



**WOODLANDS RESTAURANT**  
South Indian Vegetarian Cuisine

## **Welcome to Woodlands**

The Woodlands name is synonymous with the finest South Indian vegetarian cuisine throughout the world which is popular for its authentic flavours and fresh cooking.

Woodlands opened its first restaurant in Madras in 1937 and is now the largest Indian vegetarian restaurant group in the world, with thirty branches across India and London.

Since 1981 Woodlands in London have endeavoured to bring you the authentic tastes of our famous cuisine with the help of master chefs from our branches in India who use the original heavy stone grinders and other specialist equipment (from India ) for our rice, lentils, pulses & other food.

Our continuous commitment to quality combined with a little Woodlands magic gives our food the perfect texture and taste that is expected by all our patrons.

We hope you enjoy your meal

**MUMBAI • CHENNAI • BANGALORE**

**INDORE • BARODA • AHMEDABAD**

**MOUNT ABU • NEW DELHI**

**INDIA • UK**

## *Shuruaat.... To Begin*

<b>IDLI</b>	£4.75
Gently steamed rice and lentil puffs, served with Sambar and coconut chutney with <b>Malaga Pudi and Ghee</b> (Gunpowder) £1.50 extra	
<b>KANCHEEPURAM IDLI</b>	£4.95
Traditional rice and lentil puffs studded with green chilli, pepper and cashew nuts.	
<b>RASA VADA</b>	£4.75
Soft lentil doughnuts soaked in warm tangy Rasam (consommé).	
<b>DAHI VADA</b>	£4.95
A refreshing dish of lentil doughnuts immersed in cool yoghurt.	
<b>IDLI AND MEDU VADA COMBINATION</b>	£5.25
One piece each of these two popular dishes. Served with coconut chutney and sambar.	
<b>UPMA</b>	£4.75
Warm cream of wheat cooked with nuts, and served with coconut chutney.	
<b>SPECIAL UPMA</b>	£4.95
Cream of wheat cooked with nuts and delicate spice. Served with red chilli and coconut chutney.	
<b>MEDU VADA</b>	£4.95
Delicious golden fried lentil doughnuts, fluffy in the middle and crispy on the outside.	
<b>POTATO BONDA</b>	£4.95
Seasoned potatoes, nuts and mild spice fried in a gram flour batter.	
<b>VEGETABLE SAMOSA</b>	£4.25
Crispy pastry turnovers filled with specially seasoned potato and peas.	
<b>CASHEWNUT PAKORA</b>	£4.50
Cashewnuts, quick fried in a crunchy batter with aromatic spice. Ideal with drinks.	
<b>PANEER PAKORA</b>	£5.75
Cottage cheese slices fried in light batter(6 pieces).	
<b>SPECIAL BHAJIA</b>	£4.75
Onion slices dipped in spiced gram flour batter then golden fried for crispiness.	
<b>VARIETY PLATTER (for two)</b>	£12.50
Upma, 2pieces potato bonda, cashew nuts pakora.	

## *Soups*

### **RASAM**

Spicy lentil consommé.

£3.95

### **DAL SOUP**

Pulse soup with lemon and ginger.

£3.95

## *Chaat Selection*

### **BHEL POORI**

Crushed crispy pastry, seasoned potatoes and puffed rice coated in a sweet and sour tamarind chutney.

£4.95

### **CORN BHEL POORI**

Sweet corn with potato, onion and peanuts dressed in tangy sweet and sour chutneys.

£5.50

### **SEV POORI**

Pastry rounds, topped with chopped onions and fresh yoghurt. Garnished with tamarind chutney pastry vermicelli and mixed spice.

£4.95

### **DAHI BATETA POORI**

Poori's stuffed with seasoned potato, soaked in yoghurt and garnished with coriander chutney and mixed ground spice.

£4.95

### **ALOO TIKKI**

Traditional seasoned potato cutlets served with tamarind chutney.

£5.50

### **PALAK CHAAT**

Mashed potatoes with yoghurt and chaat masala on a bed of crispy spinach.

£5.25

### **RAJ KACHORI**

Large whole wheat puff filled with potatoes, chick peas, a trio of lentils all drizzled with yoghurt, mint and tamarind chutneys'

£6.50

### **TOKRI CHAAT**

Crispy potato basket filled with seasoned fruit, vegetables Drizzled with yoghurt, chutneys and special spices.

£6.50

# *Garam Tave Se....From The Hotplate.*

## *Our Famous Dosas and Uthappams*

The people of Southern India have developed over the years the fine art of making the Dosa. The Dosa is a crepe made from a batter of soaked lentils and rice, ground together and fermented

Woodlands have been serving the finest Dosas in London and around the world since 1938. All Dosas and Uthappams are accompanied with Sambar (lentil soup) and coconut chutney.

