



# LOTUS

Cuisine of India

NAMASTE - Welcome

“Eating together with those we love, eating nutritious food that has been prepared with love – this *can* nourish our inner needs, as well as our bodies. Taking time at meals to talk to each other and enjoy the meal as a shared sacrament is rare today. We need to slow down, take time to prepare nutritious meals and rearrange our schedules so that we can be together.”

Ekknath Easwaran



BIONEERS  
SPONSOR



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Pacific Sun Best of Marin Hall of Fame; 2005-2007, 2013, 2014  
Voted Excellent since 1998 by Zagat  
Marin IJ - Readers Choice Best Indian Restaurant 2017, 2018  
Marin Magazine - Voted Best Gluten Free Restaurant



Like us on  
Facebook!

**Don't see your old favorite dish in this menu?  
Let us know, and we can make it for you!**

**To allow diners to enjoy their meal please turn off your cell phone**

**All dishes are available Vegan and Gluten-Free at your request.**

## APPETIZERS

All of our appetizers are made with organic flour and served with a mint-cilantro sauce and a sweet tamarind sauce

MIXED VEGGIE PAKORAS ( <i>vegan</i> ) .....	4.95
<i>Fresh vegetables (pesticide-free spinach, cauliflower, potatoes &amp; red onions) dipped in chick pea flour and fried.</i>	
CHICKEN PAKORAS <i>Boneless white chicken dipped in chick pea flour and fried.</i> .....	5.95
VEGETABLE SAMOSAS <i>Homemade pastry stuffed with seasoned potatoes and peas (2 pieces).</i> .....	7.95
LAMB SAMOSAS <i>Homemade pastry stuffed with minced lamb and green peas (2 pieces).</i> .....	8.95
LOTUS PLATTER <i>Combination of above appetizers.</i> .....	9.95
PRAWN PAKORA <i>Prawns marinated and dipped in chickpea flour served tangy mint and cilantro sauce</i> .....	8.95
PANEER PAKORA <i>Homemade cheese stuffed with tangy mint and cilantro sauce.</i> .....	8.95
ONION PAKORAS <i>Thinly sliced onion dipped in mildly spiced garbanzo bean (chick pea flour) batter and fried.</i> .....	5.95
<i>We sell our Homemade Fresh Mint Sauce or Tamarind Sauce (8 oz) 6.95</i>	

## SOUPS AND SALADS

MULLIGATAWNY SOUP <i>Mildly spiced chicken soup.</i> .....	4.95
LENTIL SOUP (DAL) <i>Mildly spiced pureed organic lentil soup.</i> .....	3.95
GREEN SALAD <i>Lettuce, cucumbers, carrots, peas &amp; tomatoes served with ranch, thousand island, or homemade dressing.</i> .....	5.95

## CHEF SPECIAL FOR TWO PEOPLE

74.95

### FIRST COURSE

*Lotus platter appetizers, choice of soup*

### SECOND COURSE

*Tandoori chicken, seekh kabab, chicken tikka kabab, and tandoori prawns*

### FINAL COURSE

*Rogan josh, bengan bartha, chicken tikka masala, saag paneer, rice, naan, and choice of dessert*

***Chef Special not valid with any other offer***

*All of our wines are organic and/or sustainable and we have a wine pairing list for your enjoyment.*

**Please visit [www.Zagat.com](http://www.Zagat.com) and give us your feedback.**

***We are concerned about your health. Please advise us of any allergies.***

## INDIAN BREADS

**All of our Indian Breads are made with organic flour**

NAAN	<i>Leavened bread baked in a clay pit over charcoal.</i>	2.95
KABULI NAAN	<i>Naan stuffed with cashews, chopped marichino cherries, anise, coconut flakes with raisins</i>	4.25
LOTUS NAAN	<i>Naan stuffed with chopped spiced chicken, cashews, chopped marichino cherries, anise, coconut flakes with raisins.</i>	4.25
PANEER NAAN	<i>Naan stuffed with homemade organic cheese.</i>	4.25
KEEMA NAAN	<i>Naan stuffed with spiced ground lamb.</i>	4.25
GARLIC NAAN	<i>Naan topped with garlic.</i>	4.25
PESTO NAAN (HOLY BASIL)	<i>Naan topped with basil (pesto).</i>	4.50
ONION NAAN	<i>Naan stuffed with diced red onions.</i>	4.25
ALOO PARATHA	<i>Whole wheat bread stuffed with seasoned potatoes and peas (vegan).</i>	4.25
CHAPATI	<i>Oven-baked bread (wheat flour) (vegan)</i>	2.95
PARATHA	<i>Flakey layered oven-baked Indian bread (wheat flour) (vegan)</i>	3.99
ASSORTED BREAD	<i>Choose (3) from above breads</i>	11.95
GLUTEN FREE NAAN / GLUTEN FREE GARLIC NAAN / GLUTEN FREE PESTO GARLIC NAAN	....	4.00 / 4.95 / 5.95

