



148 York Street
New Haven, CT 06511
(203) 776-8644
fax (203)-776-0051
www.zaroka.com



Namaste

Despite the hustle and bustle of modern life, there is a basic premise that underlies all Indian hospitality. This is derived from the “Atithi Deva Bhava” an ancient Sanskrit saying that has been handed down through the ages and holds true even today. Translated it means that “a guest is equal to God and should be treated as such”.

The principles of perfect Indian entertaining dictate that as an ideal host we must provide our guest with heavenly food, good music and interesting conversation.

We have created a menu, which is rich in culture and combines dishes from some of the major states and provinces within India. Punjab, South India, Gujarati, Rajestri and Bengal are some of the regions represented on our menu. Each region has its own distinct style of cuisine, which we have endeavored to recreate for you.

All of our dishes are made with exotic spices specially imported from India and custom blended by our chef.

Our aim is to satisfy, so please let us know of any special needs or tastes you may have and we will try to accommodate.

Please sit back, relax and enjoy our hospitality.

APPETIZER SELECTIONS

Soups: Lentil Soup \$3.95 Soup of the Day \$3.95

Vegetarian Choices

- MIRCH PAKORA – Jalapenos in a crispy lentil batter (very spicy). \$3.95 🌶️
- VEGETABLE PAKORA – Shredded vegetables coated in a mildly spiced batter. \$4.95
- BATAKA WADA – Lightly seasoned mashed potato balls in a chickpea batter. \$3.95
- PANEER PAKORA – Homemade cheese, coated in seasoned batter. \$4.95
- SAMOSA – Homemade turnovers stuffed with a mixture of vegetables and potatoes. \$4.95
- ALOOTIKKI – Mashed potato patties dipped in chickpea batter and deep-fried. \$3.95
- CACHORI- Lightly seasoned crushed peas in a pastry shell. \$4.50
- ONION BHAIJAS – A ball of sliced onions dipped in a tasty batter and deep-fried. \$4.95
- VEGETABLE CUTLETS – Mashed vegetables coated in crispy breadcrumbs. \$4.95
- BOONDI CHAT – Tiny fritters tossed with tomato, cucumber, green chilies and “chat masala”. \$3.95
- DAHI PAPRI – Crispy wafer chips tossed with chickpeas, yogurt and tamarind chutney. \$4.95
- KUCHUMBER SALAD – Onions, tomatoes & cucumbers tossed in a zesty tamarind dressing. \$3.95 ♥
- SAMOSA CHAT – Vegetable Samosa with yogurt, onion, tamarind of spices. \$6.95
- VEGETARIAN PLATTER – A combination platter of pakoras, alooktikki, bataka and samosa. \$8.95

Non-Vegetarian Choices

- LAMB SAMOSA – Fresh homemade turnovers stuffed with delicately seasoned minced lamb. \$5.95
- SHRIMPS POORI – Shrimp with a mild cream sauce served in a poori. \$8.95
- NIRVANA WINGS – Our twist on Buffalo wings. \$7.95
- CHICKEN PAKORA – Chicken tenders lightly seasoned with a crunchy batter. \$5.95
- SHRIMP TIL TINKA – Jumbo shrimps with vegetable stuffing coated with a rice flour batter. \$8.95
- GARLIC SHRIMP – Shrimp in a delightful garlic sauce. \$7.95
- CHICKEN TIKKA – An appetizer portion served over a salad garnish. \$7.95
- CHICKEN CHAT – Cubed chicken tikka, cucumber, tomato onion and green chilies in a tangy dressing. \$4.95 ♥
- SEEKH KEBAB – Seasoned ground lamb with salad garnish. \$7.95 ♥
- LEMONFISH – Lightly marinated fish stir-fried and topped with sesame seeds. \$7.95 ♥
- MIXED NON-VEG PLATTER – Chicken pakoras, Shrimp Til Tinka, Lamb Samosa and wings. \$11.95

♥ on certain menu items indicates a lower fat or lower carb option

For those customers with dietary restrictions, we would like you to know that many of our dishes include nuts and/or dairy products. If you have allergies and or restrictions to certain foods, please ask your server for specific information. We will be happy to assist with any special needs you may have.

