



AA Rosette Award for
Culinary Excellence

TABLA

AUTHENTIC INDIAN RESTAURANT

MENU



Athiti Devo Bhavah - Guest is God

Swarna and I welcome you to an authentic Indian dining experience.

My wife and I have a passion for good, simple food. We were both born and brought up in rural villages in India, where every meal of the day is freshly made using ingredients grown in local fields.

In our restaurant we do the same. Even today, all the spices used in Tabla are grown in our family's fields in India, then carefully processed to perfection to make the best home style curry – just as we like it.

Welcome to the authentic Indian dining experience!

Praveen & Swarna

RUSTIC STREET FOOD

*These dishes were originally found on the street corners of busy Indian roads,
freshly prepared & sold from small push carts.*

We recommend having two or three between the couples.

2x Papadoms - £1.50 Spiced Onions - £1.00 Mixed Pickle - £1.50

Mango Chutney - £1.50 Mixed Tray - £4.00

MIXED PAKORA PLATTER FOR SHARING (for two) - £14.95

Haggis Bonda, Chicken Pakora, Vegetabla Pakora, Fish Pakora.

PANI PURI (Vegan) - £5.95 (served cold)

Just as served on the streets of India. Puffed Bread, stuffed with spice potato, chickpeas, and tamarind and filled with mango, and mint liquid.

KURKURI BHINDI (Vegan) - £7.95

A must-try dish in Rajasthan is crispy fried okra seasoned with lime and garam masala.

SABZI SAMOSA (Veg) - £6.95

Spiced carrot, peas & potato and puff pastry served with tamarind sauce, garnished with coriander leaves and Sav.

SABZIE PAKORA (Vegan) - £5.95

Crisp nuggets of seasonal Scottish vegetables, onions & crushed coriander seeds.

HARABA TIKKI (Vegan) - £6.95

Green vegetable patties of mint, coriander, potato, ginger, garlic & mild spices.

MURGH SAMOSA - £6.95

Spiced chicken and puff pastry served with tamarind sauce, garnished with coriander leaves and Sav.

HAGGIS BONDA - £6.95

A great combination of Scottish haggis and Indian spice with green chili, ginger & garlic.

MURGH PAKORA - £5.95

Tender pieces of chicken, marinated in an authentic batter & served with chili sauce.

TABLA FISH PAKORA - £7.95

South Indian spice marinated Scottish fresh catch of the day, green chilli, mustard, corn flour batter, crispy fried.

TABLA ROYALLU - £8.95 - Andhra style

Marinated Atlantic king prawn, mixed pepper, red onion, green chilli, curry leaf and tamarind.

CHILLI PANEER - £6.95

Homemade cottage paneer, green chilli, mixed peppers, and red onions.

For allergen information, please ask a member of staff

Please don't waste your food. Our team is pleased to pack any leftover food for you to take home. There is a small charge of 30p per container.

TANDOORI TIKKAS

STARTER OR MAIN COURSE - (RICE/NAN NOT INCLUDED)

MIX TIKKA PLATTER FOR TWO - £14.95 As Main £15.95

Chicken tikka, Sheek kabab, Panner tikka, Lamb shoulder tikka

MURGH TIKKA - £7.45 - As Main £14.95

British chicken breast marinated in hung yoghurt, black cumin, ground spices and then cooked in a tandoor.

TANDOORI CHICKEN - ON THE BONE - £7.95 As Main £14.95

Marinated, bone-in British chicken, chef Praveen's family-grown tamarind paste, ginger, garlic, and Indian spices herbs.

TABLA SPICY CHICKEN WINGS 3pcs - £7.45 - As Main 6pcs £13.95

British chicken wings marinated for over 24 hours in fresh lime juice, ginger, garlic, and ground spices, then cooked in a tandoor.

CHICKEN BUTTON - £7.95 - As Main £14.95

Tandoori cooked chicken with mixed pepper, red onions & chillies.

TANDOORI LAMB FILLET TIKKA - £8.45 As Main £15.95

48 hours marinated Scottish lamb shoulder with ginger, garlic, garam masala, cooked in tandoor.

TULSI SEEKH KABAB - £7.45 - As Main £13.95

Scottish lamb mince, chopped green chili, and ginger basil

TANDOORI BADA JHINGA - £8.95 - As Main £16.95

King prawns grilled in tandoori oven with peppers, onions and Garam masala.

PANNER TIKKA (V) £7.95 As Main £15.95

Old Delhi's style: homemade paneer, basil, mint, coriander, cumin, green chili, and chard tandoor.

MAIN COURSES

(RICE / NAN NOT INCLUDED)

All curries can be made gluten free. Please ask staff for details.

ANDHRA KODI KOORA - £13.95 "My grandmother's recipe."

Chicken, chilli, fresh curry leaf and tomatoes with onion tamarind sauce.

DAKSHIN LASOONI MURGH - £13.95

Chicken tikka is cooked in spicy masala, garlic, and fresh curry leaves. A hot dish from South India.

