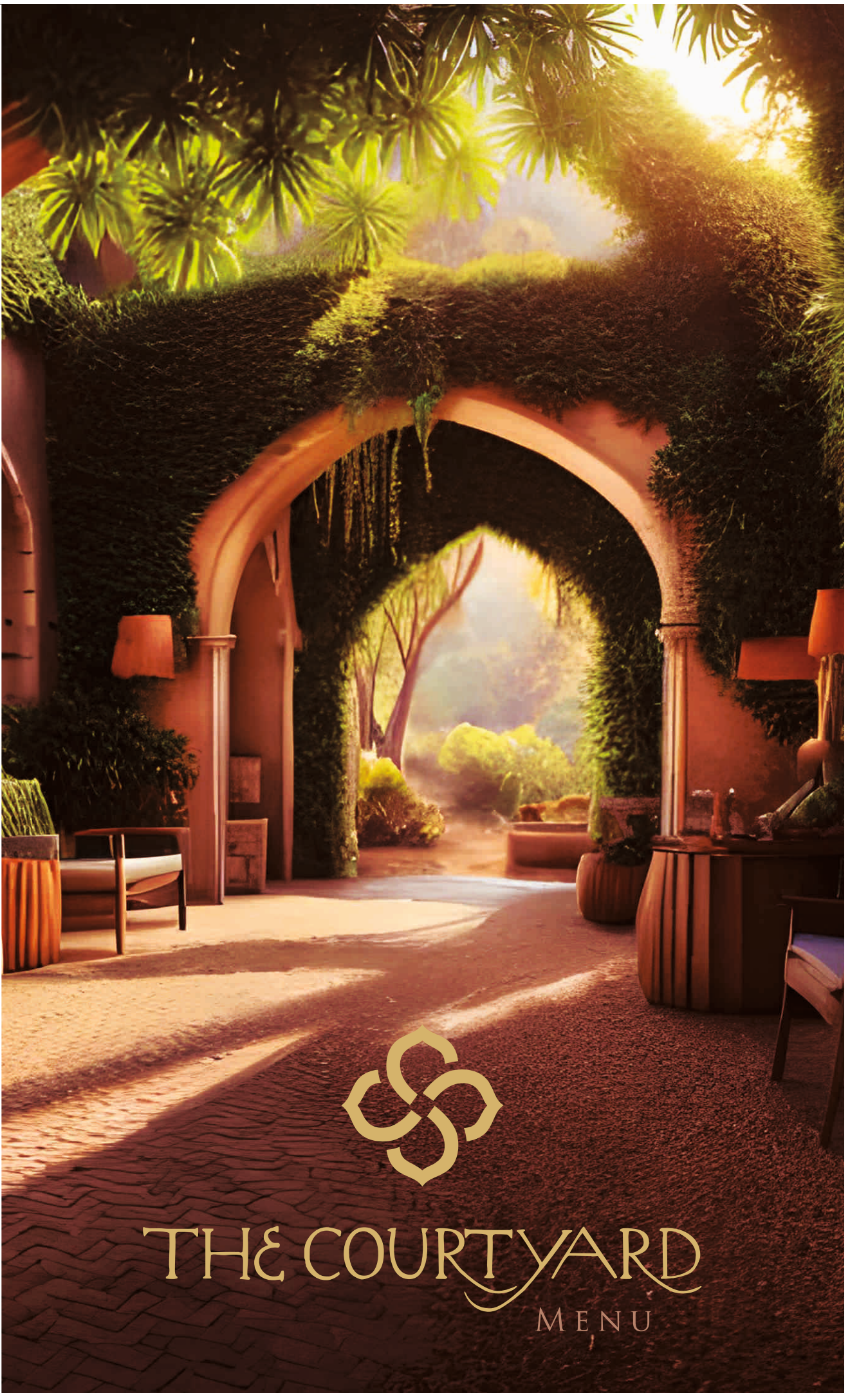




 **PAL**
HEIGHTS
MANTRA



CHECK OUR
WEBSITE



THE COURTYARD
MENU



THE  COURTYARD



Appetizers

BBQ COTTAGE CHEESE SHASHLIK	440
with spicy tomato salsa	
HARISSA CHICKEN SKEWERS	480
moroccan spiced chicken with smashed chickpeas and lemon juice	
CHICKEN, BROCCOLI AND CHEESE BLAST	480
farm fresh chicken with green florets, crumb fried	
FRENCH FRIES (REGULAR / HONEY CHILLY)	210 / 265
FISH FINGER	550
served with french fry & tartar sauce	
ONION RINGS	295
stuffed onion ring breaded and deep fried served with tangy buffalo dip	
BRUSCHETTA (TOMATO & BASIL)	360
toasted bread drizzled with hot olive oil and pesto sauce topped with tomatoes & sprinkled with parmesan cheese	
FALAFEL	400
patties of ground chick peas seasoned with sesame paste and deep fried served with pita bread	
CHEESE CHILLY TOAST (6 PCS)	315
crispy toast topped with onion, chillies and loaded with cheese and sprinkled with chilli flakes. served with spiced yoghurt dip.	
GARLIC BREAD (PLAIN / CHEESE)	250 / 290
garlic bread smeared with parmesan cheese, butter and garlic until butter is melted and bread is toasted	

Salads & Soup

MEDITERRANEAN SALAD (VEG / CHICKEN)	280 / 330
organic lettuce hearts with grilled mediterranean vegetables and sun dried tomatoes, tossed with an italian herb dressing option prawn and chicken	
THE CLASSIC CAESAR SALAD (VEG / CHICKEN)	300 / 355
crispy romaine lettuce with caesar dressing, & parmesan shavings with choice of toping cajun chicken breast / grilled paneer skewer and roasted tomato	
GREEK SALAD	340
romaine lettuce, green peppers, kalamata olives, red onions, tomatoes, cucumbers, feta cheese and tossed in greek vinaigrette	
MANTRA ENERGY BOWL	360