Let us cater or host your next party or event! We are able to host private parties here or cater your event at a location of your choice. We can provide you with a wide range of options in both menu and pricing. If you are interested, please ask for the manager. We can also deliver large orders to you at your home or office.

We serve a buffet lunch everyday between 11:30 – 3:00 p.m. Monday thru Saturday and on Sunday between 12:00 – 3:00 p.m. There is a wide selection of dishes, which are changed daily. Selections will accommodate our vegetarian and non-vegetarian customers. Lunch buffet is \$8.95 per person daily. For those in a rush, a “lunch box” to-go option is also available for \$6.00 (incl. tax).

We hope that you will enjoy your experience with us. If there is anything that we can do to assist you, please do not hesitate to let us know. If we have satisfied you, please tell a friend or two. If not, please tell us so that we can make this experience special before you leave.

We do not accept checks as a form of payment.
Gratuuity of 18% is added to groups of five or more.

We cater food for all occasions!

THALI'S COMBINATION PLATTERS

Served on steel platter

VEGETARIAN THALI \$16.95

Vegetable Samosa
2 Vegetable entrees (chef's choice)

MEAT THALI \$19.95

Lamb Samosa
Lamb OR Chicken Curry

Dal, Rice, Raita, Naan and Chef's Choice of dessert

BIRYANIS (Rice Dishes)

Indian fried rice – served with a side of raita

VEGETABLE BIRIYANI - \$11.95

CHICKEN BIRIYANI - \$13.95

LAMB BIRIYANI - \$15.95

SHRIMP BIRIYANI - \$16.95

SIDE DISHES

RAITA – A cooling blend of yogurt, cucumber and seasonings - \$2.50

MANGO CHUTNEY - \$2.95

MIXED PICKLES - \$2.95

CHEF'S CHOICE

Nariyal Shrimp: Big shrimp cooked in real coconut pot with Southern Indian blend of spices (curry leaves mustard seeds coconuts other spices) served in coconut ball. \$21.95

Rack of Lamb: Baked and marinated served with mix vegetables. \$21.95

Lamb Madras: Cubes of lamb cooked in southern blend of spices. \$18.95

Zaroka Kakab: White meat of chicken marinated with chef's blend of spices baked in the clay oven served in hot sizzling plate. \$16.95

Sam Sabera: Home-made cheese balls covered with thin layer of spinach cooked in tomato based coconut sauce. \$15.95

Bean's Thoran: French beans cooked in southern blend of spices. \$14.95

Fish Bahar: Marinated baked salmon cooked in special spices. \$18.95

APPETIZER / INDO CHINESE NEPALI

Gobi Manchurian: Delicious Indo Chinese starter. \$8.95 (Appetizer Size)

Paneer Kathmandu: Paneer cooked with mild spices. \$8.95 (Appetizer Size)

Vegetable Momo: Typical Nepali dish, steamed vegetable dumplings served with chutney. \$8.95 (Appetizer Size)

Chicken Momo: Typical Nepoli dish, steamed chicken dumplings served with chutney. \$8.95 (Appetizer Size)

Chapli Murg: Minced chicken patties with northern blend of spices. \$8.95 (Appetizer Size)

Chicken Noodles: Steamed noodles fried with minced chicken. \$10.95

Vegetable Noodles: Steamed noodles fried with cabbage, broccoli, carrots and long beans. \$9.95

TANDOOR SELECTIONS

The tandoor is a coal fired clay oven which is used for the roasting and baking of all sorts of meats and breads. The intense heat of the oven seals in the flavor of foods so that meats remain tender and juicy inside. Tandoor items are served on a sizzler.

