



Heritage India

Traditional Indian Food

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Come join us on a journey through India's cuisine with our whole new and contemporary menu that has been honed by years of experience in food and expertise of our chefs.

Indian food offers a rich diversity of flavors from across the length and breadth of this great subcontinent - classics from the palaces of royalty to the comfort food of the 'dhabas'

Ranging from a variety of meats and fish to a mind-boggling assortment of fresh vegetables, pulses/lentils and cereals cooked in different ways by India's indigenous peoples – steamed, boiled, blanched and broiled, roasted, grilled, fried and lightly seasoned and tempered with some of the finest spices and herbs of the world.

Start with bite sized portions of tasty and tangy *samosas, tikkis, dahi bhallas, and chaats*

Choose from an array of melt in your mouth morsels of meats, fish and cottage cheese - *tikkas and kababs* from our tandoor, or something from the spicy, simmering curries from our coasts.

Opt for different delicately seasoned vegetables *sabzis* and *tarkaris*, tempered and slow cooked *dals*, to go with fragrant *pulaos* and *biryanis* flavored with choice vegetables and meats, freshly baked *naans*, and flaky *paranths*! We have a range of condiments, hot pickles, and sweet chutneys to relish along with your meal.

Top it all off with our sinful delicious Indian sweets–

Cool *Kulfis* (the original Indian ice cream) or *Shahi Tukra* (the Royal Bread Pudding), hot *gulab jamuns*,

Wash it all down with our flavored *lassis*, *masala chais*, or aromatic teas

LUNCH MENU

The Lunch Menu is designed to make your selection quick and easy, yet
Not lacking in variety or choice.

Choose a Main Course and **add** an Appetizer of Onion Fritters **OR** a Dessert- Indian Rice pudding.

ALL THE PLATTERS ARE ACCOMPANIED WITH NAAN BREAD
STEAMED RICE AND TWO SIDES OF LENTILS AND SPINACH WITH CORN

GRILLED COMBOS

SEEKH KABAB COMBO	Mon-Fri	Sat-Sun and Federal Holidays
Ground and spiced lamb kebabs 17.45	21.00**	
CHICKEN TIKKA COMBO	16.45	19.00**
Boneless cubes of chicken, in a yogurt marinade, grilled		
ASSORTED GRILLED PLATTER	19.45	24.00**
Grilled Shrimp, seekh kebab, Chicken Tikka,		

CURRY COMBOS

GOA CURRY

Coconut based curry with roasted coriander and cumin. (Medium Spicy)

SHRIMPS ...18.45 / 24.00** **FISH** ...17.45 / 22.00** **CHICKEN** ... 16.45 / 20.00** **LAMB** ...17.45/22.00**

MAKHANI

A rich tomato, butter bases sauce, makes this the most popular choice. (Mild)

SHRIMPS ...18.45 /24.00** **CHICKEN** ...16.45 /20.00** **COTTAGE CHEESE (PANEER)**...15.00 / 18.00**

ROGAN JOSH

Curry base of ginger, garlic, yogurt, and tomato (Medium Spicy)

CHICKEN ... 16.45 / 20.00** **LAMB** ... 17.45 / 22.00**

VINDALOO

A spicy curry with malt vinegar-chili- ginger garlic and roasted spices (Spicy)

SHRIMPS ...18.45 /24.00** **CHICKEN** ...16.45/22.00** **LAMB** ... 17.45 / 22.00**

VEGETARIAN COMBOS

CHANNA MASALA ... Chickpeas in fresh spices and herbs ...14.95 / 18.00** (Medium Spicy) **VEGAN**

MIXED VEGETABLE KORMA ...a mild mixed vegetable curry ...14.95/ 18.00** (Mild)

BHARTHA ...smoked eggplant with tomato and onions ...14.95/ 18.00** (Medium Spicy) **VEGAN**

**Saturday and Sunday and all National/ Federal holiday prices

Gratuity will be added to all tables of five and more

COCKTAILS

PIMMS CUP 15.00

A refreshing fruit cocktail...