a bowl to boost your energy with walnuts, pomegranate, quinoa, lettuce, orange, cranberry, carrot, mix seeds, and orange dressing	
TOMATO & BASIL SOUP	205
traditional tomato soup with fresh basil	
BROCCOLI ALMOND CAPPUCINO SOUP	210
exotic blend of porcine, shiitake and button mushroom finished with garlic oil	
CREAM OF CHICKEN SOUP	230
traditional thick chicken soup	

TAXES AS APPLICABLE



THE  COURTYARD

Entrée

	AS PER SIZE
GRILLED LOBSTER	
served with lemon garlic butter, boiled vegetables, bread rolls and butter	
CAJUN SMOKED JUMBO PRAWN	850
marinated with garlic, cajun and chilli lemon, served on organic market vegetables	
PAN SEARED FISH FILLET	650
herb tossed fish served with veggie in lemon butter sauce	
FISH AND CHIPS	550
panko crumbed fish fillet, deep fried and served with fries and tarter sauce	
CHICKEN QUESADILLA	600
strips of chicken breast, sauteed spanish onions, tomatoes, bell peppers and cheddar cheese served with soured cream, salsa and guacamole	
PERI PERI GRILLED CHICKEN	625
peri peri marinated chicken grilled with jus, and boiled vegetable. served with bread rolls & butter	
GRILLED CHICKEN WITH MUSHROOM SAUCE	625
marinated chicken grilled with jus, and boiled vegetables. served with garlic bread	

Pizza, Pasta & Risotto

PIZZA

MARGHERITA	460
tomato sauce, mozzarella, fresh basil	
PANEER TIKKA PIZZA	550
tandoori paneer, tomato sauce, red onion, fresh coriander, green chillies & mozzarella cheese	
TEX MEX CHICKEN SALAMI PIZZA	580
mexican chicken salami, jalapeno, pepper, corn, red onion and mozzarella	
MANTRA SIGNATURE PIZZA (VEG / CHICKEN)	500 / 580
basil pesto, sun blushed tomatoes, garlic confit, parmesan cheese corn, chicken tikka, grilled onion	

