

Tiffin



by Sunil

MENU

MONDAY, WEDNESDAY,
THURSDAY & SUNDAY
4:00PM – 10:00PM

FRIDAY & SATURDAY
4:00PM – 10:30PM

WE ALSO DELIVER TO YOUR DOORSTEP



Call your order at:

01 2876525 or 01 2876924

STARTERS

POPPADUMS | 1, V €3.90

With Chef Sunil's homemade mango, dill & spicy tomato, chutney.

TIFFIN SPECIAL SALAD | 9 WALNUTS, V €6.95

Beetroot, pear, baby spinach leaves, sun blush tomatoes & walnuts with curry leaf & cumin dressing.

ALOO PAPDI CHAAT | 1, 8 €8.25

Crispy fried Semolina & flour discs & potato cubes drizzled with tamarind, mint & yoghurt.

GUPTAJI'S SAMOSA CHAAT | 1, V €7.50

Leena's school time favourite crispy pastry parcels stuffed with potatoes & green peas, served with chickpeas, chaat & tamarind chutney.

KALE, POTATO & ONION BHAJJI (VEGAN) €7.75

Crispy kale & onion fritters dusted with crushed coriander, cumin & fennel mix, spiced mango chutney.

PRAWN PEPPER FRY | 2, 3, 8 €11.50

Tiger prawns marinated in fresh turmeric & curry leaf tossed with shallots, round chilly & served with home made pickled onion, cucumber & pink peppercorn raita.

ZAFRANI CHICKEN TIKKA | 8, 11 €9.50

Chicken Supremes in a creamy marinade with cardamom & saffron, cooked in tandoor & served with pickled beetroot pachadi.

FAUZI CHICKEN WINGS | 10 €10.00

Crispy fried chicken lollipops tossed with tamarind, chilly & fresh coriander.

LAMB SAMOSA (3 PIECES) | 1, 3, 8 €10.75

Hand pounded lamb mince & green peas samosa infused with ginger, fresh fenugreek leaves & royal cumin served with mint & mango chutney.

TIFFIN'S SPECIAL MASALA RIBS | 11 €9.50

Free range pork belly ribs slowly cooked with turmeric, cider & coconut tossed in sweet mango pickle & nigella seeds.

NAWABI SEEKH KEBAB | 8 €10.50

Hand pounded skewered lamb mince kebab, with pickle onion & mint yoghurt.

TASTY KEBAB BOX | 1, 2, 3, 8 €14.50

Selection of kebabs from tandoor consist of chicken tikka, seekh kebab, samosa, prawn & dip.

MAINS

PLEASE ASK OUR STAFF FOR DAILY SPECIAL

ENNISKERRY POULTRY FARM

TANDOORI CHICKEN | 8 €15.50

Manor farm chicken, off the bone, rubbed in Kashmiri chilli, ginger & garam masala charred in tandoor. Served with brown rice & yellow lentils, perfect for healthy diet.

CHICKEN CURRY €15.25

Chef sunil's home style chicken curry (thigh on the bone) cooked in rapeseed oil, whole spices, vin tomatoes & Fresh coriander.

FARMER'S BUTTER CHICKEN | 8 €15.75

A traditional Punjabi dish - chicken tikka cooked with onion & tomato sauce finished with musky fenugreek, cream & honey.

CHICKEN MALAI SAAG | 8, 11 €15.50

Chicken morsels cooked with tempered five greens & spinach puree finished with raw mango powder & ginger.

CHICKEN BEETROOT CURRY €15.50

Chicken dices simmered shallots, curry leaf, staraniseed & coconut milk finished with grated beetroot & tamarind.

NIZAMI CHICKEN KORMA | 8, 9 CASHEW €14.00

chicken slowly cooked in a rich caramelised onion & cashew sauce, enhanced with saffron, cardamom & lotus seeds.

SEA SHORES OF HOWTH

MEEN MOILLY | 4, 11 (HEALTHY DIET) €15.90

Seabass fillet cooked in shallots, coconut & turmeric sauce tempered with mustard seeds & curry leaf.

GOAN FISH & PRAWN CURRY | 2, 4 €15.75

My all time favourite goan coastal curry- Tiger prawns & fish simmered in aromatic cinnamon, green cardamom & coconut vinegar.

PRAWN JHALFREZI | 2, 10 €15.25

Tiger prawns tossed with peppers, red onion & tomato masala flavoured with carom seeds.

