



AA Rosette Award for
Culinary Excellence

TABLA

AUTHENTIC INDIAN RESTAURANT

MENU



Athiti Devo Bhavah - Guest is God

Swarna and I welcome you to an authentic Indian dining experience.

My wife and I have a passion for good, simple food. We were both born and brought up in rural villages in India, where every meal of the day is freshly made using ingredients grown in local fields.

In our restaurant we do the same. Even today, all the spices used in Tabla are grown in our family's fields in India, then carefully processed to perfection to make the best home style curry – just as we like it.

Welcome to the authentic Indian dining experience!

Praveen & Swarna

STARTERS

These dishes were originally found on the street corners of busy Indian roads, freshly prepared & sold from small push carts.

2x Papadoms - £1.00 Spiced Onions - £1.00 Mixed Pickle - £1.00
Mango Chutney - £1.00 Mixed Tray - £3.00 Raita - £2.95

SABZIE PAKORA (V) - £4.95

Crisp nuggets of seasonal Scottish vegetables, onions & crushed coriander seeds.

HAGGIS BONDA - £5.45

A great combination of Scottish Haggis, Indian spice with green chilli, ginger & garlic.

MURGH PAKORA - £5.45

Tender pieces of Chicken, marinated in an authentic batter & served with chilli sauce.

HARA BHARA TIKKI (V) - £4.95

Patties of mashed Perthshire potatoes, peas, spinach, green chillies & coriander with ginger and garlic.

MIXED PAKORA PLATTER FOR SHARING (for 2) - £11.95

Haggis Bonda, Chicken Pakora, Vegetabla Pakora, Baingan Ka Pakora.

START YOUR STREET FOOD EXPERIENCE!

BAINGAN KA PAKORA - £4.95 - "The Mughul Emperor of Hyderabad's favourite"

Thin slices of aubergine rubbed with masala mix and deep fried in a spicy gram flour batter.

PANI PURI (V) - £4.95 - (served cold)

Crispy Puri, chickpeas and potato filling in tangy sauce - Mumbai's favourite.

ROYALLA VEPUDU - £6.95

King Prawn crispy fried with curry leaf and tamarind - Andhra style

KURKURI BHINDI (V) - £5.95

Crispy fried okra. Rajasthan favourite.

ANDHRA WADA (V) - £4.95 - A South Indian Dish

Patties of green lentils with green chilli, coriander, cumin & onion served with homemade lentil sauce.

MURGH SAMOSA CHAT - £5.95

Minced Chicken in puff pastry, chilli & mint sauce, chickpeas and Perthshire potato chat.

DAKSHIN FRIED FISH - £5.95

South Indian spice marinated Scottish fresh catch of the day, crispy fried.

SOUTH INDIAN DOSA (V) - £6.95 -

Available Monday to Thursday (min preparation time 20 mins).

Crispy rice and lentil pancake, stuffed with spicy Perthshire potato and served with homemade lentil sauce.

For allergen information, please ask a member of staff

There will be a small charge of £1 or over for packing and containers if you wish to take left over food from tables.

TANDOORI TIKKAS

STARTER OR MAIN COURSE - (RICE/NAN NOT INCLUDED)

MURGH TIKKA - £5.95 - As Main £10.95

Chicken fillets marinated for 24 hours in ginger, garlic, Scottish low fat yoghurt and whole spices.

TANGDI KABAB - £5.95 - As Main £10.95

Scottish Chicken Drumsticks and Ginger, Garlic, Garam Masala & Turmeric.

TANDOORI MURGH - £5.95 - As Main £10.95

Scottish Chicken on the bone marinated in tandoori spices.

TULSI SEEKH KABAB - £5.95 - As Main £10.95

Lamb mince, chopped green chilli, ginger and basil.

LAMB CHOPS - £5.95 - As Main £10.95

Tender Scottish lamb chops in rustic roadside dhaba masala.

TANDOORI BADA JINGA - £6.95 - As Main £13.95

King Prawns grilled in tandoori oven with peppers, onions and Garam masala.

TANDOORI SALMON - £6.95 - As Main £13.95

Scottish Salmon marinated in ginger, garlic and Indian herbs.

MAIN COURSES

(RICE / NAN NOT INCLUDED)

All curries can be made gluten free. Please ask staff for details.

ANDHRA KODI KOORA - £10.95 “My grandmother’s recipe.”

Chicken, chilli, fresh curry leaf and tomatoes with onion tamarind sauce.

DAKSHIN LASOONI MURGH - £10.95

Chicken Tikka cooked in spicy masala, garlic and fresh curry leaf. A hot dish from South India.

MURGH JALFREZI - £10.95

Spicy chicken with mixed peppers & scottish seasonal vegetables.

MURGH MAKHANI MASALA - £11.95 - Delhi’s Favourite!

Tandoori boneless chicken cooked with a thick Scottish cream, creamy tomato, ground almond nut and butter sauce.

NAVARATHAN MURGH KORMA (Mild) - £11.45

Marinated steamed Chicken with tropical fruit, dry nuts, coconut cream and saffron milk.
A Mughlai style dish.

