



Authentic Southern Indian Cuisine - Vegetarian - Kosher

Soups

- Rasam • - spicy tomato lentil soup - 4
- Tomato Soup - Indian spiced tomato soup - 4
- Mulligatawny Soup • - tomato lemon herb bean soup - 4
- Garden Soup - mixed vegetable soup - 4

Salads

- Garden Salad
lettuce, tomato, cucumber, carrots + house dressing - 4
- Katchumber •
chopped vegetable salad + vinegar lemon dressing - 4

Tiffins

served with coconut chutney + sambar •

- Assorted Tiffins for Two
veg cutlet, samosa, pakora + bajjia - 9
- Papadum
lentil wafers w/sweet spicy sauce - 3 + masala - 4
- Masala Spiced Cashew Nuts • - 5
- Behl Puri •
puffed rice, crispy noodles, tomato, onion with tamarind & cilantro - 4
- Idli
steamed rice & lentil flour cakes - 4 in rasam • or sambar • bowl - 5
- Idli Vada
combo of one idli + one vada - 4 in rasam • or sambar • bowl - 5
- Medu Vada
lentil flour donuts - 4 in rasam • or sambar • bowl - 5
- Dahi Vada •
vada in yogurt sauce - 5
- Batata Vada
potato fritters in a sweet spicy sauce - 4
- Pakora •
minced mixed vegetable & chickpea flour fritters - 4
- Bajjia
assorted vegetables in chickpea batter - 4
- Bonda
potato fritters - 4
- Alu Chaat •
potato in a yogurt tamarind + cilantro sweet spicy sauce - 4
- Chana Chaat •
chickpeas in a yogurt tamarind + cilantro sweet spicy sauce - 4
- Samosa •
potato & green pea turnovers - 4
- Samosa Chaat • •
samosas in a yogurt tamarind + cilantro sweet spicy sauce - 5
- Papri Chaat • •
crispies topped with tamarind, sweet yogurt + date chutney - 5

Punjabi Curries

served with basmati rice garnished with almond and cilantro

- Navratan Korma •
mixed vegetables, nuts, raisin + cream sauce - 10.00
- Kadhai Paneer Masala •
paneer, tomato, bell pepper + masala spices - 10.00
- Matar Paneer •
green peas, cheese + tomato cream sauce - 10.00
- Palak Paneer •
creamed spinach + cheese - 10.00
- Alu Palak •
potato + creamed spinach - 10.00
- Alu Matar
potato, green pea + mildly spiced tomato sauce - 10.00
- Alu Gobi
potato, cauliflower + mildly spiced tomato sauce - 10.00
- Alu Chana
potato, chickpea + mildly spiced tomato sauce - 10.00
- Alu Baigan
potato, eggplant, tomato + onion - 10.00
- Baigan Bartha
eggplant, tomato + onion - 10.00
- Chana Saag •
spinach, chickpea + cream sauce - 10.00
- Chana Masala
chickpea, onion + masala spices - 10.00
- Gobi Masala
cauliflower + masala spices - 10.00
- Bhindi Masala •
okra, tomato, onion + masala spices - 10.00
- Malai Kofta • •
two vegetarian 'meatballs' in a spicy tomato cream sauce - 10.00