<b>SADA DOSA</b> Golden rice and lentil pancake	£4.75
<b>MASALA DOSA</b> Golden pancake filled with the traditional filling of seasoned potato onions and peas.	£5.95
<b>PAPER DOSA</b> A very large tube shaped, wafer thin, golden butter dosa.	£5.95
<b>PAPER MASALA DOSA</b> Same as the Paper dosa, but with the traditional filling served on the side	£6.50
<b>MYSORE MASALA DOSA</b> A delicious dosa cooked with butter, spicy 'red' chutney and the traditional potato filling. Highly recommended.	£6.95
<b>PANEER DOSA</b> Dosa filled with home-made cottage cheese and mild spice.	£7.25
<b>RAVA DOSA</b> Delicious cream of wheat pancake	£5.95
<b>RAVA MASALA DOSA</b> Cream of wheat dosa, filled with the traditional potato filling.	£6.50
<b>ONION RAVA DOSA</b> Delicious cream of wheat dosa sprinkled with fresh green chillies and sautéed onions.	£6.25
<b>ONION RAVA MASALA DOSA</b> Cream of wheat pancake with sautéed onions and green chillies. Filled with the traditional potato onions and peas mixture.	£6.95
<b>SPINACH DOSA</b> Rice and lentil crepe filled with spiced spinach	£7.25
<b>SPRING DOSA</b> Rice and lentil crepe filled with mint chutney, capsicum, spring onion, chaat masala, black salt.	£6.95
<b>MINT DOSA</b> Golden rice and lentil crepe smothered in a mint chutney and filled with a seasoned potato filling	£6.95
<b>MUSHROOM MASALA DOSA</b> Crepe filled with a creamy, spicy mushroom filling.	£6.95

## *Uttappams... South Indian Lentil Pizzas*

Uttappams are made from lentils and rice fermented overnight, similar to the Dosa.

They are cooked on both sides and come with a variety of toppings.

Uthappams are the South Indian version of a Pizza.

<b>TOMATO UTTAPPAM</b>	£5.95
<b>COCONUT UTTAPPAM</b>	£5.95
<b>ONION AND CHILLI UTTAPPAM</b>	£5.95
<b>MIXED UTTAPPAM</b> Topped with onions, tomato and coconut.	£6.50
<b>MASALA UTTAPPAM</b> With malaga puri and ghee.	£6.50
<b>Extra Toppings.</b> Green chilli / pepper / onion / coconut / tomato	£0.75

## *Thalis*

A Thali is a large circular tray holding numerous dishes. At Woodlands sample a selection of our favourite dishes served in a choice of four delicious set meals prepared by our chefs.

<b>WOODLANDS THALI</b> A delicious meal consisting of popaddums, three vegetable dishes, raita, poori, coconut / lemon rice and dessert.	£15.95
<b>MYSORE ROYAL THALI</b> (Jain /veg thali) Soup, poppadoms, potato palya, rasam, raita, dal, poori / chappati, steamed rice and dessert.	£17.95
<b>LONDON ROYAL THALI</b> A delicious meal consisting of masala dosa, onion uttappam / idli, pillau rice, vegetable korma, raita, sambar chutney and dessert.	£17.95
<b>DELHI ROYAL THALI</b> Dahi vada, channa, korma, paneer sabsi, dal, pillau rice, chappati and dessert.	£17.95

## *Accompaniments*

<b>PLAIN YOGHURT</b>	£1.95
<b>KACHUMBER RAITA</b> Freshly made yoghurt with chopped onion, tomato & potato	£2.95
<b>FRESH SALAD</b> Cucumber, tomato, onion with a fresh lemon dressing.	£2.95
<b>POPPADUMS</b> (2 pieces)	£1.25
<b>MASALA POPPADUMS</b> Savoury crisps garnished with chopped onion, tomato, green chilli and coriander.	£2.25

## *Baag Ki Sabzian.... Vegetable Specialities*

Try the freshly prepared vegetable specialities with any of our fresh breads or even a Sada Dosa.

