

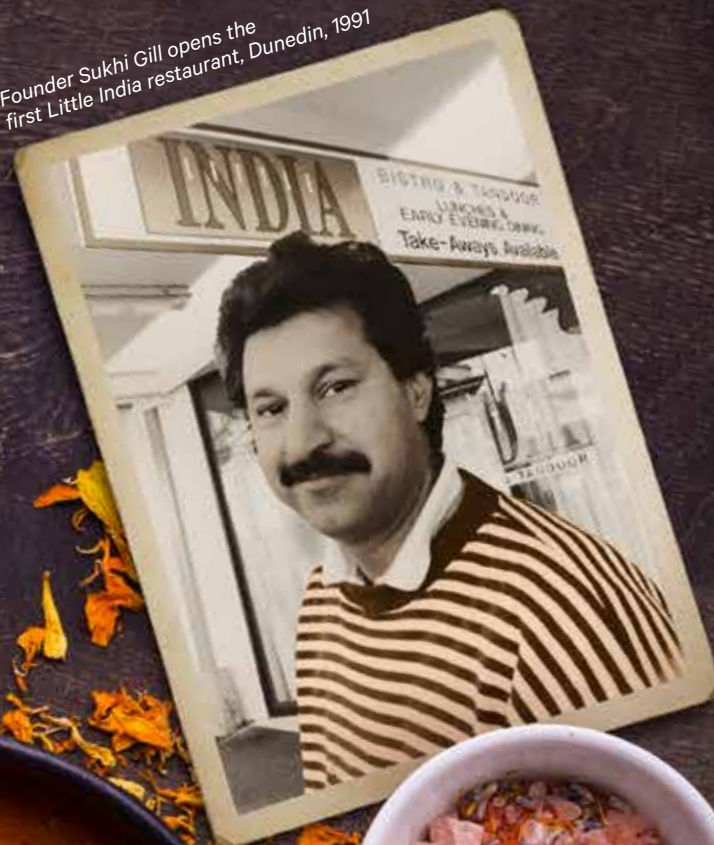


little
India®

SAT SRI AKAL

Kia ora. Welcome to Little India

Founder Sukhi Gill opens the
first Little India restaurant, Dunedin, 1991





little
India®

Authentic

CUISINE

**We have chosen to present some
of the more characteristic, yet
legendary dishes from North
India, especially the Punjab.**

**Our preparation makes our food
beautiful to behold and addictive
to the palate.**



About the menu

**Did you know we do not add any
Sugar or MSG into any of our dishes?**

**The majority of our dishes are Gluten Free
and Keto friendly because we do not add
anything to thicken our sauces.**

**Please see our food key to help with your
choices. Please talk with our friendly
staff if you have any questions.**

All our dishes are made fresh to order.

**Good things take time, if you are in hurry
please let our staff know.**

(V) VEGETARIAN

(VE) VEGAN

(DF) DAIRY FREE

**(G) CONTAINS
GLUTEN**

**(VR) VEGAN ON
REQUEST**

**(DR) DAIRY FREE
ON REQUEST**

(E) CONTAINS EGG

(NK) NOT KETO FRIENDLY

Our grandmother Premjit Kaur Gill



Culinary

LEGEND

Our Grandmother Premjit Kaur Gill

The recipes we use have
come from the kitchen of our
Grandmother Premjit Kaur Gill.

She is still involved in selecting
and training our chefs in her
own kitchen in Chandigarh.

Health and happiness. Enjoy!





BANQUETS



Our grandfather Squadron Leader Jasber Singh Gill,
ADC to Jackie Kennedy on her trip to India, 1962

Maharaja Banquet

(minimum 2 people or more)

\$42

per person

Starters:

Vegetable Samosa, Onion Bhaji, Barra Kebab and Tandoori chicken.

Mains:

Murg Mumtaz, Lamb Vindaloo or Madras, Ganga Jamuna Subzi served with Basmati rice and Naan bread.

Maharaja Vegetarian Banquet

(minimum 2 people or more)

\$37

per person

Starters:

Vegetable Samosa, Pakora, Onion Bhaji, and Paneer Pakora.

Mains:

Malai Kofta, Palak Paneer, Amritsari Chole or Daal Makhani served with Basmati rice and Naan bread.

