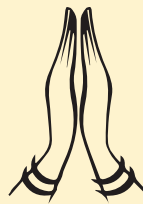




# GOLDEN TURMERIC

— Authentic Indian Cuisine —



## Namaste

### The Concept

*Bringing you the aromas and flavours of authentic Indian food using one of the most exquisite culinary spices in the Indian food history, also known as the **Golden Spice of India**.*

*Turmeric is widely known for its great anti – inflammatory properties which acts as the best immunity booster. All our meals are made using authentic Indian recipes that have been passed down over the generations.*

*We strive to provide an excellent service to our guests with an overall great experience.*

### Our Story & Cuisine

*As the host and owners of Golden Turmeric, we extend a very warm welcome to all our guests to our restaurant where amazing home-cooked food is served in luxurious surroundings.*

*Our menu offers an authentic insight into Indian cooking, taken from a rich and diverse culinary tradition. Each dish is created using the finest ingredients to ensure unique character and flavour - from the lean cuts of melt-in-the-mouth meat to freshly ground spices like Turmeric and hand-picked vegetables - all in their own spicy aromatic sauces that promise an explosion of flavour with each bite.*

*We look forward to welcoming you at our restaurant!*

*Ekampreet & Pavneet*



## *Some Useful facts about Turmeric*

- 🌿 Turmeric can increase the antioxidant capacity of the body*
- 🌿 Curcumin can boost brain-derived neurotrophic factor*
- 🌿 Curcumin may lower your risk of heart disease*
- 🌿 Turmeric may help prevent cancer*
- 🌿 Curcumin may be useful in treating Alzheimer's disease*
- 🌿 Arthritis patients respond well to curcumin supplements*
- 🌿 Curcumin has benefits against depression*
- 🌿 Curcumin may help delay aging and fight age-related chronic diseases*
- 🌿 Turmeric contains bioactive compounds with medicinal properties.*



## *The Golden Feast*

*Minimum for 2 People*

**\$45**

### *Appetizer*

*Papdi chaat*

### *Starters*

*Cheese Pakora, Onion & Spinach Bhaji,  
Turmeric Chicken Tikka, Tandoori Prawns*

### *Main Course*

*Your choice of any one main from the following  
(Butter chicken, Chicken tikka masala, Karahi chicken,  
Lamb roganjosh, Lamb korma, Lamb jalfrezi, Daal makhni,  
Paneer butter masala)*

*Served with Turmeric Cumin Rice & Butter naan*

### *Dessert*

*Chocolate naan or Gulab Jamun served with ice cream*

## *The Green Feast*

*Minimum for 2 People*

**\$40**

### *Appetizer*

*Masala Poppadom*

### *Starters*

*Aloo Samosa, Onion & Spinach Bhaji, Cheese Pakora*

### *Main Course*

*Your choice of any one main from the following  
(Vegetable jalfrezi, Mushroom masala, Vegan saag, Tadka  
daal)*

*Served with Turmeric Cumin Rice & Butter naan*

### *Dessert*

*Scoop of Mango sorbet topped with fresh mint*



## ENTREES

### ONION & SPINACH BHAJI 8 **GF**

Sliced onion mixed with fresh herbs, turmeric, chickpea flour, cumin and deep fried, Served W/ chutney

### ALOO SAMOSA 8

Mashed potatoes, peas, cumin seeds, turmeric and coriander stuffed in a crispy homemade pastry, Served W/ chutney

### CHEESE PAKORA 14 **GF**

Cottage cheese slices layered with spinach, mozzarella cheese and dipped in chickpea batter and finished in hot oil. Served W/ chutney

A must try for cheese lovers!

### GOLDEN FRIED CHICKEN 14

Chunks of chicken, coated with garlic, homemade spice mix, dipped in a crispy batter, deep fried and served hot W/ tandoori Mayo.

### WAH WAH WINGS 14

Wings coated in homemade spice mix, dipped in a crispy batter and deep fried

### CHEESE CHILLY 17

Cottage cheese cubes, coated with corn flour, eggs, garlic, ginger, pepper, deep fried and tossed in a pan with onions, capsicum, homemade chilli sauce and finished with spring onions

### CHICKEN CHILLY 18

Chicken cubes, coated with corn flour, eggs, garlic, ginger, pepper, deep fried and tossed in a pan with onions, capsicum, homemade chilli sauce and finished with spring onions  
A perfect palate pleaser!

