

INDIAN ZING restaurant

India, home of one of the world's greatest cuisines is evolving; the culture of its cities is changing; discerning diners are demanding the finest foods from all over the country and regional dishes and traditional ingredients are playing a greater role in today's kitchen.

Chef, Proprietor Manoj Vasaikar combines a thorough understanding of traditional values and contemporary style. The menu retains Manoj's favourite signature dishes honed at some of the finest Indian restaurants in Mumbai and London. As you will note below, since its opening in May 2005, Indian Zing has received an extremely positive response from critics, here are some of them for you to enjoy.

Best UK boutique restaurant award 2009.

Cobra Good Curry Guide 2009

Indian Zing the only Indian restaurant in Hammersmith and Chiswick to be listed with 2 couverts.

The Michelin Guide 2009

"Zing is indeed the word that best describes the food at this Hammersmith local, it is always fresh, vibrant and very imaginative. This is a great neighbourhood restaurant where the staff will always greet you with a smile, even when they're full."

Tatler Restaurant Guide 2009

"Manoj Vasaikar's zesty and creative sub continental cooking makes it really worth a trek to this bustling and very welcoming Restaurant."

Harden's London Restaurant Guide 2009

"Aiming to be a dining rather than just a feeding experience, this upmarket Indian in Hammersmith is recommended for its imaginative cuisine (e.g.monfish tikka) from a talented chef-owner and the amazing ambience of its contemporary, bright decor."

Zagat Restaurant Guide 2009

Indian Zing is the only Indian Restaurant in West and South West London to be listed in best restaurant category.

Square meal. co.uk 2009

"Manoj Vasaikar is not only a good cook but a thoughtful one and he acknowledges the need to blend India's regional recipes and traditional ingredients with modern techniques and presentation. The kitchen gets the spicing just about perfect in every dish."

Charles Champion, The London Restaurant Guide 2009

"When a chef is deft and intelligent, as is chef Manoj Vasaikar, any festive occasion is grist to the mill...the decor is harmonious the food special and the price sober."

Fay Maschler, Evening Standard 2009

"Brilliant reinterpretation of traditional Indian recipes in good looking, low lit surroundings."

The only Indian restaurant nominated as runners up in the United Kingdom.

The Observer Food Awards 2009

"He's brilliant and this unassuming place – unhurried and great value – is the perfect place to be quietly dazzled."

Stella rating: 9/10

Zoe Williams, Stella magazine, Sunday Daily Telegraph, April 2009

"One of the only three Indian restaurants in London where the doyen of restaurant critics, Fay Maschler, would happily spend her own money."

Fay Maschler, Evening Standard, October 2007

"Indian Zing is one of the top ten Indian Restaurants in London and the South East."

The Times (The Knowledge Magazine), Nov 2006

"Everything here is nicely understated: the welcome is warm but not gushing, china and glass sparkle, and the bill is extremely fair. Value for money 10/10."

Jeremy Wayne, Guardian, March 2006

"Manoj, who has cooked at Veeraswamy (in the same group as Amaya) sees the way Indian food is going and also demonstrates how India is being discovered gastronomically.... designer plates and an emphasis on lightness – but doesn't lose sight and flavour of what we all like about going for an Indian."

Fay Maschler, Evening Standard, August 2005

And of course a diner's comment is always valued – "Excellent food – best I have eaten"–

Yasmin Ali Brown, Journalist, The Independent.

STARTERS

Pappadums and Khakara basket with pickle and relish £3.50 (for two / £5 for four)

Rice pappadums and whole wheat crispy flat bread served with mint coriander pomegranate seeds relish; carrot, cucumber, tomatoes and raisins raita; roasted cumin, black pepper in mango chutney.

Peas and potato tikki with sprouted beans £4.75

Peas and potato patti with spices and fresh herbs drizzled with yoghurt, tamarind and sprouted beans, garnished with assorted baby cress leaves.

🕌 Samosa with chana masala and cottage cheese £5.50

Samosa with peas and potatoes (Punjabi Samosa) served with cheese and chick peas curry.

Vegetable Bhanavla £4.75

Our version of the ubiquitous onion bhaji, first baked and then griddled in the authentic Maharashtrian way.

🕌 Prawn and Aubergine Kharphatla £7.00

A warm medley of jumbo prawns and aubergine, finished off with caramelised onions, tomato & pickle masala.

🕌 Mussel Rasam £6.50

Mussels gently simmered in tomato and tamarind broth with a prominent flavour of garlic and curry leaves.

Bhajlela Calamari £6.50

Calamari marinated with spices and herbs, steamed and then pan seared in green masala, served with potatoes, roasted tomatoes and onions.