PASTA

SPAGETTI AGLIO E OLIO	460
spaghetti tossed with olive oil, garlic, crushed red pepper flakes and parsley	
PENNE ARRABBIATA (VEG / CHICKEN)	480 / 510
penne tossed in spicy tomato sauce	
FUSILLI FUNGI PESTO	530
fusilli tossed with mushroom and pesto cream	
PASTA ALFREDO (VEG / MUSHROOM / CHICKEN)	480 / 495 / 510
choice of pasta-penne / spaghetti / fusilli	

RISOTTO

with MUSHROOM	455
with GRILLED CHICKEN BREAST	515
with SEARED BAY PRAWN	550



Between Breads

GRILLED SANDWICH	300 / 290
CHICKEN TIKKA / PANEER TIKKA	
MANTRA CHICKEN CLUB SANDWICH	385
toasted triple-decker sandwich with chicken fillet, fried egg, cheese, tomato slices and crisp lettuce	
CHICKEN CHESSY BURGER	400
chargrilled tender chicken patty with sliced cheese in sesame seed bun	
VEGETABLES CHEESE BURGER	350
cumin powder and cilantro flavoured vegetable patty with baby cucumber and cheese	

Taste of India

Saath Saath

KACHUMBER SALAD	155
salad made with a combination of chopped onion, tomatoes, cucumber, green chillies & chopped coriander in a lime dressing	
GREEN SALAD	155
shredded of carrot, tomato, onion & cucumber with a dash of lemon & rock salt	
RAITA	145
a choice of mixed vegetable / boondi / pineapple with yoghurt, flavoured with roasted cumin powder and fresh coriander	
DAHI	130
simply yoghurt	
MASALA PAPAD	100
fried lentil papadums topped with a tangy mix of onion, tomatoes, green chillies, coriander, lemon juice & chaat masala	

Shorba

TAMATAR DHANIA KA SHORBA	230
punjabi's version of the ever popular tomato soup with the goodness of tomatoes and coriander	
MULLIGATAWNY SOUP (VEG / CHICKEN)	210 / 230
delicious anglo-indian chicken soup flavored with indian spices. serve it with basmati rice and lime wedges	

TAXES AS APPLICABLE





Pearls from The Sea

Tandoor Ki Khasiyat

	AS PER SIZE
LOBSTER TANDOORI lobster marinated in tandoor masala, based yoghurt and grilled to perfection	850
JHINGA / PRAWNS TANDOORI jumbo prawns marinated in yoghurt and grilled	715
TANDOORI POMFRET whole white pomfret marinated in tandoori masala and flavored yoghurt and chargrilled	560
MAHI TIKKA chunks of boneless fish marinated in a citric blend of lemon juice python seed & yoghurt chargrilled.	550
FISH AMRITSARI this mouth watering fried fish prepared with lot of indian spices is a popular street food of amritsar-punjab	

Gosht / Mutton

SEEKH-E-DUM PUKHT mutton mince, blended with fresh coriander, mint, ginger root, onion, subtle spices, skewered and chargrilled	715
GOSHT GALOUTI KEBAB fine lamb mince mixed with spices, chopped green chillies, coriander formed into tikkis. shallow fried on hot grill and served on a bed of reshmi paratha	715

Murgh / Chicken

TANDOORI MURGH (HALF / FULL) a fully resplended chicken marinated in a special tandoori masala flavoured with yoghurt chargrilled	585 / 965
CHOICE OF CHICKEN KEBABS murg kalimirsch kebab, murg tikka, murg irani Tikka, murg malai kebab, murg reshmi tikka classic grilled chicken marinated in traditional indian spices along with cream and yoghurt	530
MURGH SEEKH KEBAB mildly spiced chicken mince in seekh, chargrilled	530
KALMI TANGDI KEBAB tender chicken drumsticks marinated in yoghurt flavoured with lime, cream and crushed pepper corns	530
MIX NON VEG. TANDOORI PLATTER assortment of sheek kabab, chicken tikka, fish tikka tandoori prawn and kalmi tangdi kebab, served with lacha onion salad and fresh mint chutney	1200