### AMRITSARI FISH PAKORA 19

Fish of the day marinated with ginger, garlic, Indian spices, carrom seeds and coated in a crispy chickpea batter and deep fried. Served W/ mint chutney and salad  
Most popular north Indian seafood delicacy!

## FROM THE TANDOOR

### CHICKEN TIKKA 14 **GF**

Boneless chicken marinated in yoghurt, Indian herbs, and spices, cooked in tandoor, bringing out the juicy flavor, Served W/ mint chutney and salad.

### CREAMY MALAI TIKKA 16 **GF**

Boneless chicken marinated in cream, cheese, pepper, Indian herbs, cooked in tandoor and finished with butter coating  
Served W/ Cream salad, It will surely melt in your mouth!

### TANDOORI CHICKEN 16 **GF**

Bone-in chicken, marinated overnight in yoghurt, homemade spice mix, mustard oil, roasted over charcoal, to bring out the smoky flavour

Indians favourite, best when paired with a pint of Kingfisher!

### KASAUNDI PANEER TIKKA 16 **GF**

Cubes of homemade cottage cheese dipped in turmeric, yoghurt, Indian herbs, and mustard marination, then skewered in tandoor with onions and bell peppers  
Served W/ mint chutney and salad

### MUSHROOM TIKKA 16 **GF**

Mushrooms, dipped in yoghurt, Indian herbs, and spices marination, then skewered in tandoor with onions and bell peppers  
Served W/ mint chutney and salad.

### LAMB TIKKA 22 **GF**

Lamb tenderloin marinated in yoghurt, garlic, ginger, herbs, and spices, roasted in tandoor, Must try for meat lovers!

### BAREILLY KE KEBAB 14

Lamb mince flavoured with garlic, herbs and spices and skewered over charcoal, Hometown favourite.

### TANDOORI PRAWNS 19 **GF**

Prawn cutlets, marinated with yoghurt, turmeric, freshly grounded spices, skewered in tandoor and finished with aromatic herb, drizzled with ghee

## GT PLATTERS

### VEGETARIAN PLATTER 24

Onion bhaji, aloo samosa, paneer tikka, mushroom tikka

### MIXED PLATTER 27

Onion bhaji, spinach & cheese samosa, malai chicken tikka, lamb kebab

### MEAT SIZZLING PLATTER 29

Tandoori chicken, lamb chops, chicken tikka, tandoori prawn

### CHEF'S SPECIAL PLATTER 34

Crispy chicken, spinach and cheese samosa, squid bhaji, aloo chips, onion bhaji, Served W/ house dips, garlic naan and salad



## GT CHEF'S SPECIAL

### ENTRÉE SIZE

#### SPINACH & CHEESE SAMOSA 12

Grated homemade cottage cheese, spinach, and mozzarella, stuffed in a crispy homemade pastry

#### KASUNDI MALAI BROCOLI 16 **GF**

Broccoli dipped in chef's special marination and skewered in tandoor with onions and bell peppers, drizzled with ghee.

#### TURMERIC CHICKEN TIKKA 18 **GF**

Tender chicken pieces, marinated overnight in secret indian spices, grilled in charcoal tandoor, Served W/ mint chutney and salad.

#### TURMERIC LAMB CHOPS 24 **GF**

Lamb cutlets marinated with yoghurt, fresh ginger, garlic and authentic herbs and spices, skewered and cooked in charcoal tandoor

#### CRISPY CHILLY CAULIFLOWER 16

Battered and deep-fried cauliflower, tossed in a pan with sweet and spicy sauce, topped with sesame seeds

#### CHILLI GARLIC PRAWN 19

Prawn cutlets, sauteed with ginger, garlic, onions, bell pepper, herbs, spices, and sweet and spicy sauce.