Gujarati Curries

served with basmati rice garnished with almond and cilantro

Undhiyu•

potato, eggplant, yam, snow pea + butter sauce - 10.00

Kala Chana•

black chickpea, onion + tomato cream sauce - 10.00

Whole Moong

yellow-green lentil + sweet & sour sauce - 10.00

Sukhi Bhaji•

potato, hot pepper, onion + nuts - 10.00

Kadi•

creamy mildly spiced yogurt sauce - 10.00

Dosa

large crispy crepes served with coconut chutney + sambar•

Sada

crispy rice & lentil flour crepe - spice free - 7.50

Masala

sada dosa with a mildly spiced potato filling - 9.00

Ghee Masala•

sada dosa filled with masala + butter - 9.50

Paper

extra thin & crispy - 8.50

Paper Masala

paper dosa with a mildly spiced potato filling - 9.50

Paneer Masala•

sada dosa filled with masala + cheese - 9.50

Spinach masala dosa - 10

Mysore Sada•

hot mysore spices added to the crispy rice & lentil flour crepe - 8.50

Mysore Masala•

mysore sada dosa with masala filling - 9.50

Rava

semolina & rice flour crepe flecked w/cilantro - 9.00

Rava Masala

rava dosa filled with mildly spiced potatoes - 9.50

Onion Rava

semolina & rice flour crepe flecked w/cilantro + onions - 9.50

Onion Rava Masala

rava dosa filled with masala + onion - 10.00

Mysore Rava Masala•

rava dosa filled with masala + mysore spices - 10.00

Paneer Rava Masala•

rava dosa filled with masala + cheese - 10.00

Rava Masala w/Chili + GunPowder•

rava dosa filled with masala + hot green & gunpowder chillies - 10.00

Coconut Rava Masala•

rava dosa filled with coconut + masala - 10.50

Uttapam

savory rice & lentil flour pancakes sprinkled with cilantro and various toppings served with coconut chutney + sambar•

Plain - 8.00

Coconut - 9.00

Paneer• - 9.00

Mushroom - 9.00

Pea + Onion - 9.00

Onion + Hot Pepper•

Mixed Vegetable - onion, tomato, pea + carrot - 9.00

Chili, Tomato + Garlic• - 9

Rice

served with raita•

Pulav

basmati with mixed vegetables - 8

Kashmiri Pulav•

basmati with fruits, nuts, saffron, rose + cream sauce - 9

Biryani

basmati with vegetables, raisins, nuts + spices - 9.50

Bread

Chapati - whole wheat flat breads - 4.00

Pulka - fat-free flat breads - 4.00

Paratha - layered whole wheat bread - 4.50

Stuffed Paratha - choose onion, paneer• pea or potato stuffing - 5

Poori - fried puffy bread - 4.50 poori + masala - 5.50 poori saagu - 5.50

Accompaniments

Ghee• - 1

Mango, Coconut or Date Chutney - 2

Fresh Homemade Yogurt• - 3

Raita• cool yogurt with cucumber, onion + mint - 3

Sambar• tangy lentil broth - 2

Achar• spicy Indian pickles - 2

Dosa Podi• ground chili in oil - 2

Rice plain steamed basmati - 3

WEEKEND SPECIALS

Tiffins

served with coconut chutney & sambar*

Rava Idli

steamed spiced semolina cakes - 4.50 in rasam* or sambar* bowl - 5.50

Kanjeepuram Idli

steamed spiced rice cakes w/ginger, cumin & ghee - 4.50
in rasam* or sambar* bowl - 5.50

Dal Vada*

fried ground lentil patties w/onion + green chili - 4.50

Gobi Manchurian for Two

batter fried cauliflower florets
with an Asian inspired tomato glaze & cooked until dry - 10.00

Dhokla for Two

soaked chick pea flour seasoned with mild spices - 9.50

Dosas

served with coconut chutney & sambar*

Topi Dosa

kids' special spice-free dosa in the shape of a hat - 7.50

Set Dosa

steamed rice & lentil flour crepe, soft & fluffy - 8

Set Masala Dosa

set dosa + masala spiced potatoes - 9

Pesaratu*

green moong dal dosa w/onion, chili + spices - 9.50

Pondicherry Masala Dosa*

South Indian specialty - masala dosa with dosa podi, red onion, tomato & chili - 9.50

Chili + Cheese Dosa**

our version of a quesadilla, crisp dosa spread with cheese & a dash of chili - 9.50

Spring Dosa

our version of a spring roll
dosa wrapped around sauteed cabbage, carrot & bell pepper - 9.50

