



100% vegetarian  
No garlic, no onion  
No MSG

## बेहतर ठहरा ठोठ

Indian cuisine is known for its unique preparation and great blend of natural herbs and spices. It does not use artificial or chemical seasoning, colors, flavors, preservatives and additives.



At Little India, we offer pure vegetarian food without egg, garlic, onion, seafood or any kind of meat. Many of our foods are vegan and some of our lacto-vegetarian food items can be adjusted for the vegan palate.

Why don't we use garlic and onion?

According to Ayurvedic philosophy (India's classic medical science), foods are grouped into three categories, according to the modes of goodness, passion and ignorance, and its effect upon the body and the mind. They are Tamasic, Rajasic and Sattvic.



Tamasic (darkness) foods are those that have a destructive influence on the mind or body. They are heavy, dull, and depressing.

तामसिक

Rajasic (activity, passion) foods are those that neither lead to better health nor are destructive, but tends to excite and over-stimulate the body, and makes the mind restless.

राजसिक

Sattvic (purity) food are those that calm the emotions, purify the mind and strengthen the body. It is light and easy to digest.

सात्विक

Onions and garlic are members of the alliaceous family that also includes leeks, chives and shallots. These foods are considered as rajasic and tamasic which results in imbalances in the functioning of the liver, spleen, lungs, kidneys, and heart.

# ਗੁੱਠੜਾਰਯ

|                |                 |   |
|----------------|-----------------|---|
| <b>Aloo</b>    | Potato          |    |
| <b>Baingan</b> | Eggplant        |    |
| <b>Dal</b>     | Lentil          |   |
| <b>Gajar</b>   | Carrot          |   |
| <b>Gobhi</b>   | Cauliflower     |    |
| <b>Jeera</b>   | Cumin           |   |
| <b>Kesar</b>   | Saffron         |   |
| <b>Kofta</b>   | Vegetable balls |   |
| <b>Kulfi</b>   | Ice cream       |   |
| <b>Masala</b>  | Spices          |   |
| <b>Methi</b>   | Fenugreek       |   |
| <b>Mutter</b>  | Green peas      |  |
| <b>Palak</b>   | Spinach         |   |
| <b>Paneer</b>  | Cottage cheese  |   |
| <b>Tamatar</b> | Tomato          |  |



# ਫ਼ਾਰਟਰਜ਼

✓ VEGAN  
 ○ VEGAN OPTIONAL  
 ★ BEST SELLER

CONTAINS SOY **S**  
 CONTAINS GLUTEN **G**

- ★ **101 Samosa** (2pcs) **✓G** 80  
 deep fried pastry with a savory spiced potatoes and nut filling
- 102 Aloo Chop** (2pcs) **✓** 80  
 crispy deep fried gram flour coated mashed & spiced potatoes

## Pakora

gram flour coated fritters

- 103 Vegetable Pakora** **✓** 95
- 104 Mushroom Pakora** **✓G** 125
- 105 Palak Pakora** **✓** 125
- 106 Paneer Pakora** 150
- 107 Bread Pakora** **✓G** 80

- ★ **110 Mix Platter** **○G** 190  
 comprises samosa, aloo chop, and assorted pakodas. Good for 2 pax



## इंते रंइते

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CONTAINS SOY **S**  
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- |     |  |     |
|-----|--|-----|
| 121 | <b>Plain Yoghurt</b>   | 70  |
| 122 | <b>Cucumber Carrot Raita</b><br>spiced whipped yoghurt with cucumber and carrots       | 100 |
| 123 | <b>Boondi Raita</b><br>spiced whipped yoghurt with puffed gram flour balls             | 100 |
| 131 | <b>Papad (Toasted/Fried)</b> ✓   | 30  |
|     | crispy lentil crackers   |     |
| 132 | <b>Aloo Chat</b> ○   | 200 |
|     | spiced potatoes with yoghurt and tamarind chutney. Good for 2 pax                      |     |
| 133 | <b>Samosa Chaat</b> ○G   | 125 |
|     | crushed samosa mixed with curried chick peas and dressed with yoghurt, chutney and sev |     |
| 134 | <b>BBQ (3 sticks)</b> ✓SG  | 125 |
|     | grilled, marinated veggie meat   |     |



