

Paro celebrates a deep passion for food with a modern Indian menu, featuring a secret blend of 48 spices—refined over generations and known by only five people today.

V Vegetarian | **Ve** Vegan | **C** Saucy Curry Style | **G** Contains gluten | **N** Contains nuts | **D** Contains dairy

 West Bengal Style, Homestyle & Authentic |  Anglo-Indian Fusion Style, Well-Loved and Praised

 #paroindian

Enjoy the soul of Paro. Classic curries can be made on request.

Small Plates

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| Bang Bang Chicken  | £7.95 |
| Kashmiri chilli, grilled chicken cutlets, Paro's mint and plum sauce, tamarind & coriander. Delectable and eclectic. Medium. | |
| Cottage Cheese | £6.95 |
| Roll  | |
| Stuffed pastry, sweet-spiced cottage cheese, spinach. Moreish & crispy. Mild. | |
| Onion Bhajis  | £5.95 |
| Bulb onions, red lentils, seasoned and fried. Crispy & Golden. Mild. | |
| Lamb Samosa  | £6.95 |
| Homemade filo pastry, Welsh grass fed lamb mince, Paro's 48 spice-mix. Crispy & Flavoursome. Medium. | |
| Vegetable Samosa  | £5.95 |
| Homemade filo pastry, five-spice mashed vegetables, Paro's spice blend. Crispy & Flavoursome. Medium. | |

Toddy Shop Tiger Prawns

£12.95

Paro's 48 spice-mix, plum tomato blend, garlic and ginger, Paro sauce. Sweet & Spicy.

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| Potato Chops  | £7.95 |
| Breaded egg potato balls, Paro mild spice blend, Paro sauce. Fried & Hearty. Mild. | |
| King Prawn Puri  | £12.95 |
| Ginger-garlic, turmeric, sweet-paprika with tender puri bread. Velvety & Fluffy. Medium. | |
| Honeyed Mango Chickpeas  | £7.95 |

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| Honeyed Mango Chickpeas  | £7.95 |
| Blanched black chickpeas, mango reduction, tamarind sauce. Honeyed & Velvety. Mild. | |
| Dum Dum Duck Masala  | £11.95 |
| Duck cutlets charcoal grilled, crispy-chewy, garlic-butter reduction, spiced mushrooms, smattering of black pepper. Charred and Piquant. Medium. | |

Meat, Game & Poultry

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| Lamb Shank  | £23.95 |
| Paro's flagship. Slow-roasted lamb-leg shank, Paro's 48 spice-mix, Chilli Flakes, charred-garlic, coriander. Very Spicy & Tender. | |
| Daadee's Chicken Naga  | £16.95 |
| Curry classic, reimagined. Bone-in chicken thighs marinated in chilli-lime yoghurt, Naga chilli blend, fenugreek, cloves & coriander. Very Spicy. | |
| Staff-Railway Curry  | £18.95 |
| Changes daily, stewed all-day. Paro's railway curry is what the team at Paro enjoy, with meat pieces always on the bone. Incredibly authentic. Spicy. | |
| The House Curry  | £18.95 |
| A kitchen signature. A medley of lentils (red-split, moong, chana and urad), Paro's 48 spice-mix, pineapple-butter reduction, tamarind lamb cutlets, fresh chilli seeds. Spicy, Complex and Delectable. | |
| Nani-Jaan Chicken  | £16.95 |
| For grandma. Tenga curry leaves, Paro's 48 spice-mix, coriander, lemon, demerara sugar, mint, and tamarind reduction. Sweet & Sour. Medium-Spiced. | |
| Gunpowder Lamb  | £18.95 |
| Paro's favourite. Welsh grass-fed lamb mince, tamarind glazed potatoes, coriander, fenugreek seeds, curry seasoning. Moreish & Recommended. Medium-Spiced. | |
| Paro Rogan Lamb  | £18.95 |
| Curry classic. Plum tomatoes, ginger-garlic, cinnamon, desi-ghee, yoghurt. Hearty & Tangy. Medium-spiced or Spicy. | |
| Tandoori Grill  | £25.95 |
| Curry classic. Tandoori chicken, lamb tikka, chicken tikka and paneer tikka. Platter delight. Mild. | |
| Lamb Chops - Black Bean Dust  | £23.95 |
| 24-hour lime and tamarind marinade, stone flower masala rub, ginger, Paro sauce, charred garlic. Charred & Gamey. Mild. | |
| Meat Thali  | £24.95 |
| Small pots of little delights. Lamb Rogan, Butter Chicken, Naan, Raita Yoghurt, Pickle, Bengali Daal, Basmati Rice. The Paro way. | |
| Chicken Shashlik - Tandoori Dust  | £21.95 |
| Chicken Tikka Medley, turmeric & tandoori rub, sweet vinegar, Paro sauce, baked onion and peppers. Subtle & Tandoori-smoked. Mild. | |
| Paro Butter Chicken  | £16.95 |
| Great-grandfathers recipe, Bengali style. Cream, plum tomatoes, emulsified cumin butter. Golden & Rich. Medium-Spiced or Mild. | |
| Cream Chicken Korma  | £16.95 |
| Paro mild spice blend, coconut, cream. Our award-winning classic. Mild. | |

