

LOTUS SF



Indian Cuisine

NAMASTE - Welcome

“Eating together with those we love, eating nutritious food that has been prepared with love – this can nourish our inner needs, as well as our bodies. Taking time at meals to talk to each other and enjoy the meal as a shared sacrament is rare today. We need to slow down, take time to prepare nutritious meals and rearrange our schedules so that we can be together.” – *Ekmath Easwaran*



These Tiffins are available
for To-Go Orders.



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**Don't see your old favorite dish in this menu?
Let us know, and we can make it for you!**



**BIONEERS
SPONSOR**

To allow diners to enjoy their meal please turn off or silence your cell phone

All dishes are available Vegan and Gluten-Free at your request.

APPETIZERS All of our appetizers are made with organic flour and served with a mint-cilantro sauce and a sweet tamarind sauce

Mixed Veggie Pakoras <i>(vegan)</i> <i>Fresh organic chard, kale, spinach, cauliflower, potatoes & red onions, dipped in chick pea flour and fried.</i>	5.95
Chicken Pakoras <i>Boneless white chicken dipped in chick pea flour and fried.</i>	6.95
Vegetable Samosas <i>Pastry stuffed with seasoned potatoes and peas (2 pieces).</i>	7.95
Paneer Pakora <i>Homemade cheese stuffed with tangy mint and cilantro sauce.</i>	8.95

SOUPS AND SALADS

Lentil Soup (dal) <i>Mildly spiced pureed organic lentil soup</i>	3.95
Lotus Mixed Salad <i>Organic mixed greens with mung sprouts.</i>	7.95
Super Food Powergreen Salad <i>Organic chard, kale, baby spinach and carrots.</i>	7.95

INDIAN BREADS

Naan <i>Leavened bread baked in a clay pit over charcoal.</i>	2.95
Chili Cheese Kulcha <i>Naan stuffed with homemade organic cheese and jalapeno.</i>	4.25
Keema Naan <i>Naan stuffed with spiced ground lamb.</i>	4.25
Garlic Naan <i>Naan topped with garlic.</i>	3.95
Pesto Naan (Holy Basil) <i>Naan topped with basil (pesto)</i>	4.50
Onion Naan <i>Naan stuffed with diced red onions.</i>	3.95
Chapati <i>Oven-baked bread (wheat flour) (vegan)</i>	3.25
Paratha <i>Flaky layered oven-baked Indian bread (wheat flour) (vegan)</i>	3.95
Gluten Free Naan / Gluten Free Garlic Naan / Gluten Free Pesto Garlic Naan	4.00 / 4.95

CURRIES All Curries are made with organic spices, non-GMO oil, organic coconut oil and organic ghee

Aloo Bengan <i>Fresh Japanese baby eggplant and potatoes cooked in sliced onions and organic spices.</i>	13.95
Paneer Tikka Masala <i>Homemade organic cheese cubes cooked with organic spices with a touch of ground cashew.</i>	13.95
Navrattan Korma <i>Mixed vegetables with organic paneer and nuts.</i>	12.95
Aloo Gobi Mattar <i>Fresh organic cauliflower cooked with potatoes, green peas and organic spices.</i>	12.95
Saag Paneer <i>Fresh pesticide-free spinach and organic paneer.</i>	12.95
Bengan Bartha <i>Eggplant delicacy with blend of organic spices.</i>	12.95
Channa Masala <i>Organic chick-peas with fresh tomatoes, herbs and organic spices.</i>	12.95
Dal Tarka <i>Organic chana dal cooked with tomatoes, onion, ginger, and spices.</i>	12.95
Dal Makhni <i>Organic whole lentils cooked in organic spices.</i>	12.95
Chicken Saag <i>Chicken cooked with mildly spiced pesticide-free spinach. Organic Chicken add \$1.50</i>	12.95
Butter Chicken <i>*Tandoori boneless chicken in a thick buttery gravy with a touch of ground cashew (dark meat only). Organic Chicken add \$1.50</i>	13.95
Chicken Coconut Curry <i>Chicken with coconut milk, ginger, garlic, organic spices and a touch of basil. Organic Chicken add \$1.50</i>	13.95
Chicken Tikka Masala <i>Chicken cooked in mild creamy curry sauce with a touch of ground cashew. Organic Chicken add \$1.50</i>	13.95
Chicken Curry (Surender) <i>House special traditional punjabi curry. Organic Chicken add \$1.50</i>	13.95

Our Breads are made with organic flour

VEGETERIAN

CHICKEN

We are concerned about your health. Please advise us of any allergies.