## इठपइ & इबलतेइ

✓ VEGAN  
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CONTAINS SOY **S**  
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- |     |  |     |
|-----|--|-----|
| 201 | <b>Mutter Soup</b> ○G                                    | 95  |
|     | creamy green peas soup simmered with roasted cumin seeds |     |
| 202 | <b>Tamatar Sorba</b> ○G                                  | 95  |
|     | tomato soup cooked with mild spices                      |     |
| 211 | <b>Kachumbar Salad</b> ✓                                 | 125 |
|     | fresh vegetables seasoned with mild spices and tamarind  |     |
| 212 | <b>Plain Salad</b> ✓                                     | 65  |
|     | fresh vegetables seasoned with salt and lemon juice      |     |



## ਲਵਾਂਹ ਟਰਾਫ਼ਟੋਡ਼

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### Curry

dishes cooked in creamy curry sauce

- |      |                   |     |
|------|-------------------|-----|
| 301  | Mixed Vegetable V | 175 |
| *302 | Mushroom V        | 195 |
| 303  | Veggie Meat VS    | 245 |

### Kofta Curry

kofta balls cooked with nutty and creamy gravy

- |      |                      |     |
|------|----------------------|-----|
| *311 | Vegetable Kofta O    | 195 |
| 312  | Veggie Pork Kofta OS | 245 |
| 313  | Aloo Kofta O         | 195 |

### Makhani

dishes cooked in tomato-based silky and buttery gravy

- |      |                |     |
|------|----------------|-----|
| 321  | Vegetable G    | 175 |
| 322  | Mushroom G     | 195 |
| 323  | Veggie Meat SG | 245 |
| *324 | Paneer G       | 245 |



## ਲਵਾਂਹ ਟਰਾਫ਼ਟੋਡ਼

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### Kadhai

dishes cooked with fenugreek flavored gravy

- |      |                 |     |
|------|-----------------|-----|
| 341  | Vegetable V     | 175 |
| 342  | Mushroom V      | 195 |
| 343  | Veggie Meat VSG | 245 |
| *344 | Paneer          | 245 |

### Korma

dishes cooked with milk, nuts, raisins, and mild spices

- |      |                |     |
|------|----------------|-----|
| 351  | Vegetable G    | 220 |
| 352  | Mushroom G     | 245 |
| *353 | Veggie Meat SG | 275 |
| 354  | Paneer G       | 275 |

### Dals

lentil-based dishes

- |      |             |     |
|------|-------------|-----|
| *361 | Dal Fry O   | 185 |
| 362  | Dal Tadka O | 185 |
- cooked yellow lentils flavored with freshly ground spices  
 yellow lentils tempered with tomatoes and mild spices



## લાવાં તરવારો

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- |       |  |     |
|-------|--|-----|
| 371   | <b>Aloo Jeera</b> <span style="color: green;">V</span><br>potatoes spiced with cumin seeds   | 185 |
| 373   | <b>Aloo Gobhi</b> <span style="color: green;">V</span><br>potatoes and cauliflower cooked with mild curry sauce                      | 225 |
| ★ 381 | <b>Shahi Paneer</b><br>homemade cottage cheese cooked with creamy and nutty sauce  | 265 |
| ★ 382 | <b>Palak Paneer</b> <span style="color: purple;">G</span><br>homemade cottage cheese cooked with creamy spinach sauce                | 265 |
| 391   | <b>Baingan Bharta</b> <span style="color: green;">V</span><br>grilled and mashed eggplants cooked with spiced tomatoes and nuts      | 195 |
| ★ 392 | <b>Mushroom Mutter Masala</b> <span style="color: purple;">G</span><br>fresh mushroom and green peas cooked with spiced creamy gravy | 225 |
| ★ 393 | <b>Chana Masala</b> <span style="color: green;">V</span><br>chickpeas and potatoes cooked in spice flavored gravy                    | 195 |



