



STEAM

100% PURE VEGETARIAN INDIAN RESTAURANT



www.steamrestaurants.co.nz



**INTRODUCING
TAKEAWAY
LUNCH
MENU**



2 Curry & Rice (Concept Image)

1 Curry & Rice

\$9.99

2 Curry & Rice

\$12.99

3 Curry & Rice

\$14.99

Single Serve

(280 ML) Curry Pack

\$9.99

ADD:



Chapati/Roti/Naan \$2



Mango Lassi \$3.99



Butter Milk \$3.99



Gulab Jamun \$2



Soft Drink \$3.99

Each Pack served with Pickle, Mini Poppadum

Let's Begin with Prayer

Hey Almighty! We are fortunate to have our meal today.
We thank you God for the meal and pray for all the living on this planet that they get their meal today and forever.

Eating Habits in the Indian Culture



*Enjoying Food
with Hands*



*Use of Different
Aromatic Spices*



*Vegetarian Food
Preferences*



*Scooping with Indian
Roti / Bread*



*Use of Non Alcoholic
Beverages with Meals*



*Delectable
Condiments*



Sharing food

Why go Vegetarian?

Some just want to live longer, healthier lives. Others have made the switch to preserve Earth's natural resources or from the love of animals and an ethical opposition to eating them.



*Reduce the risk of
Major Diseases*



*Live Longer, Slow down
Aging process*



*Love & Care
for Animals*



*Avoid toxic food
contaminants*



*Reduce
Global Warming*



*Enjoy the diverse, colourful
and delicious world of
vegetarian cuisine*

VEGETARIAN CELEBRITIES



NARENDRA MODI
HON. PM OF INDIA



DR. APJ ABDUL KALAM



AMITABH BACHCHAN



SHAHID KAPOOR

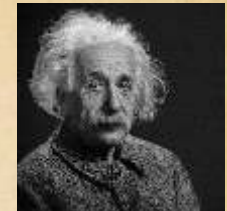


ANUSHKA SHARMA

REGIONAL VEGETARIAN FOODS OF INDIA



VEGETARIAN CELEBRITIES



ALBERT EINSTEIN



BRAD PITT



NATALIE PORTMAN



RUSSELL BRAND



MILEY CYRUS

SOUP

Cream of Tomato Soup

Tomato based soup of creamy consistency topped with croutons & fresh cream

\$11.99

Veg. Manchow Soup

A Chinese thick mixed veg soup with an Indian twist topped with crisp fried noodles

\$11.99

Hot & Sour Soup

Chinese hot and tangy thin soup made out of vegetable stock with an Indian twist

\$11.99

Lemon Coriander Soup

Refreshing combination of Lemon and Coriander along with nutritious vegetables

\$11.99

SIDES

Poppadom

Roasted / Fried Poppadom

\$5.00 FOR 4

Pickle \$2.99

Yoghurt (Dahi) \$3.99

Fresh Yoghurt

Raita Cucumber

Finely chopped cucumber with Yoghurt

\$9.99

Poppadom-Masala

Roasted / Fried Poppadom with chopped onions and tomatoes dressed with coriander

\$9.00 FOR 2

Salad Onion \$4.99

Cut Onion Sprinkled with Masala

Salad Green

Fresh Sliced Vegetables

\$11.99

Entrée/ON-tray

Mix Pakora

Vegetables mixed with gram flour batter and deep fried Served with mint chutney

\$14.99

Onion Bhaji

Sliced onion mixed with gram flour batter & spices, deep fried until golden brown

\$14.99

Cheese Balls

Deep fried balls made from cheese, cottage cheese with breadcrumbs & pepper

\$17.99

Kaju Harabhara Kebab

Green Vegetables mixed together with Potato, Cottage cheese and cashews. Served with green chutney

\$17.99

Entrée/ON-tray CHAT

Veg Samosa (2 Pieces) 🍷 🌶️ 🌱

\$12.50

Deep fried flaky pastry stuffed with potato, peas, coriander & cashew nuts, Served with tamarind chutney

Gol Gappa (Pani Puri) 8 Pcs 🍷 🌶️ 🌱

\$14.99

A round shaped small crispy ball served with spiced mashed potatoes, chilled mint flavoured water and tamarind chutney

Bhel Puri 🍷 🌶️ 🌱

\$14.99

Light Indian snack made out of mixing puffed rice, diced potatoes, cucumber, onion, tomatoes and tossed with mint chutney and Tamarind chutney