#### SQUID BHAJI 17

Squids coated with garlic, homemade spice mix, dipped in a crispy batter, deep fried and Served hot W/ tandoori Mayo

### MAIN SIZE

#### TANDOORI CHICKEN 28

Tandoor Roasted smoky half chicken served W/ Salad, cashew & Butter sauce, and cheesy garlic naan

#### TURMERIC METHI CHICKEN 28

Turmeric marinated chicken simmered with fenugreek, onion, tomato, ginger, cashews and cream. Served W/ saffron rice & tandoori paratha

#### CHICKEN KALI MIRCH 28

Tender chicken pieces, cooked in Creamy cashew sauce with black pepper and herbs, finished off with ghee. Served W/ saffron rice & butter naan

#### RAJASTHANI LAAL MAAS 29

A spicy curry cooked with chilly, tomatoes, onion, coriander and secret herbs spices. Served W/ saffron rice & tandoori paratha

#### LAMB MINTWALA 29

Turmeric and mint marinated lamb cubes, cooked with onion, Tomatoes, ginger, garlic and topped with cream. Served W/ saffron rice & garlic Naan

#### SHAHI MEAT 29

A classic lamb dish from royal state of India - Rajasthan, simmered in creamy cashew sauce with pepper and spices. Served W/ saffron rice & butter naan

#### METHI MATAR MUSHROOM 25

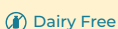
Mushroom and Peas cooked with fenugreek, ginger garlic in a cashew gravy with homemade spices. served W/ saffron rice & garlic Nann

#### TURMERIC KOFTA 25

Homemade cottage cheese and potato kofta balls cooked with onions, tomato, cashew gravy. Served W/ saffron rice & tandoori paratha

#### MALAI PANEER 25

Cubes of Home made cottage cheese simmered in cashew sauce with herbs and spices. Served W/ saffron rice & butter naan



- Please speak to the Duty Manager for allergens information -  
The dishes may contain traces of allergens / nuts despite our persistent efforts



## CHICKEN CURRIES

ALL CURRIES ARE SERVED WITH RICE WITH CHOICE OF HOTNESS :

MILD MEDIUM HOT EXTRA HOT

### CHICKEN KORMA 22

Chicken cubes cooked in cashew gravy with mild spices fenugreek, and finished with cream

### CHICKEN PUNJABI 23

A dish from royal state of India, cooked in cashew gravy, with onion and tomato masala, freshly ground spices, butter and lots of coriander

### BUTTER CHICKEN 22

Does not need a description!

### MURG POSTO 22

Sliced chicken cooked with poppy seeds, garlic, onion, tomatoes and cream.

### CHICKEN VINDALOO 22

For spice lovers, chicken cooked in a tangy and spicy sauce with freshly sliced capsicums

### CHICKEN TIKKA MASALA 22

Originated from the UK, an all-time favorite. Tender pieces of chicken tikka cooked in onion and tomato masala, fresh ginger, garlic finished with cream

### CHICKEN JALFRAZEE 23

Chicken cooked in tomato gravy with capsicums, onions, fresh herbs and finished with coconut cream

### KADAI MURG 23

An Indian Classic! Chicken pieces cooked with crushed tomatoes sliced onions, capsicums, cashew gravy and fresh coriander

### CHICKEN MADRAS 22 **DFA**

Classic south Indian dish, chicken pieces, cooked in onion and Tomato Masala with shredded coconut, mustard, curry leaves and coconut cream

### CHICKEN SAAGWALA 22 **DFA**

Popular homemade Indian dish. chicken pieces cooked in spinach gravy with onions, crushed tomatoes, ginger, garlic, spices, and cream

### BALTI DANSAK CHICKEN 22 **DFA**

Chicken pieces cooked with black lentils, onion and tomato masala, topped with fresh cream

### CHETTINAD CHICKEN 22

From south of India, this popular chicken curry is made with oriental spices, onion and tomato masala and curry leaves

### TAWA CHICKEN 23

India's capital, Delhi special, cooked with cream, onion and tomato masala, butter sauce, fenugreek and finished with ghee!

### CHICKEN BHUNA MASALA 23 **DFA**

Indian stir fry chicken, cooked with ginger, garlic, sliced onions, capsicums, topped with fresh coriander

## LAMB CURRIES

### LAMB BHUNA MASALA 24 **DFA**

Chunks of lamb, sauteed with ginger, garlic, sliced onion, crushed tomatoes, spices and fresh coriander, delicious and not too saucy!

### LAMB PUNJABI 24

Diced lamb, cooked in cashew gravy, with onion and tomato masala, freshly ground spices, butter and lots of coriander

### LAMB JALFRAZEE 24 **DFA**

Lamb cubes cooked in tomato gravy with capsicums, onions, fresh coriander, and herbs and finished with coconut cream

### LAMB KADAI 24

Lamb pieces cooked with crushed tomatoes, sliced onions, capsicums, cashew gravy and fresh coriander.