MURGH TIKKA BALTI - £13.95

Spicy chicken tikka, mixed pickle in Balti masala sauce.

MURGH MAKHANI MASALA - £13.95 - Delhi's Favourite!

Tandoori boneless chicken cooked with a thick Scottish cream, creamy tomato, ground almond nut and butter sauce.

NAVARATHAN MURGH KORMA (Mild) - £13.95

Marinated steamed chicken with tropical fruit, dry nuts, coconut cream and saffron milk.
A Mughlai style dish.

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MURGH MOONLIGHT - £13.95

Chicken tikka with pino grigio wine, mango chutney, ginger and garlic.

KOLHAPURI CHICKEN - £13.95

A really hot chicken gravy made with Kolhapur's famous red chillies, cashew nuts, lime and coconut.

MURGH ROGAN JOSH - £13.95

Marinated British chicken, Kashmiri chilli, coriander, and tomato.

HYDERABADI MUGHLAI DUM BIRYANI - £39.95 per two people (24 hours notice required)

18 hours marinated British chicken or lamb off the bone - a slow fire, basmati rice, browned onions, herbs, rose water, ground spices, saffron.

Cooked for 4 hours on a slow fire.

NIHARI - LAMB SHANK HOME STYLE - £15.95

Local free range Scottish lamb shank - slow cooked with nihari masala.

RAILWAY BOTI - £14.95

Slow cooked Scottish lamb with peppers, basil and potato.

A classic dish served on the Indian Trains.

BEEF NADAN - £15.95

Marinated Scottish beef cooked in ginger, garlic, black pepper, fennel seeds and garam masala.

A signature dish from the Kerala.

KEEMA MATAR - £12.95 "Poor man's rich food"

Back street dish. Lamb mince and green peas.

RAJASHTANI LAAL MAAS - £14.95

A fiery lamb dish from Rajasthan, red chillies, mustard oil and flavoured with dry mango powder.

GOSHT BHUNA - £13.95

Scottish lamb with ginger, garlic and tomato in a thick masala sauce.

MUGHLAI GOSHT KORMA - £14.95

Scottish lamb korma made with mild spices, almonds, pistachio nuts and Scottish cream.

GOSHT BIRYANI - £14.95

Slow cooked Scottish lamb with basmati rice, browned onions, herbs and ground spices.

ANDHRA FISH CURRY - £14.95

Marinated Scottish fresh catch of the day fish, fresh curry leaf, coconut cream, tamarind and chilli.

KASHMIRI BADA JHINGA KORMA - £15.95

Atlantic King prawn made with tropical fruit, coconut, cream and saffron milk.

KADAI JHINGA - £15.95

King prawns with onions, tomatoes, Scottish low-fat yoghurt and mixed peppers.

MIXED SEAFOOD BHUNA - £16.95 Fit for a royal

Scottish scallops, fresh catch of the day fish, Scottish mussels, king prawns with garam masala, ginger and garlic.

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VEGETARIAN MAIN MEALS

(RICE / NAN NOT INCLUDED)

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SPINACH TADKA DAL (V & Vegan) - £10.95

Red lentils with fresh spinach, garlic and ginger tadka.

CHANA MASALA (V & Vegan) - £10.95

Chickpeas cooked with special masala spices.

PALAK PANNER (V) - £11.95

Homemade panner with Scottish milk, spinach, green chilli and curry powder.

BHINDI DO PYAZA (V & Vegan) - £12.95

Fresh Okra from INDIA was tossed with red and white onions, cumin, and coriander.

KADAI PANEER (V) - £11.95

Homemade panner with Scottish milk cooked with mixed peppers, ginger and garlic with Greek yoghurt

PANEER BUTTER MASALA (V) - £11.95

Homemade cottage cheese in creamy tomato sauce, almond and aromatic spices.

KHUMB, MATAR & METHI (V & Vegan) - £10.95

Scottish mushrooms, fresh green peas, fresh fenugreek leaves, ginger, garlic, garam masala.

MIX SABZI - HOMESTYLE (V & Vegan) - £10.95

Hearty red kidney beans, mix peppers, peas and mushrooms with shimla spices.

ALL VEGETARIAN MAIN MEALS CAN BE TAKEN AS SIDE DISHES - £7.95

RICE, ROTI & NAN

STEAMED BASMATI RICE - £3.75 PILAU RICE - £3.75

TANDOORI ROTI - £2.95

PLAIN NAN - £3.75

KEEMA NAN - £4.75

GARLIC NAN - £3.95

CHEESE NAN - £4.25

PESHWARI NAN - £4.75
(MIXED FRUIT & DRY NUTS)

HAGGIS NAN - £4.75

SUPPLIER LIST:

VEGETABLES - The Wright Root, Coupar Angus

MEAT - Yorkes of Dundee POULTRY - Pak Poultry, Glasgow SPICES - Homegrown, India

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