



AMAN

TANDOOR & BAR FRANKFURT

menu



lunch menu

mo – fri | 12 – 14.30
(except on public holidays)

lunch special: thali of the day

3 curries of the day, available either vegetarian or with chicken (freshly composed daily by our head chef; up-to-date allergen information can be obtained from our service staff), served with basmati rice, butter naan (a, c, g), salad, and raita (g) (a yogurt dip with grated cucumber and spices); no changes to the menu composition possible.

19,5

salads

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



starters

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



tandoori (from the tandoor oven) served with basmati rice

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 salmone (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
grilled chicken tikka, tomato-butter-cream sauce o. burrata	27
chicken tikka masala (g)	23
grilled chicken tikka in a tomato and masala sauce	
chicken korma (h, g)	23
chicken in a mild cashew-butter sauce	o. only prawns (b) 28
	o. w. truffle 28
mango chicken (h, g)	23
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
grilled chicken breast with bell peppers, red onions & chili	
lamb vindaloo (spicy) (g)	25
marinated lamb and potatoes in a fiery vindaloo sauce	
lamb chop tikka masala (g)	28
grilled lamb chops in a rich tomato and masala sauce	
keema meat (g)	25
minced lamb and lamb pieces in a spiced tomato-onion masala	
keema mutter (g)	25
minced lamb with green peas and aromatic spices	

vegetarian served with basmati rice

dal makhni (g)	19
black lentils with butter and cream	
palak paneer (g)	19
indian cottage cheese in creamy spinach	
paneer tikka butter masala (g)	19
grilled paneer in a rich butter and masala sauce	
truffle palak burrata (g)	22
creamy burrata on a bed of spiced spinach, finished with black truffle	

vegan served with basmati rice

aloo gobi vegan	19
potatoes and cauliflower in a spiced curry	
tarka dal vegan (m)	19
yellow lentils in a lightly spiced curry	
channa masala vegan (e, m)	19
chickpeas in a tangy masala sauce	
vegetable curry vegan	19
seasonal vegetables in a spiced curry sauce	



extra sides

basmatireis an extra portion rice	3
pilao indian-style fried rice	4,50
chili mushrooms (spicy) mushrooms, bell peppers, red onions, chili	7,50
kachumber (g) cucumber salad with light yogurt dressing	5,50
channa salat (e, m) indian chickpea salad	5,50

naan (trad. Indian wheat flatbread)

plain naan (a, c) classic naan bread	5,50
butter naan (a, c, g) naan brushed with butter	5,50
garlic masala naan (a, c) naan with garlic, herbs & butter	5,50
chili naan (a, c) naan filled with chili	5,50
cheese naan (a, c, g) naan filled with melted cheddar cheese	6,50
chili cheese naan (a, c, g) naan filled with cheddar and chili flakes	6,50
truffle cheese naan (a, c, g) naan filled with cheddar cheese & truffle oil	12
garlic cheese naan (a, c, g) naan filled with cheddar cheese & garlic	6,50
roti (a) trad. whole wheat indian flatbread (unleavened)	5,50

sauces

vindaloo mayo (spicy) (c)	2	mango chutney	2
korma sauce (g, h)	4,50	raita (g)	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
5semolina 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)

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the QR code):***