### LAMB ROGAN JOSH 24

Originated from Kashmir, this delicious meat curry is slow cooked with aromatic herbs and spices, bringing out the authentic flavours of India

### LAMB KORMA 24

Lamb cubes cooked in cashew gravy with mild spices, Fenugreek, and finished cream

### LAMB SAAGWALA 24 **DFA**

Lamb chunks, cooked in spinach gravy with onions, crushed tomatoes ginger, garlic, spices, and cream

### LAMB VINDALOO 24

For spice lovers, chicken cooked in a tangy and spicy sauce with freshly sliced capsicums

### LAMB CHETTINAD 24

Lamb pieces cooked with oriental spices, onion and tomato masala and curry leaves

### LAMB MADRAS 24 **DFA**

Lamb pieces, cooked in onion and tomato masala with shredded coconut, mustard, curry leaves and coconut cream



- Please speak to the Duty Manager for allergens information -  
The dishes may contain traces of allergens / nuts despite our persistent efforts



## SEAFOOD CURRIES

### **PRAWN JALFREEZE 25** **DFA**

Prawns cooked in tomato gravy with capsicums, onions, fresh herbs and finished with coconut cream

### **GOAN PRAWN CURRY 25** **DFA**

Goa's specialty, Prawns cooked with garlic, turmeric, coconut cream, in a tangy base sauce

### **FISH CURRY 25** **DFA**

Spices marinated fish fillets cooked in onion and tomato masala with ginger, garlic, turmeric and fresh coriander

### **FISH MADRAS 25** **DFA**

Fish fillets, cooked in onion and tomato masala with shredded coconut, mustard, curry leaves and coconut cream

### **BUTTER PRAWNS 25**

Prawns cooked in a creamy butter sauce with a touch of fenugreek

### **FISH BUTTER MASALA 25**

Pan fried marinated fish fillets, cooked with garlic in a creamy butter sauce with fenugreek

### **PRAWN KADAI 25**

Prawns cooked with crushed tomatoes, sliced onions, capsicums, Cashew gravy and fresh coriander

### **PRAWN SAAGWALA 25** **DFA**

Prawns cooked in spinach gravy with onions, crushed tomatoes, ginger, garlic, spices, and finished cream

### **CHETTINAD PRAWNS 25** **DFA**

Prawns cooked with oriental spices, onion and tomato masala and curry leaves. A hot curry from south of India

### **MALABARI FISH 25** **DFA**

Goa's specialty, Fish cooked with garlic, turmeric, coconut cream, in a tangy base sauce

## RICE DISHES

**BIRYANI** - Layers of long grained aromatic rice steamed together with flavorful meat or vegetables cooked in thick gravy and homemade spices

### **CHIKEN 22**

### **LAMB 23**

### **PRAWN 24**

### **VEGETABLE 21**

### **CAULIFLOWER RICE 7**

### **PANEER AND PEAS PULAO 7**

### **PLAIN RICE 5**

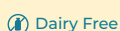
## KIDS

### **BUTTER CHICKEN 14**

### **MANGO CHICKEN 14**

### **FRIED CHICKEN W/ ALOO CHIPS 12**

### **CHOCOLATE NAAN 6**



- Please speak to the Duty Manager for allergens information -  
The dishes may contain traces of allergens / nuts despite our persistent efforts



## VEGETARIAN CURRIES

### VEGETABLE JALFREEZE 18 **DFA**

Seasonal vegetables cooked in tomato gravy with capsicums, onions, fresh herbs and finished with coconut cream

### VEGETABLE KORMA 18

Seasonal vegetables cooked in cashew gravy with mild spices, fenugreek, and finished with cream

### KADHAI PANEER 20

Homemade cottage cheese cooked with crushed tomatoes sliced onions, capsicums, cashew gravy and fresh coriander

### SHAHI PANER 20

Homemade cottage cheese cooked in cashew gravy with turmeric, ginger, garlic and onions

### PALAK PANEER 20

Homemade cottage cheese cooked in spinach gravy with onions, crushed tomatoes, ginger, garlic, spices, and cream

### ALOO JEERA 16 **DFA**

Turmeric flavored potatoes sauteed with ginger garlic, onion tomatoes and cumin seeds

### SAAG ALOO 17 **DFA**

Potatoes cooked in spinach gravy with onions, crushed tomatoes, ginger, garlic, spices, and cream