## તરવારો

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CONTAINS SOY S  
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- |   |  |    |
|---|--|----|
| <b>Chapati</b><br>freshly baked whole wheat flat bread on griddle |  |    |
| 601   | <b>Plain</b> <span style="color: green;">V</span> <span style="color: purple;">G</span>                                  | 30 |
| 602   | <b>Buttered</b> <span style="color: purple;">G</span>  | 35 |
| <b>Naan</b><br>light and fluffy flatbread baked on griddle        |  |    |
| 611   | <b>Plain</b> <span style="color: purple;">G</span>   | 40 |
| 612   | <b>Buttered</b> <span style="color: purple;">G</span>  | 45 |
| ★ 613   | <b>Cheese</b> <span style="color: purple;">G</span>  | 60 |
| <b>Paratha</b><br>stuffed bread baked with oil                    |  |    |
| 621   | <b>Plain</b> <span style="color: green;">V</span> <span style="color: purple;">G</span>                                  | 40 |
| 622   | <b>Aloo</b> <span style="color: blue;">O</span> <span style="color: purple;">G</span>                                    | 45 |
| 623   | <b>Paneer</b> <span style="color: purple;">G</span>  | 60 |
| 631   | <b>Bhatura</b> <span style="color: purple;">G</span><br>deep fried flatbread   | 45 |
| 641   | <b>Poori</b> <span style="color: green;">V</span> <span style="color: purple;">G</span><br>small deep fried puffed bread | 75 |



## bread इतह

V VEGAN  
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CONTAINS SOY S  
 CONTAINS GLUTEN G

- 601S Chapati Set** VG 195  
 whole wheat flat bread served with  
 curried chickpeas and spiced potatoes
- 611S Naan Set** G 195  
 light and fluffy flat bread served with  
 curried chickpeas and spiced potatoes
- 621S Plain Paratha Set** VG 195  
 multilayered bread served with curried  
 chickpeas and spiced potatoes
- 622S Aloo Paratha Set** OG 195  
 potato stuffed bread served with curried  
 chickpeas and spiced whipped yoghurt
- 623S Paneer Paratha Set** G 195  
 cottage cheese stuffed bread served  
 with curried chickpeas and spiced  
 whipped yoghurt
- 631S Chola Bhatura Set** G 195  
 soft and a deep fried flat bread served  
 with curried chick peas and spiced  
 whipped yoghurt
- 641S Poori Set** VG 195  
 small deep fried puffed breads served  
 with curried chickpeas and spiced  
 potatoes



## रिच

V VEGAN  
O VEGAN OPTIONAL  
★ BEST SELLER

CONTAINS SOY S  
 CONTAINS GLUTEN G

- 701 Steamed Rice** V 40
- 702 Basmati Rice** V 110
- 703 Jeera Rice** O 135  
 white rice sauteed with curmin and butter
- 704 Tomato Rice** O 185  
 rice cooked with tomatoes and  
 tempered with spices
- 711 Vegetable Fried Rice** O 195  
 rice and assorted fresh vegetables  
 cooked with butter and spices
- 712 Veggie Chicken Fried Rice** OS 225  
 rice and veggie chicken cooked with  
 butter and spices
- ★ **721 Vegetable Biryani** 285  
 rice and assorted fresh vegetables  
 cooked with spices, butter, and yoghurt



## ਲਠਕੀ ਡਾਟੋਡ

✓ VEGAN  
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CONTAINS SOY Ⓢ  
 CONTAINS GLUTEN Ⓜ

