

TANDOOR

LACHA PRANTHA	\$ 7.90
Northern Indian flatbread made with wholewheat flour and butter.	
PRANTHA ALOO / CHILLI / ONION / CAULIFLOWER	\$ 13.90
PRANTHA PANEER (COTTAGE CHEESE)	\$ 17.90
Hand rolled white flour bread with your choice of stuffing: Potatoes, Onion, Chilli, Paneer or Cauliflower.	
KATHI ROLL ALOO (SPICY POTATO)	\$ 16.90
KATHI ROLL PANEER (COTTAGE CHEESE)	\$ 19.90
Bread roll filled with either a spicy potato mixture, chutney and tomato ketchup, or a spicy masala of paneer, wrapped in naan.	
AMRITSAR KULCHA or PANEER KULCHA	\$ 19.90
Traditional Punjabi recipe of leavened flatbreads, stuffed with spicy potatoes; OR Paneer (spiced cottage cheese filling) Served with chickpea curry.	

CHAAT & SNACKS

PANI PURI	\$ 13.90
Puffed hollow pastry rounds served with seasoned potatoes and chilled mint flavoured water.	
PAPDI CHAAT	\$ 15.90
Crunchy mini crisps, potato, chickpeas, sweet yoghurt tamarind and mint sauce.	
BOMBAY BHELPURI	\$ 15.90
Puffed rice w crisp gram threads, onions, tomato & spiced dressing.	
ALOO TIKKI CHAAT	\$ 16.90
Mashed potato patties mixed with coriander, onions and spices served w chickpeas and chutney.	
BHALLA PAPDI	\$ 16.90
Lentil dumplings dunked in a sweet yogurt, topped w tamarind sauce & mint sauce.	
SAMOSA CHAAT	\$ 17.90
Samosa served with chickpea curry, tamarind sauce, mint sauce and sweet yoghurt.	
PAV BHAJI	\$18.90
A spicy blend of mashed vegetables w lightly buttered, toasted bun.	
CHOLE BHATURE	\$ 21.90
Punjabi dish of chana masala and fried bread, made from maida (fine white wheat) flour.	
NOODLES - WITH VEGETABLES	\$ 18.90 / CHICKEN \$ 24.90

CHILDREN'S MENU*

KID'S COMBO Butter chicken, naan and rice	\$ 16.90
CHICKEN NUGGETS	\$ 10.00
FRENCH FRIES	\$ 7.00

RICE & RICE DISHES

BIRYANI CHICKEN / BEEF / LAMB	\$ 26.90	PEAS PULAV \$ 12.90
Rice cooked with Chicken, Lamb, or Beef in herbs and spices.		Steamed Basmati rice, cooked with green peas.
BIRYANI VEGETABLE	\$ 20.90	CAULIFLOWER RICE \$ 12.90
Rice cooked with vegetables in herbs and spices.		● Pearls of crushed cauliflower
BIRYANI PRAWN OR GOAT	\$ 31.90	ZEERA RICE \$ 9.90
Rice cooked with Prawns OR Goat and herbs and spices.		Steamed Basmati rice, cooked with cumin seeds.
FRIED RICE with VEG	\$ 16.90 / with CHICKEN \$ 24.90	PLAIN RICE \$ 4 / \$6
		Container of steamed Basmati rice.

BREADS

NAAN \$ 5.50	ROTI \$ 5.50
Plain flour bread cooked in tandoor oven, w butter.	Hand-rolled bread, made from wholemeal and white flour.
GARLIC NAAN \$ 6.50	ALOO KULCHA \$ 13.90
Plain flour bread, stuffed w garlic.	Plain flour bread, stuffed with spiced potatoes.
CHEESE NAAN or CHEESE+GARLIC \$ 7.90	KASHMIRI NAAN \$ 8.90
Stuffed with cheese/ garlic.	Specialty recipe of Kashmir. Stuffed w dried fruit and spices.
SPINACH & CHEESE NAAN \$ 7.90	KEEMA NAAN \$ 12.90
Stuffed with spinach and cheese.	Bread stuffed w spiced mince mixture.
CHICKEN NAAN \$ 12.90	● GLUTEN FREE ROTI 7.90
Stuffed with chicken.	

