

Drinks

127 Soft Drinks

Pepsi, Pepsi-Max, Diet Pepsi, Coke, Diet Coke, Sprite, 7-Up, Fanta, Rubicon Mango / Passion, Pineapple Juice, Tropical Juice & Orange Juice

128 Lassi - Sweet or Salted

Homemade Yoghurt drink

129 Lassi - Mango

Sweet yoghurt drink with mango pulp

130 Vegan Lassi

Available in sweet, salted or mango flavour. Made from Soya based yoghurt.

131 Faluda

Traditional Indian drink made using rose syrup, ice-cream, vermicelli and poppy seeds.

132 Milkshake

Vanilla, Chocolate, Strawberry or Banana.

133 Indian Masala Tea

Milky tea made with VFS special masala

134 Indian Disco Coffee

Milky coffee made with VFS special masala

135 English Tea/Coffee

136 Hot Chocolate

137 Spring/Mineral Water

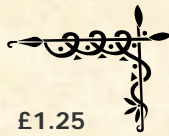
Please ask if you want us to use soya based milk for vegan drinks

¹⁵⁰Gujarati Thali Special



- ◆ 2 Starters of our choice
- ◆ Curry of the day
- ◆ Rice with Daal or Kadhi
- ◆ 4 Rotli/Puri or 3 Bhatura
- ◆ 1 Sweet Dish
- ◆ 1 Roasted Poppadom

All This For Only **£5.99**



£1.25

£2.15

£2.35

✓ £2.35

£2.99

£2.35

✓ £2.15

✓ £2.15

✓ £1.80

£2.15

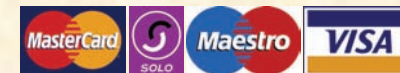
£1.25

Prices Valid From Mar 2009



Menu

“Award Winning Indian Vegetarian Restaurant”



Tel: (029) 2023 8222

www.vegetarianfoodstudio.co.uk

109 Penarth Road, Cardiff, Wales, CF11 6JT

10% Service charge for dining in
Home Delivery (charge applicable)

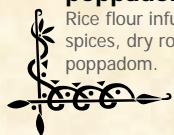


Starters

Selection of warm & mildly spicy starters, to complement a main dish. The influence of vegetables, spices & chutneys in the make up of the starters make them unique & rich in flavour & taste



- | | |
|---|--|
| 1 Vegetable Samosas V £1.95
Homemade vegetables blended with spices filled crispy pastry served with tamarind chutney. (2pc) | 12 Atom Bombs HV £3.25
Baby potatoes filled with garlic, chilli & cumin chutney served with tamarind chutney. (3pc) |
| 2 Paneer Samosas £3.25
Homemade cheese & mixed vegetables filled crispy pastry served with tamarind chutney. (3pc) | 13 Onion Pakoras V £3.25
Onion, spinach, peppers, chillies & spices cooked in beson flour fried into pakoras served with tamarind chutney. (3pc) |
| 3 Masala Muttar Kachori V £2.50
Crispy pastry filled with peas & spices served with tamarind chutney. (3pc) | 14 Mixed Veg Potato Petis V £2.95
Deep fried crispy mashed potato balls filled with peas & spices served with tamarind chutney. (2pc) |
| 4 Spring Rolls V £2.50
Oriental stir fried vegetables filled in a crispy pastry served with tamarind chutney. (3pc) | 15 Masala Papad (Poppadom) MV £1.95
Papad topped with a fresh blend of chopped coriander, chillies, tomatoes, onions and hot spices. (1pc) |
| 5 Paneer Spring Rolls £3.25
Oriental stir fried vegetables & home made cheese filled in crispy pastry served with tamarind chutney. (3pc) | 16 Roasted Papad (Poppadom) V £0.70
Dry roasted papad. (1pc) |
| 6 Crispy Potato Bhajia V £3.25
Deep fried potato slices in batter blended with coriander & chilli to provide a unique flavour. | 17 Chilli Chips V £3.25
Potato chips topped with a spicy masala sauce. |
| 7 Massala Cassava (Mogo) MV £4.35
Chefs special marinated mogo, wok fried with onions, garlic, pepper & tamarind sauce. | 18 Bombay Wada Pav V £3.25
Mashed aloo wada (potato balls) in a toasted bun with garlic chutney, green chilli & onions. (2pc) |
| 8 Fried Cassava (Mogo) V £3.25
Deep fried cassava (also known as yam) served with light chilli powder garnish and tamarind chutney. | 19 Chilli Pakora HV £1.35
Large jalapeno pepper stuffed with chefs special masala. (1pc) |
| 9 Paneer Pakora £4.25
Strips of home made cheese dipped in a special batter, deep-fried and served with tamarind chutney. (5pc) | 20 Hara Bhara Kebab MV £2.95
Vegetable kebab roll made of potatoes, peas, herbs & spices served with chutney. (3pc) |
| 10 Bateta Wada (Potato Balls) V £3.25
Mashed potato blended with coriander & spices served with tamarind chutney. (3pc) | 21 Channa Petis V £4.25
Special potato cutlets topped with hot channa masala, onions & tamarind sauce. |
| 11 Home-made rice poppadom V £0.99
Rice flour infused with chilli, cumin and spices, dry roasted to a crisp poppadom. | 22 Daal Kachori V £2.50
Crisp pastry richly filled with mung bean daal, deep fried & served crispy with chutney. (3pc) |
| | 23 VFS Platter Mix V £3.95
Selection of our most popular savouries per Person (Min 2) |