Pimm's topped off with a splash of ginger ale

MASALA BLOODY MARY 15.00

Vodka- Tomato Juice -Lime Chili Rock salt rim

KHEERA COOLER 17.00

Our house special...muddled cucumber, mint, gin, lime, and simple syrup, shaken, and poured over ice.

Capped with Pimm's. Heady yet refreshing

MARTINIS * 15.00

TAMARIND or MANGO

MOJITOS 16.00

MINT-GINGER or TAMARIND -GINGER

A blend of rum, freshly muddled ginger and mint leaves

Sit back, relax, and enjoy

PITCHERS ...40

KHEERA COOLER

MINT GINGER MOJITO

MARGARITA

BAR JARS ...22.00

Twice the quantity but not quite twice the price.

*Martini Bar Jars are served with ice.

BOTTLED BEERS

DOG FISH 60 MIN, IPA ...7.95 KING FISHER ...7.95 TAJ MAHAL (20oz) ...10.85

FAT TIRE ...7.95 BLUE MOON ...7.95 HEINEKEN 0.0 (Alcohol Free) ... 7.95

NEW CASTLE BROWN ALE ...7.95 HEINEKEN ...7.95

BEVERAGES

MANGO LASSI ...6.00

An Indian Specialty drink with yogurt and mango

SALTED MINT AND CUMMIN LASSI ...6.00

BOMBAY FIRE ...9.00

Green Tea-Pomegranate Juice-Agave Nectar- Ginger

GINGER BEER 16 oz ...8.50 or 6.8 oz ...4.95

HOT TEAS

House Special Masala Chai...5.00

Organic Tulsi (Holy Basil) Chai... 5.00

Hibiscus Tea ...5.00

Jasmine or Green Tea...5.00

Blooming Fruit Tea...8.00 for two

ICED TEAS

Plain Unsweetened Iced Tea... 5.00

Mango Iced Tea...7.00

Pomegranate Iced Tea... 7.00

APPETIZERS

STREET FOODS

The throbbing pulse of India is its streets, and the essential element of this vibrating and pulsating scene is the street food vendor, hawking freshly cooked mouth-watering fare to the hungry passers-by all times of the day and often well into the night. The tastes, sounds and feel of these street foods are simply unparalleled.

ALOO TIKKI CHAAT...7.95

Found in almost every food stall and street food vendor in Delhi...
Potato Patties served with spicy chickpeas,
Topped with sweet yogurt, tamarind chutney and spicy cilantro sauce

GOLGAPPAS ...7.95

Known by different names ...” puchka” ...” Pani Puri” to name a few...This is undoubtedly the most eaten snack in the whole of India. Puffed whole wheat and semolina crisps filled with potato and chickpea, is accompanied with a spicy tamarind water to dunk into.

PAPRI CHAAT ...7.95

Crunchy, tangy, hot, and sweet flavors combine to make Papri Chaat delicious
Prepared with whole wheat crackers, diced potato, chickpeas, and an assortment of sweet and spicy sauces

SAMOSA

A triangular savory pastry filled with your choice of

POTATO AND PEAS ... 7.95 LAMB ... 9.95 BUTTER CHICKEN ... 9.95 CHILLI CHEESE ...8.95

Served with tamarind chutney

SAMOSA CHAAT ...8.95

Ever popular roadsides treat ... a potato and peas samosa topped with spiced chickpeas and a combination of sauces

CAULIFLOWER 65 ... 7.95 *gluten free*

Cauliflower florets rolled in a spiced rice flour batter topped with red onions and a dusting of rock salt

ONION BHAJJI ... 7.95 *gluten free*

Onion fritters in a lightly spices chickpea batter

HOUSE SPECIAL APPETIZER

SPINACH FRITTERS ... 12.95 *gluten free*

Crisp spinach leaves topped with a light chickpea batter and sweet yogurt and seasoning

APPETIZERS FROM OUR GRILL SECTION

CHICKEN TIKKA ...10.95

Boneless cubes of chicken grilled in a yogurt –paprika -ginger, garlic - roasted spice marinade

LAMB SEEKH KEBAB 12.95

TANDOORI OR GRILLED SPECIALITIES

Cooking in a tandoor (a special open oven made of clay) dates to the Indus valley civilization where meats, breads and vegetables were exposed to high heat for a short period of time.
Today it is the lightest and most nutritious form of cooking.