## VEGETARIAN CURRIES

A LA CARTE

**All Curries are made with organic spices, non-GMO oil, organic coconut oil and organic ghee**

ALOO BENGAN	<i>Fresh Japanese baby eggplant and potatoes cooked in sliced onions and organic spices.</i>	13.95
PANEER TIKKA MASALA	<i>Homemade organic cheese cubes cooked with organic spices with a touch of ground cashew</i>	13.95
MALAI KOFTA	<i>Combination of organic cheese, potatoes, nuts &amp; raisins blended with organic spices, with a touch of ground cashew.</i>	13.95
NAVRATTAN KORMA	<i>Mixed vegetables with organic paneer and nuts.</i>	12.95
ALOO GOBI	<i>Fresh organic cauliflower cooked with potatoes and organic spices.</i>	12.95
SAAG PANEER	<i>Fresh pesticide-free spinach and organic paneer.</i>	12.95
MATTER PANEER	<i>Organic green peas with organic paneer.</i>	12.95
BENGAN BARTHA	<i>Eggplant delicacy with blend of organic spices.</i>	12.95
DAL MAKHNI	<i>Organic whole lentils cooked in organic spices.</i>	12.95
SAAG ALOO	<i>Fresh pesticide-free spinach with potatoes.</i>	12.95
CHANNA MASALA	<i>Organic chick-peas with fresh tomatoes, herbs and organic spices.</i>	12.95
DAL TARKA	<i>Organic chana dal cooked with tomatoes, onion, ginger, and spices</i>	12.95
MUSHROOM MASALA	<i>Mushroom cooked with garlic, ginger, tomatoes, organic spices, and a touch of coconut milk.</i>	12.95

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**All Curries are made with organic spices, non-GMO oil, organic coconut oil and organic ghee**

## CHICKEN CURRIES

A LA CARTE

CHICKEN SAAG <i>Chicken cooked with mildly spiced pesticide-free spinach. <b>Organic Chicken add \$1.50</b></i> .....	12.95
CHICKEN VINDALU - SPICY HOT .....	12.95
<i>Chicken cooked with potatoes, chili and verjus (non-fermented grape juice). <b>Organic Chicken add \$1.50</b></i>	
BUTTER CHICKEN <i>*Tandoori boneless chicken in a thick buttery gravy with a touch of ground cashew (dark meat only). <b>Organic Chicken add \$1.50</b></i> .....	13.95
CHICKEN COCONUT CURRY <i>Chicken with coconut milk, ginger, garlic, organic spices and a touch of basil. <b>Organic Chicken add \$1.50</b></i> .....	13.95
CHICKEN TIKKA MASALA <i>Chicken cooked in mild creamy curry sauce with a touch of ground cashew. <b>Organic Chicken add \$1.50</b></i> .....	13.95

## SEAFOOD CURRIES

A LA CARTE

PRAWN SAAGWALA <i>Prawns cooked in a creamy pesticide-free spinach.</i> .....	14.95
PRAWN CURRY <i>Prawns cooked in a tomato-onion gravy.</i> .....	14.95
PRAWN VINDALU (HOT) <i>Prawns cooked with spiced potatoes and verjus (non-fermented grape juice).</i> .....	14.95
TANDOORI PRAWN MASALA <i>Prawns cooked and served with mild creamy curry sauce with a touch of ground cashew.</i> ..	14.95
PRAWN COCONUT CURRY <i>Prawns cooked in coconut milk, ginger, garlic, organic spices and a touch of basil.</i> .....	14.95

## LAMB CURRIES

**All natural, no added hormones, no antibiotics.**

A LA CARTE

ROGAN JOSH (TRADITIONAL LAMB CURRY) <i>Lamb cooked in mildly spicy curry sauce.</i> .....	15.95
LAMB SAAG <i>Lamb cooked with mildly spiced pesticide-free spinach.</i> .....	15.95
LAMB VINDALU - SPICY HOT <i>Lamb cooked with potatoes and chili and verjus (non-fermented grape juice).</i> .....	15.95
LAMB COCONUT CURRY <i>Cubes of natural lamb cooked in mild coconut sauce.</i> .....	15.95

## THALI SPECIALS

Includes Pappadum, Salad, Naan, Rice, Raita and Dessert (Kheer or Gulab Jamun)

VEGETARIAN THALI .....	24.95
<i>Vegetable Pakora, Dal Soup, Vegetable Samosa, Dal Makhani, Saag Paneer and Navrattan Korma.</i>	
CHICKEN THALI .....	29.95
<i>Chicken Pakora, Mulligatawny Soup, Chicken Masala, two pieces of Tandoori Chicken and Saag Paneer.</i>	

***Thali Specials are not valid with any other offer***

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# TANDOORI (CLAY PIT OVEN) SPECIALTIES