Little India Banquet

(minimum 4 people or more)

\$50

per person

Starters:

Papadoms and side dish platter, followed by the Mixed Platter.

Mains:

Choice of 4 mains served with Basmati rice and Naan bread.

Dessert:

Choice of dessert from the dessert menu.



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Full bodied

FLAVOURS

**We use traditional Tandoors which
have a clay pot and are fired by
charcoal. This gives our naans and
meats their great flavour.**





STARTERS

STARTERS



PLATTERS

Our platters are designed to be shared between 2 people.

Tandoori Platter for 2 30

Consists of Chooza Tikka, Malai Tikka, Achaari Tikka and Barra Kebab. A delightful array of Tandoori Kebabs.

♥ Mixed Platter (NK) 27 for 2

Consists of Vegetable Samosa, Onion Bhaji, Barra Kebab and Tandoori Chicken. Specially recommended by Little India.

Vegetarian Platter (V) (NK) 22 for 2

Consists of Vegetable Samosa, Pakoras, Onion Bhaji, Paneer Pakoras and Paneer Aloo Tikki. A must for all vegetarians.



Vegetable Samosa (G) (VE) (DF) (NK) 8.5

Flaky pastry, filled with diced potatoes, peas and cumin seed, then fried golden brown. 2 Samosas per portion.

Pakoras (VE) (DF) 7.5

Fresh vegetables dipped in a spiced chickpea batter and finished in hot oil.

Onion Bhaji (VE) (DF) 8

Onion rings dipped in a spiced chick pea batter and finished in hot oil. 3 Onion Bhajis per portion.

a Little India favourite

Paneer Aloo Tikki (G) (V) (NK) 12

An interesting mixture of potatoes, home made Indian cottage cheese, onions and fresh coriander made into patties and finished in hot oil. A must for all vegetarians. 6 Tikkis per portion.

Paneer Pakoras (V) 12.5

Home made Indian cottage cheese layered with spinach, then lightly dipped in a spiced chick pea batter and finished in hot oil. 6 Pakoras per portion.

Paneer Tikkas (V) 17.5

Home made Indian cottage cheese marinated in yoghurt and spices, skewered with green pepper and onions and roasted in the Tandoor. 6 pieces per portion.

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Aloo Chaat (V) (NK)

A tangy and spicy mix of potato cubes, diced cucumber, tomato and onion seasoned with cumin powder and chaat masala.

12

Malai Tikka

13

Fillets of chicken marinated in yoghurt, crushed cashews, white pepper, cheese, fresh ground spices, then cooked in the tandoor. *3 pieces per portion.*

Tandoori Mushrooms (V)

15.5

Mushrooms dipped in a spicy garlic and yoghurt marinade and cooked in the tandoor. *8 pieces per portion.*

Achaari Tikka

13

Fillets of chicken marinated overnight in Little India's own mix of yoghurt, mustard, fenugreek and onion seeds, then cooked in the tandoor. *3 pieces per portion.*

Tandoori Prawns

20

Marinated prawns cooked in the tandoor. *8 pieces per portion.*

Tandoori Chicken

FULL 25
HALF 15

Tender spring chicken marinated with fresh herbs and spices, then skewered and cooked in the tandoor.

Chooza Tikka

13

Fillets of chicken marinated in yoghurt and spices overnight, then skewered and cooked in the tandoor. *3 pieces per portion.*

Fish Tikka

17

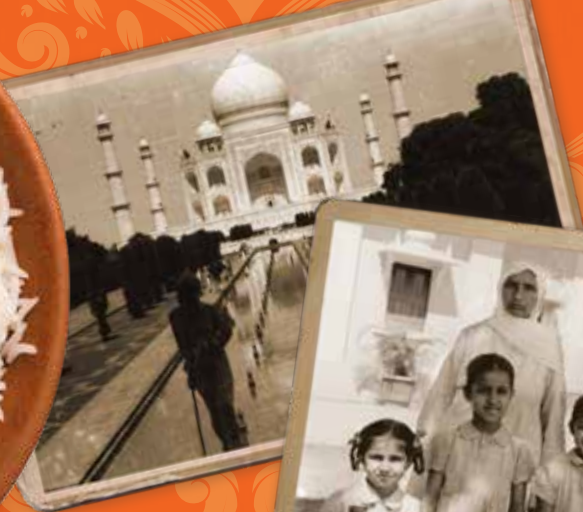
Filletted fish marinated in yoghurt, mustard oil and spices, skewered and cooked in the tandoor. *6 pieces per portion.*