Breads & Rices

Ideal accompaniments to our traditional Indian & oriental dishes'. Rice's are cooked in butter but vegan alternatives are available...please ask



- | | |
|--|--|
| 101 Tomato Rice £2.45
Steamed basmati rice blended with fresh tomatoes and butter. | 108 Puri V £2.35
Fried bread made from wheat flour. (4pc) |
| 102 Lemon Rice £2.45
Steamed basmati rice blended with lemon and butter. | 109 Bhatura V £2.35
Deep fried bread, made from wheat flour and yeast. (3pc) |
| 103 Cashew Nut, Cinnamon & Jeera Rice V £2.99
Steamed basmati rice blended with fried cashew nuts, cinnamon and jeera (cumin). | 110 Rotli V £2.35
Gujarati bread made from wheat flour. (3pc) |
| 104 Onion Jeera Rice V £2.45
Steamed basmati rice blended with onions and jeera (cumin). | 111 Aloo Paratha V £3.15
Bread stuffed with potatoes, onions & spices. (3pc) |
| 105 Jeera Rice V £2.45
Steamed basmati rice blended with jeera (cumin). | 112 Bajra No Rotlo V £2.35
(Gluten Free) Millet flour blended with salt, water and cooked on clay tawa topped with butter. (1pc) |
| 106 Plain Rice V £2.15
Steamed basmati rice. | 113 Pudla V £3.15
Gluten-free bread made with Chick pea flour, garlic, spices & vegetable oil. Like pancake. (2pc) |
| 107 Almond, Jeera & Cinnamon Rice V £2.99
Steamed basmati rice blended with fried almond nuts, cinnamon and jeera (cumin). | 114 Methi Paratha V £3.15
Bread made with methi (fenugreek) & spices. (3pc) |
| | 115 Plain Paratha £2.35
Bread made with wheat flour & spices. |

Something Extra

- | | |
|---|--|
| 116 Plain Yoghurt £0.75 | 119 Chutney Tray V £1.99 |
| 117 Onion & Tomato Salad V £1.65 | 120 Homemade Garlic Chutney V £1.25 |
| 118 Green Chillies V £0.55 | 121 Pickle Tray V £1.99 |

Desserts

Something to cool down the taste buds!!

- | | |
|--|-----------------------------------|
| 122 Hot Carrot Halwa & Ice Cream £2.35 | 125 Kulfi £1.99 |
| 123 Gulab Jamun & Ice Cream £1.99 | 126 Ice Cream £1.65 |
| 124 Shrikand £1.99 | |

We cater for vegans, diabetics or other special requirements.

All dishes subject to availability of fresh ingredients, in some cases we may substitute

Dishes may contain nut traces

Please ask for more details

You may bring your own alcohol—corkage charge £1 per person



Traditional Indian Dishes

Tradition curry dishes best eaten by hand with rotli (bread) and bhaat (rice). The dishes are cooked authentically in the curry pot and are rich with the flavours of spices & vegetables.



- | | |
|--|--|
| 71 Sukhi Bhajee  £4.10
Dry potato curry cooked with cumin and freshly ground spices. | 73 Daal Makani  £4.10
Black Urud lentils in a mild gravy with butter. |
| 72 Katyavadi Undiyu  £4.99
Various Indian vegetables cooked in our special sauce topped with methi pakora and patra. | 74 Daal Tarka  £4.10
Sauce of two lentils cooked with South Indian spices. |