TAXES AS APPLICABLE





Sabzdar / Vegetarian

CRISY ROOMALI ROTI	190
MIX VEG TANDOORI PLATTER	765
assortment of paneer tikka, veg. sheek kebab, tandoori gobi and tandoori mushroom, served lacha salad & chutney	
CHOICE OF PANEER KEBAB	450
lasooni paneer tikka / achari paneer tikka / pudina paneer tikka	
BHARWAN TANDOORI MUSHROOM	450
fresh mushroom stuffed with spinach and cottage cheese, marinated in yoghurt and spices, chargrilled	
VEG SEEKH KEBAB	420
creamy corn and cottage kebab, chargrilled	
VEG SHAMMI KEBAB	450
very popular awadhi dish made of minced black chickpeas and spices & shaped into small patties, shallow fried- served with onion-lacha salad & mint-chutney	
ALOO CHUTNEYWALA	325
baby potatoes marinated in chutney made of fresh mint, fresh coriander, pomegranate seeds, tomato, green chilly and yoghurt, chargrilled	

Desi Khane Ki Bahar

Lobster

LOBSTER TAWA MASALA	AS PER SIZE
whole lobster marinated grilled with indian spices made tangy with tomato based indian gravy.	

Jhinga / Prawns

JHINGA (KADAI / PESHWARI / MASALA)	850
pan grilled prawns cooked in a rich tomato gravy & cashew gravy with spices	
CRAB MASALA	925
a fragrant and delicious simple crab curry to enjoy	

TAXES AS APPLICABLE





THE  COURTYARD



Machli / fish

POMFRET (TAWA MASALA / ADRAKI)	710
whole pomfret marinated grilled laced with tomato based masala made tangy with pomegranate and drenched with pepper	
MACHLI (RAHRA / PESHAWARI / KALIA)	550
fish cubes cooked in a tomato gravy	
FISH CURRY HOME STYLE	550
boneless fish curry with potato & spicy gravy	

Gosht / Mutton

GOSHT ROGAN JOSH	590
pieces of mutton with bone cooked with fried onion, red chillies, pounded gram masala & spices	
BHUNA GOSHT	590
lamb cube cooked in gravy made of onion, almond paste, khoya & curb along with garam masala and spices	
LAAL MAAS	590
mutton curry prepared in a sauce of yoghurt and hot spice red mathania chillies typically very hot and rich in garlic	

Murgh / Chicken

CHOICE OF INDIAN CHICKEN CURRIES	540
murgh peshawari / murgh bharta / kadai murgh / murgh hyderabadi / murgh handi / saag wala murgh	
MURGH MAKHANWALA	540
chargrilled chicken simmered in butter & cream speckled tomato gravy	
MURGH TIKKA MASALA	540
tantalizing grilled chicken tikka pieces simmered in mildly spiced tomato gravy	
MURGH KALMI MASALA	540
drumsticks of chicken cooked in our in-house dum masala	

TAXES AS APPLICABLE



Subzi / Vegetables

CHOICE OF INDIAN PANEER CURRIES	450
paneer dewani handi / paneer tikka masala / paneer do pyaza / paneer lababdar	
PANEER TIKKA BUTTER MASALA	450
chargrilled cottage cheese tossed in butter masala gravy	
KADAI MUSHROOMS	450
button mushrooms, stir fried with bell pepper, cherry tomatoes, spring onion & seasoned with black pepper	
PESHAWARI CHANA	415
it's a great punjabi treat made with boiled chickpeas and flavoured with pure ghee and indian spices	
MALAI KOFTA	420
roundels of mashed potato & paneer stuffed with cheese, nuts & raisins cooked in a mixture of onion & cashewnut gravy	
KADAI SABZI	415
garden fresh vegetables stewed with onion, tomatoes, green chillies and ginger slices cooked with kadai masala	
BHINDI DOPYAZA	400
spices marinated deep fried ladies finger tempered with cumin tossed with cubes of onion in tomato gravy	
ALOO GOBI ADRAKI	400
diced potato & florets of cauliflower tossed with cubes of onion, tomatoes, chillies flavoured with ginger	
DUM ALOO BANARASI	400
baby potatoes cooked in spicy thick tomato and cashew gravy with masala	
DAL TADKA	340
split yellow lentils cooked with spinach tempered with cumin, garlic, tomatoes and green chillies.	
DAL MAKHANI	365

