

# ATCHA

EAT WELL . EAT INDIAN

## RICE BOWLS

Served in individual, compostable bowls



### Grilled Chicken & Lentils Bowl

Hariyali-marinated [mint + coriander] grilled chicken thigh, daily daal, coconut yoghurt, cherry toms, red rice

R: 692kcal. £10.45  
XL: 1512kcal. £15.45  
**contains milk**



### Southern Bowl (Vg)

Mixed vegetable avial [coconut stew], beets thoran, black chickpea salad, coconut yogurt, red rice

R: 684kcal. £9.45  
XL: 1182kcal. £14.45  
**contains mustard, sulphites**



### Utterly Butterless Chicken Bowl

Chargrilled chicken thigh in a spiced, butterless tomato sauce with red rice + house kachumber

R: 683kcal. £9.95  
XL: 1294kcal. £14.95  
**contains milk**



### Paneer Butter Masala (V)

Grilled paneer in a spiced, buttery sauce with red rice + house kachumber

R: 691kcal. £9.95  
XL: 1274kcal. £14.95  
**contains milk**



### Northern Bowl (Vg)

Smoky aubergine bharta, cauli sabzi, daily daal, house kachumber, red rice

R: 678kcal. £9.45  
XL: 1002kcal. £14.45

## SALAD BOWLS

Served in individual, compostable bowls



### Chickpea Frittata (Vg)

Vegetable + turmeric bake, lemon millet, masala chickpeas, pickled red onion, cherry toms, tamarind chutney

R: 552kcal. £8.45  
XL: 889kcal. £13.55



### Paneer Box (V)

Fresh paneer, lemon millet, masala chickpeas, pickled red onion, cherry tomatoes, roasted carrot chutney

R: 670kcal. £9.45  
XL: 1220kcal. £14.75  
**contains milk**



### Salmon Box

Steamed salmon, beets thoran, lemon millet, pickled red onion, cherry toms, tamarind chutney

R: 654kcal. £10.95  
XL: 902kcal. £17.35  
**contains fish, mustard, sulphites**



### Grilled Chicken Box

Hariyali-marinated [mint + coriander] grilled chicken, lemon millet, masala chickpeas, pickled red onion, cherry toms, carrot chutney

R: 673kcal. £9.95  
XL: 1156kcal. £15.45  
**contains milk**

(V) = Vegetarian | (Vg) = Vegan | R = Regular | XL = Extra Large

As our food is handmade in our kitchens every day, we cannot guarantee that it is 100% free of any allergen.

For all ingredient & allergen information, please see our website.

# SOURDOUGH SANDWICHES + ROLLS

The Cauli Sarnie (Vg) | gluten, cashew nuts, mustard, sulphites

Cauli sabzi, pickled ginger, masala cashew mayo, toasted in wholegrain sourdough. 480kcal. £7.95

The Cauli Wrap (Vg) | gluten, cashew nuts, mustard, sulphites

Cauli sabzi, pickled ginger, masala cashew mayo in a wholegrain wrap. £7.45

The Paneer Sarnie (V) | gluten, milk

Dairy Valley Paneer, mint + coriander chutney, red onion, tomato, mozzarella, chaat masala, toasted in sourdough. 751kcal. £8.45

The Paneer Wrap (V) | gluten, milk

Dairy Valley Paneer, mint + coriander chutney, red onion, tomato, mozzarella, chaat masala in a wholegrain wrap. £7.75

Atcha Club | gluten, milk, egg

Chicken tikka, streaky bacon, baby gem, tomato, red onion, tamarind mayo, toasted in wholemeal sourdough. 811kcal. £8.45

The Coriander Chicken Wrap | gluten, milk

24-hr mint + coriander marinated grilled chicken thigh, pickled red onion, mixed green leaves in a wholegrain wrap. £7.75



## SHARING PLATTERS

Regular serves 6. XL serves 12. We can deliver in re-usable containers to save waste. Sandwich platters also available.

Kala Chana Salad (Vg)

Coconutty black chickpea salad | mustard, sulphites

R: 24.95

XL: 43.95

Beetroot Thoran (Vg)

Kerala stir-fry | mustard, sulphites

R: 24.95

XL: 43.95

Tarka Daal (Vg)

Our house daal; tempered, garlic & fenugreek

R: 24.95

XL: 43.95

Makhani Daal (V)

Black lentils cooked super slow | milk

R: 29.95

XL: 49.95

Gobhi Sabzi (Vg)

Curried cauliflower

R: 24.95

XL: 43.95

Cabbage & Kale Thoran (Vg)

With fresh curry leaves | mustard, sulphites

R: 29.95

XL: 43.95

Baingan Bharta (Vg)

Smoky aubergine mash

R: 24.95

XL: 43.95

Paneer Tikka (V)

Lightly marinated paneer cubes, grilled | milk

R: 39.95

XL: 59.95

Paneer Butter Masala (V)

Grilled paneer in a spiced, buttery sauce | milk

R: 39.95

XL: 59.95

Utterly Butterless Chicken

Chargrilled chicken in a spiced tomato sauce | milk

R: 39.95

XL: 59.95

Hariyali Chicken Kebab

Mint + coriander grilled chicken thigh | milk

R: 39.95

XL: 59.95

Tandoori Salmon

With Kashmiri red chilli & lime | fish

R: 39.95

XL: 59.95

All-Star Veggie Biryani (Vg)

With corn, carrot, cauli & green beans

R: 34.95

XL: 49.95

Paneer Biryani (V)

Made with Dairy Valley paneer | milk

R: 39.95

XL: 59.95

Amritsari Chicken Biryani

Layered with rose & cranberry | milk

R: 39.95

XL: 59.95

Red Rice (Vg)

"Matta" rice from Kerala

R: 19.95

XL: 29.95

Steamed Basmati (Vg)

The finest long grain white rice

R: 19.95

XL: 29.95

Lemon Millet (Vg)

Organic hulled millet with zest and peas

R: 19.95

XL: 29.95

House Kachumber (Vg)

Carrot + cucumber, lightly seasoned - so fresh

R: 19.95

XL: 29.95

Tomato, Coriander & Red Onion Raita (V)

Made with whole milk natural yoghurt | milk

R: 19.95

XL: 29.95

Fenugreek Theplas (Vg)

Handmade fenugreek flatbreads | gluten

1.95 per

piece

Mini Papad (Vg)

The classic lentil poppadom

R: 14.95

XL: 19.95