Vegetarian Tandoori Selections

Vegetarian Seekh Kebab – A blend of fresh garden vegetables mashed and seasoned with subtle spices, skewered and baked in tandoor \$12.95

Paneer Shaslik – Homemade Indian cheese marinated in a spicy yogurt marinade with seasonal vegetables and an Tandoor \$12.95

From the Sea

Tanpoori Shrimps Shashlik – Jumbo shrimps skewered with onions, tomatoes and bell peppers \$17.95

Fish Tikka – Choice chunks of fish in a delicate marinade \$17.95 ♥

Tandoori Meat Selections

Tandoori Chicken – Our most popular dish from the tandoor. Chicken legs and thighs in a yogurt marinade – half - \$11.95 full - \$19.95 ♥

Boti Kebab – Boneless lamb cubes marinated and baked in the tandoor - \$15.95 ♥

Chicken Tikka – All-time favorite. Cubes of boneless white chicken breast marinated with aromatic spices then baked on skewers in the tandoor - \$13.95 ♥

Seekh Kebabs – Ground lamb seasoned with bell peppers, onions, coriander, chillies and garam masala - \$14.95 ♥

Zaroka Mixed Grill – A distinctive blend of kebabs. Includes shrimp, fish, lamb and chicken - \$20.95 ♥

Breads

These typically accompany most Indian food. Bread is used for dipping and scooping food, as the traditional way to enjoy Indian food is with your hands.

Roti – Whole wheat thin unleavened bread - \$2.50 ♥

Poori – Deep fried for a crispy, puffy texture - \$3.95

Paratha – Multi layered flatbread cooked in skillet - \$3.95

Peshwari Naan – Dried fruit and coconut - \$5.95

Mint Paratha – Whole wheat bread, dried with mint - \$3.95

Naan – With butter - \$2.95

Aloo Paratha – Stuffed with seasoned potatoes - \$3.95

Garlic Naan – Topped with garlic and cilantro - \$3.95

Onion Kulcha – Stuffed with onions - \$3.95

Chilli Naan – With chilies & onions - \$3.95

Paneer Kulcha – Stuffed with homemade cheese - \$4.95

Kheema Naan – Stuffed with seasoned lamb - \$5.95

Mixed Bread Basket

Naan, Garlic Naan, Aloo Paratha - \$9.95

VEGETARIAN SELECTIONS

- MATTAR PANEER – Homemade cheese cubes in a thick curry sauce with green peas and a touch of cream – \$11.95
- SHAHI MUGLAI PANEER – A julienne of homemade cheese cooked in a tomato based cream sauce - \$12.95
- PANER BURGEE – Shredded homemade cheese sautéed with onion and tomatoes - \$12.95
- VEGETABLE JALFREZIE – Stir fried cauliflower, broccoli, carrots, pepper, potatoes and onions - \$11.95 ♥
- MALAI KOFTA – Balls of delicately spiced vegetables served in a mild cream sauce - \$12.95
- NAVRATAN KORMA – Eclectic mix of nine vegetables and nine spices in a nutty cream gravy - \$11.95
- CHANA PINDI – Chickpeas cooked with special Indian herbs and spices - \$10.95 ♥
- CHANA SAAG – Chickpeas in a rich spinach gravy - \$11.95
- BHINDI MASALA – Fresh Okra sautéed with tomatoes, onions and spices - \$11.95
- BHAINGAN BHARTHA – Roasted eggplant pulp sautéed with fried onions - \$11.95
- ALOO PALAK – Potatoes cooked with spinach in a mild blend of spices - \$11.95 ♥
- PALAK PANEER – Homemade cheese cube cooked with spinach and mild spices - \$11.95
- ALOO GOBI – A dry sauté of cauliflower and potatoes - \$11.95
- DAL NIRVANA – Black lentils cooked with a delicious blend of the Chef's own spices - \$9.95
- DAL MAKHANI – Mixed lentils cooked with ginger, garlic, cilantro and a touch of cream - \$10.95
- DAL TADKA – Yellow lentils cooked with a mild blend of spices - \$9.95

