

MYTHS ABOUT INDIAN COOKING

MYTH 1: Indian food is too hot.

REALITY: At **GURU**, we prepare your food mild, medium, or hot to suit your taste and health.

MYTH 2: Indian cuisine is the same as Chinese take-out

REALITY: Indian cuisine offers more staples. The dishes differ in use and treatment of herbs and spices.

MYTH 3: Indian food has MSG.

REALITY: At **GURU**, we do not use any MSG.

MYTH 4: Indian food has a lot of preservatives.

REALITY: At **GURU**, we do not use any preservatives and serve food only made fresh to order

HOW TO ORDER INDIAN CUISINE

- I. Ideally, you order an entree, a choice of bread, and add extra servings of rice to your order.
- II. Order a Rice Specialty and couple it with either an appetizer or an item from **GURU's GRILLE**.
- II. **THAALI** is a way to balance your diet with uncompromising taste & health.
- IV. For veg. cravings, ask for an entree from our veg. menu to combine it with bread and rice.

SOUPS & SALADS

Soups served in Cup 2.95, Bowl 3.95

1. **LENTIL SOUP**
Slowly cooked yellow lentil soup flavored with herbs & mild spices
2. **TOMATO SOUP**
Spicy blend of fresh pureed tomato garnished with delicate herbs
3. **COCONUT SOUP**
Freshly grated coconut and milk cooked with nuts
4. **KHATMANDU SOUP**
Nine authentic beans when cooked slowly in spices
5. **TANDOORI CAESAR SALAD** 5.95
Add Tandoori Chicken \$4, Add Tandoori Shrimp \$5
6. **CHEF SALAD** 4.95
Add Tandoori Chicken \$4, Add Tandoori Shrimp \$5

VEGETARIAN APPETIZERS

7. **SAMOSAS** (2 pieces) 3.95
Crispy turnovers stuffed with potatoes & peas
8. **VEGETABLE PAKORAS** (5 pieces) 3.95
Chickpea batter dipped mixed vegetable fritters
9. **PANEER PAKORAS** (5 pieces) 5.95
Chickpea batter dipped homemade cheese fritters
10. **CHEF'S SPECIAL SAVORY BON-BONS** 3.95
2 pieces of deep-fried, breaded mashed potatoes finely stuffed with selective herbs and vegetables

11. **MIXED VEGETABLE PLATTER** 6.95
A samosa, veg & paneer pakoras & a savory bon-bon
12. **SAMOSAS CHAAT** 6.95
Veg. samosa served on a bed of seasoned chickpea salad topped with a variety of **GURU's** chutneys
13. **PAAPRI CHAAT** 6.95
Delicious crisps served in a yogurt mix of fulfilling chickpeas savored with **GURU's** chutneys & relishes

NON-VEGETARIAN APPETIZERS

14. **NON-VEGETARIAN SAMOSA** (2 pieces) 5.95
Crispy turnovers stuffed with ground lamb
15. **CHICKEN PAKORAS** (6 pieces) 6.95
Chickpea batter-dipped chicken fritters
16. **FISH PAKORAS** 7.95
Gold & crisp crusted fish fritters in chickpea batter
17. **MEAT BON-BONS** 5.95
Non-veg cousin of vegetarian bon-bons
18. **MIXED NON-VEG PLATTER** 7.95
Meat samosa, meat bon-bon, chicken & fish pakoras
19. **CALAMARI PAKORAS** 8.95
Calamari fried to perfection in chickpea batter
20. **TANDOORI CHICKEN WINGS** 5.95
Tandoor grilled; Marinated in yogurt-spiced paste

GURU'S GRILLE (TANDOOR)

Tandoor, an authentic clay oven typically charcoal fueled was used by Moghuls. Still prevalent in Northern India, for its smoke-odored & smoke-flavored, healthy & light grilling mystery. At **GURU**, we serve our Tandoored barbeque on a sizzling skillet with fresh vegetables.

21. **TANDOORI BARBEQUE**
 - a. Chicken (Breast & Leg) 12.95
 - b. Fish 15.95
 - c. Shrimp 15.95
 - d. Scallops 18.95
22. **CHICKEN TIKKA** (boneless) 13.95
23. **SEEKH KEBAB**
Skewered meat flavored with spices, herbs & onions
 - a. Chicken 12.95
 - b. Beef 13.95
 - c. Lamb 13.95
24. **MALAI CHICKEN BOTI** 13.95
Boneless and cooked in saffron infused cream sauce
25. **RESHMI CHICKEN KEBAB** 12.50
Ground chicken meat flavored with exotic spices, mixed with cream cheese, grilled on skewer
26. **LAMB CHOPS** 18.95
Chops marinated in yogurt, ginger, garlic and spices

27. **BIHARI BEEF KEBAB** 18.95
From the Indian state - Bihar. Beef filet marinated in yogurt, ginger, and house blend spices
28. **PANEER TIKKA (VEGETARIAN DELIGHT)** 14.95
Skewered cheese cubes marinated in tandoori mix
29. **MIX TANDOORI GRILLE** 20.95
A sumptuous assortment from **GURU's GRILLE**

NON-VEGETARIAN ENTREES

All entrees served with basmati rice.