Samosa Chat 🍷 🌶️

\$15.99

Samosa broken into pieces and topped with yoghurt, tamarind & mint chutney

Papdi Chat 🍷 🌶️

\$15.99

A crunchy white flour biscuit
Topped with potato sweet & sour chutney

Aloo Mutter Chat 🌶️ 🌱

\$15.99

Green Peas, Potato mix with mint & tamarind chutney with onion, tomato, sweet & sour spice

Entrée/ON-tray TANDOOR

Achari Paneer

\$18.99

Cottage cheese, onion, capsicum flavoured in pickle & cooked in Tandoor

Paneer Tikka 🍷 🌶️

\$18.99

Cottage cheese, onion, capsicum marinated in Yoghurt & Spices
Cooked in Tandoor

Tandoori Mushroom 🌶️

\$18.99

Mushroom marinated in Yoghurt & Spices
Cooked in Tandoor

Veg. Tilmilli Seekh 🍷 🌶️ 🌱

\$18.99

Crushed vegetables & cottage cheese with sesame seeds
Cooked in Tandoor

TANDOORI PLATTER 🌶️ \$35.00

3 Pieces Each of Achari Paneer, Paneer Tikka,
Veg Tilmilli Seekh and Tandoori Mushroom

Entrée/ON-tray CHINESE

Babycorn Chilli Dry



\$17.99

Baby corn deep fry in batter along with wok fried saute with spicy sauce

Honey Chilly Potato



\$17.99

Potato wedges tossed with honey, chilli soya sauce seasoned with sesame seeds.

Crispy Vegetables



\$17.99

Deep fry vegetables tossed with sesame seeds, sweet & sour medium spice sauce

Paneer 65



\$18.99

Battered deep fry cottage cheese tossed in medium spicy and dry tomato & chilly base sauce

Gobi 65



\$17.99

Deep Fried batter cauliflower tossed with sweet & hot chilli garlic sauce served semi dry

Paneer Chilli



\$20.99

Cottage cheese cooked with onion & capsicum with hint of soy & chilli sauce

(Dry/Gravy)

Chinese Bhel



\$17.99

Mixture of deep-fried noodles, peanuts, soy & schezwan sauce

Veg / Gobi Manchurian



\$20.99

An Indo - Chinese dish of fried Vegetables balls in tangy sauce

(Dry/Gravy)

SIZZLER

Paneer Tikka Sizzler



\$27.99

Seasonal vegetables, fries and fried rice served with paneer tikka on a hot plate

Schezwan Sizzler



\$27.99

Stir fried Vegetables in spicy schezwan sauce served along with schezwan Fried rice and along with Fries

Veg Balls Sizzler



\$27.99

Authentic Hakka noodles & fries along with Veg Manchurian Balls

MAINS VEG

Aloo Gobbi 🌶️ 🌱

Simple stir fry of potatoes and cauliflower flavoured with aromatic Indian Spices

\$22.99

Gravy

Aloo Mutter 🌶️ 🌱

Diced potato & green peas cooked in yellow gravy

\$22.99

Gravy

Aloo Palak 🌶️ 🌱

Diced Potato simmered in smooth vibrant green, medium spicy spinach gravy

\$22.99

Gravy

Bhindi Masala 🌶️ 🌶️ 🌱

Deep fried okra semi dry with authentic spices.

\$22.99

Gravy

Kaju Curry / Kaju Masala 🌶️ 🌶️ 🌱

Roasted cashew nuts cooked in tomato & onion gravy
Kaju Curry (Less kaju), Kaju Masala (More kaju)

\$22.99

Gravy

Kumbh Mutter Makhna 🌶️ 🌱

Mushrooms, greens peas & makhna cooked along with freshly ground spices simmered in gravy.

\$22.99

Gravy

Malai Kofta 🍷 🌶️

Cottage cheese & Potato kofta with sweet creamy yellow gravy

SWEET

\$22.99

Gravy

Methi Mutter Malai 🌶️ 🌶️

Peas & Fenugreek leaf cooked with creamy sweet cashew gravy

SWEET

\$22.99

Gravy

Veg. Tawa 🌶️ 🌶️ 🌱

Deep fried mix veg, semi dry, medium spicy with brown gravy and Indian herbs

\$22.99

Gravy

Veg. Diwani Handi 🌶️ 🌶️ 🌱

Vegetables cooked with creamy spinach gravy and authentic Indian spices.

\$22.99

Gravy

Veg. Jaipuri 🌶️ 🌶️ 🌱

Vegetables cooked in yellow gravy. Creamy rich nutritious dish garnished with poppadom.

