

Veggie Perrin's

"I DIDN'T GET WHERE I AM TODAY BY EATING MEAT"

Welcome to Veggie Perrin's cruelty-free restaurant.

Veggie Perrin's takes a moral stand against violence to animals, hence none of our cuisine contains ingredients derived from cruelty to animals. No fish, prawns or even eggs are used in our recipes.

The Veggie Perrin's organisation is inspired by the Hindu principle of

Ahimsa (non-violence to all creatures) which was advocated by Gandhi and is a fundamental belief of the founder of Veggie Perrin's, Bill Meswania.

"One thing I love about Veggie Perrin's when I am feeling home sick and wanting mother's food, I know where to come.... it always does the trick" Kiran Bhurji

"Easily the best curry house in Plymouth. Fantastic food, very good prices and a warm atmosphere. The paneer tikka masala is gorgeous....! I would recommend it to anyone, meat eaters especially. You don't know what you're missing!" Juliet Smith (Teacher)

ENJOY YOUR MEAL!

Veggie Perrin's

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AUTHENTIC VEGETARIAN INDIAN CUISINE

LUNCHTIME SPECIAL

CURRY & RICE

£2.50

Lunch Special Take Out
Coming Soon

Mon-Sat

...ies from the lunch menu,
...erved on a bed of rice.

"Refreshing to find an Indian restaurant that serves other than the usual curry house fare! Even my Indian Colleagues have been complimentary on previous visits. The most authentic Indian food I have found in the South West."

"I like the décor - the colours unfussy - very clean and pleasant. I like the way the food is served - attractive to look at, stylish: reminds me that the food is not merely to do with hunger - I like the rapport with the customers - informal and pleasant. All very nice!"

Lecturer

"The atmosphere in Veggie Perrin's is genuinely reminiscent of India for me. The menu offers a diverse choice of dishes uncommonly found in 'Indian' Restaurants in Europe. The whole experience is a refreshing change."

J. Koholer-Ockmoke Nurse / Health Visitor

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Vegetarian Indian Restaurant & Delicatessen

TAKEAWAY MENU

OPENING TIMES

MON- SATURDAY

6pm - 10pm

NO TAKEAWAYS ON THURSDAYS

VISIT OUR WEBSITE!

www.veggieperrin.com

97 MAYFLOWER STREET PLYMOUTH PL1 1SD



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Starters

Onion Bhajia	2 pieces. Served with chutney and salad ...	1.95
Samosa	2 pieces. Mixed vegetables, lightly spiced, in pastry, served with chutney and salad ..	2.20
Kachori	3 pieces. Mixed vegetables and lentils, lightly spiced, in pastry, served with chutney and salad	2.20
Bateta Wada.....	4 pieces. Potato mixture, lightly spiced, served with chutney and salad	2.20
Mixed Bhajia	Seasonal vegetables, fried in lightly spiced batter	2.20
Vegetable Puri	Spiced vegetables served in fried Indian bread	2.75

Vegetable Curries

Vegetable Curry	Mixed vegetables in mixed spice	3.00
Vegetable Korma	Mixed vegetables in a creamy sauce. A mild dish	3.50
Aloo Dum	Potato curry	3.00
Aloo Gobi	Potatoes and cauliflower, in spices	3.00
Aloo Matter	Potato and pea curry	3.20
Aloo Palak	Potato and spinach. Dry.....	3.50
Mushroom Bhaji	Mushrooms in spices. A dry dish	3.00
Bhindi Masala	Okhra in special spices	3.50
Bengan Masala	Aubergine curry.....	3.50
Courgette Masala	Courgettes in rich spices, tomatoes, lemon, garlic and onions	3.50
Vegetable Tikka Masala ..	Mixed vegetables and tomatoes in a special sauce	4.00
Vegetable Jalfrezy	Mixed vegetables, Paneer and peppers in a special sauce.....	4.50
Vegetable Madras	A South Indian dish with hot and strong spices	3.50
Vegetable Dhansak	Sweet, sour and hot vegetable sauce, with lentils and spices	3.95
Vegetable Vindaloo	Very hot curry with a great amount of garlic, ginger, and chilli powder. Tindaloo and Phall on request	3.95
Vegetable Biryani	Mixed vegetables with pillau rice, nuts and special spices, served with vegetable curry sauce	5.95

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Veggie Perrin's Specials!

Paneer Korma	Cream cheese in a creamy sauce with coconut	4.95
Matter Paneer	Peas and Paneer (Indian cheese) in a creamy sauce	4.95
Palak Paneer	Spinach and Paneer. A dry dish.....	4.95
Vegetable Paneer	Mixed vegetables with Paneer and sauce....	4.95
Paneer Pasanda	Cream cheese with a special rich sauce	4.95
Paneer Tikka Masala	Cream cheese, in a special sauce	4.95
Bengan Bhartha	Aubergine, baked and fried with garlic, and rich spices, with smokey tang ..	4.95

Beans And Pulses

Red Bean Curry	Red beans with special herbs, spices and sauce	3.00
Chora Curry	Black-eyed beans with special herbs and spices	3.00
Makai Curry	Sweetcorn with spicy thick sauce and crushed nuts.....	3.00
Moong Masala	Moong Beans in spices	3.00
Chana Masala	Chick-peas in sauce.....	3.00

Dals (Lentils)

Tarka Dal	Masoor Dal fried in spices. Guaranteed to be 100% Otter-free	3.00
Chana Dal	Chick-pea Dal in a thick sauce	3.00
Mixed Dal	Mixed lentils in spices.....	3.00

ENJOY YOUR MEAL!

Rice

Boiled Rice		1.75
Pillau Rice	Lightly spiced Basmati rice	1.95
Peas Pillau		2.25
Mixed Fried Rice		2.25
Mushroom Rice		2.25
Garlic Rice		2.25
Jeera Rice	Rice cooked in lots of whole Cummin seeds	2.25

Breads

Chapatti		0.80
Buttered Chapatti		0.80
Paratha	Plain fried bread	1.95
Stuffed Paratha		2.25
Puri	Fried bread	0.80

Miscellaneous

Papad	Plain Pappadoms	0.50
Spiced Papad		0.50
Onion or Cucumber Raita		1.75
Mango Chutney		0.95
Lime Pickle		0.95
Green Salad		1.50
Chips	An ethnic English delicacy	2.00

Sunshine Desserts

Veggie Perrin's didn't get where it is today without having an absolutely mouthwatering selection of sweets and savouries that could even tempt a saint off a diet. Mmm-mmmmm!

BIT OF A COCK-UP ON THE CATERING FRONT?

Veggie Perrin's offers an excellent catering service for weddings and other jollies, and Veggie Perrin's licensed restaurant is the

perfect place for parties. It's great! It's super! It's wicked!