PRAWN KOLIWADA | 2 €15.25

Tiger Prawns simmered with black stone flower, curry leaves, black pepper, fennel & coconut milk flavoured with mangosteen.

IRISH COUNTRY MEATS

LAMB ROGANJOSH | 9 ALMOND €14.75

Kashmiri lamb curry flavoured with fennel, ginger & saffron.

HYDERABADI LAMB ANANAS | 8, 10 €14.75

Wicklow lamb diced slowly cooked with pineapple, green chilly, bay leaf. onion & tomato curry finished with fresh cream.

LAMB CHETTINAD | 11 (REAL MADRAS) €15.00

Irish country lamb diced cooked in southern spices, tomato, onion & coconut sauce tempered with curry leaves.

MEAT BALL CURRY | 8 €14.95

Wicklow lamb mince dumplings cooked in onion, tomato & fennel flavoured sauce finished with chef Sunil's garam masala & fresh herbs

SAAG GOSHT | 8, 11 €15.00

Slow cooked spring lamb cooked with cooked with fresh spinach leaves, toasted garlic, cream and aromatic fenugreek.

BIRYANI CORNER

All our Biryani's are served with special Biryani Sauce. Biryani is the quintessential celebratory dish in India & an aromatic delicacy that dazzles as a sublime one-dish meal. Biryani is a signature dish in some of the famous streets of India.

WICKLOW LAMB BIRYANI | 8, 9 CASHEW €15.99

Perfumed basmati rice cooked with lamb morsels, fried onions, cashewnuts, cardamom & mint finished saffron & clarified butter.

CHICKEN TIKKA DUM BIRYANI | 8 €16.50

Perfumed basmati rice cooked with chicken tikka, caramelized onion, cardamom & mint finished with rose extract & saffron.

KERALA PRAWN BIRYANI | 2, 8 €16.00

Tiger prawns are cooked with perfumed basmati rice, ginger, green chilli & fried onions, touch of coconut & curryleaf.

ALLERGENS

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

We use mustard oil, desi ghee, vegetable oil, coconut oil. All our lamb & chicken is Halal Certified from Irish Country Meats and traceable. Some of our dishes may contain or have been in contact with nuts. Fish may contain small bones. We work closely with our supplier to keep traceability and seasonality and we import some of our spices directly from approved growers across India.

VEGETABLE CORNER

CHANA BHATURA | 1, 3, 8, 11 €16.50

White chickpea curry with sun-dried mango, red onions & pomegranate powder.
Served with poori (fried puffed bread), mango pickle.

AUBERGINE & POTATO CURRY €13.75

Aubergine & potatoes cooked hand pounded cinnamon, black pepper & fennel flavoured onion tomato & coconut curry.

PANEER MAKHAN MASALA | 8 €14.50

Cottage cheese in old delhi style velvety tomato sauce
finished with musky fenugreek.

SAAG PANEER | 8, 11 €14.50

Cottage cheese simmered in five greens & spinach puree
finished with raw mango powder & ginger.

THALI "PERFECT MEAL" (AVAILABLE ONLY SUNDAY TO THURSDAY) €18.05

A combination of cottage cheese, vegetables, lentil, potato dishes
are served with rice, naan & pickle.

VEGAN FAMILY & FRIENDS

VEGETABLE KORMA | 9 CASHEW, V €12.50

Garden fresh vegetables simmered in caramelised onion
cashew nut & cardamom flavoured coconut korma sauce.

SINDHI ALOO (VEGAN) LARGE €10.50 SMALL €6.50

Crispy diced potatoes tempered with Whole red chilly & tossed with
dry spices finished with lemon & coriander .

KASHMIRI VEGETABLE CURRY (VEGAN) €13.50

Seasonal vegetables cooked in fennel, dry ginger &
coriander flavoured onion & tomato curry.

DHABA DAL FRY (LARGE) (VEGAN) LARGE €11.50 SMALL €6.50

Yellow lentils tempered with cumin, whole red chilli & onions
finished with coriander.

RAJASTHANI OKRA (LARGE) (VEGAN) €11.25

Okra dices cooked with smoked chilli, raw mango powder,
tomatoes & fresh ginger.

ALOO GOBHI (SMALL) (VEGAN) €6.50

Potato & cauliflower florets tempered with cumin, turmeric & ginger.

