



Prashad

VEGAN & VEGETARIAN CAFE

Savor the unmatched flavors of vegetarian and vegan gastronomy. Prashad offers authentic Indian cuisine, which we strive to achieve through the use of high-quality ingredients.

TANDOORI STARTERS

Delicately grilled in our tandoori oven

PANEER TIKKA 95
TANDOORI GOBI 95
MUSHROOM TIKKA 95
BROCCOLI TIKKA 95
BRINJAL TIKKA 95

STARTERS

CHEESE & CORN SAMOSA 8
POTATO & CORIANDER SAMOSA (V) 8
SOYA MINCE SAMOSA (V) 8
PUNJABI SAMOSA (V) 15
ONION BAHJI (V) 8
POTATO VADA (V) (2PCS) 25
VEGETABLE SPRING ROLL 20
SPINACH & FETA SAMOSA 8
PAPADAMS (V) 12

Vegan Snack Platter 10PCS 120

Vegetarian Snack Platter 10PCS 120

CONDIMENTS

PICKLES (LIME/MANGO/CHILI) 35
CUCUMBER RAITA 35
CORIANDER CHUTNEY 25
KACHUMBER 30
CHICKPEA & KACHUMBER SALAD 65

DESSERTS

CHOCOLATE CAKE (V) 60
CARROT CAKE (V) 65
VERMICELLI PUDDING 55
SOJI 55

V - VEGAN
VO - VEGAN OPTIONAL

CURRIES

All serviced with rice

SPINACH BASED

ALOO SAAG
Braised potato cooked in a delicious spinach sauce (VO) 125

PALAK PANEER
Soft paneer cubes simmered in a smooth spinach gravy (VO) 125

CHICKEN SAAGWALA
Soya chicken cooked in delicious spinach sauce 135

TOMATO BASED

DHINGRI MATAR
Mushrooms and peas made with a delicate combination of spices (VO) 130

MATAR PANEER
Paneer and peas served in a creamy onion and tomato cashew sauce (VO) 125

BHAINGAN BHARTA
Tandoori grilled eggplant, sautéed with onion, tomato and spices (VO) 125

CHOLE MASALA
Packed with protein! Chickpeas cooked in a rich tomato and onion gravy (VO) 120

KORMA

PANEER KORMA
Paneer cooked in a rich and creamy cashew sauce (VO) 125

VEGETABLE KORMA
A variety of vegetables cooked in a rich and creamy cashew sauce (VO) 125

CHICKEN KORMA
Soya chicken cooked in a rich and creamy cashew sauce 135

KADAI

MUSHROOM KADAI
Semi dry Indian curry served with mushrooms, onions, pepper, ginger and toasted spices (VO) 125

PANEER KADAI
Semi dry Indian curry served with paneer, onions, pepper, ginger and toasted spices (VO) 125

NORTH INDIAN

PANEER BUTTER MASALA
Rich and creamy curry made with paneer, spices, onions, tomatoes and cashews (VO) 125

BUTTER CHICKEN
Classic Indian dish served with soya chicken in a creamy cashew sauce 135

PANEER TIKKA MASALA
Marinated paneer, grilled in the tandoor oven and served in a delectable sauce (VO) 125

ALOO GOBI
Cauliflower and potato curry cooked in a delicious thick gravy (VO) 125

JALFREZI

CHICKEN JALFREZI
Exotic stir fry cooked with onion, capsicum and soya chicken 135

VEGETABLE JALFREZI
Exotic stir fry cooked with onion, capsicum and a melody of vegetables (V) 120

PANEER JALFREZI
Exotic stir fry cooked with onion, capsicum and paneer 120

TOFU JALFREZI
Exotic stir fry cooked with onion, capsicum and tofu (V) 130

SOUTH INDIAN

VEGETABLE MALABHAR
A popular South Indian dish, tempered with mustard seeds, curry leaves and coconut (V) 130

TOFU MALABHAR
A South Indian dish, tempered with mustard seeds, curry leaves and coconut (V) 130

CHETTINAD
Classic Tamil Nadu dish. Cooked with coconut milk and fiery spices
Chicken (VO) 130
Paneer (VO) 130