🕌 Crab Claws with tellicherry pepper and Indian wild berry (karvanda) butter £11.00

Easy to eat Crab claws seared in Indian wild berry butter, tellicherry pepper and dill served with spicy roasted new potatoes and rocket leaves.

🕌 Scallops Lonche with rocket leaves and new potatoes £8.50

Scallops marinated in pickle masala with caramelised garlic and zest of tropical lime served with rocket leaves and new potatoes.

🕌 Green Peppercorn Malai Tikka £5.25

(Served as a main course, please ask the waiter)

Succulent pieces of free-range chicken breast, marinated with fresh green peppercorns, cheese and cooked in a clay oven.

Zing's Chicken Kebab £6.00

A delicate kebab of chicken mince, asparagus, spinach spices & fresh herbs in Zing style, served with hot and zingy onion relish.

🕌 Lamb Salli £6.50

Lean minced lamb with fresh fenugreek, mint, coriander, spices, stuffed with homemade cottage cheese and served with spicy tomato and onion relish.

🕌 Our version of a Mixed Platter £16.50 (for two)

Vegetable Bhanavla, Green Peppercorn Malai Tikka, Lamb Salli and Prawn Kharphatla served with fresh salad and relish.

Raw Mango Mint and Cucumber Frappe £7.00 (seasonal)

To refresh your palate this is a natural coolant sweetened with jaggery and flavoured with cardamom.

THALIS

An age-old traditional concept of a complete balanced diet for vegetarians or non-vegetarians; served in small metal bowls, katoris. Thalīs provide a combination of different flavours, textures, colours, fibres and tastes.

🕌 Vegetarian Thali £19.00

Serves a portion of: Smoked Aubergine and Corn (Makai Bharta), Cauliflowers & Peas (Dum Gobi Mutter), Chickpeas, Onion, Tomato and dry mango powder (Chana Masala), Spinach and Dill Leaves (Meloni Takari), New Potatoes (Goda Masala), Sprouted Beans salad, Raita, Rice, Bread and Pappadum.

🕌 Spicy

🕌 Very Spicy

🌶️ Non Vegetarian Thali £22.00

Includes one main portion of either Meat, Fish, Chicken or Prawns of your choice (except Khyber pass Raan, Lobster Balchao & Lamb Chops) with Cauliflowers & Peas (Dum Gobi Mutter), Chickpeas, Onion, Tomato and dry mango Powder (Chana Masala), Spinach and Dill Leaves (Meloni Tarkari), New Potatoes (Goda Masala), Sprouted Beans Salad, Raita, Rice, Bread and Pappadam. (Add £2 for Prawns)

BIRYANI

Bhujung Biryani £15.50

Lighter version of the travellers' biryani, made in the suburbs of Mumbai express highway (Vasai) with pressed or pulao rice and your choice of Prawns, Chicken, Lamb or Vegetable served with Raita, Salad and Pappadam. (Add £2 for Prawn Biryani)

MAIN COURSES

🌶️ Sprouted beans and Vegetable Rassa £10.50

A delicate broth of sprouted beans, vegetable and Natural green herbs finished off with virgin extract of coconut milk.

🌶️ Tandoori Artichoke and Paneer with a warm, spicy, roasted vegetable relish £12.50

Indian cheese, artichokes, peppers, onions and new potatoes griddled in a clay oven & served with rich spicy gravy of cashew nut and roasted vegetable sauce.

🌶️ Jumbo Prawns in Pomegranate seeds and Dill £13.50

Jumbo prawns marinated in yoghurt, pomegranate seeds and dill, griddled in a clay oven with peppers, onions and new potatoes and served with onion, ginger and tomato relish.

🌶️ Monkfish Tikka £12.50

Chunks of monkfish marinated in a green masala of coriander and mint, griddled in a clay oven with roasted peppers, onions, and new potatoes, served with roasted coconut relish.

🌶️ Karwari Fish Curry £9.50

A seasonal Fish curry from the West Coast of India, using an unusual flavour of the spice (trifala), which is native to that area.

🌶️ Lobster Balchao £18.00

Lobster tails seared with a full flavoured hot sauce and balanced with Goan jaggery and spices. An all time Goan favourite.

🌶️ Fish Shirale £11.50

Assorted seafood in a delicate sauce of spices, herbs, gram flour, a virgin extract of coconut milk and finished with onion and tomato masala.

🌶️ Duck Chettinad £9.50

Breast of Barbary duck, pan seared in a blend of Chettinad Community spices with roasted coconut, new potatoes, tempered with mustard seeds and curry leaves.

Chicken Makhani £8.60

Succulent pieces of tandoori free-range chicken tikka, simmered in tomato and fenugreek gravy.

🌶️ Chicken Miravna £8.60

A classic free-range chicken dish from the earliest settled community of Mumbai (The Pathare Prabhu) using natural green fresh herbs and spices.