Basmati Ka Khazana

GOSHT KI BIRYANI	600
chunks of mutton & chops marinated in garam masala, yoghurt, gonger, garlic & chillies cooked with saffron flavoured rice on dum sealed copper pot	
AWADHI MURGH DUM BIRYANI	540
chicken pieces marinated in a special hyderabadi masala, cooked with aromatic basmati rice, fried onion & boil egg on dum sealed copper pot.	
PANEER TIKKA BIRYANI	480
chargrilled paneer tikka cubes cooked with sauce, spices basmati rice on dum sealed copper pot	
SABZI PULAO / JEERA PULAO	310
assorted mix vegetables sauteed with basmati rice. aromatic basmati rice tempered with cumin seeds	
SADA CHAWAL	205
plain white basmati rice	
SABZI MASALA BIRYANI	340
basmati rice cooked with fresh garden vegetables, baby potato, in tangy sweet & sour masala, on dum sealed copper pot. served with raita.	
CURD RICE	240

TAXES AS APPLICABLE





THE  COURTYARD

Rotiyan

NAAN	80
leavender bread made of refined flour, baked in a charcoal clay oven with choice of plain / butter / garlic/ kashmiri / cheese	
CHICKEN KEEMA	120
ROTI	75
unleavened bread made of whole meal flour baked in a charcoal clay oven with choice of missi / tandoori / butter / phulka /crispy roomali	
PARATHA	80
unleavened bread made of whole meal flour baked in a charcoal clay oven with choice of mirch / pudina / methi / laccha..	
STUFFED KULCHA	85
leavened bread made of refined flour, stuffed with choice of paneer onion / masala baked in a charcoal clay oven	
ROTI BASKET	265
assorted mini tandoori bread of masala kulcha, butter and garlic naan, roti, mint and plain paratha	

Asian Classics

Starters-Seafood

LOBSTER (SCHEZWAN / HUNAN)	AS PER SIZE
tossed in a delicious combination of peppercorn, ginger, garlic and soya sauce. serve with sambal sauce	
GOLDEN FRIED PRAWN	850
tempura batterd fried, served with sweet sour sauce.	
PRAWN IN CHOICE OF SAUCE	850
hunan / pepper garlic butter prawn cooked to perfection.	
DYNAMITE PRAWN	850
tempura fried crispy prawn tossed with dynamite sauce	
POMFRET IN CHOICE OF SAUCE	710
whole clean pomfret tossed in schezwan chilly / hot garlic / chilly oyster / lemon.	
CRAB IN CHOICE OF SAUCE	940
(SCHEZWAN CHILLY / PEPPER BUTTER GARLIC)	
whole crab cooked in chef special recipe	
FISH IN CHOICE OF SAUCE	550
tossed in schezwan chilly / chinese parsley / peppery lemon.	