Prawn Saagwala Prawns cooked in a creamy pesticide-free spinach.	14.95
Tandoori Prawn Masala Prawns cooked and served with mild creamy curry sauce with a touch of ground cashew.	14.95
Prawn Coconut Curry Prawns cooked in coconut milk, ginger, garlic, organic spices and a touch of basil.	14.95
Fish Tikka Masala Salmon cooked in mild creamy sauce with a touch of ground cashew.	15.95
*Rogan Josh (Traditional Lamb Curry) Lamb cooked in mildly spicy curry sauce.	15.95
*Lamb Saag Lamb cooked with mildly spiced pesticide-free spinach.	15.95
*Lamb Coconut Curry Cubes of natural lamb cooked in mild coconut sauce.	15.95

*All natural, no added hormones, no antibiotics.

TANDOORI (CLAY PIT OVEN) SPECIALTIES

Tandoori Chicken	11.95
<i>Two whole chicken legs marinated in yogurt and Indian organic spices. Organic Chicken add \$1.50</i>	
Chicken Tikka Kabab / Reshmi Kabab	14.95
<i>Boneless breast pieces marinated and roasted, mildly spiced. Organic Chicken add \$1.50</i>	
Seekh Kabab	17.95
<i>Fresh lean ground lamb, with cilantro, cumin, mint and pomegranate seed pressed on skewers and roasted.</i>	
Tandoori Prawns / Tandoori Fish	17.95
<i>Jumbo prawns or salmon, lightly marinated in mustard seed, garlic, and ginger, and roasted.</i>	
Lamb Chops (Please ask waiter for availability)	25.95
<i>Marinated rack of lamb with Indian organic spices and verjus (non-fermented grape juice).</i>	
Pesto Paneer Kabab	17.95
<i>Organic Indian cheese cubes cooked with onions, bell peppers, holy basil, cilantro, yogurt & spices.</i>	

SIDE DISHES

Basmati Rice / Eco Friendly Brown Rice Non-GMO Indian basmati rice.	3.00 / 3.50
Raita / Mango Chutney / Pickle Indian condiments.	2.95

BIRIYANI ENTREES

All Biryani served with Raita - Gluten Free

Vegan-Vegetarian / 12.95 Chicken / 13.95* Lamb / 15.95 Prawn / 15.95

*Basmati rice, zucchini, cauliflower, carrots, Italian beans, lima beans, green peas, cashews, raisins and organic spices and your choice of the above. ***Organic Chicken add \$1.50***

INDIAN DESSERTS

Kheer Traditional chilled rice pudding made with milk and flavored with cardamon, saffron, and rosewater	4.95
Gulab Jamun Juicy light pastry made from milk, served with hot honey syrup	4.95
Indian Ice Cream Gulkand (traditional rose petal)	4.95
Kulfi Traditional saffron flavored Indian ice-cream enriched with pistachio, almonds, and green cardamon	4.95

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PREMIUM BEERS

Microbrew

Gordon Biersch (pilsner)	4.95
Sierra Nevada Pale Ale	4.95

Organic

Eel River Porter	4.95
Eel River IPA	4.95
Uinta Baba Black Lager (12 oz)	4.95
St. Peters English Ale (500 ml)	7.95

Imported

Corona	4.95
Boddingtons Pub Ale	4.95
Stella Artois	4.95
Blue Moon	4.95
Beck's (non-alcoholic)	4.95

Gluten Free Beer

Glutenberg IPA	5.95
Glutenberg Red Ale	5.95
St. Peter's Sorgham Beer	7.95

Indian Beers

Taj Majhal (Lager) (11 oz)	4.95
Taj Mahal (lager) (22 oz)	8.95
Flying Horse (lager) (22 oz)	8.95

BEVERAGES

Marin Kombucha: Apple Juniper or Pinot Sage.....	4.25
Lemonade (organic) or Rose Lemonade.....	3.95 / 4.95
Mango Lassi <i>Homemade yogurt drink with mango</i>	4.95
Lassi <i>Homemade yogurt drink with rose water</i>	3.95
Bundaberg: Root Beer or Ginger Ale.....	3.95
Herbal Tea, Black Tea, or Green Tea <i>Indian tea with organic spices</i>	3.95
Masala Chai <i>Traditional Indian Drink (One Refill on Chai)</i>	3.95
Coke, Diet Coke, Sprite, Sparkling Water.....	2.95
Acqua Panna Mineral Water (<i>Imported</i>).....	3.95

