

What's in the food

100-102 EAST STREET, SOUTHAMPTON SO14 3HH

Important. A solid dot (●) means the dish contains that allergen as a normal ingredient. A dish marked **OG Free Opt** contains onion and/or garlic in the standard recipe but the kitchen can prepare it without on request. Allergen info is a guide based on standard recipes - our kitchen handles all 14 declared allergens, so cross-contamination is possible. If you have a serious allergy please tell our team before ordering. Updated 18 May 2026.

V Vegan
 V-O Vegan Option
 GF Gluten Free
 GF-O Gluten Free Option
 N Contains Nuts

OG Free Opt Onion/Garlic Free on request

Sahaayak Nibbles

DISH

GLUTEN DAIRY NUTS SOYA SESAME MUSTARD SULPHITES ONION GARLIC

Khichia Papadums

V GF OG Free Opt

Chorafali Fritters

V GF OG Free Opt

Sweetcorn Chaat

V GF OG Free Opt

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Tandoor Grilled

DISH	GLUTEN	DAIRY	NUTS	SOYA	SESAME	MUSTARD	SULPHITES	ONION	GARLIC
Afghani Malai Chaap V N	●		●	●		●		●	●
Paneer Tikka GF		●				●		●	●
Chick'n Tikka V GF-O	●			●		●		●	●
Padharo Royal Grill Platter V-O N	●	●	●	●		●		●	●

Sabji Mandi Main Dishes

DISH	GLUTEN	DAIRY	NUTS	SOYA	SESAME	MUSTARD	SULPHITES	ONION	GARLIC
Padharo Signature V-O GF-O N	●	●	●	●				●	●
Angara GF-O N	●	●	●	●				●	●
Nawabi Korma V-O GF-O N	●	●	●	●				●	●
Jalfrezy V-O GF-O N	●	●	●	●				●	●
Butter Masala V-O GF-O N OG Free Opt	●	●	●	●				●	●
Veg Hyderabad V-O GF-O N		●	●					●	●
Konkan Prawn Curry V GF-O N	●		●	●		●		●	●
Saag V-O GF-O N OG Free Opt		●	●	●				●	●
Bombay Pau Bhaji V-O	●	●		●				●	●
Aachari Aloo V-O GF-O N		●	●	●				●	●

Dosa South Se

DISH	GLUTEN	DAIRY	NUTS	SOYA	SESAME	MUSTARD	SULPHITES	ONION	GARLIC
Plain Dosa V GF OG Free Opt						●			
Masala Dosa V GF OG Free Opt						●		●	●
Maysore Masala Dosa V GF OG Free Opt						●		●	●
Chilli Paneer Dosa GF OG Free Opt		●				●		●	●

Naan

DISH	GLUTEN	DAIRY	NUTS	SOYA	SESAME	MUSTARD	SULPHITES	ONION	GARLIC
Cheesy Naan V-O OG Free Opt	●	●		●					
Peshwari Naan V-O N OG Free Opt	●	●	●	●					
Butter Naan V-O OG Free Opt	●	●		●					
Garlic Naan V-O	●	●		●					●
Chilli Garlic Naan V-O	●	●		●					●
Naan Tokri V-O	●	●		●					●

Sides

DISH	GLUTEN	DAIRY	NUTS	SOYA	SESAME	MUSTARD	SULPHITES	ONION	GARLIC
Salted Fries V OG Free Opt	●								
Masala Fries V	●								
Cheesy Fries V-O OG Free Opt	●	●		●					
Plain Yoghurt V-O GF OG Free Opt		●							
Veg Raita V-O OG Free Opt		●		●					
Kala Chana Salad V GF OG Free Opt									
Onion & Tomato Salad V OG Free Opt								●	

Kuch Mitha Ho Jaye

DISH	GLUTEN	DAIRY	NUTS	SOYA	SESAME	MUSTARD	SULPHITES	ONION	GARLIC
Gulab Jamun N	●	●	●						
Gajar Halwa GF N		●	●						
Dark Chocolate Brownie V	●			●					
Faluda Ice Cream V-O N		●	●						
Hindustani N	●	●	●						
Biscoff Toffee Temptation V	●			●					
Ice Cream V-O N	●	●	●	●					