All the following curry dishes are priced £4.55

- | | | |
|---|---|---|
| 75 Masala Bateta Nu Saak 
Potato curry cooked in a sauce of onions, peppers, coriander and other spices. | 84 Masala Mushroom Nu Saak 
Mushrooms cooked in a mild curry sauce. | 93 Muttar Tofu 
Tofu cooked with peas cooked in a spicy tomato sauce with onions, garlic |
| 76 Bateta And Ringan Nu Saak
A dry curry of whole potatoes, aubergine and onion. | 85 Channa Masala 
Chick peas cooked in a thick sauce. | 94 Spinach Tofu 
Tofu cooked with spinach cooked in a spicy tomato sauce with onions, garlic |
| 77 Ringan Nu Saak 
A dry aubergine curry in a rich masala sauce. | 86 Ringan No-Oro 
Barbeque roasted aubergine stir fried with onions, coriander, tomatoes and chillies. | 95 Tofu Capsicum 
Tofu cooked with peppers, chilli, onion and garlic in a rich sauce. |
| 78 Muttar Paneer
Paneer cooked with peas in a spicy tomato sauce. | 87 Masala Aloo Mutter 
A mild curry of fresh potatoes, green peas and spices. | 96 Black Eye Bean Curry 
Black eyed beans cooked with onions in a thick spicy tomato sauce |
| 79 Paneer Capsicum
Paneer cooked with peppers and chillies in a rich tomato sauce. | 88 Aloo Palak 
Fresh spinach & potatoes cooked with onions, garlic & spices. | 97 Tindora Patra Nu Sak 
Tindor (Ivy Gourd Vegetable) cooked with spicy patra (greenleaf) in spicy sauce |
| 80 Spinach Paneer
Paneer cooked with spinach, garlic and onions. | 89 Sweetcorn & Patra Nu Saak 
Tender sweetcorn cooked in a tomato and peanut gravy topped with spicy patra. | 98 Mung Bean Curry 
Mung beans cooked with onion, garlic in a mild tomato sauce. |
| 81 Bhinda Bateta Nu Saak 
A dry curry made of bhinda (okra), potatoes and onions. | 90 Dum Aloo Banarasi 
Baby potatoes cooked in a thick onion garlic gravy with sliced chillies. | 99 Green Bean Curry 
Green beans cooked with garlic & spices. |
| 82 Tindora Nu Saak 
Tindora (Ivy Gourd Vegetables) cooked in a spicy sauce. | 91 Kidney Bean Saak 
Kidney beans cooked with onions in a thick tomato sauce. | 100 Red Bean Curry 
Red beans cooked with onions & spices in a thick spicy gravy. |
| 83 Gubar Bateta Nu Saak 
Cluster beans cooked with potatoes flavoured with spices, chillies and fresh coriander. | 92 Desi Channa 
Chick peas cooked with onions in a rich and spicy special Indian masala sauce. | |

Cold Snacks


Traditional cold snacks normally eaten in India as a light lunch or as a complement to a main meal.

- | | |
|---|---|
| 24 Bhel Puri  £2.95
Puffed rice blended with sev, potatoes, chick peas, onions & tamarind sauce | 29 Samosa Chat £3.95
Samosa's layered with sweet and sour yoghurt, onion salad and spices. |
| 25 Paani Puri—Gol Guppa  £2.95 (8pc)
Crisp puri's filled with potatoes, chick-peas and sev served with chefs special sauce. | 30 Aloo Tikki Masala  £3.60
Potato petis topped with sev and onions complemented with cucumber salad. |
| 26 Sev Puri  £2.95 (8pc)
Crisp puri's layered with potatoes, onions, taramind sauce garnished with sev & coriander. | 31 Channa Chat £3.95
Chick peas topped generously with onions, cucumber salad and sev. |
| 27 Dahi Puri £2.95 (8pc)
Crisp puri's filled with potatoes topped with sweet and sour yoghurt. Served in a sauce with sev. | 32 Idli Chat £3.95
Crispy steamed rice and lentil cakes, layered with sweet and sour yoghurt garnished with tamarind chutney. |
| 28 Bundi Chat £3.95
Crushed tortilla crisps mixed with potatoes, onion, bundi, peanuts and chick peas. Topped with yoghurt sprinkled with spice & coriander. | 33 Aloo Papdi Chat £3.95
Crushed puri's layered with potatoes, chick peas, onions, yogurt & tamarind sauce. |
| | 34 Dahi Wada £3.95
Deep fried balls made with five types of lentils served in a sweet & sour yoghurt with coriander. |

Mini Meals

Made to cater for the smaller appetite.

- | | |
|--|---|
| 35 Channa Butura  £4.95
Delicious chick pea curry served with freshly made bhaturas. | 37 Ragada Petis  £4.55
Deep fried spicy potato petis served with freshly cooked pea curry topped with onions. |
| 36 Batata Puri  £4.55
Spicy dry potato curry served with freshly cooked puri's. | 38 Plain Rice and Daal  £4.55
Spicy daal served with plain rice and yoghurt. |

 Suitable for Vegans

 Medium

 Hot

Oriental Dishes

Popular oriental dishes cooked with flavours of fresh vegetables, spices and oriental sauces.