\$22.99

Gravy

Veg. Jalfrezi 🌶️ 🌶️ 🌱

Chunky vegetables cooked in sweet & sour based gravy.

\$22.99

Gravy

Veg. Kadai 🌶️ 🌶️ 🌱

Mixed vegetables cooked along with special freshly ground spices in brown gravy

\$22.99

Gravy

Veg. Kolhapuri 🌶️ 🌶️ 🌱 🌶️

Mixed vegetables cooked with authentic hot spices in thick gravy

\$22.99

Gravy

Veg. Makhanwala 🌶️ 🌶️ 🌱

Assorted mixed vegetables along with creamy based tomato gravy.

\$22.99

Gravy

Navratan Korma 🌶️ 🌶️

Mix veg with cocktail fruit in sweet creamy cashew gravy

SWEET

\$22.99

Gravy

MAINS PANEER

Cheese Butter Masala 🍛 🌶️

Processed cheese cubes cooked in brown gravy

\$23.99

Gravy

Shahi Paneer 🌶️

Paneer Cubes in thick gravy of cream, tomatoes and Indian spices

\$23.99

Gravy

Kadai Paneer 🍛 🌶️

Cottage Cheese cube cooked along with special freshly ground spices in brown gravy

\$23.99

Gravy

Kaju Paneer Masala 🍛 🌶️

Cashew piece, Cottage cheese cooked with onion brown gravy in Indian spice

\$23.99

Gravy

Malai Paneer Korma 🍷 🍛 🌶️

Cottage cheese cooked with onion cashew creamy yellow light sweet gravy

SWEET

\$23.99

Gravy

Mutter Paneer 🍛 🌶️

Cottage cheese and peas with fine indian herbs medium spicy yellow brown onion gravy

\$23.99

Gravy

Palak Paneer 🍛 🌶️

Soft cottage cheese cubes simmered in smooth vibrant green, medium spicy spinach gravy

\$23.99

Gravy

DAL

Each Dal served with single serve Rice

Dal Fry 🍛 🍛 🌶️ 🌱

Mixture of lentils cooked and tempered with cumin seeds, onion, garlic & whole spices

\$22.99

Dal Makhani 🍛

Marvelous punjabi dal prepared with red kidney beans & black lentil slow cooked with tomato & fresh cream

\$22.99

Dal Tadka 🍛 🍛 🌶️ 🌱

Yellow lentil slow cooked & tempered with whole spices, garlic & curry leaves

\$22.99

Paneer Adraki 🌶️

Cottage cheese cooked with cashew, onion, ginger paste gravy

\$23.99

Gravy

Paneer Bhurji 🍛 🌶️

Grated cottage cheese cooked with chopped onion & tomato served in yellow gravy

\$23.99

Gravy

Paneer Butter Masala 🍛 🌶️

All time classical preparation of cottage cheese cubes in a rich creamy yellow gravy

\$23.99

Gravy

Paneer Lababdar 🍷 🍛 🌶️

Cottage cheese marinated and cooked on grill, served in yellow creamy gravy

\$23.99

Gravy

Paneer Makhanwala 🍛 🌶️

Cottage cheese cooked with creamy tomato based gravy, cashews & spices.

SWEET

\$23.99

Gravy

Paneer Tikka Masala 🍛 🌶️

Cottage cheese, onion, capsicum tempered with tikka masala served in rich red gravy

\$23.99

Gravy

Tawa Paneer 🍛 🌶️

Cottage cheese, diced onion, capsicum with carom seeds in semi dry gravy

\$23.99

Gravy

Dal Palak 🍛 🍛 🌶️ 🌱

Wonderful combination of lentils, spinach and garlic cooked with aromatic spices

\$22.99

Dal Panchratan 🍛

Wonderful combination of mix five types of lentils tempered with cumin seeds, onion & whole spices.

\$22.99

Also Available in 🍛 Jain 🌶️ Swaminarayan 🌱 Vegan

🍷 Kids Special 🌶️ Spicy 🍛 Nut Free

RICE & NOODLE

Steamed Rice

Steamed rice

\$5.99

Jeera Rice

Rice tempered with butter & cumin seeds, garnished with coriander

\$12.99

Veg Biryani

Basmati rice cooked with mixed vegetables and aromatic Indian spices, Served with Raita

