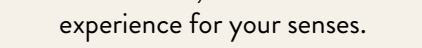




SINDHU

CONTEMPORARY INDIAN KITCHEN



A very warm welcome to Sindhu, the home of contemporary regional Indian cuisine.

Our kitchen showcases a curated selection of dishes that are the perfect fusion of spice and delicate flavours, to create an authentic experience for your senses.



ORDERING TIPS

We offer a range of dishes to suit all tastes.

See our guide below to help you choose



A Little Heat



Medium Heat

STARTERS

PARSEE LAMB CUTLETS

TAMOTA NI GIROBI

TANDOORI LAMB CUTLETS*

Encased in Crushed Turmeric Potatoes and Deep Fried with Tomato Masala Sauce



7.00

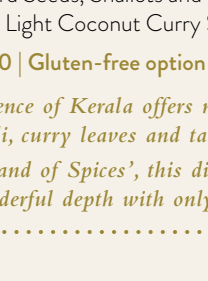
CHICKEN JEERA CURRIMBOY

CUMIN AND CHILLI BUTTERED CHICKEN BREAST

Romaine Lettuce, Soft Boiled Egg*, Coriander Mayonnaise, Parmesan and Nigella Seed Crisps, Naan Croutes and Tomato Chilli Salsa



5.50



KERALA NYANND MASALA TIAN

KERALAN-STYLE SPICED CRAB MEAT

Black Mustard Seeds, Shallots and Curry Leaves and a Light Coconut Curry Sauce



6.50 | Gluten-free option available

The cultural influence of Kerala offers much-loved flavours of chilli, curry leaves and tamarind.

Known as the 'Land of Spices', this dish brings flavours that have a wonderful depth with only a touch of heat.

FEIJOADA COM PAO

GOAN MASALA STEW

Of Slow-Roasted Pork Belly, Five Bean and Chorizo with a Chapati Crisp



6.50

Inspired by Indian street food or 'chaat', these dishes have been created to offer authentic flavours and textures.

SEV PURI

PUFFED FLATBREAD BITES

Filled with Chickpeas, Potato, Red Onion, Yoghurt and a Sweet Tamarind Chutney

Vegan | 5.50

PANEER JALFREZI DOSA

RICE AND LENTIL PANCAKE

Filled with Spiced Paneer, Peppers and Ginger with Coconut Chutney



V | 6.00

MAINS

All served with Rice, Dal, Vegetable Thoran and Indian Breads

DUCK TIKKA MALABARI

TANDOORI-STYLE BARBARY DUCK BREAST*

Spiced Bulgur Wheat, Crisp Fried Spinach and Tikka Sauce



9.00

CHICKEN KHOW SUEY

AROMATIC RED CHICKEN CURRY

Served with Egg Noodles and a selection of Indian garnishes

Fried Onions in Oil | Chilli and Coriander Soy
Garlic in Oil | Split Pea and Peanut Powder
| Crushed Chilli Oil

9.50

BEEF KALI MIRCH MASALA

BEEF FILLET*

With a Crushed Black Pepper, Red Chilli and Coriander Seed Crust, Chilli Buttered Cabbage, Onion Bhaji with Masala Sauce and Coriander Béarnaise



GF | 10.00

LOBSTER GUISADO COM QUEIJO

LOBSTER THERMIDOR 'SINDHU STYLE'

Half Maine Lobster Baked in Shell with Ginger, Green Chilli and Coriander finished with a Grilled Cheese Melt served with Curd Basmati Rice and a Spiced Seafood Bisque

GF | 15.00

MONKFISH PLICHATTU

DEEP-FRIED MONKFISH MEDALLIONS

WITH TANDOORI TIGER PRAWNS

Crushed Curried Peas and Lime Coriander Mayonnaise

9.50



LAMB BHUNA

SLOW-ROASTED BREAST OF LAMB

Sesame Saag Aloo, Traditional Bhuna Sauce and Lamb Crackling



GF | 9.50

This Bengali speciality is graced with a beautiful spice combination of cardamom, turmeric, cinnamon and cloves.

ASSADA DE PORCO COM

BATATAS MURRO

SLOW-ROASTED PORK COLLAR

Braised in a Chilli Masala with Crushed Baked New Potatoes and Raita



9.00

VEGETARIAN THALI PLATE

ALOO JEERA TILWALA

Baby Potatoes with Cumin and Sesame Seeds

BHINDI DAL KADHI

Okra Yoghurt Curry

DAL PANCHRATTAN

Lentils with Garlic, Chilli and Cumin

SHAKARKAND KADDU BHARTA

Sweet Potato, Pumpkin and Black Sesame

BADAL JAAM

Aubergine, Tomato Sauce, Spiced Yoghurt and Cinnamon Served with Basmati Rice



V | 9.50 Vegan option available

SINDHU SIGNATURE PLATE

DUCK TIKKA MALABARI | BEEF KALI MIRCH

MASALA LOBSTER GUISADO COM QUEIJO

A great way to enjoy a collection of Sindhu favourites



15.00

DESSERTS

CHOCOLATE RASMALAI

ROSE SYRUP DUMPLINGS ENCASED

IN A BITTERSWEET CHOCOLATE

AND CARDAMOM MOUSSE

with an Almond Crust, Condensed Milk Custard and Candied Rose Petals



4.50

ELEMENTS OF TRIFLE

PASSION FRUIT JELLY, LEMON POSSET

AND COCONUT

Sweet Fennel Seed Biscuit and Mango Coulis



4.50

SINDHU BREAD AND BUTTER PUDDING

Dundee Marmalade and delicate flavours of Rose Water, English Sloe Gin Macerated Fruits and Cream



5.00

KESAR PISTA PARFAIT

GREEN PISTACHIO AND SAFFRON PARFAIT

Fruit and Coriander Jelly, Crisp Meringue, Pistachio Mousse and Burfi

V | GF | LS | 4.50

BENGALI MALPUA

BANANA AND SEMOLINA PANCAKES

Aniseed Syrup, Mango, Crushed Pistachios and Vanilla Ice Cream

3.50

BOONDI LADOO

YOGHURT CHEESECAKE TOPPED WITH A HONEY

AND ROSE WATER BONBON

Alphonso Mango Coulis

LS | 4.50

V vegetarian. **GF** gluten free. **LS** low sugar.

Some of our products may contain allergens. If you are sensitive to any allergens, please speak to a member of staff before ordering. Please note that some of these dishes may contain nuts or nut extracts.

* While all the food we serve on board is prepared to the highest health and safety standards, public health services have determined that eating uncooked or partially cooked meats, poultry, fish, eggs, milk and shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

Exclusive to P&O Cruises

ARVIA12/2022