

ahimsa

210 THOMPSON STREET
(BET BLEECKER & WEST 3RD)
NEW YORK, NY 10012
(212) 533-7290

APPETIZERS

GF 🌶️ **Bombay Bhelpuri**\$6

One of the most popular street foods in India. Delicious mixture of puffed rice, sev, tomato, potato, onion and sweet-sour-spicy chutneys.

Aloo Papdi Chaat\$6

A mixture of wheat crisps, potatoes and chickpeas in yogurt and tamarind sauce

GF **Bhajias / Mix Vegetable Pakoras**\$6

Mixed vegetables in chick pea batter /Minced mixed vegetable & chick pea flour fritters served with tamarind chutney

Vegetable Cutlets (2 pc)\$6

A delectable combination of mashed potato and green vegetables, is a crisp out side, soft inside Indian potato snack

🌶️ **Bombay Sandwich**\$7

A very popular Mumbai style masala sandwich with green chutney, slices of cucumber, tomato, onion, potato and red beets

GF **Batata Vada**\$6

Popular Indian vegetarian fast food, also known as aloo bonda, deep fried savory appetizer made with spicy potato mix

🌶️ **Vada Pav (2 pc)**\$8

Batata vada served in a bun with spicy chutney

Samosas / Samosa Chaat\$6 / \$8

Indian fried pastry with a savory filling such as spiced potatoes, onions, peas and lentils (2 pcs) /Samosa Chaat
Samosas served with chick peas, yogurt, tamarind and cilantro chutneys

Pav Bhaji\$8

Pav Bhaji is a hurried meal for common man in the street. This is a spicy blend of vegetables in tomato gravy served with pav (buttered buns)

GF **Idli**\$6

Steamed rice and lentil patties served with chutney and sambar

GF **Medu Vada**\$6

Crispy lentil doughnut served with sambar & chutney

GF **Idli or Medu Vada in Sambar or Rasam Bowl**\$7

Rasam is a south indian soup traditionally prepared using tamarind juice as a base with addition of tomato, chili pepper, cumin and other seasonings

GF **Gobi Manchurian**\$8

It is a tantalizing Indian Chinese dish. The Cauliflower has a crispy coating and is tossed with a mouth-watering spicy sauce.

Assorted Appetizer Platter\$10

Includes Vegetable cutlet, Samosas and Mix Vegetable Pakoras

SOUPS/ SALADS

GF 🌶️ **Rasam**\$5

Spicy lentil tamarind soup tempered with curry leaves

GF **Sambar**\$5

Tangy lentil broth

GF ★ **Mulligatawny Soup**\$5

Tomato, lemon, herbs and lentil soup

GF **Tomato Soup**\$5

Indian spiced tomato soup

GF **Katchumber**\$6

Chopped vegetable salad with vinegar-lemon dressing

GF **Mung Salad**\$6

Mung beans with chopped cucumbers, onions, tomatoes and cilantro with lemon dressing

GF - Gluten Free ★ - dairy 🌶️ - Spicy

Food Allergy: If you are allergic to any food, please inform the waiting staff. Many of the ingredients, spices, nuts and herbs are not listed in the menu descriptions

Gluten Free & Vegan upon request

DOSA CORNER

(A dosa is a savory thin crepe made from a fermented batter of rice and black lentils. Dosas are naturally gluten free served with sambar and chutneys - PLEASE ALLOW 20 MIN. FOR ALL RAVA DOSA ORDERS)

GF Sada (Plain) Dosa\$8

Crispy rice and lentil flour crepe (spice free)

GF Masala Dosa / Spinach / Mushroom / Paneer / Cheese\$10 / \$12 / \$12 / \$13 / \$14

Dosa served with a mildly spiced potato filling with different options

GF Paper Dosa / Paper Masala Dosa\$10 / \$12

Extra thin and crispy crepe

Add Paneer\$1 more

GF Gunpowder Masala Dosa\$12

Crispy rice crepe with gunpowder chilies

GF Pondicherry Masala Dosa\$12

Spicy dosa rolled with potato & onion masala

GF Mysore Sada Dosa / Mysore Masala\$10/ \$12

Hot Mysore spices added to the crispy rice and lentil crepe

Rava Sada Dosa/Rava Masala Dosa\$11/ \$13

Cream of wheat flour crepe flecked with cilantro

Onion Rava Dosa/ Onion Rava Masala Dosa / Paneer Rava Masala\$11 / \$13 / \$14

Cream of wheat flour crepe flecked with cilantro & onions

Chili Rava Masala Dosa\$13

Cream of wheat crepe filled with masala & mysore spices

★ Paneer Rava Masala Dosa\$13

Cream of wheat dosa filled with masala & cheese

GF Gunpowder Rava Masala Dosa\$13

Cream of wheat dosa filled with masala, hot green chilies & gunpowder chilies

UTTAPPAM

(Uttappam is a thick pancake, with toppings cooked right into the batter)

GF Plain\$9

Savory rice & lentil flour pancakes sprinkled with cilantro

GF Tomato, Onion, Chili Uttappam\$11

Uttappam mixed with hot green chili peppers, onions and cheese

Add Paneer\$1 more

GF Mixed Vegetable Uttappam\$11

Uttappam with onions, peas, tomatoes and carrots

GF Onion, Tomato Garlic Uttappam\$12

Uttappam with green chilies, tomatoes and Garlic

Add Mushroom\$1 more

NORTH INDIAN CURRIES

(All Curries are Served with Basmati Rice)

GF Alu Palak\$12

Boiled potatoes are simmered in spinach gravy which has smooth and silky gravy with mild spicy taste.