Barra Kebab

21.5

Lamb chops dipped in a spicy marinade, skewered and cooked in the tandoor. *4 pieces per portion.*





The Gill family

The Perfect **COMPLIMENT**

**Our food with its tandoori kebabs,
kadais, and other delicacies, is
complimented with Naan breads and
Basmati rice.**

**Basmati rice is the king of all rice
grown only in the Punjab.**





MAINS

MAINS



Chicken Vindaloo 20

Lamb Vindaloo (DF) 23

Prawn Vindaloo (DF) 25.5

A hot dish, made world famous by the Chefs of Goa. It has a Portugese influence. It is cooked with vinegar, capsicum and whole spices. Peas Pulao is a real compliment to this dish.

Murg Mumtaz (Butter Chicken) 21.5

A world famous Indian delicacy. Also known as butter chicken. Half cooked the tandoori way and finished the curry way, with crushed cashews, cream and spices.

Mango Chicken 21

Due to popular demand Little India has created its own unique recipe for Mango Chicken. Succulent chicken cooked in the tandoor and finished in our mouthwatering fragrant mango sauce.

Kadai Chicken 22

a Little India favourite

Kadai Lamb 24.5

Kadai Prawns 25.5

This mouth watering dish is cooked with crushed tomatoes, onions, cream and fresh coriander. It has a thick gravy and goes really well with one of our tandoori breads.

Bhuna Chicken 21.5

Boneless spring chicken cooked with ginger, garlic, fresh coriander, capsicum, onions and spices.

Bhuna Gosht (DF) 24.5

Diced lamb cooked with ginger, garlic, onions and spices.

Murgee Madras (Chicken) 20

Lamb Madras (DF) 23

A favourite with those who enjoy their curry hot. A South Indian dish with onions, ginger, garlic and spices. Vegetable Pulao is a real compliment with this dish.

Chicken Saagwala 22

Lamb Saagwala (DR) 24.5

Prawn Saagwala (DR) 25.5

An abundance of spinach, cooked with tomatoes, ginger, garlic and spices.

Lamb Korma 23.5

Chicken Korma 21.5

Traditionally a mild dish cooked in a creamy sauce made of almond paste, cream and spices. Kashmiri Pulao is a real compliment with this dish.

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Chilli Chicken (G) (DF) (E) (NK) **22**

This Indo-Chinese influenced dish has become increasingly popular in the Punjab. Fresh chicken coated in cornflour and spices then fried. Cooked with capsicum, onion, spring onion and finished with soy sauce and our home made chilli chutney. As name describes this dish is only served spicy.

Rogan Josh (DR) **23**

The master chefs of the Royal Mughal kitchens boasted about perfecting this dish. Lean lamb cooked with roasted and crushed spices.

Chicken Tikka Masala **21.5**

An internationally renowned dish. Boneless chicken cooked in a secret recipe of yoghurt, cream and spices.

Chicken Jhalfrezee **22**
Lamb Jhalfrezee (DF) **24.5**
Prawn Jhalfrezee (DF) **25.5**

Jhalfrezee was one of the supreme dishes created during the days of the Raj. "Jhal" is hot and "frezee" is stir fried. Cooked with red capsicum, coconut milk, tomatoes, spring onions and spices.

Bengali Fish **24.5**

A popular East Indian fish dish. Cooked with ginger, garlic, onions, tomatoes and freshly ground spices.

Fish Malabari **24.5**
Prawn Malabari **25.5**

A Bombay speciality. Cooked with coconut, capsicum, tomatoes, cream and an assortment of spices.

Achaari Chicken **22**
Achaari Lamb **24.5**

Cooked with mustard oil, ginger, garlic, onion seeds, fenugreek seeds and spices. Intense in Indian pickle flavours, normally served hot.

Lamb Pasanda **23.5**

Diced lamb lightly sauteed with onions, garlic, ginger, coriander and tomatoes. Then cooked with spices, yoghurt and cream.