- 771 **Thali** ○ Ⓜ 260  
 aloo jeera, dal, chana masala, plain paratha, rice, papad, dessert, and pickle
- 772 **Plain Dosai Set** ✓ 145  
 South Indian Crepe made of rice, lentils, methi, and curry leaves, and served with chutneys and sambar soup
- 773 **Masala Dosai Set** ✓ 170  
 South Indian Crepe made of rice, lentils, potato, methi, and curry leaves, and served with chutneys and sambar soup
- 774 **Idli Set** ✓ 145  
 Steamed rice and lentil cake served with chutneys and sambar soup

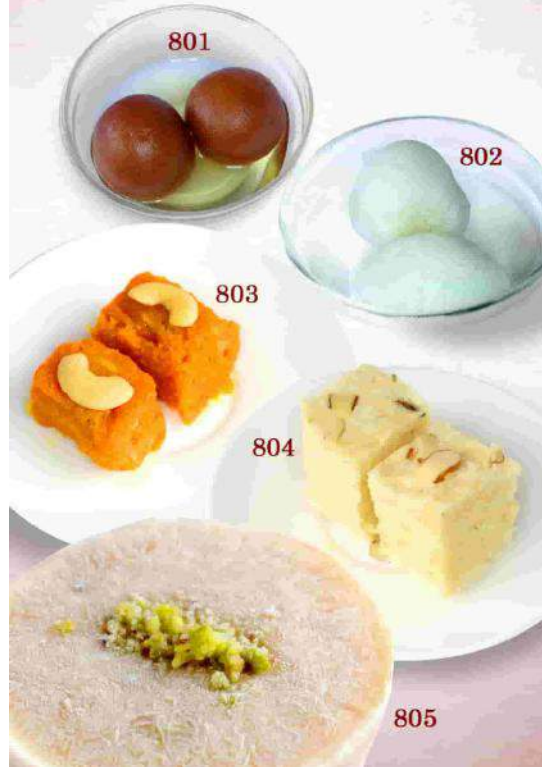


## ਰੋਡਡਰੀਡ

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 CONTAINS GLUTEN Ⓜ

- 801 **Gulab Jamun** Ⓜ 80  
 brown cheese balls dipped in syrup
- 802 **Rasogulla** Ⓜ 80  
 white cheese balls dipped in syrup
- 803 **Gajar Halwa** 80  
 carrot pudding cooked with fresh milk, nuts and butter
- 804 **Soanpapadi** Ⓜ 80  
 thick layered cotton candy kind of texture made of gram flour, sugar, milk and mild spices
- 805 **Kesar Pista Kulfi** 125  
 homemade Indian ice cream made of fresh milk, saffron, & pistachio



# beverages

✓ VEGAN  
○ VEGAN OPTIONAL  
★ BEST SELLER

CONTAINS SOY \$  
 CONTAINS GLUTEN G

|   | Glass       | Pitcher        |
|---|-------------|----------------|
| 901 Sweet Lassi   | 75          | 195            |
| 902 Salted Lassi  | 75          | 195            |
| 903 Mango Lassi   | 85          | 210            |
| 904 Rose Lassi  | 85          | 210            |
| 911 Canned Fruit Juice <span style="color: green;">✓</span> | 75          |                |
| 912 Softdrinks <span style="color: green;">✓</span>         | 55          |                |
| 921 Iced Tea <span style="color: green;">✓</span>           | 65          |                |
| 951 Indian Masala Tea <span style="color: blue;">○</span>   | 75<br>1 Cup | 125<br>Tea Pot |
| 952 Hot Chocolate <span style="color: blue;">○</span>       | 75          |                |
| 953 Brewed Coffee <span style="color: green;">✓</span>      | 75          |                |
| 999 Bottled Water <span style="color: green;">✓</span>      | 40          |                |



HEALTHY CUISINE

24F Malingap St., Teachers Village, Quezon City  
Tel. No. +632-434-8370

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