

IT'S MIRCHI

HEALTHY INDIAN™

TAKEAWAY

284 GIVEN TCE, PADDINGTON

Order online for a 5% discount with the code: **Mirchi5**

1800 MIRCHI | ITSMIRCHI.COM.AU

OUR MENU IS DESIGNED
TO SUIT A WIDE VARIETY
OF TASTES, LIFESTYLES &
DIETARY REQUIREMENTS.

All of our meals are MSG free and we only use the freshest vegetables in all of our meals, never frozen!

We offer certified organic, gluten free, vegetarian, vegan, sugar free, dairy free, nut free and low carb choices so you can be at your best.

If you have specific dietary requirements, please let us know so we can help choose the right meal for you.

🌿 MILD 🌿 MEDIUM 🌿 HOT



DAIRY
FREE



GLUTEN
FREE



NUT
FREE



SUGAR
FREE



ALL MEALS
ARE MSG FREE



MEET YOUR CHEF

At It's Mirchi, we are so proud to serve meals designed by one of Australia's finest female Indian chefs, Urvashi.

Along with attention to detail, she attributes her mastery of the cuisine to the authentic Indian recipes passed down to her by her mother.

With Urvashi's keen interest in healthy eating, it's no wonder It's Mirchi is so good for you and so tasty at the same time!



HOME DELIVERY

Visit our website for pricing

MENU DATE:

5/9/18

TRADING HOURS

Dinner Mon - Sun, 4:30 - Late

EVENT CATERING

Function hall and party space available with catering. Plus off-site catering also available.

Call 1800 657 244 or
email info@itsmirchi.com.au



NOW SERVING LUNCH



*We are now serving Indian sizzling plates and craft beer or house wine.
Dine-in only.*

*Specials cannot be used in conjunction with other offers. Special deals cannot be upgraded or swapped. Order must be online. Food displayed may not represent actual product. All prices and offers subject to change at any time without notice. All prices include GST.

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VEGAN



CHICKPEA CURRY 🌱🌱🌱🌱 16.9
A chickpea and tomato based curry with a blend of fragrant spices.

GREEN MUNG MASALA 🌱🌱🌱🌱 16.9
Home style mung curry with fresh tomato sauce, seasoned with ginger, garlic and light spices.

KIDNEY BEAN MASALA 🌱🌱🌱🌱 16.9
A very famous home style North Indian curry made with onion, tomato sauce and light seasoning.



BOMBAY SPICED POTATO 16.9
🌱🌱🌱🌱

Diced potato sautéed in garlic and dry red chilli with roasted spices, finished with shallots.

VEG VINDALOO 🌱🌱🌱🌱 16.9

A favourite among the hot food lovers, Vindaloo is a delicacy from the west coast of India. It is chilli hot but delicious and now you can have with mix veg!

VEG WHOLE MASOOR 🌱🌱🌱🌱 16.9

Rich in flavours with a high level of protein. The perfect combination of the healthy and chilli.

FRESH VEG KORMA 🌱🌱🌱 17.9

Lightly spiced mixed vegetables & nuts, simmered in a mild creamy sauce.

GREEN POTATO* 🌱🌱🌱 17.9

Fresh spinach simmered with potato, roasted spices and a touch of cream.

*Can be made dairy free on request



TADKA DAAL 🌱🌱🌱🌱 16.9
Lentil cooked and sizzled with garlic and cumin.

DAAL SAAGWALA 🌱🌱🌱🌱 16.9
Pan cooked spinach curry with lentils, seasoned with ginger and garlic.



TOFU MASALA 🌱🌱🌱🌱

Our latest unique and delicious vegan blend of Indian spices, pepper, onion and tomato, finished with tofu.



ALOO GOBI 🌱🌱🌱🌱 16.9

Traditional potato & cauliflower curry, simmered with onion and tomato sauce.



BOMBAY SPICED POTATO 16.9
🌱🌱🌱🌱

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*Can be made dairy free on request

GOOD FOR YOU

HEALTHY ENTRÉES



FREE RANGE TIKKA 🌱🌱🌱 13.9
Boneless chicken marinated and roasted in an oven.



TAWA MUSHROOM / PANEER 13.9
🌱🌱🌱
Sautéed onion, capsicum and mushroom finished with shallots & spices.

SMOKY TAWA TOFU 🌱🌱🌱 12.9
Tofu cooked marinated in smoky BBQ sauce. (Vegan)



LIGHT TANDOORI PRAWNS 14.9
🌱🌱🌱
Prawns marinated and roasted in an oven.

GARLIC PRAWNS 🌱🌱🌱 14.9
The delicacy of the sea marinated with garlic and cream.



