



JALSA

MODERN INDIAN KITCHEN



VEGETARIAN

Crafted fresh, every day.

PURE VEGETARIAN · INDIAN CUISINE

LUNCH

153 MELBOURNE STREET · NORTH ADELAIDE

Crafted fresh, every day

A pure vegetarian kitchen: six house gravies simmered fresh each morning, chutneys made in our own kitchen and dosa batter set the night before. Quick plates on this side, chaat, dosa, curries and thali over the page.

Quick lunch

Sandwiches off the press and wok plates are ready in ten minutes eat in, or wrapped to take away

Grilled sandwiches

Mumbai-style toasties, pressed until golden and cut in triangles-with ketchup & mint chutney

Bombay Grilled Sandwich	14
The street-corner classic: potato, tomato, cucumber, onion & cheese with mint chutney	
Paneer Tikka Toastie	16
Clay-oven paneer (fresh Indian cheese) with capsicum & onion, mint yoghurt and melted cheese	
Chaap Tikka Toastie	16
Pickle-spiced clay-oven soya chaap (soy & wheat protein) with onion, mint yoghurt and melted cheese	
Chilli Cheese Toast	12
Melted cheese with green chilli, capsicum & fresh coriander	

Tandoor rolls

From the clay oven, rolled in a soft, layered flatbread with mint-yoghurt dip, chopped salad & onion

Paneer Tikka Roll	16
Paneer cheese charred in a spiced yoghurt marinade	
Hariyali Paneer Roll	16
Paneer cheese in a green mint & coriander marinade	
Achari Soya Chaap Roll	17
Soya chaap (soy & wheat protein) in tangy pickle spices	

From the wok

India's take on Chinese cooking, tossed to order

Manchurian & Noodles <i>vg</i>	20
Battered cauliflower in a sweet-and-sour soy & ginger sauce over chilli-garlic noodles	
Chilli Paneer & Fried Rice	22
Crisp paneer cheese tossed with capsicum & onion in chilli-garlic sauce, with vegetable fried rice	
Chilli Chaap & Noodles <i>vg</i>	22
Fried soya chaap (soy & wheat protein) in chilli-garlic sauce over wok-tossed noodles	

Street plates

Street-food favourite

Pav Bhaji	18
A Mumbai classic: spiced vegetables mashed with butter, onion & tomato, served with two soft toasted buns	
Masala Fries <i>vg</i>	8
Crisp fries dusted with tangy chaat spice, with mint chutney	

Drinks

*Lassi: a chilled yoghurt drink (sweet lassi has pistachio).
Chai: spiced milk tea. Filter coffee: sweet & milky*

Mango Lassi	6
Sweet or Salted Lassi	6
Masala Chai	5
Filter Coffee	5

Turn over for chaat, dosa, curries thali & vegan please tell us about allergies

The same kitchen, faster-chaat, dosa, today's curries with rice & naan, and thali. Sandwiches, rolls, wok plates, pav bhaji, fries and drinks are over the page

Chaat & small plates

Chaat is India's favourite street smack-crisp, tangy, sweet and cool at once

Masala Papadams <i>vg</i>	9
Crisp roasted lentil wafers topped with chopped cucumber, tomato & onion and tangy chaat spice	
Papdi Chaat	14
Crisp wheat wafers under warm spiced chickpeas, potato, cool yoghurt and mint & tamarind chutneys	
Dahi Bhalla	14
Soft lentil dumplings in whipped yoghurt with chutneys and pomegranate – served cold	
Samosa Chaat	15
A potato & pea samosa (pastry parcel), crushed under warm chickpeas, yoghurt, chutneys & chopped salad	
Vegetable Pakoras <i>vg</i>	12
Onion, spinach & potato fritters fried in a spiced chickpea-flour batter, with mint chutney	
Gobi 65 / Paneer 65	15 / 17
Cauliflower or paneer in a crisp, spiced yoghurt batter, tossed with curry leaf, garlic, mustard seed & chilli	

Dosa

Thin, crisp South Indian crepes of fermented rice & lentil batter, cooked in ghee (clarified butter). Served with sambar (a lentil and vegetable soup), coconut tomato chutneys

Masala Dosa	19
Filled with turmeric potato, onion & mustard seed	
Mysore Masala Dosa	21
Spread with a red chilli & garlic chutney, then filled with turmeric potato	
Paneer Dosa	22
Filled with crumbled paneer cheese cooked with capsicum, tomato, onion & spices	
Podi Dosa	18
Dusted with podi – a roasted lentil, chilli & sesame spice	

Curry, rice & naan

A bowl of curry from today's pots, with basmati rice, a naan bread and raita (cooling yoghurt dip). Vegan? Ask for roti & salad instead

Chana Masala <i>vg</i>	19
Chickpeas in a spiced onion & tomato sauce	
Rajma Masala <i>vg</i>	19
Red kidney beans in a slow-browned onion & tomato sauce with ginger	
Kadhai Paneer	21
Paneer cheese, capsicum & onion in a chunky tomato sauce with crushed coriander seed	
Palak Paneer	21
Paneer cheese in puréed spinach with ginger & garlic	
Paneer Makhani	21
Paneer cheese in a creamy tomato, cashew & butter sauce	
Mushroom Matar <i>vg</i>	20
Mushrooms & green peas in an onion & tomato sauce	
Vegetable or Paneer Biryani	20 / 22
Saffron basmati rice baked with spiced vegetables or paneer a plate on its own, with raita	

Thali

The classic Indian lunch: a little of everything on one tray, ending with a gulab jamun (a milk dumpling in syrup)

Vegetable Thali	22
Two of today's curries, yellow lentil dal, basmati rice, naan, raita, papadam and pickle	
Jalsa Thali	24
Paneer makhani, kadhai mushroom, black lentil dal. basmati rice, naan, raita, papadam and pickle	

vg vegan-dairy-free & gluten-free options on request most dosas can be made vegan: ask for oil, not ghee
please tell us about allergies-nuts, dairy & gluten are used in our kitchen



Jalsa means celebration

A pure vegetarian kitchen: six house gravies simmered fresh each morning, chutneys made in our own kitchen and dosa batter set the night before from the north and the south of India, served on Melbourne Street.

Celebrating something? Ask our team about catering and private dining.

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Thank you for dining with us