

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.

🌿 Vegetarian 🌱 Vegan



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

BY THARAVADU
UYARE

LUNCH MENU

UYARE UCHA OONU

A true taste of Kerala, served just the way it's meant to be. UYARE Ucha Oonu is our lunchtime thali inspired by the heart of South India — featuring a soulful combination of 4 traditional curries, homemade chutney, spicy pickle, crispy pappadam, steamed rice, and soft bread.

Uyare Ucha Oonu ① 12.50
Ve, GF option available on request

Uyare Ucha Oonu 14.50
GF option available on request

SIGNATURE BITES

Vada Bonda 7 ① ②
Golden lentil doughnuts topped with spiced potato bonda, served with tomato and coconut chutneys

Masala Fried Cauliflower 7.5 ① ②
Crispy cauliflower florets tossed in house-made spice blend, served with a sweet and tangy tomato sauce.

Lamb Pepper Fry 7
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.

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.

Chemmeen Porichathu 11.75
Spiced king prawns, grilled and served with a zesty carrot and lemon chutney.

Masala Dosa 10 ① ②
Crispy rice crepe served on spiced potato masala and sambar.

DOSA

CLASSIC PLATES Served with rice or Kerala Paratha

Cheera Kizhangu Curry 11 ① ②
Spinach and potato slow-cooked and tempered with mustard seeds and garlic.

Pachakari Kurma 11 ① ②
A fragrant and flavourful Kerala-style vegetable kurma, slowcooked with fresh coriander, mint, and coconut-based gravy

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. Slowcooked with roasted coconut, creamy cashew nuts, and a blend of freshly ground spices.

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.

Kozhi Biriyani 14
Fragrant basmati rice layered with spiced chicken, saffron, cashew nuts, and fried onions, served with raita.

DESSERT

Kulfi 4 (Almond- pista or Mango)
Our kulfi is lovingly crafted with milk, cream, and a delicate blend of spices, highlighted by the warm aroma of cardamom. Available in two classic flavours: Mango and Almond-Pista.

Summer Berries Coconut Pudding 5
Light, creamy, and delicately sweet, topped with summer berries. it's a perfect end to your South Indian feast.

Ice Cream 3
Choice of Vanilla/Chocolate or Strawberry