MONAL
Indian Cuisine
मोनाल भारतीय रेस्तरां

Founder / Executive Chef: Mr. Balveer
创始人/行政总厨：Balveer先生

Indulge in a culinary journey like no other at Monal Indian Restaurant, where every dish is a masterpiece crafted by Chef and founder of monal Mr. Balveer Shreewal , a culinary maestro with an impressive 25 years of experience in the art of Indian cuisine. Renowned for his passion and expertise, Chef Balveer has successfully launched 3 exceptional restaurants in shanghai , each a testament to his culinary prowess.

Immerse yourself in the rich flavors and aromas of authentic Indian cuisine, meticulously prepared by Chef Balveer and his talented team. From tantalizing Tandoori BBQ dishes,Indian street food Curries,snacks Indian naan breads to aromatic biryanis and decadent desserts, every bite is a symphony of taste and tradition.we are having variety of international wines hard beverage and beers in our Bar.

We welcome you at Monal Indian Restaurant to experience a dining experience like no other, where Chef Balveer Shriyal's culinary wizardry will transport your taste buds to the vibrant streets of India. Taste the magic, feel the passion, and savor the excellence at Monal Indian cuisine .

在莫纳乐印度餐厅，体验从未有过的美食之旅，由莫纳乐厨师、创始人巴利精心制作的每一道菜都堪称艺术品。巴利是一位拥有25年印度美食艺术经验的烹饪大师。因其对美食的热情和专长而享有名望，厨师巴利已在上海创办3家餐厅，每个餐厅都是他超凡烹饪技术的见证。

让自己沉浸在浓郁的芳香中尽情享受由巴利和他的团队精心制作的正宗美味的印度菜吧！这里有令人垂涎三尺的唐杜里烧烤、印度街边小吃、各种咖喱、印度零食、印度飞饼等浓香四溢的印度焖饭和绝对令您满意的甜品，每一口都像是品味与传统的交响乐。餐厅酒吧提供多样的国际好酒、硬饮和啤酒。

我们欢迎您来莫纳乐印度餐厅，感受前所未有的用餐体验，在这里，巴利的烹饪魔力将如同把您带到了生气勃勃的印度街，在莫纳乐品味魔力，感受激情，享受卓越的美食之旅。

Homemade Drinks
自制饮料

1

¥30

Mango Lassi
芒果酸奶

2

¥28

Lassi (Sweet/Salted)
酸奶(甜/咸)

3

¥30

Banana Ruafza Shake
香蕉罗哈夫扎莫吉托

4

¥35

Ruahfza Sikanji
罗哈夫扎莫吉托

5

¥35

Masala Passionfruit Sikanji
玛莎拉罗哈夫扎莫吉托

6

¥25

Lemon Tea (Hot/Cold)
柠檬茶(热/冷)

7

¥28

Masala Tea (Hot/Cold)
印度玛莎拉奶茶(热/冷)

8

¥28

Indian Filter Coffee / Cold Coffee
印度咖啡 热/冷

Soups 热汤

Tomato Dhania Ka Shorba
番茄罗勒汤

Seafood Soup
特制海鲜汤

Rosted Masala Pumpkin Soup
玛莎拉烤南瓜汤

Chicken Soup with
Black Mushroom
黑蘑菇鸡汤

Chatt & Indian Street Food
印度街头小吃

Panipoori
印度玛莎拉脆球

Pani puri is a deep-fried breaded hollow spherical shell, about an inch in diameter, filled with a combination of finely diced potato, onion, peas and chickpea. It is a common street food in the Indian subcontinent. It is often spiced with tamarind chutney, chili powder, or chaat masala

印度玛莎拉脆球是一种油炸的面包屑中空球壳，直径约一英寸，里面填满了切碎的土豆、洋葱、豌豆和鹰嘴豆。 它是印度大陆常见的街头食品。 通常用罗望子酸辣酱、辣椒粉或 Chaat masala 调味