Jaipur Masala Dosa**

crisp dosa w/spicy cheese, onion, tomato, chili & pea filling - 9.50

Uttapam

served with coconut chutney & sambar*

Adai*

mixed lentil tawa w/onion, chili, aviyal, & jagri - 9.50

Chili + Cheese Uttapam**

our take on pizza - uttapam w/lots of cheese & a dash of chili - 9.50

Rice, Grains & Noodles

Pongal*

rice & lentils with a dash of ginger + chili - 9

Upma*

Indian polenta - cooked semolina with onion, chili, ginger & spices - 9

Vermicelli Upma*

vermicelli noodles with onion, tomato, potato, cashews,
peanuts, chili and seasoned with Indian spices - 9

Bisibelabath*

rice, lentils, peanuts, mixed vegetables + South Indian spices - 9

Tomato Rice

tomato flavored served with raita* - 8

Yogurt Rice*

spiced rice & yogurt served with raita* - 8

Lemon Rice

lemon flavored rice served with raita* - 8

Tamarind Rice*

tamarind & spice rice dish served with raita* - 8

Coconut Rice

rice flavored with coconut and served with raita* - 8

Curried Fried Rice

Our version of Chinese fried rice with onion, carrot, cabbage,
bell pepper, soy sauce & spice - 9

Aviyal*

served with basmati rice
coconut curry with mixed vegetables - 10.00

Chole Batura

large puffed bread with spicy chickpeas - 12

Thali Dinners

items are served together on a traditional thali set

Tiffin Wallah

papadum, palak paneer, chana masala, rasam, raita, chapati, pulav + kheer
- 15.00

Gujarathi

batata vada, kachori, undhiyu, kadi, pulav, poori, date chutney + rasmalai
- 15.00

South India

idli, medu vada, masala dosa, uttapam, sambar, coconut chutney + badam halwa
- 15.00

Sapadu

papadum, aviyal, poriyal, kootu, rasam, sambar, yogurt, poori,
white rice & dessert - 15.50

Desserts

Kheer

rice pudding - 4

Gulab Jamun

milkballs soaked in sweet syrup - 4

Rasmalai

sweet cheese in saffron cardamon cream - 4

Ice Cream

mango or vanilla - 4

Kulfi

dense cardamom scented ice cream - 4

Gajar Halwa

shredded carrots & cheese in sweet syrup - 5

Badam Halwa

sweet almond paste with ghee & saffron - 5

Halwa a la Mode

warm badam halwa topped with ice cream - 6

Beverages

Soda

coke, diet coke, 7-up, ginger ale - 12 oz cans - 2

Mineral & Sparkling Water - 2

Coffee or Tea - 2

Masala Chai

Indian chai spiced tea with milk - 2

Tiffin Coffee

Indian coffee with hot frothy milk - 2

Mango Juice - 3.50

Lassi

yogurt shake choice of mango, sweet or salty - 3.50

Chaas

yogurt shake with salt and spices - 3.50

Mango Milkshake

mango & milk - 3.50

Spicy Dairy

All of our authentic Southern Indian dishes are prepared fresh to order from wholesome natural ingredients and in accordance with Kosher dietary laws. 30 minutes or more may be required in order to serve the freshest food possible.

Tiffin is actually an old-English word for a light meal, and eventually became the name for a multi-compartment metal lunch box. Tiffin Wallah, in India, translates as "one who carries the box." Tiffin Wallahs originated over a century ago to bring tasty Indian food to the workplace and have evolved into an amazing lunch delivery system in India. We are bringing the concept to New York City. Delicious vegetarian South Indian dishes delivered fresh to your table.

Currently delivering in the Murray Hill area.

Luncheon Buffet

\$6.95 per person

Monday through Friday 11:30 am - 3:00 pm

Various curries, rices, breads, salads & desserts prepared fresh daily.

Luncheon Buffet Delivery

\$6.95 per person

Lunch delivery includes 2 curries, 1 rice, 2 breads, salad & dessert,

Add \$1.00 for each additional item

(raita, pickle, onion, relish, coconut, coriander or tamarind chutney, sambar)