

## DINNER

### BITES

#### CHICKEN PAKORA - £4.80 GF

Crispy, gluten-free, tender chicken bites, with Shola seasoning

#### SHAAMI KEBAB (3 PCS) - £5.20 GF

Pan-fried, chicken and chana daal kebabs, cooked with garam masala stuffed with onions, green chillies and coriander

#### VEGETABLE PAKORA - £3.80 GF VE

Gluten free vegetable fritters with crunchy sweetcorn

#### AALOO CHANA CHAAT - £3.80 GF VE

Chickpeas, potatoes, tomatoes, and crunchy onions, in a sweet and sour tamarind sauce with freshly ground roasted spices

#### KAALAY CHANNAY KEE CHAAT - £4.80 GF VE

Black chickpeas cooked in a zesty lemon and tamarind sauce, sprinkled with Shola Chaat Masala and finished with fresh chopped onions and coriander

#### MASALA FRIES - £2.80 GF VE

Chunky potato fries tossed in Shola Chaat Masala

#### KHATTAY AALOO - £4.50 GF VE

Turmeric spiced new potatoes cooked with nigella seeds and curry leaves

#### KURKURI BHINDI - £5.00 GF V

Skinny okra fries coated in spicy gluten-free bread crumbs

### MAINS

#### YELLOW KHATTI DAAL - £6.00 VE GF

Tangy yellow split peas, slow-cooked over 6 hours and tempered with roasted cumin and curry leaves

#### PALAK PANEER - £8.00 V GF

Spinach curry, whipped through with our crumbled, in-house made, fresh paneer

#### TIMATAR KA KUT - £6.00 VE GF

Tomato curry reduced with spices for over 4 hours, tempered with nigella seeds, garlic and curry leaves

#### CHICKEN KARAHAI - £8.00 GF

Stir-fried chicken curry simmered with lots of ginger, garlic, fresh tomatoes and spices

#### KAALEE DAAL - £6.00 GF V

Black Urad Daal simmered for 6 hours, spiced with garam masala, topped with fried onions

#### CHICKEN BIRYANI - £10.00 GF

Mughal dish of fragrant steamed rice, layered with a highly aromatic sauce of marinated chicken and potato pieces

#### BUN KEBAB - £8.50 (ADD EGG +£1)

Street Food classic - pulled chicken slider with pickled onions and Shola Chutney, toasted in a brioche bun

### SAUCES

#### SHOLA CHUTNEY - £1.00 VE GF

#### TAMARIND CHUTNEY - £1.00 VE GF

#### MINT RAITA - £1.00 V

### GRILLS | Freshly Charcoal Grilled in our MIBRASA oven

#### CHICKEN MALAI BOTI (MILD) - £7.00 GF

Boneless chicken thighs marinated overnight in a mild, lightly-spiced yogurt with coconut, roasted cumin, mustard and seeds

#### CHICKEN TIKKA BOTI (SPICY) - £7.00 GF

Fiery, juicy chicken thighs, marinated overnight in a green and red chilli turmeric infused yoghurt

#### LAMB SHOULDER - £9.00 GF

Slices of tender lamb shoulder, marinated for 48 hours in a smoky black cardamom spiced blend. Braised for 4 hours and finished over coal

#### BBQ SABZI - £7.00 VE GF

Charred seasonal vegetables marinated in Shola Masala cooked over coal.

### SIDES

#### KACHUMBER (CHOPPED) SALAD - £2.50 VE

Traditional Pakistani chopped salad with onions, cucumbers, carrots and tomatoes in a zesty lemon and nigella seed dressing.

#### DESI SLAW - £2.50 VE

Crunchy seasonal vegetable salad pickled in a refreshing house dressing.

#### BASMATI RICE - £2.00 VE GF

Steamed white basmati rice, delicately spiced with cardamom, star anise and cinnamon

#### PARATHA - £3.00

Flaky, hand rolled flour flatbread fried in ghee

#### SOURDOUGH NAAN - £2.50

# SHOLA

KARACHI KITCHEN

## DRINKS

### SPARKLING

Vino Vispo Frizzante, Italy - **Glass £4.75/Bottle £20.00**

Prosecco Treviso Spumante Brut, Italy - **Bottle £24.00**

### WHITE

Tarabilla Blanco, Bodegas Gallegas, Galicia, Spain - **Glass £5.75 / Bottle £18.00**

Clef D'Argent Sauvignon blanc, France - **Bottle £20.00**

Arbos Pinot Grigio, Organic, Sicily, Italy - **Bottle £25.00**

Mâcon 'La Roche Vineuse', Château de la Greffiere, Burgundy, France - **Bottle £30.00**

### RED

Liso Veinte, Tempranillo, Spain - **Glass £5.75 / Bottle £18.00**

Telegraph Road, Shiraz Viognier, Australia- **Bottle £20.00**

Montepulciano d'Abruzzo 'Era', Organic, Abruzzo, Italy - **Bottle £25.00**

Los Medanos Malbec, Organic, Bodegas Vinocol, Mendoza, Argentina - **Bottle £30.00**

Ripasso Giago, Damoli Bruno, Veneto, Italy - **Bottle £40.00**

### BEER

Camden Hells Lager - **Half Pint £3.50 / Full Pint £6.00**

London Meantime Pale Ale - **Bottle 330ml £3.75**

Peroni - **Bottle 330ml £3.75**

### SOFT DRINKS

Doodh Patti Chai - **£2.00**

The Pakistani 'Builder's Tea' cooked with milk on the stovetop with a blend of aromatics, strong & invigorating.

Mint Kahwa - **£1.50**

Fresh Mint Tea

Coke/Diet Coke - **£1.50**

Sprite - **£1.50**

Water Still/Sparkling - **Small £1.50 / Large £4.50**

Cawston Press - **£2.50**

Elderflower, Rhubarb, Ginger Beer, Cloudy Apple

## DESSERT

**NAAN KHATAI - £2.50**

Crumbly Semolina and cardamom cookie

**MEETHA PARATHA - £2.50**

Sugar-dusted, flaky flatbread, fried in ghee

**KULFI MALAI/MANGO/PISTACHIO - £3.50**

Kulfi - Pakistani Style Ice Cream on a stick (Contains Nuts)

## OUR STORY

*Shola takes you back to an era of simple, clean cooking, the way it has been done in our family kitchens for centuries. We use high quality ingredients and traditional cooking techniques (with no short cuts!) to create food that just feels good. We even roast and grind the spices ourselves, to make our masalas from scratch. All the recipes on our menu have been passed down over generations.*

*From our family to yours... with love.*

Uber Eats



#SHOLAKITCHENUK



@SHOLAKITCHENUK

Vegan

Gluten Free

Vegetarian