SIDE DISHES

RAITA, PICKLES, SWEET MANGO CHUTNEY, MINT SAUCE, TAMARIND SAUCE	each	\$ 5.00
ONION SALAD		\$ 9.90
INDIAN SALAD		\$ 11.90
POPPADUMS	2 pcs	\$ 2.00
MANGO LASSI		\$ 7.00

DESSERTS

GULAB JAMUN Plate (2 pcs)	\$ 7.00
Popular milk-solid-based sweets originating in northern India.	
RASGULLA Plate (2 pcs)	\$ 7.00
Dumplings of chhena & semolina dough, cooked in light sugar syrup.	

TAKEAWAY MENU

Suncourt Indian
Cuisine • Snacks

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ENTRÉE* / MAINS

- VEGETABLE SAMOSA** 2 pieces \$ 11.90
Triangular pastry filled with potatoes and peas, subtly spiced.
- MIX PAKORA** \$ 11.90
Chopped vegetables, mildly spiced, dipped in chickpea flour batter and deep fried.
- ONION BHAJI** \$ 11.90
Sliced onion stirred in chickpea flour batter and deep fried.
- CHICKEN PAKORA** 4 pcs \$ 18.90 / 8 pcs \$ 32.90
Boneless chicken pieces dipped in spiced chickpea flour and deep fried.
- CHICKEN TIKKA** 4 pcs \$ 18.90 / 8 pcs \$ 32.90
Tender morsels of boneless chicken marinated overnight and roasted in the tandoor.
- TANDOORI CHICKEN** HALF \$ 18.90 / WHOLE \$ 32.90
Whole chicken marinated in yoghurt, ginger and garlic paste, cooked in the tandoor.
- SEEKH KEBAB** 4 pcs \$ 18.90 / 8 pcs \$ 32.90
Minced lamb flavoured with spices, pressed onto a skewer and finished in the tandoor.
- FISH AMRITSARI** 4 pcs \$ 18.90 / 8 pcs \$ 32.90
Marinated boneless fish, deep-fried.
- PRAWN PAKORA** 4 pcs \$ 22.90 / 8 pcs \$ 29.90
Prawns dipped in spiced batter, deep-fried and served with mint sauce.
- BUNNY CHOW** with Chicken \$ 22.90 / or Lamb \$ 24.90
Hollowed out quarter loaf of white bread, filled w Chicken or Lamb curry.
- CURRY ON FRIES** CHICKEN \$ 18.90 / LAMB \$ 20.90
Chicken or Lamb curry, served over fries.

* All dishes served with Basmati rice

*Dishes come *Mild - Medium - Hot*



**Our food may contain traces of nuts and spices.
Please inform us before ordering if you are allergic.**

Menu item symbols mean :

Dairy Free Gluten Free Keto Diet

CATERING

- ◆ We also provide catering services.
- ◆ For more Chaat & Snacks / South Indian dishes visit:
www.suncourtindian.co.nz