- 39 **Chilli Paneer** **M** £5.15
 Paneer cubes stir fried in a wok with chunky vegetables, cooked oriental style. Our most popular dish!
- 40 **Vegetable Haka Noodles** **V** £4.35
 Soft noodles stir fried with chinese vegetables in a sweet & sour sauce.
- 41 **Masala Chinese Mushroom Noodles** **V** £4.55
 Soft noodles stir fried with mushrooms and onions in a soya sauce.
- 42 **Chilli Cassava – (Mogo)** **MV** £4.45
 Mogo stir fried with fresh chillies, peppers and onions in a spicy onion & garlic sauce.
- 43 **Chilli Mushrooms** **MV** £4.95
 Mushrooms cooked with fresh ginger, onions, garlic and peppers in a spicy chilli sauce.
- 44 **Vegetable Balls in Garlic Sauce** **V** £3.95
 Spicy vegetable balls cooked in a sweet garlic sauce.
- 45 **Vegetable Manchurian** **MV** £4.55
 Manchurian balls with chunky vegetables in a spicy sauce, cooked oriental style.



- 46 **Paneer Manchurian** **M** £4.95
 Manchurian balls with paneer cubes & chunky vegetables in a spicy sauce, cooked oriental style.
- 47 **Mushroom Fried Rice** **V** £3.99
 Steamed basmati rice with mushrooms and spiced vegetables.
- 48 **Special Fried Rice** **V** £3.99
 Steamed basmati rice blended with various spiced vegetables.
- 49 **Chilli Corn** **MV** £4.35
 Crispy tender sweetcorn kernel wok fried with chunky oriental vegetables, giving a sweet yet spicy flavour.
- 50 **Aubergine In Garlic Sauce** **V** £4.95
 Fresh marinated aubergine cooked in hot pepper & chilli garlic sauce.
- 51 **Garlic, Sweetcorn & Chilli Mogo** **MV** £4.95
 Garlic flavoured Mogo stir fried with sweetcorn, fresh chillies, peppers and onions in a spicy sauce.
- 52 **Chinese Bhel** **V** £4.95
 Soft noodles, manchurian and oriental vegetables cooked in garlic chilli sauce
- 53 **Idli Manchurian** **V** £4.95
 Steamed rice and lentil cake pieces wok fried with manchurian balls & chunky vegetables



South Indian

Selection of popular home made dishes from South India, Can be served mild or hot according to your tastes.

- 54 **Masala Dosa** £4.65
 Large rice and lentil filled pancake served with sambar, potato curry and fresh yoghurt chutney.
- 55 **Chutney Dosa** £4.95
 Rice and lentil filled pancake spread with fresh mint, coriander and garlic chutney. Complemented by a filling of potato curry, yoghurt chutney and sambar.
- 56 **Cheese Dosa** £4.95
 Rice and lentil filled pancake served with a potato curry topped with cheese, served with sambar and fresh yoghurt chutney.
- 57 **Plain Dosa** **V** £3.95
 Plain rice and lentil pancake.
- 58 **Idli Sambar** £4.65
 Oriental steamed lentil cakes topped with sambar and yoghurt chutney.
- 59 **Mint Dosa** £4.95
 Rice and lentil filled pancake served with minted potato curry served with sambar and yoghurt chutney.
- 60 **Pau Bhaji** £4.65 (3pc)
 An indian speciality of mashed mixed vegetables cooked in spices and onion to create a richly flavoured filling, served in toasted bread rolls.
- 61 **Dubo Roti** **V** £3.25 (2pc)
 Toasted bread rolls stuffed generously with spicy mashed potato topped with onions, peanuts and chutney.



- 62 **Wada Sambar** £4.35
 Deep fried lentil cakes topped with sambar, onions, fresh chilli and yoghurt chutney.
- 63 **Plain Uttapam** £2.99
 Large rice and lentil pancake served with coconut chutney.
- 64 **Cheese Uttapam** £3.25
 Uttapam topped with cheese
- 65 **Cheese & Onion Uttapam** £3.95
 Uttapam topped with cheese & onion
- 66 **Onion, Pepper & Chilli Uttapam** £4.15
 Uttapam topped with pepper, onion & chilli
- 67 **VFS Uttapam** £4.99
 Uttapam topped with onion, pepper, chilli, sweetcorn & paneer
- 68 **Hot Garlic Chilli Dosa** **H** £5.15
 Large rice & corn pancake filled with dry potato curry with hot garlic chutney with sambar & cool yogurt chutney
- 69 **Paneer Dosa** £5.25
 Rice lentil pancake filled with dry potato curry with grated paneer and green chillies, served with sambar and yogurt chutney.
- 70 **Chinese Dosa** £5.25
 Rice & corn pancake filled with soft noodles & dry potato curry, specially prepared to give a unique taste of South India. Served with sambhar and cool yogurt chutney.