TAXES AS APPLICABLE





Meat

- SWEET & SPICY CRISPY LAMB** 600
shredded lamb in a tangy sauce.
- LAMB HUNAN STYLE** 600
roast slices of lamb cooked in mild spices

Poultry

- CHICKEN SATAY** 520
chunks of chicken skewered and grilled. served with a sweer and spicy peanut dip
- DRUMS OF HEAVEN** 520
chicken drum sticks tossed in sauce of your choice
- DRAGON CHICKEN** 520
thin chicken strips coated with batter, crispy fried and cooked in soya, ginger, chilly sauce
- CHILLY CASHEW NUTS CHICKEN** 520
slice of chicken tossed in spices and nuts
- CHICKEN TARO** 520
deep fried chicken chunks tossed in spices
- CHICKEN TAIPEI** 520
diced chicken tossed with onion and spicy sauce

Veggie Plates

- CHILLY NUTS COTTAGE CHEESE** 440
cottage cheese tossed in spices and nuts.
- MUSHROOM SALT AND PEPPER** 440
whole mushroom tossed with salt and pepper
- SINGAPORE CHILLY BABYCORN** 440
golden fried baby corn tossed in chinese spice
- CORN CHILLY PEPPER** 440
fried corn nibbles tossed with onion and chilly.
- CRISPY VEGETABLES** 400
(KONJEE SAUCE / CHILLY PLUM SAUCE)
assorted vegetables sauteed in konjee sauce
- MIXED VEGETABLE TEMPURA** 400
crispy fried assorted vegetables served with sweet chilli dip
- CRISPY CHILLI HONEY POTATOES** 360
crispy potatoes tossed in a delicious combination of chilli honey and sesame seeds

TAXES AS APPLICABLE





Soups

TOM YAM (PRAWN / CHICKEN / VEGETABLE) hot and spicy thai soup with kafir lime and lemon grass	230 / 215 / 210
VELVET CORN SOUP (CRAB MEAT / CHICKEN / VEGETABLE) a favourite classic soup served with corn and cream	230 / 215 / 210
WONTON SOUP (PRAWN / CHICKEN / VEGETABLE) chicken pastry parcels in a clear chicken broth	230 / 215 / 210
MANCHOW SOUP (CHICKEN / VEGETABLE) a thick chilli garlic flavored soup served with crispy noodles	215 / 210
BURNT GARLIC SOUP (PRAWN / CHICKEN / VEGETABLE) a clear soup with a hint of burnt garlic and vegetables	230 / 215 / 210
LEMON CORIANDER SOUP (CHICKEN / VEGETABLE)	215 / 210
HOT AND SOUR SOUP (CHICKEN / VEGETABLE) spicy soya base thick soup served with tofu and black mushroom	215 / 210

Deep & Pan fried

CLASSIC HANDMADE VEG. SPRING ROLLS	440
CRISPY FRIED WONTON (PRAWN / CHI / VEG)	450 / 420 / 400

Dim Sums

BOILED & STEAMED SUI MAI (PRAWN / CHICKEN / VEG) steam flower shaped dumplings stuffed choice of filling and served with spicy and spring onion dip	450 / 420 / 400
SPINACH AND MUSHROOM DUMPLING dumpling stuffed with seasonal spinach and button mushroom	400

TAXES AS APPLICABLE





Main Course

Seafood

ALL TIME FAVOURITE!

LOBSTER IN CHOICE OF SAUCE AS PER SIZE

SCHEZWAN/ HOT GARLIC

FISH IN CHOICE OF SAUCE 560

chilly soya garlic / szechuan sauce / black bean / chinese parsley

PRAWN IN CHOICE OF SAUCE 860

kung pao prawn / prawn in hot garlic / schezwan sauce

Lamb

LAMB CHILLI 610

sliced of lamb tossed with diced onion, bell peppers with chilli and soya.

CRISPY CONJEE LAMB 610

deep fried crispy lamb tossed with honey, sesame and conjee glaze and spring onion.

Poultry

CHICKEN IN CHOICE OF SAUCES 530

hot garlic / szechwan / chilly oyster / black bean

CHICKEN IN BASIL SAUCE 530

stir fried chicken cooked with sweet basil

KUNG PAO CHICKEN 530

traditional chinese chicken cooked in soya ginger sauce

THAI CASHEW NUT CHICKEN WITH VEGETABLE 530

sliced chicken cooked with red and green bell peppers in superior kikkoman soya sauce.

