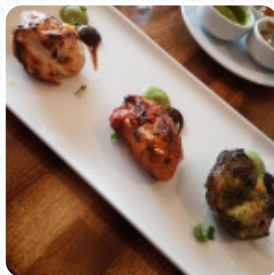




## Mint and Mustard Penarth Menu

<https://menuweb.menu>

33-34 Windsor Terrace Penarth, South Glamorgan CF64 1AB, Cardiff, United Kingdom  
+442920700500 - <http://www.mintandmustard.com/>



The **menu of Mint and Mustard Penarth** from Cardiff includes 172 dishes. On average the **dishes or drinks on the menu** cost approximately £7. You can view the categories on the menu below. Mint and Mustard, established in 2006 in Cardiff, is a pioneer in the British new wave of Indian cuisine. With additional locations in Penarth and Taunton, we offer dishes that blend contemporary style with traditional Keralan dedication to excellence. Our cuisine is inspired by the Keralan philosophy of fresh, light, and healthy food made with passion and care. We have a "slow food" approach, preparing each dish fresh and using only pure, natural ingredients. Our food is beautifully presented, with chefs given the freedom to showcase their creativity. While our roots are in Kerala, we strive to innovate and redefine the Indian dining experience in the UK.

# Mint and Mustard Penarth Menu



## Non Alcoholic Drinks

WATER

## Alcoholic Drinks

ESPRESSO MARTINI £7

## Mains

KACHI LAMB KA GOSTH

## Vegetarian

THORAN £5

## Salad

KACHUMBER SALAD

## Starters & Salads

FRENCH FRIES

## Fish

SEA BASS

## Specialties

HARYALI CHICKEN TIKKA

## Drinks

STILL SPARKLING WATER £4

## Thalis

FISH THALI £19

## Main Course

AUBERGINE KADHAI £9

## Appetizers

HOMEMADE SAMOSA £5

## Prosecco

PROSECCO SERENELLO EXTRA DRY, ITALY

## White Wine

SERENO PINOT GRIGIO ITALY

## Chicken Wings

WINGS

## Lassi

MANGO LASSI £4

## Alkoholische Cocktails

WHITE RUSSIAN £7

## Happy Hour - Frozen Cocktails

MANGO MARGARITA £7

## Sea Food

MALVANI PRAWN CURRY

## Tequila

JOSE CUERVO GOLD £4

## Tandoor

LUCKNOW SEEKH KEBAB £7

# Mint and Mustard Penarth Menu



## Snack's - Chips & Co

BOMBAY MIX £3

## Vip Drinks

BOMBAY SAPPHIRE £4

## Whiskies

JAMESON IRISH WHISKY £4

## Hot Drinks

TEA

## Accompaniments

STEAMED RICE INDIAN BREADS

## Tandoori Starters

LUCKNOW SHEEK KEBAB

## Popular Dishes

PILAU RICE £3

## Breads & Rice

PESHWARI NAAN £3

## Main Course Vegetarian

AMRITSARI CHOLE £9

## Alcoholic Beverages

AMARETTO £6

## Featured Items

CHEF'S SELECTION OF DESSERTS

## Rose

SERENO PINOT GRIGIO BLUSH ROSE, ITALY

## Specialty Cocktails

MUMBAI MULE £7

## Middle Course

CHILLI PEPPER GUINEA FOWL

## Rosé Wine

MONTEREY BAY ZINFANDEL ROSE USA

## Champagne And Sparkling

CHAMPAGNE CASTELNAU BRUT CLASSIQUE NV, FRANCE

## Cognac

COURVOISIER VS £5

## Appetizers & Bar Bites

SPICY CALAMARI £8

## Liqueur Coffees

IRISH £6

## For Vegetarians

TARKA DAAL £5

## Cocktail

MARGARITA

# Mint and Mustard Penarth Menu



## Chefs Specials

KERALAN CHICKEN CURRY

## While You Wait

CHILLI MASALA NUTS £3

## Gins

JJ WHITLEY ELDERFLOWER £4

## Wine List

CHABLIS VICTOR BERARD FRANCE

## Tandoori Sizzlers

TANDOORI CHICKEN TRIO £7

## Seasonal Sides

PILAF RICE

## ALKOHOLISCHE GETRÄNKE

COBRA

## Something To Drink

MINT AND MUSTARD G&T £7

## Lassis, Coolers, Chai

SASSY LASSI £7

## Softs & Mixers

FRUIT JUICE £3

## Lamb And Mutton Dishes

LAMB ROGAN JOSH

## Pickles And Sauces

MINT CHUTNEY

## Starters (Vegetarian)

SAFFRON PANEER TIKKA £6

## Mains From The Curry Kitchen

GOAN VINDALOO £12

