

Breads

ROTI – All Indian Homes ^{NF} Traditional Indian unleavened flatbread, made from whole-wheat flour.	1.95
PLAIN NAAN – Punjab ^{NF}	1.95
PUDINA NAAN – Punjab ^{NF} Naan flavoured with a special blend of Rasam spices and mint.	2.25
GARLIC, ONION AND CORIANDER NAAN (GOC) – Rajasthan ^{NF}	2.95
CHEESE CHILLI NAAN – Delhi ^{NF} Naan filled with cheddar cheese and green chilli.	2.95
PESHAWARI NAAN – Peshawar Naan filled with roasted coconut, almonds and raisins.	2.95
ALOO KULCHA – Delhi ^{NF} Naan filled with spiced potatoes and onions.	2.95

Rice

STEAMED RICE – A favourite of Indian Homes ^{GF} ^{NF} ^V High quality basmati rice (low glycemic index) steamed to perfection.	2.95
PULAO – Delhi ^{GF} ^{NF} High quality basmati rice (low glycemic index) cooked with cinnamon, bay leaves, black cardamom and fried onion.	3.50

Desserts

ICE CREAM AND SORBET Selection of ice cream and sorbet.	5.50
DATES KHEER Traditional Indian dates and rice pudding.	6.50
ORANGE AND PASSION FRUIT CHEESECAKE	6.50
ROSE BRÛLÉE An Indian version of crème brûlée.	6.50
CHOCOLATE BROWNIE	6.50
MANGO KULFI Home-made Indian ice cream served with basil seeds.	6.95

Tea / Coffee

Tea	2.25
Assorted Herbal Teas (Camomile / Green / Peppermint)	2.50
Espresso	2.25
Decaffeinated Coffee	2.25
Fresh Ground Coffee	2.50
Cappuccino / Latte	2.95
Double Espresso	4.00
Irish Coffee	5.50
Baileys Coffee	6.00
Cointreau Coffee	6.50
French Coffee	6.50
Tia Maria Coffee	6.50

Spices To Take Home

If you would like to try Indian cooking at home, we would be delighted to blend any combination of Rasam spices for you.

Roasted cumin (15g)	2.50
Garam masala (15g)	3.00

Rasam At Home

If you would like to enjoy our freshly prepared dishes at home, we are happy to offer a take-home service, by collection only.

Ayurveda: The ancient Indian science of life and health.
Rasam: The place where the science of life with the science of flavour come together.

Read more about Rasam's spice choices and our passion for healthy Indian cooking at www.rasam.ie



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Rasam



The natural taste of India



Appetisers

ALOO TIKKI – New Delhi (GF) (NF)	7.95
Full-flavoured, pan-fried potato cakes with green peas, mint leaves, and spices. Complemented with a sauce of tamarind and yoghurt.	
PALAK PATTA – Rajasthan (GF)	7.95
Baby spinach leaves delicately crisped, topped with honey and yoghurt dressing.	
GOBI KEMPU BEZULE – Karnataka (GF) (NF)	7.95
Crunchy florets of cauliflower prepared south-Indian style with fresh chillies and curry leaves.	
MURGH TIKKA – North India (GF) (NF)	8.95
Fresh from the Tandoor; flavoured with red chillies, fenugreek leaves, lemon, ginger, garlic and yoghurt.	
CALAMARI – Coastal India (NF)	8.95
Squid coated in a crispy semolina crust, served with a spice infused tomato chutney.	
PORK VARUVAL – Tamil Nadu (GF) (NF)	8.95
Pork marinated with star anise, chilli powder, black pepper, curry leaves, ginger, and garlic.	
BASIL PRAWN FRY – Tamil Nadu (GF) (NF)	10.95
Tiger prawns dipped in fresh basil and sesame seeds - Served with sprouts & tomato salsa	
DUCK ROLLS – Kerala	10.95
Muscovy duck flavoured with star anise, figs, and tamarind - wrapped in a light filo pastry.	
BESAN KI MACHHI – Bengal (GF) (NF)	11.95
Pan fried Tilapia fish marinated in chickpea flour, carom seeds and freshly prepared Rasam's spices	
PATHAR KABAB – Hyderabad (GF)	14.95
Seared lamb escalopes seasoned with mace, nutmeg and Kalpasi - a lichen that imparts an earthy flavour	
HALDI JHINGA – Mumbai (GF) (NF)	15.95
Pan-seared jumbo prawns flavoured with fresh turmeric, Kashmiri round chillies, ginger, and garlic (3 pcs).	
RASAM PLATTER – Rasam	16.95
A selection of mini-portions of Rasam's most loved starters: pork varuval, murgh tikka, duck roll, pathar kabab, basil prawns, gobi kempu	

Fenugreek	soothes digestion, slows sugar release, and balances cholesterol.
Rose Petals	de-stresses the mind and supports the heart.
Coriander	supports the liver; soothes digestion; cleanses.
Turmeric	antioxidant, anti-inflammatory, and antiseptic.
Lime	supports liver, gall bladder and respiratory systems.
Ginger	facilitates nutrient absorption and pain relief in joints.
Panch Phoron	fenugreek seeds, nigella seeds, fennel seeds, black mustard seeds, cumin seeds