LIGHT TANDOORI BROCCOLI 11.9
🌱🌱🌱
Broccoli florets marinated in yoghurt base sauce and cooked in an oven.

HEALTHY BREADS

WHOLE MEAL ROTI 🌱 4.5
Wholemeal Indian bread (can be served without butter).

VEGAN GLUTEN FREE NAAN 🌱🌱 5.5
Indian bread made with chickpea flour & touch of rice flour.

VEGAN GLUTEN FREE GARLIC NAAN 🌱🌱 5.9
Gluten free naan rubbed in garlic.

VEGAN GLUTEN FREE IT'S MIRCHI NAAN 🌱🌱 6.5
Gluten free naan with onion, spinach, mushroom & avocado stuffing.

HEALTHY SIDES

ROASTED PAPPADUM 4

HEALTHY CURRIES



FREE RANGE CHICKEN SAAGWALA 🌱🌱🌱 23.95
Braised chicken breast cooked with spinach & onion, finished with fenugreek.



FREE RANGE CHICKEN DHANSHAK 🌱🌱🌱 23.95
Braised chicken breast cooked with lentils and finished with shallots.



ORGANIC LAMB SAAGWALA 🌱🌱🌱 24.95
Organic lamb cooked with ginger & garlic, herbs & spices, finished with spinach and fenugreek.

ORGANIC LAMB DHANSHAK 🌱🌱🌱 24.95
Organic lamb cooked with lentil & spices, finished with shallots.

INDIAN SALADS



IT'S MIRCHI SALAD 🌱🌱🌱 13.9
Sautéed mushrooms, spinach, avocado, lettuce and olives.



GREEN SALAD 🌱🌱🌱 5.9
Slices of tomato and cucumber on a bed of spinach.

IT'S
MIDCUL

ENTRÉES



VEG SAMOSA 🌱 7.9
Traditional homemade pastry filled with spice potatoes and peas, served with mint sauce.



ONION BHAJI 🌱🌱🌱 7.9
Slice onion fried in a mildly spiced batter.

HYDERABADI CHICKEN 65 🌱🌱🌱 12.9

Rice flour coated crispy chicken pieces served with sautéed onion, capsicum, and a tangy mouth-watering sauce.



FRESH CAULIFLOWER FLORETS 8 🌱🌱
Cauliflower florets coated in a chick peas batter and fried.



FRESH BROCCOLI FLORETS 8 🌱🌱
Fresh broccoli deep fried in a spicy batter.

SEAFOOD



GOAN BARRAMUNDI / PRAWN CURRY 🌱🌱🌱 22.9
Fresh fish or prawn curry made with ginger, garlic and green chilli, finished with dry spices & coconut cream.



PRAWN VINDALOO 🌱🌱🌱 22.9
A favourite among the hot food lovers. One of the delicacies from the West Coast of India. It is 'chilli hot' but delicious.

BREADS



NAAN 4.5
Indian flatbread made with plain flour.

GARLIC NAAN 4.9
Naan is made with fresh herb and garlic.

PESHAWARI NAAN 5.9
Naan stuffed with a blend of cashews, raisins and desiccated coconut.

IT'S MIRCHI NAAN 6.9
Naan stuffed with mushroom, spinach, avocado and onion.

SPINACH & FETA NAAN 5.9

CHEESE NAAN 5.9

GARLIC & CHEESE NAAN 6.5

AVOCADO & ONION NAAN 6.5

MUSHROOM & ONION NAAN 6.5

ONION KULCHA 5.9

CLASSICS

FREE-RANGE CHICKEN +\$6



BUTTER CHICKEN 🌱🌱 18.9
Aromatic marinated braised chicken breast simmered in creamy tomato sauce.



MANGO CHICKEN* 🌱🌱 18.9
Braised chicken breast simmered in a lightly spiced mango sauce.
*Can be made dairy free on request

CHICKEN / BEEF / LAMB FREE-RANGE CHICKEN +\$6 / ORGANIC LAMB +\$6



DHANSAK 🌱🌱🌱 18.9
The Parsi national dish made from rice, vegetable potpour and lentils.



COCONUT CURRY 🌱🌱🌱 18.9
South Indian style beef slow cooked in coconut, onion and aromatic spices.



ROGAN JOSH 🌱🌱🌱 18.9
Meat marinated in Kashmiri spices with fried onion in rogan oil.



