



INDIAN FUSION RESTAURANT

231 BAY AVE, HIGHLANDS, NJ 07732

*Created by Chef Premjit Khaire,
Malaysian Tatler 2006 Award - Winning Chef*

HAPPINESS, SERVED LAST



GULAB JAMUN	\$6
Golden fried milk dumplings soaked in rose-scented syrup	
RASGULLA	\$6
Soft cottage cheese balls in light sugar syrup	
ROSE KULFI	\$6
Traditional Indian ice cream infused with rose flavor	
ORANGE GELATIN	\$6
Light, refreshing orange-flavored gelatin, chilled to perfection for a sweet and citrusy treat	
DESSERT PLATTER	\$16
Assorted mini servings of our best Indian sweets	

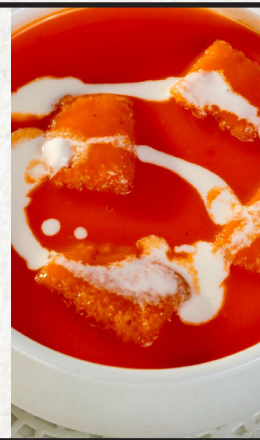
FROM CHAI TO CHILL

MANGO LASSI	\$6
Sweet mango pulp blended with creamy yogurt and a touch of cardamom. Chilled, smooth, and naturally refreshing	
VIRGIN MOJITO	\$9
A refreshing mix of fresh mint, lime juice, and sparkling soda. Cool, crisp, and perfectly balanced	
MUMBAI MASALA CHAI	\$5
Bold and aromatic Indian assam tea leaves brewed with milk and a warming blend of spices	
INSTANT COFFEE	\$5
Smooth, bold, and satisfying	
SOFT DRINKS	\$4



THE FIRST SIP

CREAM OF TOMATO SOUP	\$7
A hot soup made from garden fresh tomatoes, with a trace roasted cumin and selected spices	
CREAM OF SPINACH SOUP	\$7
Creamy soup made from garden fresh vegetable stock and splash of cream	
CREAM OF CHICKEN SOUP	\$7
A broth of chicken cooked with ginger, garlic, flavored with bey leaves and pepper corn	



SALAD & RELISHES

Sea & Sand Signatures	
CRUNCH SALAD	\$8
Colorful Garden veggies & egg whites topped with golden potato crunch, served with our creamy basil dressing	

VEGAN SALAD	\$8
Fresh Garden veggies & crunchy potato topping, with a light basil-lemon dressing.	

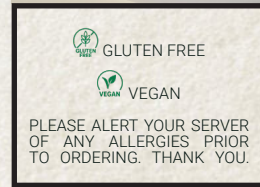
RAITA - VEGGIE OR SWEET	\$3
Yoghurt relish prepared with choice of mixed vegetables or pineapple mix	

SIRKE WALE PYAAZ	\$2
Tangy pearl onions pickled in spiced vinegar with a hint of sweetness	

MANGO CHUTNEY	\$2
A sweet-tangy mango relish, slow-cooked with spices, balancing fruity sweetness	

MANGO PICKLE	\$3
Traditional Indian pickle made from raw mangoes, infused with aromatic spices	

JEERA PAPPAD	\$3
Crisp, thin Indian lentil discs (with cumin)	



FROM CRUNCH TO CONVERSATION

VEGETABLE PAKORA	\$9
Crispy, deep-fried fritters made with assorted chopped vegetables	

VEGETABLE SAMOSA	\$6
(2PCS) Crisp pastry stuffed with spiced potatoes and peas	

POORI CHAAT	\$9
(6PCS) Fried dough wafers topped with tangy potatoes and a medley of flavorful sauces	

LASSONI GOBI	\$9
(10PCS) Garlic-flavored crispy cauliflower tossed in Indo-Chinese sauce	



VEGETABLE SPRING ROLL	\$12
(4PCS) Golden-fried rolls filled with seasoned mixed vegetables	

VEGETABLE MIX PLATTER	\$22
Pappad, pakora, samosa and spring roll. (Each 2 pieces)	

BITE ME RIGHT

CHICKEN SAMOSA	\$9
(3PCS) Crispy pastry filled with minced spicy chicken	

CHICKEN 65	\$14
South Indian-style spicy, deep-fried chicken bites	

CHICKEN CHILI	\$14
Popular Indo-Chinese chicken with bold chili garlic flavor	


CHICKEN BAO BUN	\$14
(2PCS) Soft steamed bun filled with juicy chicken and Asian sauce	

CHICKEN LOLLIPOP	\$14
(6PCS) Frenched wings marinated, deep-fried, served with spicy sauce	



*ALL OF OUR FOOD IS MADE FROM SCRATCH; OUR KITCHEN OPERATIONS INVOLVE BOTH SHARED COOKING AND PREPARATION AREAS. A TRANSFER OF CERTAIN ALLERGENS MAY OCCUR AND THEREFORE WE CAN NOT GUARANTEE THAT ANY OF OUR DISHES WILL BE 100% ALLERGEN FREE.

GRILL ‘EM ALL

PANEER TIKKA  (6PCS) \$18
Grilled cubes of marinated paneer with onions and peppers.