(GF) Gluten Free

(NF) Nut Free

(V) Vegan

Minimum spend €20.00 per person

Main Courses

BEETROOT CHICKEN – North India (GF) (NF)	17.95
Chicken breast pieces simmered in a fresh beetroot and tomato sauce flavoured with dry pomegranate seeds and coriander leaves.	
SAFED MURGH – Uttar Pradesh (GF) (NF)	17.95
Very tender slow cooked chicken in a sauce of poppy seeds, melon seeds, yoghurt, onions, green cardamom and crushed black pepper. - Mildly flavoured to suit all palates	
ANDHRA CHICKEN CURRY – Andhra Pradesh (GF) (NF)	17.95
Flavoured with aniseeds, cinnamon, star anise, tomato, onion and coconut.	
MURGH MAKHANI – Punjab (GF) (NF)	18.95
Chicken breast pieces mixed with fenugreek leaves, red chilli powder, tomato, onion, melon seeds, cardamom, ginger, garlic, and cream. Delicately blended to give a uniquely full-flavoured dish.	
LAL MAAS – Rajasthan (GF) (NF)	20.95
Lean leg of lamb, slow cooked on the bone with garlic, ginger, coriander seeds, tomatoes, red chillies and our special blend of garam masala. Served boneless.	
BARRAH NALLI – North West of India (GF) (NF)	20.95
Lamb shank, marinated in fried onions, green cardamom, cloves, and yoghurt – cooked slowly to release the flavours. Served dry.	
DUM PUKHT GOSHT – Lucknow (GF) (NF)	21.50
Classically slow-cooked lamb dish in a yoghurt, infused with our unique blend of spices that gradually reveal their seductive flavours (Rasam's signature dish).	
MANGO PRAWN – Kerala (GF) (NF)	20.95
A favourite dish, tiger prawns in a beautiful mango sauce tempered with curry leaves, tamarind and coconut milk.	
HAKE CALDINHO – Goa (GF) (NF)	21.95
Fresh hake with turmeric, coconut, cumin seeds, peppercorns, coriander seeds and tamarind.	
TANDOORI SEA BASS – Mumbai (GF) (NF)	22.95
Fresh whole sea bass, marinated with fresh turmeric, ginger, garlic, red chillies, carom seeds and lime. Served dry.	
MANSAHARI THALI – All Indian Homes (GF) (NF)	29.50
The 'thali' is a fully balanced, traditional meal. Our thali includes lamb, chicken, prawns, potatoes, and spinach, served with pulao rice, naan bread, and a sweet and sour chutney – served on a silver platter, of course!	

Our spices are freshly blended, dry-roasted and ground daily. We only add these spices to your dish shortly before serving it at your table, to retain their freshness and natural oils. We only use rice with a low glycemic index (GI). As all our dishes are prepared freshly to order, we ask for your patience at busy times.

There is no service charge, and all gratuities go directly to our staff.

Vegetarian Dishes

ALOO BAINGAN – All Indian Homes (GF) (NF) (V)	14.95
Aubergine and potatoes stir fried in dry mango, ginger, green chillies, onions, fresh tomatoes and paanch phoron.	
MIXED VEG CURRY – Rajasthan (GF) (NF) (V)	14.95
Carrot, green beans, potatoes, cauliflower and peas, in a tomato and onion sauce.	
PANEER SOYA CHILLI – North India (GF) (NF)	14.95
Cottage cheese and non-GMO soya chunks cooked with brown onion, tomato and fresh peppers.	
PALAK KOFTA – Lucknow (GF)	14.95
Spinach dumplings in a creamy tomato and garlic sauce. An all time Rasam favourite.	
SHAKAHARI THALI – All Indian Homes (GF) (NF)	26.50
The 'thali' is a fully balanced, traditional meal. This thali includes 5 assorted vegetarian dishes, served with pulao rice, naan bread, and a sweet and sour chutney – served on a silver platter, of course!	

Side Dishes

A perfect accompaniment to our main courses

RAITA – All Indian Homes (GF) (NF)	2.95
A traditional dish served with every Indian meal. Cooling elements of yoghurt, cucumber, roasted cumin and fresh coriander balance spice from any chillies.	
DAL PANCHMEL – Rajasthan (GF) (NF) (V)	4.95
Five different lentils cooked together and tempered with garlic, onion, cumin and asafoetida.	
ALOO PODIMAS – South India (GF) (NF) (V)	4.95
Potatoes flavoured with ginger, garlic, onions, curry leaves, mustard seeds, turmeric powder and split lentils.	
CHONKA PATTA – Hyderabad (GF) (NF) (V)	4.95
Fresh cabbage and spinach leaves tempered with mustard seeds, whole red chillies and curry leaves.	
CHOLEY – Punjab (GF) (NF) (V)	4.95
Chickpeas cooked with tomatoes, green chillies and carom seeds.	
METHI GOBHI – All Indian homes (GF) (NF) (V)	4.95
Cauliflower florets and fenugreek leaves seasoned with ginger, cumin, green chillies and fresh tomatoes.	
OKRA – North India (GF) (NF) (V)	6.50
Stir fried okra with onions, tomatoes and dry mango powder.	
SAAG MAKAI MUSHROOM – Delhi (GF) (NF)	6.50
Spinach, mushrooms and sweet corn seasoned with fried garlic and green chilli.	