## Mains & Specials

ALLEPPEY SWORDFISH CURRY £15

## 5-Year Favorites

RASPBERRY BELLINI

## Mixed Tandoori Platte

MURGH HAANDI

## Tequila Selections

JOSE CUERVO SILVER £4

## Spirits (35Ml.)

GLENMORANGIE £4

## Pre-Appetiser

POPPADUMS

## Speyside & Highlands

GLENFIDDICH 12 YEAR OLD £4

## Chaatwala Appetisers

BOMBAY CHAAT £5

# Mint and Mustard Penarth Menu



## Souvlakakia

SOFT SHELLLED CRAB £9

## Vegetarian Indian Dishes

JEERA ALOO £5

## Beverages, Chips, Cookies

CHIPS £4

## Diverse Flavours

SAAG PANEER

## Entrées

MASALA ALOO

TOMATO CREAM SOUP

## Seafood

KERALAN PRAWN CURRY £15

SALMON CHATTI\*

## Lamb

ROGAN JOSH £12

COLONEL NAIR'S COCONUT FRY £12

## Chicken

HIGHWAY DHABA MURG £11

MAKHANI MURG £10

## Cocktails

MANGO MOJITO £7

COCONUT LYCHEE COLADA £7

## Beers

ROAR WELSH VEGAN BEER

SOUTH-EAST ASIAN PEACOCK APPLE CIDER

## Rum

HAVANA CLUB ESPECIAL £4

HAVANA CLUB 3 YEAR OLD £4

## Gin

JJ WHITLEY DRY GIN £4

JJ WHITLEY MANGO AND LIME £4

## Vodka

JJ WHITLEY POTATO VODKA £4

JJ WHITLEY RASPBERRY VODKA £4

## Chutneys

DATE PINEAPPLE CHUTNEY

LEMON MANGO CHUTNEY

## Bread

CHILLI CORIANDER NAAN £3

CHILLI GARLIC NAAN

## Indian Rice

MUSHROOM RICE £4

LEMON RICE

## Red Wine

HEALY GRAY ESTATE MALBEC  
BONARDA, ARGENTINA

CENTRAL MONTE MERLOT CHILE



# Mint and Mustard Penarth Menu



## Small Plates

KERALAN TIGER PRAWNS	£8
DARJEELING CHICKEN MOMO	£7

## Soulful Curries

LOLA'S CHICKEN CURRY	£11
CALICUT BEEF CURRY	£12

## Tandoori Grills & Specials

CHARMINAR PLATTER	£16
M&M DILL SALMON	£15

## M&M's Famous Thalís

VEGGIE OR VEGAN THALI	£15
LAMB AND CHICKEN THALI	£17

## These Types Of Dishes Are Being Served

LAMB  
BREAD

## Spirits

JACK DANIELS	£4
REMY MARTIN VSOP	£5
KAHLUA	£6

## White

SOUL TREE, SAUVIGNON BLANC, NASIK VALLEY, INDIA  
VIA ALTA SAUVIGNON BLANC RESERVA, CHILE  
LE FARNIENTE VIOGNIER, FRANCE

## Veggie & Vegan

SPICED PANEER MASALA	£9
PUNJABI MUSHROOM SAAG	£9
M&M MANGO CURRY	£9

## Restaurant Category

DESSERT  
VEGAN  
VEGETARIAN

## Dessert

CARROT HALWA  
PUDDING PLATTER  
ROSE INFUSED BAPPA DOI  
BENGALI LANGCHA

## Soft Drinks

MIXERS	£2
COKE	
LEMONADE	
J20	£4

## Red

SOUL TREE, CABERNET SAUVIGNON, NASIK VALLEY, INDIA  
PARTNERSHIP FAIRTRADE SHIRAZ, SOUTH AFRICA  
ROTHSCHILD PINOT NOIR, FRANCE  
FAUSTINO RIVERO CRIANZA RIOJ, SPAIN

## Side Dishes

VEG RAITA	
CASSAVA CRISPS	£3

# Mint and Mustard Penarth Menu



- STEAMED RICE £3
- MASALA FRIES £4
- TAMARIND CHUTNEY

MANGO CHUTNEY  
RICE

## Starters

- POPPADUM CHUTNEY BASKET £4
- ONION SPINACH KALE BHAJI £5
- TANDOORI CAULIFLOWER WINGS £6
- SCALLOP THENGPAL £10
- DELHI TIKKA MASALA £10
- ALOO TOKRI CHAAT
- SALMON ALI SHAAN
- DHUNGARI MURGH BEDGI TIKKA

## Ingredients Used



- MINT
- MUSTARD
- SOFT SHELL CRAB

COCONUT  
SEAFOOD

- MILK
- PRAWNS
- MANGO
- PICKLE
- TOMATO
- OKRA
- GARLIC

## Indian



- BIRYANI
- CHICKEN TANDOORI £12
- ROTI £3
- NAAN £3
- GARLIC NAAN £3
- RAITA £4
- ONION BHAJI
- NAAN BREAD
- LAMB BIRYANI
- VINDALOO
- TANDOORI CHICKEN
- CHICKEN BIRYANI
- KORMA

# Mint and Mustard Penarth

33-34 Windsor Terrace Penarth,  
South Glamorgan CF64 1AB,  
Cardiff, United Kingdom

**Opening Hours:**  
Monday 17:00-22:30  
Tuesday 12:00-17:00  
Wednesday 17:00-22:30  
Thursday 17:00-22:30  
Friday 14:00-22:30  
Saturday 12:00-22:30  
Sunday 12:00-22:00

Made with [Menu](#)