Chatt & Indian Street Food
印度街头小吃

14

¥45

Monal Special Chaat
莫纳乐特色小吃

15

¥25

Cucumber Raita
黄瓜酸奶

16

¥22

Homemade Curd
自制酸奶

17

¥35

Healthy Beans Chaat
健康三豆沙拉

18

¥15

Roasted Papad
烤脆片/扁豆脆片

19

¥25

Masala Papad
玛莎拉脆片

Starter & Snack
开胃菜和小吃

20

¥25

Samosa
土豆蔬菜咖喱角

21

¥38

Mixed Veg Pakora With Palak
炸蔬菜

22

¥58

Chicken Tikka Wrap
烤鸡肉卷

23

¥55

Paneer Wrap
奶豆腐蔬菜卷

24

¥68

Chicken Pakora
炸鸡

25

¥58

Chili Chicken
辣味无骨鸡块

26

¥88

Prawn Koliwada
炸虾

27

¥78

Indian Style Fish & Chips
(Amritsari Style Fish Fry)
玛莎拉炸鱼 薯条

28

¥48

Veg Sami Kebab With Cheese
炸素饼

29

¥48

Masala Omelet
玛莎拉炒蛋

30

¥78

Monal Special Fried Basket
莫纳乐特色油炸篮子

Kids Special 儿童菜单

31

¥20

Regular Fries
薯条

32

¥28

Masala Fries
咖喱薯条

33

¥35

Chicken Nuggets
鸡块

34

¥48

Masala Squids Fries
炸玛莎拉鱿鱼

Tandoori Veg 镶坑烤蔬菜

35

¥65

Achari Paneer Tikka
镶坑烤印度奶豆腐

36

¥55

Tandoori Stuffed Potato
镶坑烤填充土豆块

37

¥55

Tandoori Malai Broccoli
香烤西兰花

38

¥55

Stuffed Tandoori Mushroom
镶坑烤酿蘑菇

Tandoori Non-Veg 镶坑烤

39

Half (一半) ¥98

Monal Special BBQ Platter
莫纳乐特色烧烤肉

40

Full (大份) ¥188

Monal Special BBQ Platter
莫纳乐特色烧烤肉

41

¥128

Tandoori Chicken Full
镶坑烤鸡 (整鸡)

42

¥68

Tandoori Chicken Half
镶坑烤鸡 (半只)