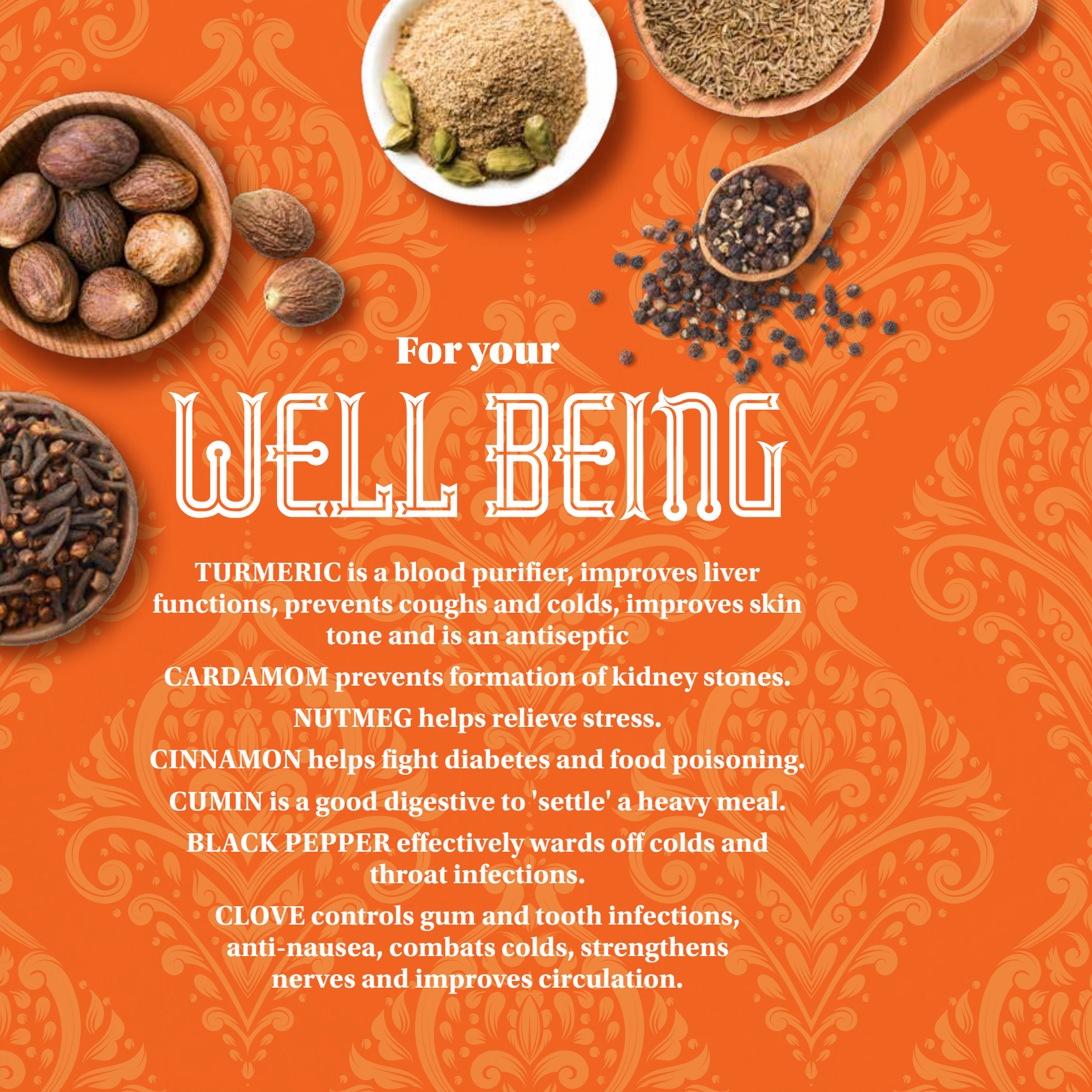
Lamb Dhansak (DF) **24.5**

Dhansak is a Parsi delicacy. Diced lean lamb cooked with lentils and vegetables, in a sauce tempered with coriander seeds, ginger, garlic and perfected with cooked pumpkin. Jeera rice is a real compliment with this dish.

Chicken Biryani (NK) **24**
Lamb Biryani (NK) **26**
Prawn Biryani (NK) **28**

Basmati rice cooked with chicken, lamb or prawns. Infused with fresh spices and garnished with fresh coriander. A delicious wholesome meal served with raita, mixed pickle and papadoms.