CURRIES

Choice of ingredient cooked with over 30 homemade herbs & spices in fresh thick tomato sauce & scallions

30. **CHICKEN** 11.95
31. **LAMB** 13.95
32. **FISH** 14.95
33. **SHRIMP** 15.95

MASALA

Choice of ingredient cooked in tomato sauce flavored with traditional Indian spices & finished with cream

34. **CHICKEN TIKKA MASALA** 12.95
35. **SHRIMP TIKKA MASALA** 14.95
36. **FISH TIKKA MASALA** 15.95

SHAHI KORMA

Shahi is for the Royals - where a choice of ingredient is cooked in nuts in a populist onion gravy

37. **CHICKEN** 12.95
38. **BEEF** 13.95
39. **LAMB** 13.95

VINDALOO

A recipe from a hippie Indian state - Goa, an ingredient is cooked with potatoes, ginger, and hot spices

40. **CHICKEN** 11.95
41. **LAMB** 13.95

CHILLI

Ingredient is sautéed with bell pepper, onion, tomato & a touch of spices & soy sauce

42. **CHICKEN** 11.95
43. **BEEF** 13.95
44. **SHRIMP** 15.95

PALAK

Spinach marriage with ingredients cooked in mild spices

45. **CHICKEN** 12.95
46. **LAMB** 13.95

VEGETARIAN ENTREES

All entrees served with basmati rice.

47. **ALOO GOBI** 11.95
Fresh cauliflower & potatoes cooked with herbs & homemade spices
48. **PALAK PANEER** 11.95
Homemade cheese cubes made with spinach, tomatoes & onions with a hint of house blend spices
49. **PANEER TIKKA MASALA** 11.95
Homemade cheese cubes cooked in bell pepper & tikka sauce
50. **MATTAR PANEER** 11.95
Homemade fresh milk cheese cubes cooked with green peas with flavorful spices
51. **BAIGAN BHARTA** 11.95
Roasted eggplant mashed & cooked with aromatic herbs & spices
52. **MALAI KOFTA** 11.95
Minced mix vegetable balls stuffed with paneer & cooked in mildly spiced, creamy sauce
53. **DAL MAKHANI** 10.95
Black gram lentils cooked with ginger, garlic & mildly spiced, light cream sauce
54. **DAL FRY** 10.95
Mixed yellow lentils cooked with fresh tomatoes, scallions & spices
55. **CHANA MASALA** 10.95
Classic North Indian specialty with subtly flavored chickpeas cooked with ginger, garlic & spices
56. **BHINDI MASALA** 11.95
Fresh cut okra cooked with mild spices
57. **NAVRATAN SHAHI KORMA** 11.95
From the Royals' kitchen which has assorted vegetables cooked in creamy onion sauce with nuts
58. **ALOO TARKARI** 9.95
Potatoes cooked in curry leaves and tomato sauce

SEAFOOD

Served with steamed rice.

59. **FISH CAKES** 15.95
Made with fresh herbs & spices, lightly breaded & fried to serve with Dal, Katchumber (Indian Salad)
60. **GINGER SHRIMP** 16.95
Jumbo shrimp cooked in mild tomato sauce flavored with fresh ginger
61. **GOA SHRIMP CURRY** 16.95
Jumbo shrimp served in coconut based sauce
62. **FISH FRY** 15.95
Fresh Tilapia marinated in spices & yogurt ginger sauce, deep-fried with curry leaves

DRIVING DIRECTIONS: TAKE EXIT 6A ON ROUTE 3; BEAR RIGHT, DRIVE QUARTER MILE EAST & TURN RIGHT ON COURT STREET, WHICH BECOMES MAIN STREET

RICE SPECIALITIES

- 63. BIRYANI**
Biryani - the crown of Moghlai cuisine & a historic favorite of Indians is basmati rice slow cooked with a choice of ingredient in a sealed pot with herbs, cashews, raisins, almonds, cardamom & saffron
- a. Vegetable 11.95
 - b. Chicken 12.95
 - c. Lamb 13.95
 - d. Shrimp 14.95
- 64. CHEF'S SPECIAL SAFFRON BIRYANI** 13.95
Overnight marinated chicken in saffron, yogurt & spice mixture cooked with basmati rice
- 65. MATTAR PULAO** 11.95
Basmati rice made with fresh green peas & onions
- 66. ZEERA CHAAWAL** 4.95
Basmati rice cooked with aromatic cumin seeds
- 67. STEAMED RICE** 2.95
Plain white basmati rice

THAALI

Both, a culture & a dish, Thaali is still a part of every day living of the westerly Indian state - Gujarat. **GURU** offers THAALI, which has a unique serving of 5 courses, including a serving of rice/chappati bread & a desert - all served in a single dish.