MAINS - NON VEGETRIAN CURRIES

- BUTTER CHICKEN** \$ 24.90
A delicacy not to be missed. Boneless tandoori chicken cooked in a rich creamy tomato sauce.
- ALL CHICKEN DISHES \$26.90 LAMB OR BEEF \$27.90 GOAT \$29.90**
- BALTI CHICKEN / LAMB / BEEF / GOAT**
Tandoori and garam masala lend delicious flavours to this one-pot dish w a rich, flavorful sauce for dipping flatbreads.
- VINDALOO CHICKEN / LAMB / BEEF / GOAT**
Highly spiced boneless chicken, beef or lamb cooked in hot vindaloo paste – a dish that words can't describe.
- JHALFREZI CHICKEN / LAMB / BEEF / GOAT**
A Punjabi speciality, this feisty curry has pieces of meat & vegetables, fried & combined with a thick spicy sauce.
- CHICKEN TIKKA MASALA**
Highly recommended. Boneless tandoori chicken pieces cooked in a ginger, garlic, tomato, capsicum & onion sauce.
- KARAHI CHICKEN**
Chicken cubes cooked with sliced peppers, onions & tomato, topped w ginger & fresh coriander.
- KORMA CHICKEN / LAMB / BEEF / GOAT**
Tender chicken, beef or lamb pieces simmered in a cashew nut sauce with ground spices. (Gluten free)
- MADRAS CHICKEN / LAMB / BEEF / GOAT**
Boneless chicken, tender beef or lamb pieces cooked with exotic ground spices and coconut sauce.
- MANGO CHICKEN**
Boneless chicken pieces cooked with mango pulp and thick gravy.
- SAAG CHICKEN / LAMB / BEEF / GOAT**
Highly recommended. Boneless chicken, beef cubes or tender lamb simmered with fresh spinach and exotic spices.
- CHICKEN 65**
The famous Indian fried chicken – chicken coated w ginger, garlic paste, chili powder, and tumeric and deep fried.
- CHILLI CHICKEN – INDIAN STYLE**
A popular and delicious Indo Chinese dish, made with crispy chicken chunks, lightly tossed in spicy chilli sauce.
- LAMB DO PIAZA**
A method of preparation similar to Bhuna where fresh onions are mixed with spices and fried briskly.
- LAMB NAWABI**
A treasure handed down from the Mughal dynasty. Made with coconut & curry leaves to create a luxurious, mildly spiced dish.
- LAMB ROGAN JOSH**
Boneless lean lamb cooked in spicy gravy in traditional Punjab style.

VEGETARIAN DISHES

- NAVRATTAN KORMA** \$ 21.90
Vegetables cooked in creamy cashew gravy.
- VEGETABLE JALFREZI** \$ 21.90
Fresh vegetables cooked with diced onions, capsicum, tomato, sweet and sour cream, garnished with herbs.
- PANEER Saag or Mushroom** \$ 23.90
Homemade Cottage Cheese, or Mushrooms, cooked in fine fresh spinach, herbs and spices.
- MALAI KOFTA** \$ 21.90
Mashed potatoes and cottage cheese balls, deep-fried; cooked in rich spicy cashew gravy.
- PANEER MAKHANI** \$ 23.90
Cubes of our homemade cottage cheese, cooked in creamy tomato flavoured sauce.
- ALOO GOBHI** \$ 21.90
Potatoes and cauliflower florets cooked together; garnished w fresh coriander.
- DAAL TADKA** \$ 21.90
Yellow daal generously garnished with garlic, dry red chilli, and cumin seeds.
- DAAL MAKHANI** \$ 21.90
Lentils stewed on a slow fire overnight, garnished w coriander.
- BOMBAY ALOO** \$ 21.90
Diced dry potatoes cooked with spices.
- SHAHI PANEER** \$ 23.90
Our homemade cottage cheese, cooked in spicy cashew gravy, green capsicums, sliced onions and fresh herbs.
- MATAR PANEER** \$ 23.90
A delicious combination of cottage cheese and green peas in mild spicy tomato based gravy.
- MATAR MUSHROOM** \$ 23.90
A delicious combination of mushrooms and green peas in mild, spicy tomato-based gravy.

* We cook all our vegetarian meals separately

SEAFOOD

- GOAN FISH CURRY** \$ 31.90
Fish fillets cooked in fine tomato paste and coconut gravy finished with lemon and coconut cream.
- PRAWNS BUTTER, MASALA, MALABARI, OR SAAG** \$ 31.90
Peeled prawns prepared as Butter Prawns, Prawns Masala (spicy gravy), or Prawns Malabari (onions, tomatoes and fresh coconut milk).
- SCALLOPS BUTTER, MASALA, MALABARI, OR SAAG** \$ 34.90

SOUTH INDIAN

- MASALA DOSA** \$ 23.90
A crêpe made of rice and lentil flour, filled with spicy mashed potatoes and onion. Served w sambar soup and coconut chutney.
- CHICKEN DOSA** \$ 26.90
Lightly spiced chicken stuffed in a large thin crêpe, made using rice and lentils. Served w sambar soup and coconut chutney.
- LAMB DOSA** \$ 28.90
Lightly spiced lamb stuffed in a large thin crêpe, made using rice and lentils. Served with sambar soup and coconut chutney.
- PANEER DOSA** \$ 25.90 **PLAIN DOSA** \$20.90