CHICKEN MA-LA-CHI 530

shredded chicken with chinese malachi sauce

T-SINGHOI CHICKEN 530

cubes of chicken in garlic chilly sauce

TAXES AS APPLICABLE





Choice of Thai Curry

KANG KIEW WAN (THAI GREEN CURRY)	850 / 530 / 415
GOENG PED (THAI RED CURRY) (PRAWNS / CHICKEN / VEGETABLE)	850 / 530 / 415

Noodles

PAD THAI (VEGETABLE / CHICKEN / MIXED) flat thai rice noodles served with crushed peanut, bean sprout and spring onion	340 / 370 / 440
SINGAPORE RICE NOODLES (VEGETABLE / EGG / CHICKEN / MIXED) wok tossed thin rice noodles finished in a fresh yellow curry paste with bell peppers	300 / 310 / 330 / 400
NOODLES (VEGETABLE / EGG / CHICKEN / MIXED) (HAKKA / SCHEZWAN / SHANGAI / CHILLY GARLIC) dry noodles tossed with garlic, onion and assorted bell pepper.	300 / 310 / 330 / 400
PANFRIED NOODLES (VEGETABLE / CHICKEN / MIXED)	340 / 370 / 440
AMERICAN CHOPSUEY (VEGETABLE / CHICKEN / MIXED) a delightful preparation of crispy fried noodles with choice of topping, tossed in a sweet & sour sauce & topped with fried egg / brined pineapple.	300 / 310 / 330 / 400

Vegetable

COTTAGE CHEESE IN CHOICE OF SAUCE HOT GARLIC / SCHEZWAN / CHILLY SOYA GARLIC / BLACK BEAN	450
WOK FRIED EXOTIC SEASONAL VEGETABLES WITH CHOICE OF SAUCE PARSLEY SAUCE / CANTONESE STYLE / HOT GARLIC / SCHEZWAN variety of vegetables tossed in a sauce of your choice	410
WOK TOSSED STIR FRIED CHINESE GREENS a combination of garlic flavoured vegetables with nuts	415
VEGETABLE DUMPLINGS IN CHILLY SOYA GARLIC	415

TAXES AS APPLICABLE





Rice

FRIED RICE (MIX VEGETABLE / EGG / CHICKEN / MIXED) SHANGAI / SCHEZWAN / HONG KONG rice stir with special blend of oriental spicy chilli sauce	300 / 310 / 330 / 400
NASI GORENG (CHICKEN / PRAWN) work tossed spicy fried rice served with grilled prawns, chicken satay, shrimp cracker and fried egg	430 / 460

Sizzling Sizzlers

CHICKEN STEAK SIZZLER minced chicken steak and exotic vegetables with chef's choice of sauce, served on a bed of lettuce on a sizzler	620
VEG SIZZLER veg patty and exotic vegetables with chef's choice of sauce served on a bed of lettuce on a sizzler, each sizzler is served with herb rice and crostini.	495
TEPPANYAKI (MIXED / CHICKEN / VEG) with paneer tossed in chef's special sauce served over a bed of lettuce on a sizzler, each teppanyaki is served with a choice of steamed rice or tossed noodles.	670 / 545 / 475

Meetha / Desserts

KESAR RASMALAI poached dumplings of cottage cheese made from milk dipped in saffron and cardamom flavoured milk garnished with nuts	235
GULAB JAMUN deep fried cottage cheese dumplings dipped in sugar syrup garnished in pistachio and cardamom seeds	210
BAKED RASGULLA	235
TUTTY FRUTTY	235
MISSISSIPPI MUD CAKE WITH ICE CREAM	265
CHEESE CAKE	230
CHOICE OF ICE CREAMS VANILLA, CHOCOLATE, STRAWBERRY, BUTTER SCOTCH.	205
TIRAMISU	230
CREAM CARAMEL	235
PINEAPPLE BAKED CARAMEL CAKE	235
SIZZLING BROWNIE	250

TAXES AS APPLICABLE