SALMON ...28.50

Marinated in yogurt, ginger, garlic and cream cheese, dusted with rock salt

PRAWNS ... 28.50

Grilled with a yogurt, saffron, "ajwain", roasted spices and chili

TANDOORI CHICKEN* ... 22.00

Yogurt-paprika-ginger, garlic and roasted spices and lemon juice...

LAMB CHOPS ... 30.50

In a raw papaya, ginger root and spices marinade

MURGH MALAI KABAB ...23.00

White meat chicken in a cream cheese and garlic marinade

* White meat option is available at just \$2 extra

All the above **Entrees** are accompanied with a side of steamed Basmati rice.

Substitute with Lemon Rice or Saffron Pillau Rice \$ 2.00

All the above items are gluten free

RICE BASED ENTREES

BIRYANIS

These entrees are made by combining rice with spices and seasonings and meats or vegetables.

While this method of cooking, may have originated in Iran/Persia.

It is in India that the recipes of Biryani have developed to its current form

Each serving is steamed and baked individually

And is accompanied with "raita" (a lightly spiced yogurt sauce).

SHRIMP ... 29.50 LAMB ... 27.00 CHICKEN ... 25.00

VEGETABLE... 22.00

CURRIED SPECIALITIES

During the British rule in India “Curry” was rather a catchall word for anything mottled with hot spices. We would like to define a “Curry” as a dish consisting of meat, fish, chicken or vegetables, simmered in or covered with a sauce, gravy or liquid that is redolent with spices and herbs. And the variations of ingredients, spices and herbs are what make each curry different from the other.

MAKHANI

CHICKEN ... 20.00* – SHRIMPS ... 25.00 COTTAGE CHEESE ...18.00

No dish in India has reached the popularity and fame as much as this has.
A rich tomato, butter-based sauce ... is what makes this lip smacking delicious

PASANDA

A mild creamy almond based curry

CHICKEN ...20.00 LAMB ...22.00 SHRIMPS ...25.00 COTTAGE CHEESE ...18.00

Pasand meaning “like”. Pasanda means that the dish is to everyone’s liking

GOA CURRY

FISH ... 20.00 SHRIMPS ... 25.00 LAMB ...22.00 CHICKEN ...20.00

Fresh roasted cumin - sun dried coriander seeds – fresh curry leaves
combined into a rich and flavorful sauce with coconut milk

TIKKA MASALA

CHICKEN... 20.00* – SHRIMPS... 25.00 COTTAGE CHEESE ... 18.00

Is first grilled and then simmered in rich yogurt, tomato, cashew paste, coriander, and fenugreek sauce.
Probably the most widely eaten and made curry...

VINDALOO

SHRIMP ...25.00 CHICKEN ...20.00 – LAMB ...22.00

Derived from a Portuguese dish and made famous by the Goans.
Is “SPICY” dish rich with flavor of Kashmir red chili- ginger garlic and malt vinegar.

RARA GOSHT ... 25.00

Our house special lamb curry in a ground lamb sauce

- *White meat option is possible at just \$2 extra*

All the above Entrees are accompanied with a side of steamed Basmati rice.