43

¥58

Chicken Tikka
馕坑烤鸡肉串

44

¥58

Malai Kebab
馕坑烤鸡（不辣）

45

¥60

Snow Chicken
馕坑烤雪花鸡

46

¥58

Hariyali Chicken
馕坑烤青草鸡

47

¥58

Garlic Chicken Tikka
馕坑蒜香烤鸡肉

48

¥65

Gilafi Chicken Seek Kebab
馕坑烤鸡肉条

49

¥75

Lamb Seeks Kebab
馕坑烤羊肉条

50

¥68

Tandoori Lamb Chop
烤羊排

51

¥98

Tandoori Prawns
印度烤虾

52

¥75

Ajwaine Fish Tikka
馕坑烤鱼块

53

¥108

Tandoori Whole Fish
馕坑烤整鱼

Curry Veg 蔬菜咖喱

54

¥55
Dal Makhani
小扁豆咖喱

55

¥48
Yellow Dal Tadka
豌豆咖喱

56

¥58
Palak Paneer
菠菜印度奶豆腐青咖喱

57

¥65
Paneer Lababdar
奶豆腐咖喱

58

¥55
Aloo Gobi Mutter
土豆菜花咖喱

59

¥58
Tawa Veg
炒土豆秋葵茄子

60

¥58
Punjabi Chole
鹰嘴豆咖喱

61

¥58
Mixed Vegetable Masala
蔬菜咖喱

62

¥45
Green Veggie
蔬菜咖喱

Chicken Curry 鸡肉咖喱

63

¥68
Monal Special
Chicken Curry (With Bones)
莫纳乐特色有骨咖喱鸡

64

¥65
Delhi Style Butter Chicken
奶油咖喱鸡

65

¥58
Chicken Tikka Masala
烤无骨鸡块咖喱

66

¥75
Tandoori Chicken Masala
馕坑玛莎拉有骨鸡块咖喱

67

¥58
Chicken Saag
青咖喱鸡肉

68

¥68
Kadhai Chicken (With Bones)
香辣咖喱鸡（有骨）

69

¥68
Monal Special Chicken Korma
白咖喱鸡

Lamb Curry 羊肉咖喱

Lamb Rogan Josh (With Bones)
正宗克什米尔风格羊肉咖喱（有骨）

Lamb Kadhai
香辣羊肉咖喱

Dhaba Mutton Curry