🌶️ Malabar Chicken Curry £8.60

Free-range chicken breast pieces tempered with mustard seeds, whole crushed spices, sliced onions, ginger, garlic, curry leaves, tomatoes and finished with tamarind and coconut milk.

Saffron Chicken Korma £8.60

Free-range chicken breast pieces cooked in a very delicate onion, cashew nut and saffron gravy.

🌶️ Zing's Chicken Jalfrezi £8.60

Succulent pieces of tandoori free-range chicken tikka, stir-fried with onions, peppers, tomatoes, green chillies and simmered in light tomato gravy finished with fresh herbs in Zing style.

🌶️ Spicy

🌶️ Very Spicy

Khyber Pass Raan £10.50

Shank of lamb braised in a robust gravy of poppy seeds, onions, ginger and spices.
-A North West frontier dish.

Lamb Roganjosh £9.75

Lamb cooked in a traditional Awadh way with a unique flavour of 'Rogan' (tinged, flavoured and spiced oil) and 'Josh' a strong punch of knuckle juice and marrow.

🍲 Nilgiri Lamb £9.75

A hill station lamb curry, made using stone ground spices, coconut and fresh green herbs.

Lamb Dhansak £9.75

Lamb cooked with dill, pumpkin, aubergine, tamarind, fenugreek and lentils. This is a speciality of the Mumbai Parsee community.

🍲 Ghatti Lamb £9.75

A robust dish from the Sahyadri Ranges made with fresh, hand pounded herbs and black pepper.

Gymkhana Lamb Chops £18.00

French trimmed lamb cutlets marinated in ginger, green chillies and mint, griddled in a clay oven with peppers, onions and new potatoes, served with smooth spicy lamb gravy.

SIDE DISH AND SALAD

Local organic seasonal vegetables, foogath tempered with mustard seeds, coconut and curry leaves. **£6.75**

🍲 Exotic Mushrooms with sharp Madras shallots and spices. (Sukka Mushroom Bhaji) **£6.50**

Bottle gourd and pumpkin cooked with lentils, tempered with mustard seeds. (Dudhee Bhopla and Chana) **£6.00**

Mixed vegetable and Indian cheese in tomato and fenugreek sauce. (Subz Paneer Makhani) **£6.50**

🍲 Tropical vegetable with coconut, yoghurt and mustard seeds. (Avial) **£6.00**

🍲 New potatoes in a blend of tomatoes and onion gravy, tempered with mustard seeds and asafoetida. (Goda Batata Rassa) **£4.50**

🍲 Smoked aubergine, onion and corn. (Baingan and Makai Bharta) **£6.00**

🍲 Spinach, fenugreek and dill leaves. (Meloni Tarkari) **£5.00**

🍲 Lentils, garlic and red chillies. (Tadka Dal) **£4.50**

Black lentils, ginger and spices. (Ma di dal) **£5.00** (available only on Saturday and Sunday)

Braised cauliflower with onions, spices and green peas (Dum Gobi Mutter) **£5.50**

🍲 Okra, onions, tomatoes, peppers with black salt and roasted cumin. (Bhindi Do pyaza) **£5.50**

🍲 Chickpeas with tomatoes, onions and ground dried mango. (Chana Masala) **£5.00**

Indian Zing Salad: Seasonal salad leaves with cucumber, radish, tomatoes and sprouted beans. **£5.50**

Raita, smoked aubergine, onions, tomato and cucumber or any preferred combination of these ingredients. **£4.00**

(Side dishes can be served as main courses with a supplement of £3.00 please ask the waiter.)

RICE AND BREAD

Aromatic basmati rice. **£2.50**

Jeera and saffron pulao. **£3.00**

Lemon and Ginger rice. **£3.00**

Leavened bread. (Naan) **£2.50**

Malabar Paratha griddled layered bread. **£3.00**

Organic whole wheat bread. (Roti) **£2.50**

Leavened bread with Garlic. (Garlic Naan) **£2.75**

Coconut and raisins stuffed in leavened bread. (Peshwari Naan) **£3.00**

Indian cheese stuffed in leavened bread. (Paneer kulcha) **£3.50**

Bread of the day. (Please ask the waiter) **£3.50**

🍲 Spicy

🍲 Very Spicy

- **Errors and Omission Exempted * An optional 12.5 %service charge is added to your bill. * All major credit card & debit card accepted * All prices are VAT inclusive in Pound Sterling.**
- **Allergies:** We cannot guarantee that any of our foods are free from nuts or nut derivatives or dairy products as we work in an environment, which includes these ingredients. We will do our best to isolate these ingredients, please tell the waiter of your special needs. We will do our best to ensure that our food is free from GM (genetically modified ingredients) and MSG.