KORMA* 🌱🌱 18.9
Indian gravy made with fennel and curry leaves, cooked with ground nuts simmered with creamy tomatoes
*Can be made dairy free on request



VINDALOO 🌱🌱🌱 18.9
A favourite among the hot food lovers. One of the delicacies from the West Coast of India. It is 'chilli hot' but delicious



SAAGWALA* 🌱🌱🌱 18.9
The succulent texture of the meat in this pan cooked spinach curry absorbs the flavours of spinach, ginger, garlic, and whole spices with roasted fenugreek.
*Can be made dairy free on request



MASALA 🌱🌱🌱 18.9
Traditional curry with sautéed onion, tomato and capsicum, finished with garam masala and coriander.



KADAI 🌱🌱 18.9
Your choice of meat cooked in crushed pepper, onion, capsicum and coriander.



CHICKEN TIKKA MASALA 🌱🌱 18.9
Braised chicken breast tikka simmered in a creamy sauce of ground cashews, tomatoes, onion and capsicum.

RICE

STEAMED BASMATI RICE 🌱🌱🌱 3
Plain boiled rice. Basmati rice is unique species of rice originating from India.

BROWN RICE 🌱🌱🌱 4.5
Boiled brown rice (a healthier choice).

SAFFRON RICE 🌱🌱 4
Yellow basmati rice with crushed saffron.

CAULIFLOWER & BROCCOLI RICE 🌱🌱🌱 6.5
A delicious no-carb option.

VEGETABLE RICE 🌱🌱🌱 7.5
Basmati rice and tender morsels of vegetables cooked with ginger and garlic, finished with shallots.

CUMIN RICE 🌱🌱 6.5
Basmati rice sautéed with ghee and cumin seeds.

COCONUT RICE 🌱🌱 4

KASHMIRI RICE 🌱 7.5
A popular North Indian style basmati rice cooked with sultanas and cashews, flavoured with cardamom and sugar.

VEGGIE



PANEER BUTTER MASALA 🌱🌱 17.9
Traditional Indian cheese in a creamy tomato sauce.



FRESH VEG BUTTER MASALA 🌱🌱 17.9
The same delicious flavours of our popular butts chicken with only vegetables instead.

PALAK PANEER 🌱🌱 17.9
Fresh spinach leaves simmered with paneer, roasted spices and a touch of cream.

MALAI KOFTA 🌱🌱 17.9
Vegetable dumplings filled with paneer nuts & raisins in a mild creamy sauce.

DAAL MAKHANI 🌱🌱 17.9
Whole uddad and kidney beans slowly braised in spices and a creamy tomato sauce.

PANEER KADHAI 🌱🌱 17.9
Indian style cheese simmered with onion, capsicum and black pepper in a thick tomato and onion sauce.

ACCOMPANIMENTS

LIME PICKLE 3.9
MANGO PICKLE 3.9
PAPPADUM 3.5
CUCUMBER RAITA 4.5
MANGO CHUTNEY 3.9

KIDS

CHICKEN NUGGETS 9.9
BUTTER CHICKEN 🌱 9.9
MANGO CHICKEN 🌱 9.9
CHICKEN KORMA 🌱 9.9
CHOCOLATE NAAN 4.5
PANNER/CHICKEN TIKKA POUTINE 14.9
Hot potato chips with paneer or chicken, butter sauce and cheese melted on top.

DRINKS



MANGO LASSI 6.5
SOFT DRINK CAN 375ML 3.9
FRUIT JUICE 4.5
Apple / Orange
ORGANIC FRUIT JUICE (SPARKLING) 5
Grapefruit / Pomegranate / Mango
FLAVOURED MINERAL WATER 4.5
Apple Berry / Orange Mango / Lime
Orange Passionfruit / Raspberry



DESSERTS

GULAB JAMUN 8.5
Solid milk balls soaked in sugar syrup and flavoured with cardamom and rose water.

KULFI - MANGO / PISTACHIO 8.5
Homemade Indian ice cream.

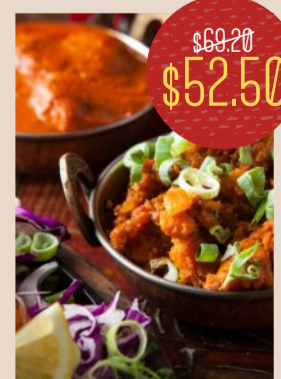
HOUSE SPECIAL

CHOOSE ANY 2 CURRIES* PLUS:

*Excluding Seafood

- 1 Onion Bhaji Entrée
- 2 Steamed Basmati Rice (+\$2 for Saffron or Coconut Rice)
- 2 Plain Naan (+\$2ea for Garlic Naan)
- Raita & Mint Sauce
- Pappadums (4pcs)

*Cannot be used in conjunction with other offers or discount. Sorry, this special cannot be upgraded or swapped. Order must be online.



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