



"Aahar Restaurant is a popular dining establishment known for serving authentic and flavorful Indian cuisine. With a diverse menu featuring a wide range of traditional dishes from various regions of India, Aahar Restaurant aims to provide a rich culinary experience that reflects the country's cultural and gastronomic diversity."

"Aahar" is a Sanskrit word that translates to "nourishment" or "food" in English. It reflects the concept of sustenance and the act of consuming nourishing food for physical and mental well-being.

## **AAHAR DELIVERY AND PICK UP**

**Call : 646-649-3374**

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**Aahar Indian Cuisine**  
**10 Murray Street New York**  
**Phone :- 646-649-3374**  
**Fax :- 646-649-5922**  
**Email:- aaharny@gmail.com**

## Non-Vegetarian Appetizers

<b>Mulligatawny Soup</b>	8.95
Chicken broth and lentil spiced soup	
<b>Chicken Samosa- 2pcs.</b>	10.95
Crispy turnover of seasoned minced chicken and green peas	
<b>Chicken Tikka</b>	12.95
Marinated chicken chunks in yogurt, ginger-garlic paste and grilled in clay oven	
<b>Rosemary Malai Kabab</b>	12.95
Chicken marinated in yogurt, cream cheese and rosemary seeds	
<b>Achari Chicken</b>	12.95
Chicken made with pickling spices.	
<b>Seekh Kabab</b>	13.95
Minced lamb on skewer	
<b>Boti Kabab</b>	13.95
Chunks of lamb marinated in lemon juice, chili paste and spices	
<b>Hariyali Fish</b>	14.95
Tandoori salmon fillet, fresh mint and coriander paste	
<b>Anari shrimp</b>	14.95
Grilled shrimp, Greek yogurt and pomegranate molasse	
<b>Shrimp Balchao</b>	14.95
Pan seared shrimp in spicy tangy tomato sauce.	

## Vegetarian Appetizers

<b>Veg Samosa -2 pcs.</b>	8.95
Crispy turnover of seasoned potatoes and green peas	
<b>Malai Tikki</b>	8.95
Pan fried paneer and sundried tomato patties.	
<b>Lasuni Gobi</b>	8.95
Crispy Florets Cauliflower tossed in a tomato garlic sauce	
<b>Onion Bhaja</b>	8.95
Onion fritters, tamarind and mint chutney	
<b>Tandoori Grilled Vegetables</b>	11.95
Seasonal Mix vegetables with paneer marinated in yogurt and spices	
<b>Hariyali Paneer Tikka</b>	11.95
Paneer marinated in fresh mint, coriander chutney and spices	
<b>Rasam Soup</b>	7.95
Tangy Clear and spicy soup with fresh tomatoes, garlic, tamarind, paprika	
<b>House Salad</b>	6.95

## Chaat-Street Food

<b><i>Samosa Chat</i></b>	10.95
Samosa, spiced chickpeas, onion, tomatoes, tamarind and coriander chutney	
<b><i>Papdi Chat</i></b>	10.95
Wheat flour crisps, Kabuli chana, potatoes, yogurt and chutneys	
<b><i>Bhel Puri Chat</i></b>	10.95
Mix of puff rice, gram flour vermicelli, chopped tomato, onion and sweet-sour chutney	
<b><i>Dahi Batata Poori</i></b>	10.95
Small crisp poori filled with potatoes, yogurt and chutneys.	
<b><i>Palak Chat</i></b>	10.95
Seasoned spinach with tomatoes, red onion and tamarind chutney	

## Vegetarian Entrées

<b><i>Vegetable Pista Korma</i></b>	17.95
Mix vegetables braised in pistachio paste and cream sauce.	
<b><i>Aloo Gobi Matar</i></b>	17.95
Cauliflower, potatoes and green peas simmered in onion, tomatoes, turmeric and curry leaves	
<b><i>Malai Kofta</i></b>	17.95
Mix vegetable and paneer dumplings, cooked in tomato cream sauce	
<b><i>Paneer Bhurji</i></b>	18.95
Grated paneer with bell pepper, onion and spices	
<b><i>Paneer tikka Masala</i></b>	18.95
Marinated paneer cooked in rich sauce made with cream and tomatoes.	
<b><i>Saag /Palak</i></b>	17.95
Spinach puree with ground spices Choose one – Paneer/ Chickpeas/ Corn	
<b><i>Baingan Bhartha</i></b>	17.95
Smoky, oven roasted eggplant cooked with onion, tomatoes and spices	
<b><i>Vegetable Chettinadu</i></b>	17.95
Spicy mixed vegetable traditional chettinad style curry.	
<b><i>Amchoori Bhindi</i></b>	17.95
Fresh okra, mango powder, turmeric and garam masala	
<b><i>Vegetable Jalfrezi</i></b>	17.95
Seasonal Fresh vegetable, ginger, garlic and cumin	
<b><i>Chana Masala</i></b>	16.95
Chickpeas, pomegranate seeds, onion and tomatoes	
<b><i>Daal Makhani</i></b>	16.95
Black lentils simmered with fresh ginger, garlic, onion and spices	
<b><i>Daal Tadka</i></b>	16.95
Yellow lentils and pigeon peas cooked together and tempered with spices	

