



CHOLA  
new york

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## STARTERS

MULLIGATAWNY SOUP Yellow lentils, ginger, lemon	6
SAVITRI AMMA'S RASAM Tangy lentil tomato soup	6
ALOO GOBI SAMOSA Crisp turnovers, spiced potatoes, cauliflower, peas	7
LASONI CAULIFLOWER Tangy ginger flavor, green chilies	9
KURKURI BINDI Crispy okra, cumin, chaat masala, lime	9
TAMARIND BAIGAN Tangy eggplant, chaat masala, coriander	9
SHAM SAVERA Spinach paneer cheese rounds, nutty cashew sauce	9
PUDINA PANEER TIKKA Skewered paneer cheese, bell peppers, onions, green masala	10
BHEL PORI (Cold) Puffed rice, spiced chickpea potatoes, mint and tamarind chutney	6
PANI PORI (Cold) Crispy pori bread, spiced potatoes, tamarind water	7
BATATA SEV PORI (Cold) Puffed pori bread, spiced chickpea potatoes, yogurt, two chutnies	7
RAGARA CHAT Spiced potato patties, chickpeas, onions, yogurt, two chutnies	8
CHOLA VEG PLATTER Chef's choice	9

## NON VEG STARTERS

KALMI KABOB Grilled chicken wings, freshly grounded spices	8
PAHADI CHICKEN KABOB Red chili infused tenders, grilled to perfection	10
NIMBU MURGH Lime infused chicken tenders	10
CHICKEN 65 Chicken thighs, onions, green chilies, curry leaves	9
ROTI CANAI Crispy parathas (2 pieces), coconut chicken curry	10
COCHIN LAMB CHOPS Tossed onions, curry leaves, black peppercorn	16
BAGHARI JHINGA Shrimp, creamy tomatoes, curry leaves	12
ERA VARUVAL Sauteed shrimp, onions, tamarind, southern spices	12
CHOLA MEAT BASKET Chef's choice	14

## RICE ON THE SIDE

BASMATI RICE	5
JEERA GHEE PULAV Clarified butter, bay leaf, cumin	8
TOMATO RICE Tempered with mustard seeds, curry leaves, dry red chilies	8
LEMON RICE Tempered with turmeric, peanuts, curry leaves, lentils	8
YOGURT RICE Refreshing yogurt with cucumber, carrots, dry red chilies, garden herbs	8

**"Best Buffet" / "Excellent. Among top three Indian restaurants in NYC"**  
- ZAGAT 2009

**"Critics' Picks"**  
- TIME OUT New York 2009

**"Very Good."** - New York Times

**"Best Traditional Indian Restaurant"**  
- New York Magazine

**Executive Lunch Buffet**  
**Mon - Thurs 13.95**  
**Fri, Sat & Sun 14.95**

## GOT LUNCH?

10

Served with Naan, Dal and Rice

1. CHICKEN TIKKA  
Tandoor fired chicken tenders and northern spices
2. CHICKEN MALAI KABOB  
Skewered mild chicken tenders and creamy marinade
3. CHICKEN TIKKA MASALA  
Roasted chicken tikka and creamy tomato sauce
4. CHICKEN CHUTNEYWALLA  
Curried mango chicken, mint and ginger
5. CHICKEN KORMA  
Roasted chicken, raisins, bayleaf and cashew sauce
6. LAMB SAAG  
Spiced lamb, fenugreek, ginger and mild spinach sauce
7. LAMB VINDALOO  
Spicy goan specialty, potatoes, ginger and dry red chilies
8. LAMB MADRAS  
Lamb, mustard seeds and coconut-onion sauce
9. SHRIMP BALTI  
Shrimp, mushrooms, eggplant and fennel-infused onion sauce
10. KONJU PAPPAS  
Shrimp, tamarind and coconut tomato sauce
11. BHINDI MASALA  
Sauteed okra, onions, bell peppers, tomatoes and ginger
12. ALOO GOBI  
Spiced potatoes, cauliflower, cumin, ginger and fresh coriander
13. MATTAR PANEER  
Paneer cheese, green peas, cumin and creamy tomato sauce
14. SAAG PANEER  
Paneer cheese and mild spinach sauce

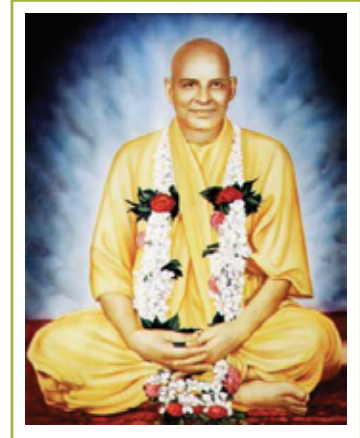
## DUM BIRYANI

(No nuts)

A rice preparation with mint, fried onions, garden herbs, bay leaf and black cardamom

Chicken	17	Lamb	18
Goat (on the bone)			22

## DID YOU KNOW?



Swami Sivananda Saraswati (September 8, 1887 — July 14, 1963) was a spiritual teacher and modern day Saint who propagated Yoga, Vedanta and the unity of all religions. His teachings were simple: SERVE LOVE GIVE PURIFY MEDITATE REALISE. He is the founder of The Divine Life Society (1936), Yoga-Vedanta Forest Academy (1948) and author of over 250 books.

A little known and even less publicized fact is that a majority of the Ashrams worldwide and the various types of Yoga practiced in the world today can trace their origins and spiritual lineages back to Sivananda. Among his prominent disciples are Swami Chidananda and Swami Krisnananda, who served at the Divine Life Society, Rishikesh India, Swami Vishnu-devananda, founder of the International Sivananda Yoga Vedanta Centres, with Headquarters in Canada, Swami Satchidananda, founder of the Integral Yoga Institutes, U.S.A, Swami Satyananda Saraswati, founder of Satyananda Yoga movement, Swami Chinmayananda, founder of the Chinmaya Mission, Swami Sivananda Radha, founder of Yasodhara Ashram in British Columbia, Canada, and the list goes on.

Sivananda Ashrams have branches all over the world even in the tiniest of nations such as the Bahamas. Locally, many yoga centers and spiritual teachers are directly or through spiritual lineage, affiliated to Sivananda: The Jivamukti Yoga centers, Bikram Yoga, Dharma and Mittra Yoga to name a few. Furthermore, Kavi Yogiraj Mani Finger, the founder of Ishta Yoga, Liliias Folan of the famed PBS television Yoga show, Liliias! and the famous author and spiritual teacher, Dr. Harry Dickman, all trace their spiritual tree to be rooted in the Divine Life Society of Swami Sivananda.

For further information please visit the website: [sivanandaonline.org](http://sivanandaonline.org).



India is known as the "The Home of Spices". No other country in the world produces as many kinds of spices as India does. There are over 80 spices grown in abundance. They include pepper, turmeric, chili, cardamom, fenugreek, fennel, cumin, dill, coriander, cinnamon, ajowan, cassia, clove, nutmeg and mace.

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.....Spicy