For your

WELL BEING

TURMERIC is a blood purifier, improves liver functions, prevents coughs and colds, improves skin tone and is an antiseptic

CARDAMOM prevents formation of kidney stones.

NUTMEG helps relieve stress.

CINNAMON helps fight diabetes and food poisoning.

CUMIN is a good digestive to 'settle' a heavy meal.

BLACK PEPPER effectively wards off colds and throat infections.

CLOVE controls gum and tooth infections, anti-nausea, combats colds, strengthens nerves and improves circulation.

A close-up photograph of a white ceramic bowl with a dark blue rim, filled with cooked, dark green spinach. The spinach is wilted and has some lighter green areas, possibly from oil or seasoning. A silver fork is partially visible on the right side of the bowl. In the background, another silver fork is blurred. The bowl is resting on a brown, textured cloth. A white, decorative banner with a scalloped edge is centered over the spinach.

VEGETARIAN

VEGETARIAN



Aloo Gobi (DF) (VE) (NK)

18

Potatoes and florets of cauliflower cooked with cumin seeds, turmeric, coriander and spices.

Aloo Saag (VR) (NK)

18.5

Potatoes cooked with spinach and spices.

Ganga Jamuna Subzi (NK)

18.5

Fresh seasonal vegetables cooked with cumin seeds, turmeric, chopped tomatoes and spices.

Aaloo Baingan (Seasonal) (VE) (NK)

19.5

Sautéed eggplant and potato cooked with ginger, garlic, onions and tomatoes finished with freshly ground spices.

Subzi Bhaji (VR) (NK)

18.5

Finely chopped seasonal vegetables cooked with garlic, ghee and a special mix of spices.

Malai Kofta (G) (NK)

19.5

Home made Indian cottage cheese, potatoes and spices mixed together and then finished in hot oil and served with a creamy gravy made of crushed cashews and spices.

Chilli Paneer (G) (E) (NK)

19.5

This Indo-Chinese influenced dish has become increasingly popular with vegetarians in the Punjab. Home made paneer coated in cornflour. Cooked with capsicum, onion, spring onion and finished with soy sauce and our home made chilli chutney. As name describes this dish is only served spicy.

Mattar Paneer

19.5

Peas and home made Indian cottage cheese cooked with tomatoes, spices and herbs.

Palak Paneer

19.5

Cubes of home made Indian cottage cheese cooked with spinach and spices.

a Little India favourite

Shahi Paneer

19.5

Home made Indian cottage cheese cut in cubes and cooked with cream, tomatoes and crushed almonds.

Paneer Shimla Mirch

19.5

Home made Indian cottage cheese cooked with capsicum, onions, tomatoes and spices. Specially recommended by Little India .

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Daal Makhani



Black lentils and kidney beans cooked with ghee and spices.

17

Amritsari Chole



Chickpeas cooked with ginger, garlic, onions and tomatoes, finished with freshly ground spices and amchur, giving the dish unique North Indian flavours.

17.5

Tarka Daal



Yellow split lentils cooked with cumin seeds, ginger, garlic, tomatoes and turmeric.

16

Vegetarian Biryani



Basmati rice cooked with mixed seasonal vegetables. Infused with freshly ground spices and garnished with coriander. A delicious wholesome meal served with raita, mixed pickle and papadoms.

22

Bombay Aloo



Diced potatoes cooked with cumin seeds and spices. This is a dry dish.

15

Khumb Mattar

Mushrooms and green peas cooked with garlic, cream and spices.

19.5

Aloo Mattar



Potatoes and peas cooked with tomatoes and ground spices.

18



Founder of Little India, Sukhi Gill (photo taken 1962)



A photograph of three bowls filled with fluffy, yellow-tinted rice, likely saffron rice, garnished with small pieces of brown meat and green herbs. The bowls are arranged on a rustic wooden surface. The bowl in the foreground left is ornate and silver-colored, with a matching spoon resting beside it. The bowl in the foreground right is a simple black ceramic. The bowl in the background is a light-colored terracotta. A white banner with the text "SIDES & RICE" is centered over the middle bowl.

SIDES & RICE

SIDES

Side Dish Platter (NK) 15

Raita, mint chutney, kechumber, banana and coconut, Little India chilli chutney and mango chutney served with 10 poppadoms.

Poppadom (4 Pieces) 2

Raita 5

Yoghurt mixed with cucumber and ground spices.