MURGH MOONLIGHT - £10.95

Chicken tikka with Pino Grigio wine, mango chutney, ginger and garlic.

PALAK MURGH - £10.95

Tandoori cooked chicken tikka, spinach leaves and garam masala.

KOLHAPURI CHICKEN - £10.95

A really hot chicken gravy made with Kolhapur’s famous red chillies, peanut, lime and coconut.

KADAI MURGH - £10.95

Scottish Low Fat Mint Yoghurt marinated Chicken, onions, peppers, cumin and crushed chilli.

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MAIN COURSES

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HYDERABADI MOGHLAI DUM BIRYANI - £29.95 per two people - (24 hours' notice required).

18 hours marinated Scottish free range chicken or lamb on the bone, with basmati rice, browned onions, herbs, rose water, ground spices and saffron sealed with a gluten based pastry lid. Cooked for 4 hours on a slow fire.

NIHARI - LAMB SHANK HOME STYLE - £13.95

Local free range Scottish Lamb shank - Slow cooked with nihari masala.

RAILWAY BOTI - £11.95

Slow cooked Scottish lamb on the Bone with Peppers, Basil and potato.

A classic dish served on the Indian Trains.

METHI GOSHT - £11.95

Slow cooked tender Scottish Lamb with fresh fenugreek leaves, Perthshire rapeseed oil and garam masala.

KEEMA MUTTER - £10.95 - "Poor mans rich food"

Back street dish. Lamb mince and green peas.

DAHI GOSHT - £11.95

Scottish low fat Yoghurt, ginger, garlic marinated tender Lamb, cooked with medium ground spices.

RAJASTHANI LAAL MAAS - £11.95

A fiery lamb dish from Rajasthan, red chillies, mustard oil and flavoured with dry mango powder.

GOSHT BHUNA - £10.95

Lamb with ginger, garlic and tomato in a thick masala sauce.

GOSHT DOPIAZA Hyderabad style - £10.95

Tender Lamb cooked with double onions and garam masala.

MUGHLAI GOSHT KORMA - £11.95

Lamb korma made with mild spices, almonds, pistachio nuts and Scottish cream.

GOSHT BIRYANI - £12.95

Slow cooked Lamb with basmati rice, browned onions, herbs and ground spices.

ANDHRA FISH CURRY - £11.95

Marinated Scottish fresh catch of the day fish, fresh curry leaf, coconut cream, tamarind and chilli.

KASHMIRI BADA JHINGA KORMA - £12.95

Atlantic King Prawn made with tropical fruit, coconut, cream and saffron milk.

KADHAI JHINGA - £12.95

King Prawns with onions, tomatoes, Scottish low fat yoghurt and mixed peppers.

MIXED SEAFOOD BHUNA - £14.95

Scottish Scallop, Mussels, Salmon and Atlantic King Prawn, cooked in garlic tomato masala.

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VEGETARIAN MAIN MEALS

(RICE / NAN NOT INCLUDED)

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ALOO GOBI -(V & Vegan) £9.95

Perthshire potatoes, cauliflower and fresh tomato.

TADKA DHAL - (V & Vegan) £9.95

Lentils with garlic and ginger tadka.

CHANA MASALA - (V & Vegan) £9.95

Chickpeas cooked with special masala spices.

PALAK ALOO - (V & Vegan) £9.95

Perthshire potatoes pan fried with spinach and green chillis.

BHINDI DO PYAZA - (V & Vegan) £10.95

Okra tossed with red and white onions, cumin and coriander.

KADAI PANEER - (V) - £10.95

Homemade cottage cheese cooked with mixed peppers, ginger garlic and low fat mint yoghurt.

MIXED SABZI JALFREZI - (V & Vegan) £9.95

Chef's selection of Scottish carrots, local potatoes, cauliflower, broccoli, beans and peas with Indian spices.

PANEER BUTTER MASALA - (V) £10.95

Homemade cottage cheese in creamy tomato sauce, almond and aromatic spices.

BAINGAN ALOO - (V & Vegan) - £9.95

Aubergine and scottish potatos in semi dry masala sauce.

KHUMB, MATAR & METHI - (V & Vegan) - £10.95

Scottish mushrooms, fresh green peas, fresh fenugreek leaves, ginger, garlic, garam masala with medium spice.

ALL VEGETABLE MAIN MEALS CAN BE TAKEN AS SIDE DISHES - £5.95

RICE, ROTI & NAN

STEAMED BASMATI RICE - £2.95

PILAU RICE - £2.95

TANDOORI ROTI - £2.95

PLAIN NAN - £2.95

KEEMA NAN - £3.75

GARLIC NAN - £3.75

CHEESE NAN - £3.75

PESHWARI NAN - £3.75
(MIXED FRUIT & DRY NUTS)

HAGGIS NAN - £3.75

SUPPLIER LIST:

FISH - George Campbell & Sons, Perth VEGETABLES - The Wright Root, Coupar Angus

MEAT & POULTRY - Pak Poultry, Glasgow SPICES - Homegrown, India

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