

Welcome to **SADYA**

Authentic South Indian Restaurant & Bar  
Fully Licensed & A/C  
90-BedFord hill, Balham, London, SW12 9HR  
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**SADYA**

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## MENU

**SI-  
No:** **A: APPETIZERS** -Let's get you in the mood for a delicious meal!

1	<b>Kadal Soup</b> – Be refreshed by the Arabian Sea, with this combination of sea food special	<b>3.95</b>	
2	<b>Rasam</b> – Hot and Sour soup with lentils & tomato, best remedy for any colds!!	<b>2.75</b>	
3	<b>Cochin Salad</b> – Mix of exotic vegetables in a chilli, coriander and light spicy dressing	<b>2.75</b>	
4	<b>Masala Dosai</b> – Crispy pancake made of rice and lentil flour, with a lightly spiced potato filling. Served with coconut chutney and sambar	<b>3.95</b>	
5	<b>Chicken / Prawn Masala Dosai</b> – As above but with a spicy filling of chicken / prawns, served with coconut chutney	<b>4.95</b>	
6	<b>Iddly</b> – Traditional breakfast favourite! Steamed rice cakes, served with coconut chutney and sambar	<b>2.95</b>	
7	<b>Chilly Iddly</b> – As above with a twist and spicy	<b>3.95</b>	
8	<b>Poori Masala</b> – Puffed sweet bread made of wheat flour, sandwiched with potato masala	<b>3.95</b>	
9	<b>Prawn Puri</b> – Bread sandwiched with Prawn masala	<b>4.95</b>	
10	<b>Sadya Plater</b> – Selection of Kerala doughnuts (spicy lentil/spinach) or a selection of Bhajjis or Pakoda or a combination served with chutney.	<b>4.95</b>	
11	<b>Cashew Nut Pakoda</b> – Cashew Nuts fried in a lightly spiced batter, unique and different	<b>2.95</b>	
12	<b>Chicken 65</b> – An Indian bar room snack found all over Southern India, served to accompany a good strong lager. Chicken cubes marinated in our traditional batter and deep fried	<b>3.95</b>	
13	<b>Spiced lamb Balls</b> – Minced lamb with a mixture of ground brown onion,	<b>3.95</b>	<a href="#">TOP</a>

aniseed, ginger, garam masala & mint. Served with mint sauce

**B: OUR FAVOURITES** -Carefully picked, let us take you on a wonderful culinary journey, unique and delicious!

14	<b>Chilli chicken</b> - Chicken in an onion, capsicum mix, spiced, to tickle those taste buds. Cool it with our carefully selected choice of Beer. Makes a great starter as well as a main course	6.50	
15	<b>Chilli Fish</b> - Prepared as above but for the Fish lovers in you!	7.50	
16	<b>Meen Polichathu</b> - King fish marinated in a paste of red chilli, turmeric, lemon juice and grilled in plantain leaf goes down well with a cold Beer. 100% Satisfaction	7.50	
17	<b>Chemeen Ulathiyathu</b> - Prawns as you never seen before, presented dry, deliciously spiced with pepper, coriander and chilli	6.50	
18	<b>Kappa and Meen curry</b> - Favourite after a hard day's work in the paddy fields. Medium cooked tapioca spiced with turmeric and green chillies, served with fresh water fish cooked in sauted coconut	6.50	
19	<b>Lamb Porichathu</b> - Tender lamb, slow cooked and gently marinated with crushed garlic, turmeric & dry chilli. Served with generous topping of lightly brown onion and curry leaves. Delicious with Paratha	6.50	TOP

