


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

### Bang Bang Chicken **D** £7.95

Kashmiri chilli, grilled chicken cutlets, Paro's mint and plum sauce, tamarind & coriander. Delectable and eclectic. Medium.

### Cottage Cheese Roll **V G D** £6.95

Stuffed pastry, sweet-spiced cottage cheese, spinach. Moreish & crispy. Mild.

### Onion Bhajis **Ve** £5.95

Bulb onions, red lentils, seasoned and fried. Crispy & Golden. Mild.

### Lamb Samosa **G** £6.95

Homemade filo pastry, Welsh grass fed lamb mince, Paro's 48 spice-mix. Crispy & Flavoursome. Medium.

### Vegetable Samosa **V G** £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.

### Potato Chops **V G** £7.95

Breaded egg potato balls, Paro mild spice blend, Paro sauce. Fried & Hearty. Mild.

### King Prawn Puri **G** £12.95

Ginger-garlic, turmeric, sweet-paprika with tender puri bread. Velvety & Fluffy. Medium.

### Honeyed Mango Chickpeas **Ve** £7.95

Blanched black chickpeas, mango reduction, tamarind sauce. Honeyed & Velvety. Mild.

### Dum Dum Duck Masala **D** £11.95

Duck cutlets charcoal grilled, crispy-chewy, garlic-butter reduction, spiced mushrooms, smattering of black pepper. Charred and Piquant. Medium.

## Meat, Game & Poultry **D**

### Lamb Shank **C** £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 **C D** £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 **C** £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 **C D** £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 **C** £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 **C** £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 **C D** £18.95

Curry classic. Plum tomatoes, ginger-garlic, cinnamon, desi-ghee, yoghurt. Hearty & Tangy. Medium-spiced or Spicy.

### Tandoori Grill **D** £25.95

Curry classic. Tandoori chicken, lamb tikka, chicken tikka and paneer tikka. Platter delight. Mild.

### Lamb Chops - Black Bean Dust **D** £23.95

24-hour lime and tamarind marinade, stone flower masala rub, ginger, Paro sauce, charred garlic. Charred & Gamey. Mild.

### Meat Thali **C G D** £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 **D** £21.95

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

### Paro Butter Chicken **C D** £16.95

Great-grandfathers recipe, Bengali style. Cream, plum tomatoes, emulsified cumin butter. Golden & Rich. Medium-Spiced or Mild.

### Cream Chicken Korma **C N D** £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 £24.95

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

### King Prawn Malaikari £24.95

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

## Sides

### Five Spice Potatoes £6.95

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

### Spinach and Cheese £6.95

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

### Yellow Daal £5.95

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

### Mix Pappadum Basket £1.50

Pappad crisps with a medley of sauces.

per person

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

## Biriyani & Bread

### Chicken Biriyani £17.95

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

### 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.

## Veg

### Vegetable Bungalow Curry £14.95

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

### Lascari Style Curry £14.95

Vegetable medley, Paro's 48 spice-mix, plum tomatoes, green chillies, ginger-garlic. Fresh & Silky. Spicy.

### 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

### 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.

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.