SEAFOOD SPECIALTIES

- SHRIMP MALABAR – From the state of Kerala – Shrimp, coconut milk, onions and spices - \$16.95
- SHRIMP BHUNA – Jumbo shrimp smothered in a blend of Indian spices, onions and green peppers - \$16.95
- SHRIMP TANDOORI MASALA – Marinated shrimp baked in the tandoor then tossed in our masala sauce - \$16.95
- SHRIMP CURRY – Jumbo shrimp cooked in an authentic brown mild curry sauce - \$15.95 ♥
- SHRIMP SAAG – Shrimp in a rich spinach gravy - \$16.95
- SEAFOOD VINDALOO – Salmon, scallops and shrimp in our vindaloo sauce (see lamb vindaloo) - \$16.95 🌶️
- FISH CURRY – Fresh chunks off fish in our authentic brown, mild curry sauce - \$14.95 ♥
- GOAN FISH MASALA – A zesty fish dish from Goa. Fresh marinated fish tossed in tomato and onion gravy, Flavored with shreds of coconut and tamarind - \$17.95

CHICKEN SELECTIONS (WHITE BONELESS BREAST MEAT)

- CHICKEN KORMA – Chicken in a white onion and nut gravy seasoned with mild spices and finished with cream - \$13.95
- CHILLI CHICKEN – A tasty treat made from a sauté of red & green bell peppers, onions, jalapenos, tomato and strips of chicken in a pungent chilli sauce - \$13.95
- CHICKEN MAKHANI – Chicken tikka simmered in a butter and cream based tomato gravy - \$14.95
- CHICKEN TIKKA MASALA – Chicken tikka simmered in a velvety cream and tomato gravy - \$13.95
- CHICKEN PATIYA – Pieces of tender chicken cooked in 3 mango flavored gravy - \$13.95
- CHICKEN SAAG – A Punjabi dish made from cubes of chicken breast cooked in 3 hearty spinach sauce - \$13.95
- CHICKEN BROCCOLI BALTI – A delicious stir fry of broccoli spears and chunks of chicken breast - \$13.95
- CHICKEN JALFREZIE – Stir fried seasonal vegetables and chicken seasoned with fresh herbs and spices - \$13.95
- CHICKEN CURRY – Cubes of chicken simmered in a rich brown onion gravy - \$12.95
- CHICKEN FENUGREEK – Fresh fenugreek and mustard seeds add a unique flavor dish to this chicken dish - \$13.95
- CHICKEN VINDALOO – This dish was originally concocted by the Portuguese who settled in India. Potatoes, sweet cinnamon, star anise and freshly ground spices harmonize to create one of the spiciest curries - \$13.95 🌶️

LAMB SPECIALS

- LAMB DO PIAZA – Tender lamb cubes simmered in a delicious gravy made from twice “do” cooked onions - \$14.95
- LAMB PASANDA – Pasanda means delicious and that is exactly what this dish is. Lamb cubes cooked in a white onion gravy with chopped nuts and a touch of cream - \$14.95
- KHEEMA MATTAR – Sautéed ground lamb and green peas cooked in a tomato gravy - \$14.95
- LAMB ACHARI – Lean and tender lamb in a pickled marinade – originated in the Punjab region - \$14.95
- ROGAN JOSH – Lamb cubes in a brown onion gravy with a hint of yogurt - \$14.95 ♥
- LAMB BOTI KEBAB MASALA – Cubes of lamb first cooked in the tandoor then simmered in our masala gravy - \$15.95
- LAMB VINDALOO – This dish was originally concocted by the Portuguese who settled in India. Potatoes, sweet cinnamon, star anise and freshly ground spices harmonize to create one of the spiciest curries - \$14.95 🌶️
- LAMB SAAG – Lamb stewed in a hearty spinach gravy - \$14.95
- LAMB BALTI – Tender cubes of lamb dry sautéed with fresh spices, bell peppers and onions - \$14.95
- LAMB CURRY – Cubes of lean lamb simmered in a tasty brown onion gravy - \$13.95 ♥