- 68. VEGETARIAN THAALI** 16.95
69. NON-VEG THAALI 19.95

FROM SOUTH INDIA

Dosa is a South Indian crêpe made from rice and lentils. At **GURU**, we serve south Indian dishes with sambhar (spicy soup) & coconut chutney

- 70. MASALA DOSA (Veg)** 9.95
Crêpe (aka Dosa) wrapped around onion and potato curry or sabji.
- 71. CHICKEN DOSA** 10.95
A very modern way to stuff dosas to enjoy the results of fusing non-veg in an otherwise veg dish
- 72. LAMB DOSA** 11.95
Crêpe stuffed with Lamb meat
- 73. IDLI** 8.95
Savory cakes made by steaming a fermented batter consisting mainly of rice.
- 74. UTTAPAM** 8.95
Uttapam is a dosa-like dish, in thickness of a pancake, made with tomatoes or an onion chili mix

BREADS

- 75. PLAIN NAAN** 2.95
Plain unleavened bread baked in Tandoor
- 76. GARLIC NAAN** 3.50
Naan bread stuffed with garlic & cilantro
- 77. ROSEMARY NAAN** 3.50
Naan bread stuffed with rosemary
- 78. PESHAWARI NAAN** 3.50
Naan bread stuffed with nuts
- 79. KULCHA** (onion, potato) 3.50
Stuffed with choice of either onions or potatoes
- 80. LACHA PARATHA** 2.95
Multilayered whole wheat bread baked on flat grill
- 81. CHAPPATI** 1.95
Whole wheat bread baked in flat grill pan
- 82. KEEMA NAAN** 3.95
Stuffed with ground lamb, cilantro and seasoning
- 83. POORI** (2 pieces) 3.95
Deeply fried puffy whole-wheat bread
- 84. BREAD BASKET** 9.95

SIDES

- Each 1.50
- 85. a. PAPADDUM** - Lentil crisp popular with any dish
b. MIXED INDIAN PICKLE
c. MANGO CHUTNEY - Spices cooked in mangoes
d. ONION RELISH
e. MINT CHUTNEY
f. TAMARIND CHUTNEY
g. PLAIN RAITA (Yogurt & Cucumber)
h. COCONUT CHUTNEY

DRINKS

- 86. LASSI** 3.95
Fresh fruit blended in homemade yogurt (Mango, Strawberry & Plain White)
- 87. SODA / HOUSE LEMONADE** 1.95
- 88. MASALA CHAI** 2.50
Black tea cooked with milk & exotic mixture of gingerroot, cloves, cardamom & cinnamon.
- 89. COFFEE** 2.50
- 90. PESHAWARI GREEN TEA** 2.50
Blend of green tea with cardamom & fresh mint
- 91. JUICES** 2.50
(Orange, Apple, Cranberry)

KID'S CORNER

- 92. CHICKEN FINGERS** 5.95
93. FISH FINGERS 6.95
94. FRIES 2.95
95. MAC & CHEESE 3.95

DESSERTS

- 96. GULAB JAAMUN** 3.95
A North Indian delicacy made with fried milk balls, served in rose water syrup
- 97. GAAJAR HALWA** 3.95
Carrots slow cooked in sweet milk and a medley of nuts
- 98. KHEER** 3.95
Sweet rice pudding prepared with milk & flavored with nuts, raisins & cardamom
- 99. KULFI** 3.95
Rich ice cream: Milk- cream & Pistachios
- 100. RAS MALAI** 4.95
Fresh cottage cheese dipped in sweetened, nutty milk & served cold
- 101. BREAD PUDDING** 4.95

PLEASE LET US KNOW IF YOU HAVE ANY SPECIAL DIETARY REQUIREMENTS, FOOD ALLERGIES OR PREFERENCES. WE WILL BE MORE THAN HAPPY TO SERVE TO THE BEST OF YOUR TASTE & HEALTH.

ALSO, WE CAN MAKE THE ORDERS TO SUIT YOUR APPETITE FOR SPICE / HOTNESS:

🌶️ MILD

🌶️🌶️ MEDIUM

🌶️🌶️🌶️ HOT

AT YOUR EARNEST SERVICE, IN ALTRUISM.

GURU



dine in | take out | delivery | catering

WE DELIVER TO YOUR DOORSTEP

50% OFF

ON DINE-IN ENTREES MON - WED
(ASK FOR ONGOING PROMOTIONS AND SPECIALS)

-FEATURING AN EXCLUSIVE VEGETARIAN MENU-

Open Daily

Lunch: 11:30am - 3pm

(try our 5 course lunch)

Dinner: 5pm - 10pm

56 Main Street

Plymouth, MA 02360

Phone/Fax: 1-508-747-2353

WWW.GURUGRILLE.COM

ALL PRICES ARE SUBJECT TO MA MEAL TAX.

PRICES & SPECIALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.

WE ACCEPT ALL MAJOR CREDIT CARDS.