



AMAN

TANDOOR & BAR FRANKFURT

menu



starters

poppadum (g)	5
crispy lentil crackers served with mint-yogurt sauce	
tandoori masala poppadum (g)	5,50
crispy lentil crackers from the tandoor, topped with tomatoes, cucumber, red onions, chaat masala & grated	
samosa	6,50
two deep-fried pastry parcels filled with spiced potatoes and vegetables	
mixed vegetable pakora (e, m)	12
assorted vegetables & paneer deep-fried	
prawn pakoras (b, e, m)	18
black tiger prawns in crispy chickpea batter, served with vindaloo mayo	
pani puri (e, m)	16
6 delicate crispy puris filled with a spiced potato-chickpea mix,, paired with aromatic tamarind and mint water	
malai prawns (b, g, h)	18
black tiger prawns in a rich cashew-butter sauce	
with black truffle	23
indian crispy chicken (g)	15
crispy chicken bites served with mint yogurt sauce and mango chutney	
spicy baby calamari (n)	16
fried baby calamari with lemon, chaat masala & aman signature sauce	
butter chicken tacos (a, g, h)	15
three corn tacos filled with spiced butter chicken, aman sauce, butter & cream	
keema tacos (a)	15
three crispy corn tacos with spiced minced lamb, aman sauce & red onions	
chili prawn tacos (a, b)	19
three corn tacos with spiced prawns, bell peppers, red onions, chili, aman sauce	
keema naan (a, c, g)	6,50
soft naan bread filled with spiced minced lamb, aman sauce & red onions	
chicken kathi roll (a)	9,50
grilled wrap filled with spiced chicken, aman sauce & red onions	
paneer „65“ (g)	14,50
crispy fried indian cottage cheese tossed with curry leaves & traditional indian spices	
mixed starter platter (for 2 or more people) (a, b, e, m)	16
poppadum, vegetable & prawn pakoras, indian crispy chicken-channa salad	
per person	



tandoori (from the tandoor oven) served with basmati rice and dips

tandoori prawns (b, g)	29	tandoori chicken tikka (g)	23
grilled black tiger prawns		six tender pieces of grilled chicken breast fillet	
tandoori garlic chicken (g)	24	tandoori salmon (d, g)	27
grilled chicken pieces in garlic marinade		grilled fillet of salmon in a mild cashew-butter sauce	
tandoori lamb chops (g)	29	tandoori lamb fillet skewers (g)	28
grilled rack of lamb		juicy, marinated lamb fillet pieces grilled on skewers	

signature curries served with basmati rice

butter chicken (h, g)	23	vegetarian served with basmati rice	
grilled chicken tikka, tomato-butter-cream sauce	27	dal makhni (g)	19
o. burrata		black lentils with butter and cream	
chicken tikka masala (g)	23	palak paneer (g)	19
grilled chicken tikka in a tomato and masala sauce		indian cottage cheese in creamy spinach	
chicken korma (h, g)	23	paneer tikka butter masala (g)	19
chicken in a mild cashew-butter sauce	28	grilled paneer in a rich butter and masala sauce	
o. only prawns (b)	28		
o. w. truffle	28	truffle palak burrata (g)	22
mango chicken (h, g)	23	creamy burrata on a bed of spiced spinach, finished with black truffle	
chicken in a fruity mango yogurt curry			
chicken vindaloo (spicy) (g)	23		
chicken and potatoes in a fiery goan vindaloo curry			
balti lamb (spicy) (g)	25		
marinated lamb in a bold and aromatic balti-style sauce			
chili chicken (spicy)	23	vegan served with basmati rice	
grilled chicken breast with bell peppers, red onions & chili			
lamb vindaloo (spicy) (g)	25	aloo gobi vegan	19
marinated lamb and potatoes in a fiery vindaloo sauce		potatoes and cauliflower in a spiced curry	
lamb chop tikka masala (g)	28	tarka dal vegan	19
grilled lamb chops in a rich tomato and masala sauce		yellow lentils in a lightly spiced curry	
keema meat (g)	25	channa masala vegan (e, m)	19
minced lamb and lamb pieces in a spiced tomato-onion masala		chickpeas in a tangy masala sauce	
keema mutter (g)	25	vegetable curry vegan	19
minced lamb with green peas and aromatic spices		seasonal vegetables in a spiced curry sauce	