MALAI PANEER WITH MUSHROOMS  \$20
Creamy grilled paneer and mushroom duo




MEAT THE HEAT


CHICKEN TIKKA  (6PCS) \$20
Tender chicken marinated in yoghurt and selected spices, grilled in tandoor

CHICKEN MALAI TIKKA  (6PCS) \$20
Creamy, mild grilled chicken with cheese and cardamom


CHICKEN TANDOORI  (½) \$18
Classic half whole chicken marinated in spiced yogurt, clay oven roasted

CHICKEN CHEESE SEEKH KABAB  (4PCS) \$20
Rolls of chicken mince, extra cheese and blend of spices grilled in clay oven

LAMB CHOP GRILL  (4 PCS) \$24
Juicy lamb chops marinated in tandoori spices and grilled.

SALMON TIKKA  (4 PCS) \$24
Tandoori-grilled salmon with yogurt and Indian spices


TANDOORI SHRIMPS  (6PCS) \$28
Jumbo prawns marinated in yoghurt and spices grilled in tandoor

NON-VEGETABLE MIX PLATTER  \$36
Pappad, Chicken samosa, Chicken tikka, Salmon tikka, Tandoori shrimps. (Each 2 pieces)




GRAINS OF GLORY




BIRYANI RICE  \$5
Basmati steamed with a bouquet grain of cardamom, Cinnamon, cloves and bay leaf

VEGETABLE DUM BIRYANI  \$18
Mix vegetable cooked with saffron basmati rice traditional style

CHICKEN DUM BIRYANI  \$22
Saffron flavored basmati rice delicacy cooked with succulent chicken pieces in traditional style

LAMB DUM BIRYANI  \$26
A blend of lamb and saffron basmati rice cooked over a slow fire till perfection

SHRIMP DUM BIRYANI  \$28
A tasty combination of prawns and saffron basmati rice cooked with whole spice



IN CRUST WE TRUST



ROTI \$4
Whole-wheat flatbread – soft, light & healthy

BUTTER NAAN \$4
Fluffy oven-baked flatbread – buttery, soft & crowd-favorite

GARLIC NAAN \$5
Fluffy naan kissed with garlic & butter – pure flavor magic

ONION NAAN \$5
Oven-baked naan topped with onions & herbs – crisp, tangy and flavorful

CHEESE NAAN \$7
Soft, gooey & cheesy – naan’s comfort food avatar

CHILI CHEESE NAAN \$7
Spicy, cheesy, melty – naan with bold kick



GLUTEN FREE




VEGAN

PLEASE ALERT YOUR SERVER OF ANY ALLERGIES PRIOR TO ORDERING. THANK YOU.

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**CONSUMING RAW OR UNDER COOKED MEATS, POULTRY SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOOD BORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.

MASALA, MAGIC WITH VEGGIES

NAVRATAN KORMA  \$22
Mixed vegetables in creamy cashew sauce with dry fruits

PANEER TIKKA MASALA  \$22
Grilled cottage cheese in rich tomato-onion curry

MALAI KOFTA  \$22
Veg dumplings in a smooth, buttery, creamy curry

SAAG CHANA / PANEER  \$22
Chickpeas/ cottage cheese cooked with pureed spinach and mild Indian spices


CHANA MASALA   \$18
Punjabi-style chickpeas with bold, tangy, and spicy flavor

PANEER MAKHANI  \$22
Cottage cheese in a buttery tomato gravy (Paneer Butter Masala)

VEGETABLES JALFREZI   \$22
Spicy mixed vegetable stir-fry in tangy sauce

KASHMIRI DUM ALOO   \$18
Baby potatoes in aromatic Kashmiri-style curry

DAL TADAKA  \$18
Yellow lentils tempered with ghee, garlic, and spices

DAL MAKHANI  \$22
Slow-cooked black lentils in creamy tomato base




FROM FARM TO FLAME



Sea & Sand Signature

MURG MUSSALAM  \$32
A Mughlai-inspired masterpiece: Boneless half tandoori chicken simmered in a rich, spiced tomato-based gravy blended with grated boiled eggs and minced meat.


CHICKEN TIKKA MASALA  \$22
Grilled chicken simmered in a rich, creamy tomato sauce


CHICKEN KORMA  \$22
Royal-style chicken in creamy, nutty, aromatic sauce


CHICKEN SAAG  \$22
Chicken cooked with pureed spinach and Indian spices


CHICKEN CURRY  \$22
Classic home-style chicken in spiced onion-tomato gravy

CHICKEN KADHAI  \$22
Boneless pieces of chicken cooked with coarsely ground spices, in a wok


CHICKEN CHETTINAD  \$22
Bold and spicy flavors which come from a verity of spices with coconut


LAMB KORMA  \$26
Royal-style lamb in creamy, nutty, aromatic sauce

LAMB SAAG  \$26
Lamb cooked with pureed spinach and Indian spices

LAMB CURRY  \$26
Classic home-style lamb in spiced onion-tomato gravy

LAMB ROGAN JOSH  \$26
Slow-cooked lamb in Kashmiri-style red curry

LAMB CHETTINAD  \$26
Spicy South Indian lamb curry with coconut and chili

GOAT CURRY  \$26
Classic home-style goat in spiced onion-tomato gravy

FISH GOAN CURRY  \$24
Fish marinated in lemon & cooked in a rich coconut goan gravy

SHRIMP GOAN CURRY  \$28
Shrimp marinated in lemon & cooked in a rich coconut goan gravy

