

Spice Bowl Indian Restaurant
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An Introduction to Indian Spices

Down through the ages India has been known as the **"Land of Spices"**. Sweet or pungent, aromatic or seductive, spices played a special role in the life, legend and ritual of the country.

Why do we use spices? For various reasons. The common man looks for organoleptic qualities (sense of taste) in food rather than the nutritive value in food. Spices improve the flavor of the dish, add color, thicken gravies, and have remedial or medicinal properties. Investigations are conducted scientifically to elucidate the therapeutic properties of spices and many have been already accepted and are being used today. For example, Anni seeds are used in flavoring cough medicine; herbs to soothe the nerve system; garlic in the treatment of rheumatism, coughs, and abdominal pain; and ginger tea is used to ease an ailing stomach. This list goes on.

The people of the West especially the English and Americans who have a tradition of bland food are now introducing a variety of spices in their dishes and appreciating the piquancy of the food. In any case the "qualities of spices for enhancing foods still **Reign Supreme.**" So let us add a little spice to our life and stay healthy. Bon Appetite.

Hours

Lunch: Tue- Sun. 11:30 To 2:30

Dinner: Tue/Wed/Thurs/Sun 5:30 To 9:00

Fri/Sat Buffet 5:30 To 9:30

Appetizers

Tomato Soup.....	2.50
Vegetable Pakora.....	2.50
(Vegetable fritters)	
Vegetable Samosa.....	2.50
(Pastry shell with potatoes and green peas)	
Kebab Platter.....	5.95
(Combination of tandoori delicacies)	
Vada.....	2.50
(Fried donut shaped lentils)	
Dosa.....	4.00
(Pancake made of rice flour and ground lentils with spice potato stuffing)	

Vegetables

Saag Paneer	6.95
(Creamed spinach with cottage cheese)	
Malai Kofla.....	6.95
(Vegetable balls simmered in a tomato and cream sauce)	
Navrathan Curry.....	6.95
(Medley of several seasonal veggies in a mild sauce)	
Daal Maharani.....	6.95
(Lentils and Red Beans mildly spiced)	
Baingan Bartha.....	6.95
(Roasted and pureed Egg plant sautéed with onions, tomatoes and an array of spices)	
Shahi Paneer.....	7.95
(Home made cheese in a mild cashew nut and almond Sauce)	
Bhindi Dopiaza.....	6.95
(Okra ,Tomato and Onion sauted with spices)	
Vegetable Biryani.....	7.95
(Rice with seasonal vegetables)	
Aloo Mutter.....	6.95
(Green Peas and Potatoes in a curry sauce)	

From The Tandoor

Tandoori Chicken.....11.95

(Spring chicken marinated in yogurt , spices & broiled)

Chicken Tikka.....10.50

(Marinated & broiled chicken breasts)

Naan.....1.50

(Bread fresh from the Tandoor)

Lamb

Lamb Biryani.....10.50

(Basmati rice cooked with chunks of lamb)

Rogan Josh.....9.95

(Lamb cooked in a tomato and onion sauce with an array of spices)

Lamb Vindaloo.....9.95

(Spicy lamb curry)

Gosht Shahi Khorma.....9.95

(Delicately spiced lamb curry in almond and cashew nut based sauce)

Palak Ghosht.....9.95

(Lamb cooked in creamed Spinach)

Ghosht Dhanshak.....9.95

(Lamb and lentils cooked together)

Chicken

Chicken Shahi Khorma9.50

(Boneless chicken cooled in a cashewnut and Almond Sauce)

Chicken Vindaloo.....9.50

(Spicy chicken curry with potatoes)

Karahi Chicken.....9.50

(Chicken with Bell Peppers, tomato and onions in a light gravy)

Chicken Tikka Masala.....9.50

(Boneless broiled chicken breasts simmered in a tomato and cream sauce)

Malabar Chicken Curry.....9.50

(Boneless chicken curry finished with coconut milk)

Chicken Biryani10.50

(Chicken and rice cooked together with a variety of spices and herbs)

Chicken Saagwala.....9.50

(Chicken cooked in creamed spinach)

Shrimp

(when available)

Shrimp Masala.....11.95

(Shrimp cooked with bellpepper, tomato, and onions)

Volcano Shrimp.....11.95

(Our version of vindaloo)

Shrimp Biryani.....11.95

(Shrimp and Basmati rice cooked together with a variety of spices)

Desserts

Rice pudding.....2.50

Gulab jamoon.....2.50

Drinks

Coke/ Dr. Pepper/ Sprite.....1.00

Mango / Sweet Lassi.....2.00

Hot/Iced Spiced Tea1.50

Iced Tea.....1.00

Coffee.....1.00