DURBAN CURRIES

CHICKEN CURRY
Soya chicken prepared in an flavoursome Durban style gravy 130

BUTTER BEAN CURRY
Butter beans and potato curry prepared Durban style (V) 120

MIXED VEGETABLE CURRY
Cauliflower, carrots, potato and green beans prepared in a Durban gravy (V) 120

INDIAN FLAT BREAD

ROTI (V) 16
TANDOORI ROTI (V) 25
BASMATI RICE (V) 35
PLAIN NAAN (V) 18
BUTTER NAAN (VO) 22
GARLIC NAAN (VO) 25
PESHWARI NAAN
A tasty filling of coconut and sultana tandoori naan (VO) 45
KULCHA NAAN
A tasty filling of mint and sesame seed naan (VO) 35
CHEESE & GARLIC NAAN R45
PARATHA (2PCS) 45
ALOO PARATHA
a delicious and flavoursome potato filled naan (VO) 55
CHEESE PARATHA 45
LACCHA PARATHA (VO) 30

LENTIL DISHES

SAAG LENTIL DHALL
Yellow lentils braised with fresh spinach (VO) 100

DHALL FRY
Yellow lentils cooked with tomato and a variety of dhall-ishcious spices (VO) 105

DHALL TADKA
Masoor Dhall braised with cumin, mustard seed and curry leaves (VO) 95

DHALL MAKHANI
A popular North Indian dish containing whole black lentils and red kidney beans which are slow cooked with spices, butter and cream (VO) 130

BIRYANI

PANEER BIRYANI
Basmati rice cooked with aromatic spices and marinated paneer cubes (VO) 135

CHICKEN BIRYANI
Basmati rice cooked with aromatic spices and soya chicken 135

VEGETABLE BIRYANI
Basmati rice cooked with aromatic spices and a melody of fresh vegetables (V) 130

MUSHROOM BIRYANI
Basmati rice cooked with aromatic spices and stir-fried mushrooms (V) 130

PRAWN BIRYANI
Basmati rice cooked with aromatic spices and marinated soya prawns 135

INDIAN STREET FOOD

PANI PURI
Deep fried crisp filled with potato and chickpea (V) 65

VADA PAV
Potato dumpling on a bun with mayo and mint chutney (V) 60

PLAIN DOSA
Crispy crepe served with sambhar (V) 55

MASALA DOSA
Crispy crepe filled with potato (V) 75

CHEESE DOSA
Crispy crepe filled with cheese 85

MYSORE DOSA
Crispy crepe filled with red ghotney and potato (V) 95

SAMOSA CHAAT
Smashed samosa with yogurt and chutney R65

NAAN WRAPS

MIXED VEGETABLE CURRY (V) 95

BUTTER BEAN CURRY (V) 95

CHOLE MASALA (V) 95

BUTTER CHICKEN 105

SOYA CHICKEN CURRY 95

VEGETABLE KORMA (VO) 105

BUNNY CHOWS

a hollowed out quarter loaf of bread filled with a delicious curry of your choice

MIXED VEGETABLE CURRY (V) 85

SOYA CHICKEN CURRY 95

BUTTER BEANS CURRY (V) 85

PANEER MATAR CURRY (VO) 95

DRINKS

BOMBAY CRUSH 65

SWEET LASSIE 45

SALTED LASSIE 45

ROSE LASSIE 45

MANGO & TURMERIC LASSIE 55

ORGANIC KOMBUCHA 35

THEONISTA 35

SAN PELLEGRINO 35

SOFT DRINKS 25

STILL WATER 20

SPARKLING WATER 20

CEYLON TEA 25

MASALA TEA 30

ROOIBOS TEA 25

CHAI LATTE 35

TUMERIC LATTE 35

**All our breads are 100% vegan. We will happily make any vegetarian dish vegan upon request.*

PRASHAD CAFE BRANCHES

Prashad Constantia | 021 795 0049

Prashad Kloof | 021 422 0264

Prashad Rondebosch | 021 685 7891

Prashad Baxter | 021 685 7880

Prashad Express @ UCT Upper campus



@prashadcafe



PrashadCafe