厨师推荐羊肉咖喱

Lamb Saag
青咖喱羊肉

Lamb Korma Old Delhi Style
老德里风味羊肉咖喱

Seafood Curry 海鲜咖喱

Mix Seafood Curry
混合海鲜咖喱

Crab Curry
咖喱闸蟹

Kerla Prawns Curry
咖喱虾

Coconut Fish Curry
椰鱼咖喱

Lobster Butter Masala
玛莎拉龙虾咖喱

Grilled Octopus Masala
烤章鱼玛莎拉

Rice 米饭

Steam Rice
蒸印度长粒米饭

Saffron Matter Pulao
藏红花豌豆炒饭

Veggie Biryani
浓香蔬菜焖饭

Chicken Tikka Biryani
浓香鸡肉焖饭

Lamb Biryani
浓香羊肉焖饭

Seafood Biryani
浓香海鲜焖饭

Naan 馕饼度饼

87

¥10/each

Chapati
印度烙饼

88

¥15

Plain Naan
原味馕坑烤饼

89

¥15

Tandoori Roti
全麦馕坑薄饼

90

¥18

Butter Naan
黄油馕坑烤饼

91

¥22

Garlic Naan
蒜香馕坑烤饼

92

¥35

Cheese Naan
奶酪馕坑烤饼

93

¥22

Aloo Paratha
土豆馕坑烤饼

94

¥25

Mint Paratha
薄荷千层饼

95

¥28

Paneer Naan
奶豆腐烤饼

96

¥30

Kashmiri Naan
坚果馕坑烤饼

97

¥38

Truffle Naan
黑松露蒜香馕坑烤饼

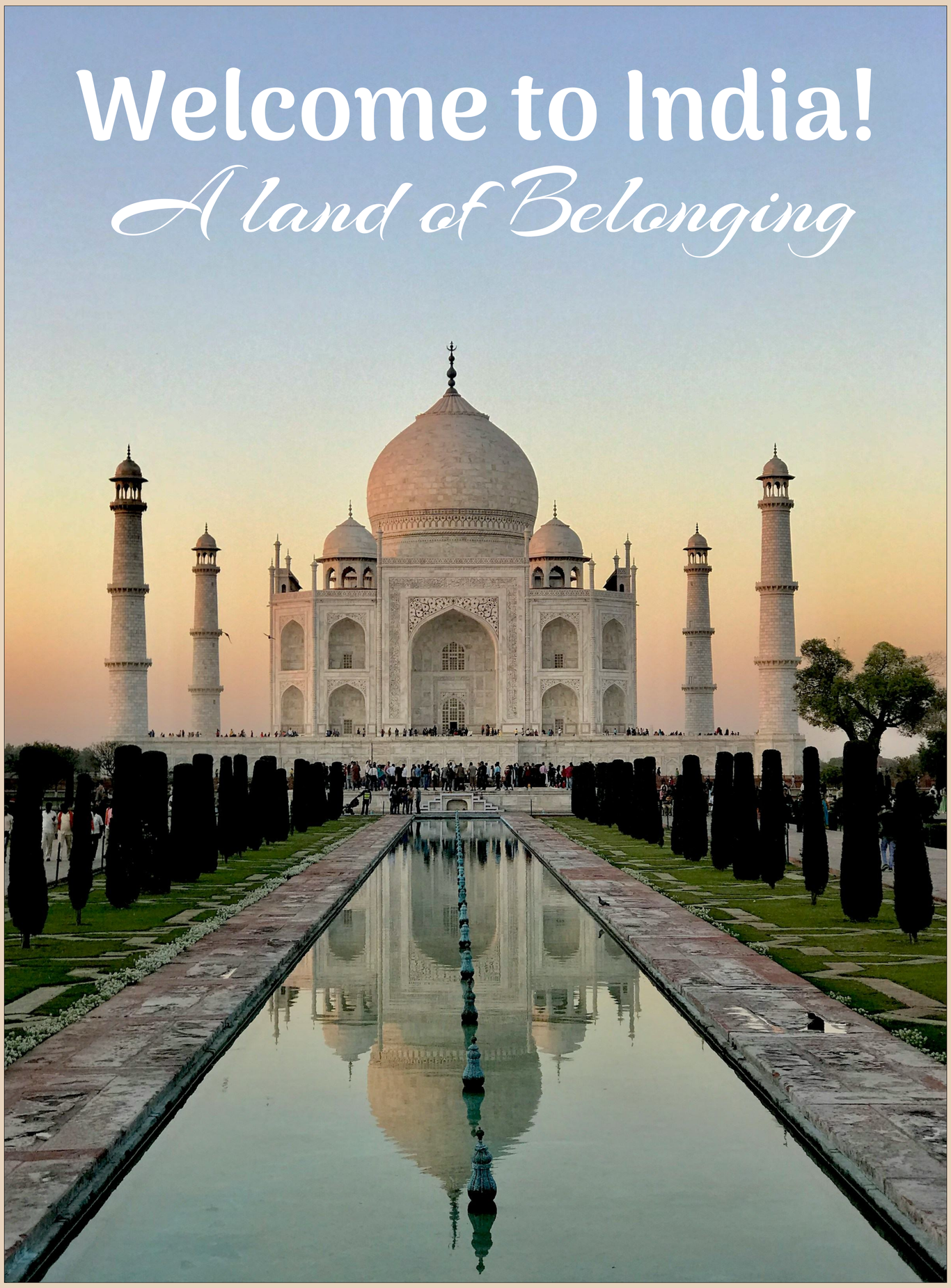
Desserts 甜点

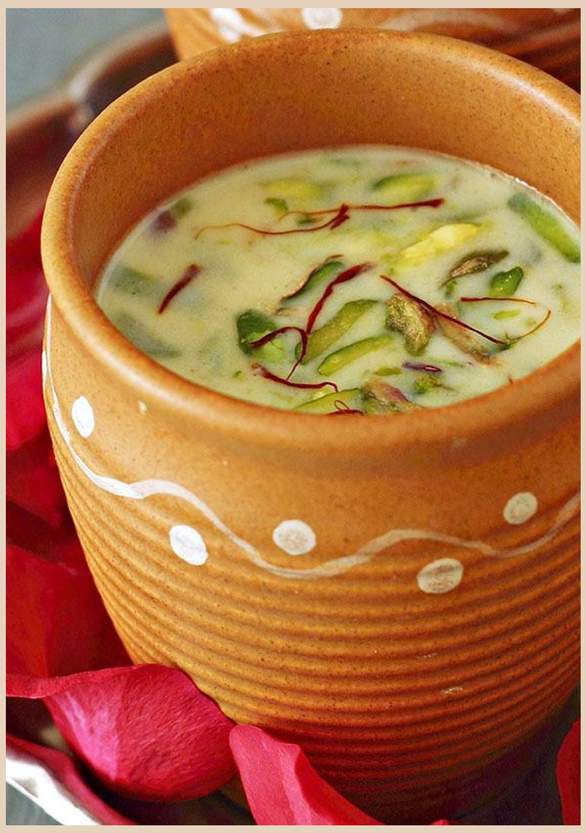
Gulab Jamun With Ice Cream
红奶糕球冰淇淋

Malai Kulfi
莫纳乐私房冰淇淋

Mango Firni
芒果布丁

Ice Cream
冰淇淋


Welcome to India!
A land of Belonging



Monal Indian Cuisine

Chef By Balli

莫纳乐印度餐厅

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मोनाल भारतीय रेस्तरां