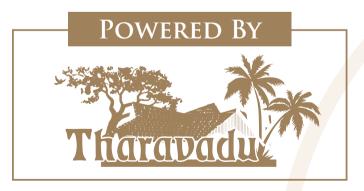
Food allergies and intolerances

Please speak to our staff about the ingredients in your meal, when making your order. At UYARE, many of our dishes contain nuts or traces of nuts. If you have a nut allergy, please inform our waitstaff while ordering, and we will do our best to accommodate your needs by altering the cooking process. Although we take great care to debone the fish, there may be occasional traces of bones. We apologize in advance for any inconvenience this may cause. Please note that while we offer many dishes that are made with ingredients that do not contain gluten, we are not a gluten-free environment. Cross-contamination may occur via air and other factors we can not control in a busy kitchen environment. We recommend you use your discretion when ordering if you have a gluten intolerance or allergy. Staff can advise further how certain meals are prepared to assist with your decision.

V Vegetarian V Vegan





7-8 Mill Hill, Leeds LS1 5DQ 0113 244 0500 www.tharavadurestaurants.com





AN ELEVATED CULINARY EXPERIENCE

Inspired by Kerala

Food Allergies and Intolerances

Please speak to our staff about the ingredients in your meal, when making your order.

PRE MEAL

Pre Meal Snacks & Pickles 6.75 v w

Experience the charm of a traditional village tea shop with our expertly crafted snacks, Enjoy crispy Pappadavada, flavorful Pakkavada, savory Kaya Varuthathathu, and perfectly seasoned Poppadoms, paired with our homemade chutneys and pickles.

SIGNATURE BITES

Vada Bonda 7 v w

Golden lentil doughnuts topped with spiced potato bonda, served with tomato and coconut chutneys.

Masala Fried Cauliflower 7.5 V We

Crispy cauliflower florets tossed in house-made spice blend, served with a sweet and tangy tomato sauce.

Lamb Pepper Fry 9

Succulent lamb cubes sautéed with black pepper, onions, and tomatoes, infused with bold Kerala spices.

Kanthari Chicken 8.25

Grilled chicken infused with fiery green chilies, fresh mint, and coriander for a bold and aromatic finish served with avacadoraw mango chutney.

Chick-Chick Chaat 9.5/7.75

Crisp somosas (chicken/veg) layered with cooked chickpeas, yogurt, tamarind and mint chutney.

Masala Fried Fish 8

Seasonal fish fillet marinated in a blend of aromatic spices, grilled to perfection, and served with our home-made carrot and lemon chutney.

Kanava Kurumulagu Fry 8.75

Tender squid slices marinated with ground kerala spices, then stir-fried with onion, bell pepper, garlic, curry leaves and crushes black pepper for a fiery kick.

Chemmeen Porichathu 11.75

Spiced king prawns, grilled and served with a zesty carrot and lemon chutney.

Uyare Mixed Platter (For Two) 21.00

A curated selection of our finest bites, featuring Veg Samosa, Masala Fried Fish, Kanthari Chicken, Chemmeen Porichathu, and Nadan Kozhi Wings.

CLASSIC PLATES

Masala Dosa 10 V W

Crispy rice crepe served on spiced potato masala and sambar.

Kadala Masala 12 v 🕪

Tender chickpeas are gently simmered in a light, flavorful tomato masala sauce. Its highly recommned with Pooris.

Cheera Kizhangu Curry 11 v 😡

Spinach and potato slow-cooked and tempered with mustard seeds and garlic.

Pachakari Kurma 11 🗸 🕪

A fragrant and flavourful Kerala-style vegetable kurma, slow-cooked with fresh coriander, mint, and coconut-based gravy. This vibrant green curry is a wholesome blend of garden vegetables and traditional South Indian spices, offering a comforting and aromatic taste of Kerala.

Thava Paneer Masala 12.50 🕑

Diced paneer cooked in a spiced tomato and onion gravy, enhanced with a touch of fresh mango juice.

Nadan Kozhi Curry 14.50

One of the most sought-after dishes from Kerala, this rich and aromatic chicken curry is a celebration of tradition. Slow-cooked with roasted coconut, creamy cashew nuts, and a blend of freshly ground spices.

Pedappan Kozhi 17.25

Grandmother's secret chicken curry - spiced and slow-cooked for a deep, robust flavor.

Kunjaadu Curry 17.45

Succulent lamb and tender potatoes slow-cooked in a rich, Kerala-style gravy, infused with creamy cashew paste and our signature blend of freshly ground spices — a traditional family recipe from the heart of Kerala.

Meen Chatti Curry 16.75

Kerala-style fish curry, cooked with cocum, coconut milk, and aromatic spices.

Chemmeen Roast 18.25

Tiger prawns simmered with onions, tomatoes, and coconut milk, finished with cashew nuts.

Grilled Stuffed Seabass 19.25

Whole seabass marinated and stuffed with Chemmeen Peera (spiced coconut shrimp), grilled to perfection.

Kozhi Biriyani 14

Fragrant basmati rice layered with spiced chicken, saffron, cashew nuts, and fried onions, served with raita.

Pothu Koonu Masala 18.45

Slow-cooked beef sautéed with mushrooms and aromatic spices.

SIDES & BREAD

Okra Daal 8 v can be made on request

Slow-simmered lentils tempered with mustard seeds, curry leaves and okra.

Kerala Paratha 4 🕏

Flaky and layered Kerala-style flatbread, perfect for scooping up rich curries.

Kalthappam (Two Pieces) 3 v 😡

Traditional Kerala-style rice and coconut pancake, subtly sweet with a touch of cumin and garlic.

Poori (Two Pieces) 3.5 👽 🔞

Poori bread is a deep-fried Indian bread made from unleavened wheat flour dough.

Plain Rice 3.5 © @

Steamed, fluffy basmati rice.

Carrot Coconut Rice 4.50 V We

Fragrant basmati rice infused with grated carrots, fried cashew nuts and coconut.