Thank you for dining at Paro and making a difference.

Each meal you enjoy contributes to supporting impoverished communities through our charity work. Together, we've made a positive impact, donating thousands and more.

Seafood

Seabass or King Prawn Kalibabu

Fenugreek, stewed tomatoes, chillies, mustard, stir-fried onions and peppers. Paro's 48 spice-mix. Fiery & Silky. Very Spicy.

King Prawn Malaikari

Saffron butter, sweet coconut and plum sauce, pan-fried five spice protein. Nutty & Sweet. Mild.

Sides

Five Spice Potatoes

British maris piper potatoes, Himalayan salt, onion base, Paro five-spice. Flavoursome & Popular.

Spinach and Cheese

Ruby Murray classic. Salted spinach, cottage cheese, saffron butter. Rich & Buttery.

Yellow Daal

Lentil medley, tadka, slow-cooked over 12 hours. Delicious & Distinct.

Mix Pappadum Basket

Pappad crisps with a medley of sauces.

£24.95

£24.95

£6.95

£6.95

£5.95

£1.50
per person

Biriyani & Bread

Chicken Biriyani

The Indian way to enjoy rice, cooked Paro style to be dark, smoky and deeply flavoured. Medium.

£17.95

Basmati Rice

£4.25

Pilau Rice

£4.95

Mushroom Rice

£5.95

Geeza Naan

£9.95

Straight from Brick Lane, East London. Chilli, cheese, garlic, and keema all in one naan. Spicy.

Naan

£4.25

Garlic Naan

£4.95

Peswari Naan

£5.50

(stuffed coconut)

Stuffed Mincemeat Naan

£6.95

Cheese Naan

£5.95

Tandoori Roti

£4.25

Whole wheat flour, tandoor cooked without oil. Crispy & Flaky, Anglo-Indian style.

Paro offers a modern interpretation of the flavours, from the region of West Bengal

Veg

Vegetable Bungalow Curry

Fenugreek, mace, stewed tomatoes, fried onions and peppers, chillies. Fiery & Silky. Very Spicy.

£14.95

Badi Maa Paneer

£16.95

Paro's 48 spice mix, cottage cheese, tomatoes, peppers, onions. Flavoursome and Moreish. Spicy or Medium.

Bally Black Daal

£14.95

48 hour slow-cooked black lentils, Grandmother's spice recipe from Bally, India. Rich & Intense. Medium.

Homestyle Tumble

£14.95

Vegetable medley, par-boiled and pan-fried. Paro's 48 spice-mix, sweet plum sauce. Hearty & Refreshing. Mild.

Paro Paneer Grill - Tandoori Dust

£16.95

Daadaa's way. Turmeric and Tandoori rub, sweet vinegar, Paro sauce, baked onion and peppers. Subtle & Tandoori-smoked. Mild.

Vegetarian Thali

£23.95

Small pots of little delights. Badi-Maa Paneer, Homestyle Vegetables, Naan, Raita Yoghurt, Pickle, Bengali Daal, Basmati Rice. The Paro way.

Paneer Shashlik - Tandoori Dust

£18.95

Paneer Tikka Medley, turmeric & tandoori rub, sweet vinegar, Paro sauce, baked onion and peppers. Subtle & Tandoori-smoked. Mild

A discretionary gratuity may be added to the bill. At Paro, we can prepare classic curries upon request, and spice levels can be adjusted for the curries mentioned above; please feel free to ask if needed. Customers are required to have a minimum food dining value of £20 per person. For any other dietary requirements, including nut allergies, please notify our team, who will be more than happy to assist.

Please note that we use genetically-modified oil in our food.