

## SPICE LEVELS AND NOTES

SPICES LEVELS CAN BE ADJUSTED ON MOST DISHES AS FOLLOWS:

MILD  
MILD PLUS  
MEDIUM  
MEDIUM PLUS  
HOT  
FIRE HOT

PLEASE NOTE THAT MEDIUM LEVEL AND ABOVE ARE SPICY!

MOST OF OUR DISHES ARE PREPARED GLUTEN FREE AND SEVERAL CAN BE PREPARED VEGAN FOR AN ADDITIONAL CHARGE. IF YOU HAVE ANY OTHER DIETARY RESTRICTIONS OR CONCERNS PLEASE TALK WITH YOUR SERVER

- GLUTEN FREE ITEMS MARKED WITH GF.
- VEGAN/DAIRY FREE ITEMS MARKED AS VEGAN OR DF ON MEAT DISHES.

PARTIES OF 6 OR MORE WILL BE CHARGED AN AUTOMATIC GRATUITY OF 18%

IF YOU DO NOT SEE AN ITEM YOU LIKE ON OUR LUNCH MENU PLEASE FEEL FREE TO ORDER OFF OUR DINNER MENU

## DAILY LUNCH SPECIALS

BASMATI RICE + PLAIN NAAN BREAD  
+ CHOICE OF ENTRÉE:

### TUESDAY

- ALU MATTAR \$ 9.00
- CHICKEN MASALA \$10.00

### WEDNESDAY

- MALAI KOFTA \$ 9.00
- LAMB CURRY \$10.00

### THURSDAY

- CHANA MASALA \$ 9.00
- CHICKEN CURRY \$10.00

### FRIDAY

- DAAL MAHARANI \$ 9.00
- LAMB MASALA \$10.00

### SATURDAY

- SAAG PANEER \$ 9.00
- CHICKEN MASALA \$10.00

### SUNDAY

- BAIGAN BHARTA \$ 9.00
- CHICKEN CURRY \$10.00

970-945-9898

WWW.MASALAANDCURRY.COM

INFO@MASALAANDCURRY.COM



## LUNCH MENU

Welcome to Masala & Curry! Our cuisine combines simple and elegant spices from Nepal and India, resulting in dishes rich in flavor as well as culture. The many ethnicities, cultural backgrounds and history come alive in the country's cuisine. We provide a multitude of dishes as diverse as the countries of Nepal & India.

**Our approach to great food starts with cooking each dish from scratch. While this approach may take longer to prepare, the result is well worth the wait!**

If we are really busy and you are very hungry, perhaps even "hangry", we encourage you to try one of our delicious appetizers or naan breads to hold you over until we can freshly prepare your entrée(s)!