All time favourites Jhalfrezi, Kadhai, Tikka Masala, Vindaloo are always available on request.

BREADS

PLAIN NAAN 1,3,8	€3.00
GARLIC CORIANDER & ONION NAAN 1,3,8	€3.50
MASALA CHEESE & CHILLY NAAN 1,3,8	€4.00
PURE GARLIC NAAN 1,3,8	€3.50
PESHAWARI NAAN 1,3,8,9	€4.00
VEGAN ROTI (MULTI GRAIN WHOLE WHEAT BREAD) 1	€2.50
FRENCH FRIES	€3.90

RICE

We use the best quality aged basmati rice for all our rice preparations

AGED BASMATI RICE	€3.10
PULAO RICE (WITH FRIED ONIONS AND CUMIN) 8	€3.50
VEGETABLE FRIED RICE	€3.95
BROWN BASMATI RICE	€3.75

SALADS / PICKLES / CHUTNEYS / RAITA

All our pickles & chutneys are home made

PICKLED ONION SALAD	€2.00
MANGO PICKLE 11	€1.50
MANGO & DILL CHUTNEY	€1.50
GARLIC & CHILLI CHUTNEY	€2.00
CUCUMBER RAITA 8	€3.50
DIPS Tamarind, Mint Yoghurt, Mango	€1.00

DRINKS

WATER (AQUA PANNA, SAN PELLEGRINO)	€2.25
MANGO LASSI 8	€3.50
MINERALS (coke, diet coke, sprite)	€2.25
FIZZY MANGO	€2.50

SUNIL'S SPICE BAZAAR

Purchase some of our fantastic products from our store, delivered to your door.

DATE & TAMARIND CHUTNEY	€4.99
TIFFIN MIXED PICKLE	€3.99
TIFFIN HOMEMADE MANGO SWEET CHUTNEY	€4.99
TIFFIN SUNIL'S GARAM MASALA	€6.99
HIMALAYAN TURMERIC	€2.99
KASHMIRI CHILLI POWDER	€1.99
CORIANDER WHOLE	€2.50
CUMIN WHOLE 100G	€1.50
BLACK CARDAMOMS	€3.00
FENNEL SEEDS 100G	€1.99

KIDS FAVOURITES

Tiffin is delighted to cater for our juniors here are some choices.

All listed dishes for kids are served with rice or naan | 1, 3, 8

CHICKEN KORMA 8, 9	€13.95
PRAWNS WITH TIKKA MASALA SAUCE 1, 2, 8	€14.50
BUTTER CHICKEN FOR KIDDOS 2, 8	€14.00

SET DINNERS

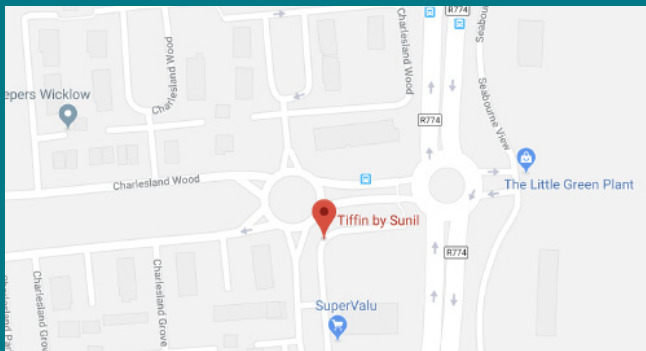
TIFFIN TAJ MAHAL €52.00

Samosa (3 Pcs)
Seekh kebab (3 Pcs)
Butter Chicken
Lamb Kadhai
Sindhi Aloo
1x Basamati Rice
1x Pulao
1x Plain Naan
1x Garlic Naan

CHECK FOR ALLERGENS IN
MAIN MENU

THE FAMILY TIFFIN €58.50

Papad with dips
2x Pcs Chicken Tikka,
2x Pcs Seekh Kebab
4x Pcs Veg Samosa
1x Kids Chicken Meal
1x Lamb Chettinad
1x Nizami Chicken Korma
1x Saag Paneer (Sm)
1x Tadka Lentils (Sm)
2x Pulao Rice
2x Coriander Garlic Naan
1x Peshawari naan



Unit 4, Charlsland Shopping Centre,
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**Spices, Homemade Chutneys,
Pickles and Sauces to take home
available at our shop...**

Call your order at:
01 2876525 or 01 2876924