GF Alu Matar / Mushroom Matar\$12

Potato, green peas and mildly spiced tomato sauce

Add Paneer\$1 more

GF Alu Gobi / Gobi Masala\$13

Cauliflower, potatoes, and an enticingly fragrant blend of spices / Cauliflower and mildly spiced tomato sauce

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GF **Alu Baigan**\$12

It is a subtly spiced vegetable recipe with diced potatoes stir fried with chopped eggplant

GF **Baigan Bartha**\$13

A delicious Punjabi flavored roasted eggplant cooked in onion & tomato gravy with aromatic Indian spices

★ **Chana Saag / Chana Masala**\$12

Chickpea beans prepared with blend of creamed spinach / Chickpeas cooked with onion and masala spices

GF **Bhindi Masala**\$12

Fresh okras sauteed with onion, tomato, ginger, garlic, spices

★ **GF** **Malai Kofta**\$13

Dumplings of cottage cheese, potatoes, dry fruits sauteed in a rich sauce of cashew nuts and saffron

GF **Vegetable Jalfrazi / Navratan Korma**\$12

Fresh mixed vegetables cooked in sour, sweet and spicy sauce / Mixed vegetables, nuts and cream sauce (dairy)

★ **GF** **Kadai Paneer Masala**\$13

Mouthwatering cottage cheese cooked in a creamy tomato sauce with traditional indian spices

★ **GF** **Matar Paneer / Methi Matar Malai**\$13

Green peas and cottage cheese cooked together into a delicious gravy /Methi (Fenugreek), green peas cooked in fresh cream and fresh Indian spices.

★ **GF** **Palak Paneer**\$13

Cubes of cottage cheese simmer in a smooth spinach puree, fragrant with cumin seeds, ground coriander, ground turmeric, and curry powder

GF **Yellow Dal / Dal Palak** \$10 / \$12

Yellow lentils tempered with cumin and garden herbs / Yellow Dal with fresh spinach

THALI (DINE IN ONLY)

In India, entire meal is served at the same time including starters main-entree desserts, and beverages. The system is called Thali (Platter). Thali is a round platter, small bowls (Katori) are arranged around the rim to serve with food. In the center, the staple food (bread or rice) are piled up

Ahimsa North Indian Thali \$19.00

Papadum, Palak Paneer, Chana Masala, Yellow Dal, Raita, Chapati, Basmati Rice & Gulab Jamun

Ahimsa South Indian Thali \$19.00

Idli, Medu Vada, Masala Dosa, Uttapam, Sambar, Rasam, Coconut Chutney and Kheer (Rice pudding)

SPECIALTY RICE

Pulav\$9

Basmati Rice with Mixed Vegetables

Vegetable Biryani\$12

Basmati rice with vegetables and spices

Lemon Rice\$10

Lemon flavored rice served with sambar & papadum

Tamrind Rice\$10

Tamrind and spice rice served with sambar & papadum

BREADS

Chapati\$6

Whole Wheat Flat Bread (2 pcs)

Pulka\$5

Fat-free flat bread (2 pcs)

Paratha\$5

Layered whole wheat bread (1 pc)

Stuffed Paratha\$6

Paratha stuffed with your choice of onion, paneer, or potato (1 pc)

Poori\$6

Fried puffy bread (2 pcs)

Naan / Garlic Naan\$3 / \$4

Traditional Indian Bread (1 pc)

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DESSERTS

★ **Gulab Jamun**\$5

This is a traditional Indian dessert. Spongy milky balls soaked in rose scented syrup.

★ **Rasmalai**\$5

Rasmalai is a Bengali dessert consisting of soft paneer balls immersed in chilled creamy milk

★ **Kulfi**\$6

The mixture of dense evaporated milk with cardamom, saffron and pistachios

★ **Kheer / Gajar Halwa**\$5

Rice Pudding / Grated carrots, whole milk, dried fruit and nuts

BEVERAGES

Canned Soda\$2

Coke, Diet Coke, Sprite, Gingerale

Mineral / Sparkling Water\$2 /\$4

Coffee / Tea\$2.50

Masala Chai / Herbal Tea\$3

Indian Chai spiced tea with milk

Madras Coffee\$3

South Indian coffee with hot frothy milk

Mango / Coconut Juice\$4.00

Lassi\$4

Yogurt shake with your choice of mango, sweet or salty

Fresh Lime Soda\$4

Refreshing beverage made with lime juice and soda

BEER & WINE

Taj Mahal (22 oz)\$8

**King Flsher / Amstel Light / Stella / Lagunitas
IPA**\$6

White Wine (Glass)\$8

(choice of chardonnay or pinot grigio)
Bottle\$28

Red Wine (Glass)\$8

(Choice of Cabernet, Pinot Noir, Malbec)
Bottle\$28

ACCOMPANIMENTS

Extra Chutneys\$2

(Mango, Coconut, Tamrind)

Raita\$3

Yogurt with cucumber, onion and mint

Achar\$2

Spicy Indian pickle

Dosa Podi\$2

ground chili in oil

Rice\$3

Plain Steamed Rice

LUNCH BUFFET

(All you can eat - Dine in only)

Monday thru Friday (12 - 3 pm)\$11.95

★ - dairy

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All of our authentic Indian dishes are prepared fresh to order from wholesome natural ingredients and in accordance with Kosher dietary laws. It may take 20 min. or more in order to serve the freshest food possible.

Prices subject to change without notice.

New York state sales tax not included in the prices