<b>WOODLANDS KORMA</b>	£6.25
An assortment of garden vegetables cooked in a creamy, roasted cashew nut sauce.	
<b>VEGETABLE KOOTU</b>	£6.25
An authentic dish of market vegetables cooked in coconut milk and tempered with delicate south Indian spice. Delicious with rice.	
<b>CHANNA MASALA</b>	£6.50
Tender chick peas simmered in a delicious tomato & light masala sauce. Ideally eaten with a bathura.	
<b>MALAI PANEER</b>	£6.95
Creamy tomato sauce simmered with light spices, studded with home-made cottage cheese and peas.	
<b>SAAG PANEER</b>	£6.95
Spinach and home-made cottage cheese, tempered with garlic, cumin seeds and Indian spices.	
<b>SOOKI SABSI</b>	£5.95
Vegetable of the day cooked with Toor dal, coconut and mild spice.	
<b>ZEERA ALOO MASALENDAR</b>	£5.25
Potatoes sautéed with cumin seeds, red chilli and coriander seeds	
<b>BHAJJI</b>	£6.25
Brunoise of mixed vegetables cooked in a hot sauce and finished with green peppers for flavour.	
<b>TARKA DAL</b>	£5.50
Lentil stew cooked with ginger, lemon and green chilli.	
<b>SAAG DAL</b>	£6.50
Lentil stew cooked with fresh spinach	
<b>VEGETABLE SAMBAR</b> (no onion or garlic)	£5.25
Traditional South Indian lentil stew made with Urid Daal and studded with vegetables.	
<b>BHINDI MASALA</b>	£6.75
Fresh okra tempered with onions, ginger, sesame seeds and green chilli.	
<b>WOODLANDS KOFTA</b>	£6.95
Potato, spinach and pumpkin dumplings cooked a tomato gravy tempered with mustard and cumin seeds.	

## *Chawal Ka Khazana..... Speciality Rice*

<b>BISI BELE HULIANA</b> (weekends only) A mixture of rice, lentils and vegetables tempered with special spices. Served with crispy poppadums.	£5.95
<b>BAKALA BATH</b> A cooling mixture of rice, cucumber and yoghurt, tempered with asafoetida. Served with pickle.	£5.50
<b>COCONUT RICE</b> Basmati rice tossed in a karahi with coconut, peas and a kiss of ghee for flavour.	£4.50
<b>LEMON RICE</b> Basmati rice steamed with fresh lemons and finished by a special recipe.	£4.50
<b>PILLAU RICE</b> Basmati rice cooked with mixed vegetables and flavoured with ghee.	£4.50
<b>TOMATO RICE</b> Basmati rice cooked with tomato and mild chilli. Flavoured with curry leaves, ginger & garlic.	£4.50
<b>STEAMED RICE</b>	£2.75

## *Taze Garam Rotian.... Fresh Hot Breads*

Fresh hot breads are delicious with our vegetable specialities

<b>POORI</b> Three fluffy pieces of fried bread.	£2.95
<b>CHAPPATI</b> (two pieces) Two pieces of unleavened bread with a kiss of ghee.	£2.75
<b>BATHURA</b> A very large football shaped fluffy bread.	£2.75
<b>LACHADAR PARATHA</b> (two pieces) Delicious flaky unleavened wheat flour bread, pan fried with pure butter. Highly recommended.	£4.95
<b>STUFFED PARATHA</b> (one piece) Potato/Cauliflower/Paneer.	£3.25

We hope you have enjoyed your meal at Woodlands. Your comments are always welcome please bring them to the attention of the manager or contact our office on  
**T: 020 8904 7897 E: [enquires@woodlandsrestaurant.co.uk](mailto:enquires@woodlandsrestaurant.co.uk)**

### **HAVING A PARTY?**

**Restaurant facilities available to cater for upto 100 people at our Chiswick restaurant. Kindly contact our office above**

**Indoor functions catered for at our restaurants**

**Outdoor catering undertaken**

### **Woodlands branches in London,**

Open for lunch and dinner 7 days a week :

**77, Marylebone Lane, London W1M 4GA (off Marylebone High St.)**

**T: 020 7486 3862**

**F: 020 7487 4009**

**37, Panton Street, London SW1Y 4EA (off Haymarket)**

**T: 020 7839 7258**

**F: 020 7839 3723**

**102 Heath Street, Hampstead, London NW3 1DR**

**T: 020 7794 3080**

**F:020 8904 7359**

**12-14 Chiswick High Road. London W4 1TH**

**T: 020 8994 9333**

**F: 020 8987 0408**

Please be aware that some dishes may contain nuts. Please make your server aware if you are allergic to any foods.

All our dishes are prepared fresh to order. Apologies for any delays

Most of our dishes are available to take away

We do not use artificial colourings or preservatives

A discretionary service charge of 12.5% is levied on all bills

We have a minimum charge after 6pm of £10 per head

~~There is a minimum charge of £25pp (incl VAT & service) for parties of 12 persons or more when ordering from the A la carte menu.~~