A LA CARTE

TANDOORI CHICKEN.....	12.95
<i>Two whole chicken legs marinated in yogurt and Indian organic spices. <b>Organic Chicken add \$1.50</b></i>	
CHICKEN TIKKA KABAB .....	15.95
<i>Boneless breast pieces marinated and roasted, mildly spiced. <b>Organic Chicken add \$1.50</b></i>	
TANDOORI CHICKEN COMBO .....	22.95
<i>Two whole chicken legs <u>and</u> chicken tikka kabab (white meat) marinated in yogurt and Indian organic spices. <b>Organic Chicken add \$1.50</b></i>	
SEEKH KABAB .....	17.95
<i>Fresh lean ground lamb, with cilantro, cumin, mint and pomegranate seed pressed on skewers and roasted.</i>	
TANDOORI PRAWNS / TANDOORI FISH .....	17.95
<i>Jumbo prawns or salmon, lightly marinated in mustard seed, garlic, and ginger, and roasted.</i>	
TANDOORI MIXED GRILLED.....	21.95
<i>Assorted tandoori specialties. <b>Organic Chicken add \$1.50</b></i>	
CHICKEN HARBARA .....	17.95
<i>Boneless chicken cubes marinated in cilantro and mint spice. <b>Organic Chicken add \$1.50</b></i>	
LOTUS SPECIAL TANDOORI (HALF AND HALF).....	17.95
<i>Tandoori tikka and roasted prawns. <b>Organic Chicken add \$1.50</b></i>	
LAMB CHOPS (PLEASE ASK WAITER FOR AVAILABILITY) .....	28.95
<i>Marinated rack of lamb with Indian organic spices and verjus (non-fermented grape juice).</i>	

## LOTUS SPECIALS

A LA CARTE

CHICKEN CURRY (SURENDER) <i>House special traditional punjabi curry. <b>Organic Chicken add \$1.50</b></i> .....	13.95
LAMB TIKKA MASALA <i>Lamb cooked in mild creamy sauce with a touch of ground cashew.....</i>	15.95
VEGETARIAN JALFREZI <i>Fresh vegetables with tomatoes and organic spices.....</i>	12.95
GOA FISH CURRY <i>Fresh salmon cooked with creamy based coconut milk .....</i>	16.95
KADAHI LAMB <i>Lamb cooked with tomato, onion, bell pepper, ginger, and garlic .....</i>	16.95
KADAHI FISH <i>Salmon cooked with tomato, onion, bell pepper, ginger, and garlic .....</i>	16.95
FISH TIKKA MASALA <i>Salmon cooked in mild creamy sauce with a touch of ground cashew .....</i>	16.95

*18 % Gratuity will be added to the check for parties of five or more.*

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## SIDE DISHES

PAPPADUM <i>Two thin baked lentil wafers.</i> .....	2.95
KASHIMIRI RICE / ECO FRIENDLY BROWN RICE <i>Non-GMO Indian basmati rice.</i> .....	3.00 / 3.50
RAITA <i>Homemade yogurt with carrot, tomatoe, cilantro, mint, cucumber and spices.</i> .....	2.95
PICKLE (ACHAR) <i>Pickled Mango</i> .....	2.95
MANGO CHUTNEY .....	2.95

## BIRIYANI ENTREES

All Biryani served with Raita - Gluten Free

VEGAN-VEGETARIAN / 13.95    CHICKEN / 14.95\*    LAMB / 16.95    PRAWN / 6.95

*Basmati rice, zucchini, cauliflower, carrots, broccoli, turnip, bell pepper, onion, green peas, cashews, raisins and organic spices and your choice of the above. \*Organic Chicken add \$1.50*

## INDIAN DESSERTS

KHEER <i>Traditional chilled rice pudding made with milk and flavored with cardamon, saffron, and rosewater</i> .....	4.95
GULAB JAMUN <i>Juicy light pastry made from milk, served with hot honey syrup</i> .....	4.95
*ORGANIC INDIAN ICE CREAM <i>Mango, Rose Petal, or Green Cardamon (Ask for Gluten Free or Vegan if available)</i> ...	4.95
KULFI <i>Traditional saffron flavored Indian ice-cream enriched with pistachio, almonds, and green cardamon</i> .....	4.95

## BEVERAGES

LEMONADE (ORGANIC) OR ROSE LEMONADE.....	3.95 / 4.95
MANGO LASSI <i>Homemade yogurt drink with mango</i> .....	4.95
LASSI <i>Homemade yogurt drink with rose water</i> .....	3.95
MANGO OR APPLE JUICE .....	3.95
GINGER ALE OR ROOT BEER .....	3.95
HERBAL TEA, BLACK TEA, OR GREEN TEA <i>Indian tea with organic spices</i> .....	3.95
MASALA CHAI <i>Traditional Indian Drink (One Refill on Chai)</i> .....	3.45
COKE, DIET COKE, SPRITE, FANTA ORANGE, MINERAL WATER OR ICED TEA (Refills \$1) .....	2.95
MARIN KOMBUCHA (16 oz) <i>Apple Juniper, Pinot Sage, Original Oak, or Ginger Lemongrass</i> .....	4.95

# Thank You

*We reserve the right to refuse service to anyone.*

*15 % Gratuity will be added to the check for parties of five or more. Checks will be split maximum in 4.*

**Order online to-go at [www.lotusrestaurant.com](http://www.lotusrestaurant.com)    Lunch Buffet • Mon.-Sat. 11:30 to 2:30**

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