### ALOO GOBI 18 **DFA**

Turmeric flavored potatoes and cauliflower sauteed with ginger, garlic, onion and tomatoes

### DAAL MAKHNI 18 **DFA**

Black lentils and kidney beans cooked with ginger, garlic, onions, tomatoes, and fresh cream

### MALAI KOFTA 20

Homemade cottage cheese, nuts, sultanas and mashed potato balls deep fried and simmered in creamy cashew gravy

### PANEER BUTTER MASALA 20

Paneer cooked in butter sauce, onion and tomato masala topped with ghee and fresh coriander

## VEGAN CURRIES

### VEGAN BUTTER MASALA 23

Soy chunks cooked in onion and tomato gravy with ginger garlic and homemade spices and almond milk

### VEGAN ROGANJOSH 22

Soy chunks cooked with freshly chopped ginger, garlic, onion and tomato masala and coriander

### VEGAN SAAGWALA 23

Soy chunks cooked in spinach gravy with onions, crushed tomatoes, ginger, garlic and spices

### VEGAN CHETTINAD 23

Soy pieces cooked with oriental spices, onion and tomato masala and curry leaves.

### VEGAN BHUNA MASALA 23

Soy pieces, stir fry with ginger, garlic, sliced onions, capsicums, topped with fresh coriander

### BAIGAN BHARTA 19

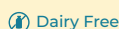
Mashed eggplant cooked with green peas, in onion and tomato gravy and fresh coriander.

### TADKA DAAL 18

Mum's favorite, lentils simmered with turmeric, garlic, onions, and cumin seeds

### MUSHROOM MASALA 19

Mushroom and green peas cooked in onion and tomato gravy with herbs and spices



- Please speak to the Duty Manager for allergens information -  
The dishes may contain traces of allergens / nuts despite our persistent efforts





## BREADS

### BREAD TRIO 14

Garlic naan, peshawari nann, chicken naan

### NAAN 4

Tandoor baked, fresh leavened bread

### GARLIC NAAN 4.50

Tandoor charred, crisp and freshly baked bread with garlic and butter on top

### TANDOORI ROTI 3

A traditional, tandoor baked, thin whole meal flat bread

### LACHHA PARATHA 5

A traditional, tandoor baked, crispy and flaky whole meal flat bread layered with ghee

## STUFFED NAAN

### ALOO PARATHA 6

Naan stuffed with mashed potatoes, herbs, spices and coriander

### CHEESE NAAN 6

Naan stuffed with mozzarella cheese and butter on top

### CHEESE AND GARLIC NAAN 6.50

Naan stuffed with mozzarella cheese and garlic, with butter on top

### CHICKEN NAAN 6

Naan stuffed with chicken, herbs, spices and coriander

### PESHAWARI NAAN 6

Naan stuffed with coconut, sultanas, Nuts and cinnamon

### ONION KULCHA 6

Naan stuffed with freshly chopped onions, herbs, spices and coriander

### JALAPENO AND CHEESE NAAN 6.50

Naan stuffed with jalapeno and mozzarella cheese with garlic butter on top

## SIDES

### POPPADOMS 3 GF

Chickpea flour crackers

### ALOO CHIPS 8

Crunchy thick cut potato chips with Indian masala, served with homemade tandoori mayo

### RAITA 5

Homemade yoghurt mixed with freshly grated cucumber, herbs, and spices

### MANGO CHUTNEY 4

Popular fruit relish of India!

### MIX PICKLE 5

This vinegar and mustard oil suspended masala vegetables can add more spice to your curry!

### KECHUMBER 6 GF

Freshly chopped onion, tomatoes, cucumber, mixed with Indian herbs and masalas, tossed with lemon juice and coriander

### GREEN SALAAD 9 GF

Sliced fresh red onions, cucumber, tomatoes, topped with freshly squeezed lemon juice and coriander

### MINT CHUTNEY 4

Homemade yoghurt and mint chutney, with secret herbs and spices

### TAMRIND CHUTNEY 4 GF

A sweet and tangy relish made with tamarind, jaggery, dates and ginger.

### POPPADOMS PLATTER 12

Chickpea and lentils flour crackers served with kechumber, raita and mango chutney



- Please speak to the Duty Manager for allergens information -  
The dishes may contain traces of allergens / nuts despite our persistent efforts