**C: FROM THE CHICKEN HUT**-Chicken never tasted sooo good!

20	<b>Nadan Kozhi Curry</b> - Chicken marinated in turmeric, chilly, coriander and coconut, fried with shallots & fennel and served in a thick creamy sauce. Delicious with Paratha or Appam	5.50	
21	<b>Chicken Malabar</b> - Favourite Kerala chicken dish with a rich, thick coconut sauce cooked with coriander, chilli, garlic and a touch of turmeric, sauted with curry leaves and mustard seeds. Paratha or Rice make a perfect combination	5.50	
22	<b>Chicken Korma</b>	4.50	
23	<b>Pepper Chicken</b> - King of spices makes this a medium spiced dish with onions, ginger, garlic, tomato, curry leaves and coriander. Try with Kerala Paratha or Chapathi	5.50	
24	<b>Spicy Chicken Roast</b> - Onion sauted in coriander, ginger, chilly and topped with curry leaves and tomato. Delicious with Paratha	5.50	
25	<b>Kerala Chicken Curry</b> - Chicken on the bone for the true Kerala flavour	5.50	
26	<b>Chicken 'n' Pineapple</b> - Chicken freshly cooked with pineapple and typical kerala spices medium spiced	5.50	TOP

**D: SHEPHERDS CHOICE**-Tender lamb, prepared in the most traditional way!

27	<b>Lamb Chops</b> - Cubes of tender lamb marinated in coriander, garlic, and a touch of turmeric. Medium spiced and cooked with onions, green chillies and curry leaves. Yummy with beer and Paratha	5.50	
28	<b>Lamb Stew</b> - Guess what, this was done to please the old rulers!! A variation of	5.50	

the traditional British Stew, kept the Generals happy. Enjoy it with Appam

**29 Mutton in Banana**- Lamb as you may never find at an 'Indian' - cooked with green banana, coconut, coriander, chilli, turmeric and topped with curry leaves. Delicious with Appam or Rice **5.50**

**30 Mutton Masala**- Our mutton delicacy, cooked with garam masala, in an onion & tomato gravy. Goes well with any of our breads. **5.50**

**31 Mutton Malabar** - Medium spiced Mutton dish cooked in a thick sauce with coconut and coriander with subtle flavouring of Garlic and Chilly **5.50**

**32 Nadan Lamb Curry**- Lamb marinated in turmeric, chilly, coriander and coconut, fried with shallots & fennel and served in a thick creamy sauce. Delicious with Paratha or Appam **5.50** TOP

#### **E: CATCH OF THE DAY-Our best range from the sea**

**33 Fish Molly**- King Fish marinated in turmeric, cooked in thick coconut milk with curry leaves, onion, ginger topped up with lemon juice and tomato. Mouth-watering with Appam, or Ney Choru **6.50**

**34 Njandu Curry**- Baby Crab cooked in its shell with roasted coconut sauce, onion, tomato and spices. My claws are sure to pull you back to Sadya time and again **8.00**

**35 Manga Meen (Fish n Mango)**- Favourite of the fishing folk in Kerala. Fish cooked with green mango, turmeric, tamarind and topped with curry leaves. Add this to your rice and be transported to the backwaters of Kerala **6.50**

**36 Konchu Masala**- King prawns cooked in fresh Masala of coconut and spices, tempered with curry leaves. Recommended with Plain Rice and Appam. **8.00**

**37 Prawn Mappas**- Must have for a Christian feast in Kerala. A succulent and spicy curry tempered with coconut milk and spiked with raw mangoes. Great with Appam or any other breads **6.50** TOP

#### **F: FROM THE VEGETABLE GARDEN-Lightly Spiced and different!**

**38 Koottu Avial**- A typical side dish for lunch in Kerala. Fresh vegetables in a green chilli & coconut paste, seasoned with a spoonful of coconut oil and curry leaves stirred in immediately after the dish is taken off the cooker. Indulge in the aroma, delicious with Nadan Rice **3.50**

**39 Kurukku Kalan**- Green banana, yam and ash gourd cooked with yoghurt & coconut, topped with mustard seeds and curry leaves. **3.50**

**40 Erissery**- Traditional side dish for a feast, cooked with pumpkin, green banana & yam tempered with cumin & mustard seeds in coconut oil topped with curry leaves **3.50**

