh** €21.00
Boneless lamb braises tomatoes brown onion, cardamom, aromatic sauce, finished with toasted fennel.
- 6. Ghee roast lamb botti ⁸** €22.50
Lamb marinated overnight and cooked with ghee (clarified butter) on a griddle with onions, bay leaves, cinnamon and pipili (long peppers) for a soft but distinctive pungency.
- 7. Nizami gosht ^{8,9}** €23.00
A royal Mughlai dish of marinated lamb cooked in a blend of cashews, cardamom and nutmeg.
- 8. Nalli nihari ^{8,9}** €24.50
Lamb shank slow-cooked with onions and cashews for maximum flavour. Originally cooked before dawn to serve after morning or nihar prayers.
- 9. Fish Curry ^{4,8,11}** €22.50
Fish of the day marinated with ginger, garlic, shallot, mustard seed and pather ke phool, fresh coriander , finished with coconut milk.
- 10. Tandoori sea bass ^{4,11}** €23.50
Whole spiced seabass-on-bone served with naan, samphire pakoras and coconut sauce.
- 11. Mango coconut jumbo prawns ^{2,11}** €24.50
Ruchii's signature dish from the first day. Plump prawns served in a slow-cooked fruity and spicy sauce.



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Ruchii specials

- 1. Chicken tikka masala** ^{8,9,11} €20.50
All-time favourite.
- 2. Chicken biryani** ⁸ €20.50
Perfumed basmati rice cooked with caramelised onion, cardamom, fresh mint, finished with rose extract and saffron.
- 3. Chetinaad beef rib** ⁸ €22.00
Slow-cooked beef marinated with unique spice mix of kalpasi, pipili, pathar ka phool, garlic and red chilli paste.
- 4. Six-tastes veg thali** ^{1,3,8,9,11,12} €30.00
(Sour, salt, bitter, astringent, pungent, sweet).
- 5. Six-tastes non-veg thali** ^{1,2,3,8,9,11,12} €33.00
(Sour, salt, bitter, astringent, pungent, sweet).

Vegetarian

- 1. Subz panchpuran** ⁸ €16.50
Sauté mixed vegetables delightfully combined and cooked with tomato, onion sauce & fresh coriander.
- 2. Ruchii special black daal** ⁸ €17.00
Very long cooking of urad daal (black daal) explains the creamy texture but for good measure cream is added too.
- 3. Palak kofta** ^{8,9} €17.00
Homemade cheese and spinach dumplings, garlic and aromatic tomato sauce finished with cream.
- 4. Kadai paneer** ⁸ €18.00
Homemade cottage cheese, tossed in coriander, chillies, and grilled bell peppers.
- 5. Baingan mirchi ka saalan** ^{5,11,12} €19.50
Baby aubergines with a crispy exterior in a curry based on crushed peanuts and onions, finished with mild mirchi (chillis).



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Side dishes (Main)

- 1. Yellow daal tadka ⁸** €8.00 / €16
Yellow lentils cooked with garlic, turmeric powder and finished off with “Tadka” - tempered cumin, mustard to bring out the oils from the spices.
- 2. Bhindi fry ^{5,13}** €8.00 / €16
Thin batter of gram flour over the Bhindi, red onion, and roasted peanuts could make this your favourite Okra dish ever.
- 3. Gobi anardana ⁸** €8.00 / €16
Cauliflorets with crushed ginger, chopped garlic, diced tomatoes, chilli flakes, pomegranate seeds.
- 4. Chutney-wale aloo ⁸** €8.00 / €16
Spiced Irish spuds with a special finish: this could be your favourite side dish and tastiest spud dish ever.
- 5. Channa masala ⁸** €8.00 / €16
Overnight soaked chickpeas cooked with onions, tomatoes, cinnamon and cloves.
- 6. Saag paneer ⁸** €8.50 / €17
Spinach cooked with homemade cottage cheese cubes, tomato & onion sauce.

Breads

- 1. Naan ^{1,8}** €2.50
- 2. Garlic naan^{1,8}** €3.00
- 3. Roti ^{1,8}** €3.00
- 4. G O C naan ^{1,8}** €3.50
- 5. Peshwari naan ^{1,8,9}** €3.50
- 6. Cheese chilli naan ^{1,8}** €4.00
- 7. Trio - Breadbasket ^{1,8,9}** €6.50

Rice

- 1. Basmati rice** €2.50
- 2. Pulao rice ⁸** €3.00



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South Indian @ Ruchii

Small Plates

Idli (3pcs) ^{5,8,,11,12}	€9.00
Gobi Manchurian ¹	€9.50
Mini Idli Sambar ^{8,,11,12}	€10.50
Medu Vada (4pcs) ^{5,8,11,12}	€10.50
Sambar Vada ^{8,,11,12}	€10.50
Chicken 65 ^{1,3,8}	€11.50

Dosa

Ghee Roast Dosa ^{5,8,9,11,12} (served with sambar & chutneys)	€10.50
Masala Dosa ^{5,8,9,11,12} (served with sambar & chutneys)	€12.50
Rava Dosa ^{1,5,8,9,11,12} (served with sambar & chutneys)	€12.50
Masala Uttapam ^{5,8,9,11,12} (served with sambar & chutneys)	€12.50
Chitti Pesarattu ^{5,8,9,11,12} (served with chutneys)	€15.00

Large Plates

Assorted South Indian Tiffin Thali ^{5,8,9,11,12} (2pc Idli, 1pc Uthappam, 1pc Vada, 1 plain Dosa)	€20.50
Chettinadu Chicken with Paratha ^{1,8,11} (South India's most flavourful dish with coconut, fresh ground spices and herbs)	€20.90
Lamb Chukka with Paratha ^{1,8,11} (Andhra style hot & spicy lamb roast)	€21.90
Malabar Fish Curry with Rice ^{4,8,11} (Fish curry with creaminess of coconut milk and deep earthy Indian spices)	€22.90



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Accompaniments

- | | |
|---|-------|
| 1. Pickles | €3.00 |
| 2. Salad desi-style | €4.00 |
| 3. Beetroot raita with pomegranate & honey ⁸ | €4.00 |
| 4. Cucumber raita with burnt garlic ⁸ | €4.00 |

Desserts

- | | |
|---|-------|
| 1. Ice cream ⁸ or sorbet | €6.50 |
| 2. Mango kulfi ⁸
Eggless homemade Indian ice cream fudge with mango flavour. | €7.00 |
| 3. Gulab jamun ⁸
Fried Indian donut poached in saffron sugar syrup. | €7.00 |
| 4. Chocolate Délice ^{1,3,8,9}
A smooth milk chocolate mousse with crunchy Praline on a vanilla sponge base. | €7.00 |
| 5. Rasmalai ^{8,9}
Milk cheese dumplings, sweetened milk, crushed pistachio. | €7.50 |



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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