730 Cooper Ave  
Glenwood Springs, CO 81601  
[www.masalaandcurry.com](http://www.masalaandcurry.com)  
970-945-9898

CLOSED MONDAYS

## APPETIZERS

### PAPAD/PAPADUM

CRISPY BAKED LENTIL  
WAFERS.....\$2.50

**SAMOSAS (3 PIECES)** FRIED PASTRY  
STUFFED WITH SPICED POTATOES &  
GREEN PEAS.....\$7.00

### DAAL SOUP

THIN MILDLY SPICED RED AND  
YELLOW LENTIL BROTH WITH A HINT  
OF BUTTER.....\$6.00

## NAAN (BREAD)

**PLAIN NAAN** SOFT AND PUFFY WHITE  
BREAD.....\$2.50

**ONION KULCHA** NAAN STUFFED WITH  
ONION AND CILANTRO.....\$3.50

**GARLIC NAAN** SOFT AND PUFFY NAAN  
STUFFED WITH MINCED GARLIC AND  
CILANTRO.....\$3.50

**CHEESE NAAN** SOFT AND PUFFY  
NAAN STUFFED WITH  
CHEESE.....\$3.50

**GARLIC WITH CHEESE NAAN** SOFT  
AND PUFFY NAAN STUFFED WITH  
CHEESE AND  
GARLIC.....\$4.00

**KEEMA NAAN** HEARTY NAAN STUFFED  
WITH GROUND  
LAMB.....\$4.50

**PESHWARI NAAN** SWEET NAAN  
STUFFED WITH ALMONDS, CASHEWS,  
AND RAISINS.....\$4.50

## VEGETARIAN OPTIONS

SERVED WITH BASMATI/ JASMINE RICE

**MALAI KOFTA**.....\$8.00  
ASSORTMENT OF VEGGIES ROLLED INTO  
BALLS, MIXED WITH CHEESE, CASHEWS,  
RAISINS AND COCONUT COOKED IN TOMATO  
AND CARAMELIZED ONION SAUCE  
WITH CREAM

**SAAG PANEER**.....\$8.00  
HOMEMADE CHEESE SAUTÉED IN CREAMY  
SPINACH (GF)

**ALU KAULI MASALA**.....\$8.00  
POTATOES AND CAULIFLOWER COOKED IN  
MILDLY SPICED TOMATO AND CARAMELIZED  
ONIONS WITH CREAM (GF) (VEGAN OPTION  
ADD \$1.00)

**DAAL MAHARANI**.....\$8.00  
CREAMY VARIETY OF LENTILS COOKED IN A  
HINT OF BUTTER AND SPICES (GF)  
(VEGAN OPTION ADD \$1.00)

**CHANA MASALA**.....\$8.00  
CHICKPEAS COOKED WITH GINGER-GARLIC  
COMBO, TOMATO SAUCE AND CARAMELIZED  
ONIONS WITH CREAM (GF)  
(VEGAN OPTION ADD \$1.00)

**BAIGAN BHARTA**.....\$8.00  
OVEN ROASTED EGGPLANT COOKED WITH  
SPICES, CARAMELIZED ONIONS, GREEN PEAS  
& CREAM (GF) (VEGAN OPTION ADD \$1.00)

**ALU MATTAR**.....\$8.00  
POTATOES AND PEAS COOKED IN MILD  
SPICES WITH CARAMELIZED ONION (GF)  
(VEGAN OPTION ADD \$1.00)

**PANEER MAKHANI**.....\$8.00  
HOMEMADE CHEESE COOKED IN CREAMY  
SPICED TOMATOES, CARAMELIZED ONIONS &  
CREAM (GF)

## POULTRY

SERVED WITH BASMATI/ JASMINE RICE

### TRADITIONAL CHICKEN CURRY (THIGHS)

NEPALI DISH DELICATELY SEASONED  
WITH AN EXOTIC BLEND OF SPICES  
(GF) (DF).....\$9.00

### CHICKEN TIKKA MASALA

ROASTED BONELESS CHICKEN  
BREAST COOKED IN CARAMELIZED  
ONIONS AND TOMATOES WITH CREAM  
(GF).....\$11.00

### CHICKEN KAWAB

BONELESS CHICKEN BREAST  
MARINATED IN YOGURT AND HERBS  
OVERNIGHT THEN ROASTED IN THE  
TANDOORI OVEN (GF).....\$11.00

## LAMB

SERVED WITH BASMATI/ JASMINE RICE

### TRADITIONAL LAMB CURRY

TRADITIONAL NEPALI DISH  
DELICATELY SEASONED WITH EXOTIC  
BLEND OF SPICES (GF) (DF)....\$11.00

### LAMB MASALA (GF)

MARINATED ROASTED LAMB COOKED  
IN CARAMELIZED ONIONS AND  
TOMATO SAUCE WITH CREAM  
(GF).....\$12.00

### LAMB KAWAB

MARINATED IN YOGURT AND HERBS  
OVERNIGHT THEN ROASTED IN THE  
TANDOORI OVEN (GF).....\$12.00