**41 Ulli Theyal**- Means Fire Dish! Shallots poached in tamarind extract in a curry of spiced masala for the curious and adventurous in you. Enjoy South Indian food **3.50**

at its most original, goes well with Rice

**42 Manga Pachadi**- Delicious ripe mangoes cooked with a slight helping of turmeric topped with red chillies and curry leaves. You will never want to have mangoes in any other way! **3.50**

**43 Okra Thoran**- Bindi, cooked dry with grated coconut and lightly spiced with onions **3.00**

**44 Thoran**- (Beans/Cabbage/Beetroot/Carrot/Spinach) Any of the these vegetables finely chopped and lightly cooked with freshly grated coconut **3.00**

**45 Potato Upperi**- Bombay Aloo given the Kerala treatment! Diced potatoes cooked dry with onion, dry chilli and tempered with mustard seeds and curry leaves **3.00**

**46 Parippu & Cheera**- Lentils cooked with spinach & red chilli - mouth watering local favourite **3.00**

**47 Cauliflower Chilli Fry**- Name explains it all ! **3.00**

**48 Brinjal Fry**- Finely sliced aubergines fried with tomato, onions and chillies **3.00**

**49 Olan**- Ash gourd, pumpkin, beans & green chillies cooked in coconut milk and curry leaves, lightly spiced . **3.50**

[TOP](#)

## G: SAVOURIES

**50 Nadan Choru**- Plain boiled rice **1.75**

**51 Pilau Rice**- Basmati rice with cardamom, bay leaves, cumin and curry leaves **1.99**

**52 Thenga Choru**- Rice cooked with fresh coconut and curry leaves cooked in coconut milk and tempered with mustard seeds. **1.99**

**53 Pulinchoru**- Rice cooked with a light helping of tamarind and topped with cashew nuts, coriander leaves and black sesame seeds **2.50**

**54 Ney Choru**- In olden times Kings in Malabar where served Rice cooked with onion, spices, bay leaves, tomato and a touch of ghee. C'mon, tell us what the Royals thought of this! **2.50**

**55 Vegetable Biryani**- Rice flavoured with saffron, cooked with a mix of vegetables in a delicate blend of herbs and spices. Served with Raitha and veg curry **5.50**

**56 Non-Veg Biryani**-(Chicken/Meat/Prawn) As above, but with a choice of chicken, meat or prawn **7.50**

**57 Plain Paratha**- A Kerala delicacy, layered soft & flaky bread made from wheat flour. Perfect with any Curry **1.99**

**58 Stuffed Paratha** -Aloo/Green Chilli/Coconut/Garlic/Mince) As above, but with a light spicy stuffing of your choice **2.50**

<b>59</b>	<b>Chapathi</b> - Round, unleavened flatbread made of wheat flour, cooked on a griddle. Goes with any curry	<b>1.75</b>	
<b>60</b>	<b>Appam</b> - Rice fermented with yeast & coconut milk, cooked in steam to make a soft centred lacy pancake with a crispy border. Delicious with Veg/Meat Stew	<b>1.99</b>	TOP
<b>H: EXOTIC SET MEALS</b>			
<b>61</b>	<b>Veg Sadya</b> - Three course meal served with a selection of vegetable side dishes, rice and bread. Can also be served in a fresh plantain leaf if you want to go truly Kerala (as the traditional feast). Be pampered!	<b>8.50</b>	
<b>62</b>	<b>Non Veg Sadya</b> - As above, but for the non veg lovers of you!	<b>10.50</b>	TOP
<b>I: SUNDRIES</b>			
<b>63</b>	<b>Raitha</b>	<b>0.60</b>	
<b>64</b>	<b>Chutney</b> (Coconut/Mint/Mango)	<b>0.60</b>	
<b>65</b>	<b>Achar Tray</b>	<b>1.50</b>	
<b>66</b>	<b>Pappadom set</b> -(Mix of plain and masala pappadoms with our yummy pickle tray)	<b>1.99</b>	TOP
<b>Like oder some Drinks ? Click Here</b>			

Some items may contain traces of nuts  
 Prices include VAT at 17.5%.  
 10% service charge will be added to your bill.

**Rates are in UK POUND**