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WINE LIST

	GLASS	BOTTLE
SAUVIGNON BLANC <i>Recommended with chicken, seafood and other mild dishes</i>		
Navarro, Sauvignon Blanc, Mendocino	9.00	40.00
MacLeod, Sauvignon Blanc, Sonoma	9.50	41.00
CHARDONNAY <i>Recommended with seafood and chicken dishes</i>		
Navarro, Chardonnay, Mendocino, Lotus Cuvee	9.00	40.00
Bonterra, Chardonnay (organic), Mendocino	9.00	40.00
Navarro, Reserve Chardonnay, Anderson Valley		45.00
OTHER WHITES AND ROSÉS <i>Recommended with seafood, chicken and vegetarian dishes</i>		
Laird, "Family Estate" Pinot Grigio, Carneros	9.00	37.00
Navarro, Gewurztraminer, Mendocino	9.00	40.00
Navarro Riesling, Anderson Valley	9.00	40.00
Navarro Rosé, Mendocino	9.50	42.00
PINOT NOIR <i>Recommended with tandoori, salmon and lamb</i>		
Bonterra, Organic Pinot Noir, Mendocino	9.00	40.00
Navarro, Pinot Noir, Mendocino	9.50	45.00
Navarro, "Ancienne" Pinot Noir, Anderson Valley		55.00
CABERNET SAUVIGNON <i>Recommended with lamb</i>		
Bonterra, Organic Cabernet, Mendocino	8.50	36.00
Navarro Cabernet, Mendocino		55.00
MERLOT <i>Recommended with lamb</i>		
Bonterra, Mendocino (organic)	8.50	36.00
MacLeod, Merlot, Sonoma		45.00
OTHER REDS <i>Recommended with lamb and vegetarian dishes</i>		
Navarro, Syrah, Mendocino	9.50	40.00
Navarro, Zinfandel, Mendocino	9.50	45.00
MacLeod, Zinfandel, Sonoma	9.50	45.00
SPARKLING <i>Recommended with curry vindalu dishes</i>		
Grand Imperial, Brut, France	8.00	32.00
Navarro, Brut, Anderson Valley		54.00
Gewurztraminer, White Grape Juice (N/A)	8.00	36.00
LOTUS SPECIAL		
Alicante Bouschet Silkwood Red Wine		\$65.00
PennyRoyal Pinot Noir, Anderson Valley		\$65.00

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LUNCH MENU

Monday - Friday, 11:30 noon - 2:30 pm

**Curry and Tandoori Specials served with basmati rice, naan, one piece of samosa and salad.

Bhel Puri	9.95
<i>Savory, crunchy puffed rice with assorted vegetables, peanuts and tangy tamarind sauce; sweet and spicy. (V)</i>	
Dahi Puri / Papdi Chaat	9.95
<i>Crispy little round breads, their tops broken open, interiors filled with a mix of mashed potatoes, chili and lightly sweetened yogurt.</i>	
Aloo Tikki / Samosa Chaat	9.95
<i>Traditional and popular Indian snack.</i>	

CURRY SPECIAL**

Chicken, Lamb, or Prawn Curry	12.95 / 14.95 / 14.95
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VEGETARIAN CURRY SPECIAL**

YOUR CHOICE: Saag Paneer, Bengan-Bartha, Aloo Gobi, Channa Masala, Naurattan Korma, Paneer Tikka Masala, Dal Makhni, or Vegetable Coconut	11.95
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CHEF'S SPECIAL**

Pakora Curry	11.95
<i>Traditional punjabi curry based on garbonzo flour and buttermilk (vegetarian and gluten free)</i>	

TANDOORI SPECIAL**

Tandoori Chicken (<i>dark meat only</i>)	11.95
Seekh Kabab (<i>mince lamb kabab</i>)	13.95
Chicken Teekha Kabab (<i>white meat only</i>)	12.95

SATURDAY & SUNDAY LUNCH BRUNCH

Saturday - Sunday, 11:30 noon - 2:30 pm

Vegetarian	14.95
<i>Dal soup, salad, samosa chaat & chole bature.</i>	
Chicken	17.95
<i>Chicken soup, salad, chicken tikka kabab, and onion naan.</i>	
Fish	23.95
<i>Choice of soup, vegetarian or chicken, salad, tandoori salmon & garlic naan.</i>	
Lamb	29.95
<i>Choice of soup, vegetarian or chicken, salad, tandoori lamb chop & keema naan.</i>	

Includes Choice of Drinks: Mimosa (*Orange or Mango*)

Thank You

We reserve the right to refuse service to anyone.

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