Substitute with Lemon Rice or Saffron Pillau Rice \$ 2.00

All the above items are gluten free

VEGETARIAN SPECIALITIES

VEGAN

BHARTHA ... 16.00

Smoked eggplant with tomato and onions

BHINDI MASALA ...18.00

Okra seared with ginger, dry mango powder and seasoning

BAIGAN MIRCHI KA SAALAN ...18.00

Baby eggplant filled with spices and simmered
In a lentil sesame –peanut sauce

ALOO GOBI MASALA ...16.00

Potatoes and Cauliflower in fresh herbs

MUSTANI PALAK

Spinach and chickpeas in fresh herbs
Entrée ... 16.00 Side ... 9.95

CHANNA MASALA

Chickpeas with fresh herbs and spices
Entrée ... 15.00 Side ... 9.95

MASALA DAL – yellow lentils with roasted cumin and spices

Entrée ... 15.00 Side ... 9.95

VEGETARIAN

VEGETABLE KORMA...18.00

A mild mixed vegetable curry

SAG PANEER ...18.00

Cottage Cheese and Creamy Spinach

DAL MAKHANI

Black lentils in butter and cream
Entrée 15.00 Side 9.95

PALAK MAKAI

Creamy spinach with corn
Entrée 15.00 Side 9.95

PANEER MAKHANI ...18.00

Cottage Cheese in a creamy tomato
Sauce

MATTAR PANEER ...18.00

Fresh Cottage Cheese and Green Peas

All the above **Entrees** are accompanied with a side of steamed Basmati rice.

Substitute with Lemon Rice or Saffron Pillau Rice \$ 2.00. Side portions are not accompanied with rice

All the above items are gluten free

THE BREAD ESSENTIALS

The wide varieties of Indian breads are an integral part of our cuisine.

At Heritage India each bread is baked fresh to order.

WHOLE WHEAT

TANDOORI ROTI ...3.95

LACCHA PARANTHA ...4.25

PUDINA PARANTHA ...4.25

A Layered leavened bread

A Layered leavened bread with fresh mint

GLUTEN FREE ROTI ...4.00 (2 PCS)

WHITE FLOUR

NAAN ...3.50

BUTTER NAAN ...4.95

GARLIC ROCKSALT CILANTRO NAAN ...4.95

FILLED BREADS

SPICY POTATO ... 4.95

ONION ... 4.95

CHEESE & SPINACH ... 4.95

WALNUT AND DATE ... 5.50

RICE OPTIONS

All Entrées are served with a side of Steamed Basmati Rice

SIDE or Entrée Portions

Steamed Rice ...\$ 1.75 / \$ 3.00 Pillau Rice ... \$ 2.00 / \$ 4.00

Lemon Rice ... \$ 2.00 / \$ 4.00

CONDIMENTS – DIPS

RAITA- a spiced yogurt sauce 4.00

Assorted Chutneys ... 4.00

Samosa, meet Mimosa!

HERITAGE INDIA presents a feast of India's Favorites

On its **WEEKEND BRUNCH ...** all you eat street foods – curries and more...

\$ 22.00 **PER PERSON** *plus* **BOTTOMLESS brunch drinks** \$16.00

(Mimosas OR Bloody Mary... switching drinks is not permitted)

STREET FOOD

PAPRI CHAAT

Prepared with whole wheat crackers, diced potato, chickpeas and an assortment of sweet and spicy sauces

BHEL PURI

Puffed rice, green mango, onions topped with a combination of green hot sauce and tamarind

SEEKH KEBAB

Ground lamb kebab

DAL KACHORI

a crisp puff pastry filled dry roasted lentils

POTATO AND PEAS SAMOSA

A savory pastry filled with peas and potato

SAMOSA CHAAT

Potato and peas samosa topped with spicy chickpeas

ALOO TIKKI

Potato Patties served with spicy chickpeas,

ONION BHAJJI

Onion fritter in a chickpea batter

CHICKEN TIKKA

Grilled chicken kebab

CURRY SPECIALS

MURGH MAKHANI

Boneless chicken in a rich tomato, butter sauce

LAMB ROGAN JOSH

A rich lamb curry done with ginger garlic a

CHANNA MASALA

Chickpeas in fresh spices and herbs

PALAK MAKAI

Creamy spinach with corn

DAL MAKHANI

Black lentils in butter and cream

MASALA DAAL

Vegan yellow lentils with cumin and turmeric

ALL OF THE ABOVE IS SERVED WITH STEAMED RICE

ACCOMPANIMENTS

RAITA...a mildly spiced yogurt sauce

NAAN BREAD

No carryout for leftovers

Unlimited brunch only available when ordered by all guests at the table

To minimize wastage, we request that you order responsibly.

EXTRA \$ 2 WILL CHARGED IF WASTAGE IS HIGH

GRATUITY IS AUTOMATICALLY ADDED TO

TABLES OF 5 AND MORE