Mint Chutney 5

Yoghurt mixed with mint, green chillies and spices.

Kechumber 5

Diced onions, tomatoes, cucumber, coriander with a touch of lemon juice and spices.

Banana and Coconut 5

Sliced bananas sprinkled with desiccated coconut.

Little India Chilly Chutney 5

For the daring!!!

Mixed Vegetable Pickle (Achaar) 5

Mango Chutney (NK) 5

Tamarind (NK) 5

A sweet but tangy sauce, a perfect match for our vegetarian starters.

Little India Salad 9

Onions, cucumber, cabbage and tomatoes with lemon juice and a special mix of spices.

Onion Salad 5

SIDES & RICE

Premjit playing a sitar

RICE

Basmati Rice 5.5

Plain, steamed Basmati rice.

Jeera Rice 7.5

Basmati rice cooked with cumin seeds.

Kashmiri Pulao 8

Basmati rice mixed with cashews, almonds, sultanas and desiccated coconut.

Peas Pulao 8

Basmati rice cooked with sauteed peas, onions and spices.

Mixed Vegetable Pulao 8.5

Basmati rice cooked with fresh seasonal vegetables and spices.

Chicken Pulao 14

Basmati rice cooked with tender boneless chicken, peas, onions and spices.

Cauliflower Rice 11

Cauliflower blended and cooked with cumin and turmeric. This is a zero carbohydrate (keto) alternative to rice. You can replace the basmati rice that is served with your curry for Cauliflower Rice for \$5.50.

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BREADS

BREADS

Ask our friendly staff if you would like one of breads made without egg. (All our breads contain Gluten and are not keto friendly).

Naan ^(E)

Leavened bread made of refined flour baked in the tandoor.

4.5

Garlic Naan ^(E)

Leavened bread sprinkled with crushed garlic, baked in the tandoor.

4.5

Keema Naan ^(E)

Naan with a stuffing of spiced lamb mince.

6.5

Onion Kulcha ^(E)

Naan with a stuffing of onions and spices.

5

Chicken Naan ^(E)

Naan with a stuffing of mildly spiced chicken.

6.5

Paneer Kulcha ^(E)

Naan stuffed with home made Indian cottage cheese and spices.

5.5

Paneer & Garlic Kulcha ^(E)

Naan sprinkled with crushed garlic, stuffed with home made Indian cottage cheese and spices.

6

Kashmiri Naan ^(E)

Naan topped with nuts and sultanas.

6



The Gill family

Vegetable Kulcha ^(E)

Naan stuffed with fresh seasoned vegetables and spices.

5.5

Tandoori Roti

Unleavened wholemeal flour bread baked in the tandoor.

4

Lacha Parantha

Unleavened wholemeal flour bread layered with lashings of ghee. Baked in the tandoor.

5

Aloo Parantha

Unleavened wholemeal flour bread stuffed with potatoes, onions and spices.

5.5

Cheese Naan ^(E)

Naan stuffed with cheese and spices.

5.5

Cheese & Garlic Naan ^(E)

Naan sprinkled with crushed garlic, stuffed with cheese and spices.

6

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A close-up photograph of a silver-colored metal bowl containing several round, golden-brown fried sweets, likely laddus. One laddoo in the foreground is broken open, revealing a soft, yellow-orange filling speckled with small green bits, possibly cardamom or pistachios. The bowl is set against a blurred background of a wooden surface and a metallic object. A white, ornate label with the word 'DESSERTS' in a stylized orange font is centered over the bowl.

DESSERTS

Pista Kulfi (G)

Specially made for Little India with abundance of pistachios.

12

Mango Kulfi (G)

Premium ice cream specially made for Little India, with mango liqueur (optional).

12

Gulab Jamun (G)

Creamed milk dumplings within a sweet syrup flavoured with green cardamoms. Served warm.

8

Icecreams

French Vanilla, Chocolate.

6



Our grandfather Squadron Leader Jasbir Sing Gill (turban) waiting for Dakota DC3 aircraft to be refueled in Malta, 1950.

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Natural BALANCE

5000 years ago, the Himalayan sages conceived the use of spice and herbs as a natural means to balance the metabolism of the body. This knowledge became the cornerstone of the Ayurvedic 'Science of Medicine'.