## Non-Vegetarian Entrées

<b>Chicken tikka masala</b>	18.95
Chicken cooked in Tandoor and then served with subtly spiced creamy tomato sauce.	
<b>Tandoori Chicken</b>	22.95
Chicken marinated in hung yogurt and spices. Cooked slow in clay oven.	
<b>Chicken Caldin</b>	18.95
Goan specialty with twist - Fresh coconut, Coriander, cumin .....	
<b>Chicken Pista Korma</b>	18.95
Pistachio paste, bay leaf, cardamom and cream	
<b>Chettinadu</b>	
The gravy consists of onion, coconut, turmeric, coriander seeds, poppy seeds, and red chilies paste.	
<b>Choose One - Chicken</b>	18.95
<b>Lamb</b>	19.95
<b>Shrimp</b>	23.95
<b>Fish</b>	23.95
<b>Vindaloo</b>	
Firey curry with cider vinegar, red chilies and coconut	
<b>Choose ne - Chicken</b>	18.95
<b>Lamb</b>	19.95
<b>Shrimp</b>	23.95
<b>Fish</b>	23.95
<b>Saag /Palak</b>	
Fine spinach puree, onion, tomato, ginger, garlic and spices.	
<b>Choose One - Chicken</b>	18.95
<b>Lamb</b>	19.95
<b>Shrimp</b>	23.95
<b>Fish</b>	23.95
<b>Lamb Korma</b>	19.95
almond and cardamom cream sauce.	
<b>Tandoori Lamb chops</b>	29.95
Lamb rib chops, Greek yogurt, garam masala, cayenne pepper and paprika	
<b>Nalli Xacuti</b>	25.95
Australian Lamb shank slow cooked in spiced curry with tomato, onion, and home ground spices	
<b>Lamb Pepper Fry</b>	19.95
Kerala style -lamb cooked with black pepper corn, curry leaf and whole dry paprika.	
<b>Tandoori Salmon Tikka</b>	23.95
Salmon fillet in marinade of lemon, garam masala, ginger and garlic paste	
<b>Goan Curry</b>	
Tangy curry with fresh coconut and spices.	
<b>Choose one - Fish</b>	23.95
<b>Shrimp</b>	23.95
<b>Sarse Bata Fish</b>	23.95
Bengali style salmon fish curry with mustard and spices.	
<b>Shrimp Karawari</b>	23.95
Shrimp cooked in freshly ground coconut and red chili paste.	
<b>Shrimp Curry</b>	23.95
Shrimp cooked in onion, tomato curry sauce	
<b>Shrimp Malwani</b>	23.95
Wild caught shrimp cooked in traditional malwani masala -Kokum, tripal, Coconut and deggi mirch	
<b>Shrimp Tikka Masala</b>	23.95
Shrimp in creamy mild tomato sauce	

## Rice-Biryani

**Biryani** (Aromatic Basmati Rice cooked with spices and served with cucumber raita)

<b>Choose One – Chicken</b>	19.95	<b>Lamb</b>	20.95	<b>Vegetable</b>	17.95
<b>Shrimp</b>	23.95	<b>Mixed Sea food</b>	23.95		

**Coconut Rice** 6.95

Aromatic Basmati Rice cooked with fresh coconut milk, Curry leaves and seasoned with mustard seeds.

**Saffron Basmati Rice** 4.95

Aromatic long grain with Bay leaf, Cinnamon and Cloves

## Sides

<b>Papadum</b>	3.95	<b>Cucumber Raita</b>	4.95
<b>Mango chutney</b>	3.95	<b>Tomato Chutney</b>	3.95
<b>Makhani Sauce</b>	3.95	<b>Spicy Vindaloo Sauce</b>	3.95

## Breads

<b>Mint Basil Paratha</b>	5.95	<b>Naan</b>	3.95
<b>Kalonji Flaxseed Naan</b>	5.95	<b>Roti</b>	3.95
<b>Paneer Kulcha</b>	6.95	<b>Poori</b>	4.95
<b>Peshawari Naan</b>	6.95	<b>Garlic Naan</b>	4.95
<b>Aloo Paratha</b>	6.95	<b>Rosemary Naan</b>	4.95

## Desserts

**White Chocolate Rasmalai** 6.95

Indian cheese patties with white chocolate

**Gulab Jamun** 6.95

Dried milk pastries with honey and rose water syrup

**Mango Kheer** 6.95

Mango Rice pudding

**Pista Kulfi** 6.95

Traditional home-made ice cream with pistachio nuts

## Beverages

<b>Mango Lassi</b>			<b>5.95</b>
<b>Sweet Cardamom Lassi</b>			<b>5.95</b>
<b>Salt Cumin Lassi</b>			<b>5.95</b>
<b>Masala Chai</b>			<b>3.95</b>
<b>Indian Tea</b>			
<b>Coke / Diet Coke / Sprite / Ginger Ale /Seltzer</b>			<b>3.00</b>
<b>Sparkling Water</b>			
<b>Perrier/ Pellegrino 350 ml.</b>	<b>3.95</b>	<b>Perrier/ Pellegrino 750 ml.</b>	<b>5.95</b>

## Beers

<b>Taj Mahal Indian Lager 12 OZ</b>	<b>8.00</b>	<b>Taj Mahal Indian Lager 22 oz</b>	<b>12.00</b>
<i>Bready malt, sweet corn shiny gold with a thick fluffy head with a mountain top</i>			
<b>Kingfisher Indian Lager</b>			<b>8.00</b>
<i>Crisp malty, with slightly grass hops and barley</i>			
<b>Stone IPA</b>			<b>8.00</b>
<i>Floral with bitter pine and hoppy</i>			
<b>Lagunitas IPA</b>			<b>8.00</b>
<i>Light floral medium, citrus pine, and caramel</i>			
<b>Heineken</b>			<b>8.00</b>
<i>A session beer with A+ hops smooth and crisp</i>			
<b>Corona</b>			<b>8.00</b>
<i>Crispy Clear bright golden hue, fruity and Honey</i>			

***Wines - Please see the wine list for a variety of wine selections***

***Please Inform your server about any dietary restrictions  
18% Gratuity shall be added to parties of 4 or more.***