salads

tandoori chicken caesar (g)	19
grilled chicken breast from the tandoor oven with parmesan and light caesar dressing	
tandoori prawns caesar (b, g)	22
grilled black tiger prawns from the tandoor oven with parmesan and light caesar dressing	
tandoori salmon dahi (d, g)	24
grilled salmon fillet from the tandoor oven with light yogurt dressing	

extra sides

		naan (trad. Indian wheat flatbread)	
basmatireis	3	plain naan (a)	5,50
an extra portion rice		classic naan bread	
pilao	4,50	butter naan (a, g)	5,50
indian-style fried rice		naan brushed with butter	
chili mushrooms (spicy)	7,50	garlic masala naan (a)	5,50
mushrooms, bell peppers, red onions, chili		naan with garlic, herbs & butter	
kachumber (g)	5,50	chili naan (a)	5,50
cucumber salad with light yogurt dressing		naan filled with chili	
channa salat (e, m)	5,50	cheese naan (a, g)	6,50
indian chickpea salad		naan filled with melted cheddar cheese	
		chili cheese naan (a, g)	6,50
		naan filled with cheddar and chili flakes	
		truffle cheese naan (a, g)	12
		naan filled with cheddar cheese & truffle oil	
		garlic cheese naan (a, g)	6,50
		naan filled with cheddar cheese & garlic	
		roti (a)	5,50
		trad. whole wheat indian flatbread (unleavened)	

sauces

vindaloo mayo (spicy) (c)	2	mango chutney	2
korma sauce (g, h)	4,50	raita	4,50
mint chutney (hot)	2	green chili sauce (hot)	2

desserts

coconut ice cream	8,50	sorbert (lemon, mango, blackcurrant)	8
gulab jamun (a)	8	chocolate obsession	8,50
4semolina dumplings, vanilla ice cream		warm chocolate cake with vanilla ice cream	
sweet naan	9,50	mango panna cotta à l'indienne (g)	8,90
butter naan with nutella, pistachios & almonds		creamy dessert with alphonso-mango-purée	



hot beverages

espresso (9)	3
espresso macchiato (9, g)	3,50
double espresso (9)	4,50
double espresso macchiato (9, g)	4,50
americano (9)	4
cappuccino (a, g)	4,50
fresh ginger & mint tea	5

beverages

purrezza mineral water still or sparkling	0,35l	4,50
	0,75l	8,50
cola, cola zero (1, 2, 3, 9)	0,2l	4,50
rauch juices & spritzers apple cloudy, passion fruit, cranberry, orange, grapefruit	0,4l	4,50
thomas henry pink grapefruit, mystic mango, ginger ale, ginger beer, indian & botanical tonic water, (2, 10) bitter lemon	0,2l	4,50

beer

tegernseer helles on tap	0,3l	4,50
	0,5l	6,50
kingfisher	0,33l	4,50
heineken 0,0%	0,33l	4,50



ADDITIVES

- 1) contains colouring
- 2) contains preservatives
- 3) contains antioxidants
- 4) contains flavour enhancers
- 5) contains sulphites
- 6) coloured black
- 7) contains phosphate
- 8) contains milk protein
- 9) contains caffeine
- 10) contains quinine
- 11) contains sweetener
- 12) contains a source of phenylalanine
- 13) surface treated with wax
- 14) contains taurine
- 15) genetically modified ingredients

ALLERGENS

- a) cereals containing gluten (e.g. wheat, rye, barley, oats, spelt, kamut, emmer, einkorn, green spelt)
- b) crustaceans (e.g. crab, shrimp, prawns, langoustines, scampi)
- c) eggs
- d) fish and fish products
- e) peanuts
- f) soybeans and soybean products
- g) milk and dairy products (including lactose)
- h) tree nuts, specifically: almonds, hazelnuts, walnuts, cashews, pecans, Brazil nuts, pistachios, macadamia or Queensland nuts
- i) celery (e.g. celery stalks, celeriac, leaf celery)
- j) mustard
- k) sesame seeds
- l) sulphur dioxide and sulphites (at concentrations of more than 10 mg/kg or 10 mg/l)
- m) lupin
- n) molluscs (e.g. snails, abalone, octopus, squid, calamari, all mussels including oysters)