\$22.99

Veg Pulao

Mixed vegetables cooked along with basmati rice

\$22.99

Veg Fried Rice

Soft wokked tossed rice along with mix veg

\$20.99

Combination Fried Rice

Soft noodles & rice wok fried Chinese spice and sauce

\$23.99

Schezwan Fried Rice

Sliced vegetables & rice cooked with schezwan Sauce

\$21.99

Hakka Noodles

Plain boiled noodles stir fried in sauces and tossed with assorted vegetables

\$20.99

Schezwan  \$21.99

GUJARATI

Sev Tamater Sabji

Sweet & sour, fresh chopped tomatoes topped with chickpeas noodles

\$18.99

Garlic Chutney

Spicy paste of garlic and red chilly

\$2.99

Lasaniya Bataka

Cut potato cooked with crushed garlic, fine Indian herbs, medium spicy red brown gravy




\$18.99

Masala Khichdi

Delicious wholesome recipe of rice & yellow lentil pressure cooked with whole spice.

\$20.99

Rajasthani Kadhi (Sour) with Pakora

Curd & gram flour mixed in liquid consistency,    cooked on slow flame, tempered with cumin seeds & curry leaves

\$18.99

Baingan Bhatha (Seasonal)

Eggplant grilled in Tandoor & cooked with diced onion & tomato tempered with Garlic

\$23.99

Gujarati Kadhi (Sweet)

Irresistible sweet & sour dish prepared with Yoghurt, chickpeas flour

\$18.99

BREADS

Chapati (Gujarati)



\$4.50

Indian flat bread made out of whole wheat flour; cooked on tawa

Bajre ki Roti



\$5.99

Indian flat bread made out of millet flour; cooked on tawa

Naan



Indian flat bread made of refined flour cooked in clay pot tandoor

Plain \$5.50

Butter/Garlic \$5.99

Cheese/Chilli \$7.50

Garlic/Cheese/Chilli each \$0.50

Kashmiri Naan

\$7.99

Indian bread stuffed with mix dry fruits along with coconut cooked in tandoor

Tandoori Roti



Indian flat bread made out of whole wheat flour; Cooked in Clay Pot Tandoor

Plain \$5.50

Butter \$5.99

Kulcha

Indian flat bread made of refined flour cooked in clay pot tandoor with sesame seeds

Plain \$5.99

Butter \$6.50

Onion \$6.99

Pudina Paratha



Mint flavoured layered Indian flat bread

\$6.99

Tandoor Paratha



\$14.99

(Aloo/Gobi/Onion/Paneer)

Flat Indian stuffed bread made with wheatmeal flour
Served with curd & pickle

Laccha Paratha



Layered Indian flat bread made of wheat flour cooked in tandoor

\$6.99



Kids Special



Spicy



Nut Free

Also Available in



Jain



Swaminarayan



Vegan

SOUTH INDIAN

Served with Sambhar & Chutney

CREATE YOUR OWN UTTAPAM

Plain Uttapam     \$15.50

Mix Veg Uttapam     \$20.99
Cabbage, Carrot, Coriander, Mushroom, Onion & Tomato

Topping Available : Cheese / Butter / Paneer \$2 Each

Vegetable Toppings Available \$1 Each

Cabbage, Carrot, Capsicum, Corn, Coriander, Chilli, Garlic, Jalapeno, Mushroom, Onion, Tomato

Idli (4 Pcs)     \$11.99
Steamed small white Cakes made from Rice & Lentil.

Meduvada (4 PCS)     \$13.99
Delicious wholesome recipe of rice & yellow lentil
Deep fried with whole spice

2 Idli - 2 Meduvada \$14.99

2 Idli - 2 Meduvada, 1 Plain Dosa \$27.99
1 Mix Veg Mini Uttapam

Rocket Plain Dosa     \$15.50

Popular South Indian thin crepe made of fermented rice and lentil batter

Plain Dosa     \$15.50

Popular South Indian thin crepe made of fermented rice and lentil batter

Masala Dosa   \$18.99

Delicious South Indian thin crepe made of fermented rice and lentil batter and stuffed with mashed potato & Onion

Mysore Masala    \$18.99

Dosa with a special Mysore spiced powder sprinkled and stuffed with mashed potatoes, Onion, Beetroot

Schezwan Dosa     \$19.99

Delicious thin crepe stuffed with schezwan sauce

Pav Bhaji Dosa   \$20.99

Dosa battered roll with Pav Bhaji paste

Gini Dosa   \$20.99

Dosa batter spread on tawa, stuffed with veg and special chutney, topped with cheese & cottage cheese

Paneer Chilli Dosa      \$20.99

Dosa batter spread in tawa, stuffed with cottage cheese roll, spicy taste

STREET FOOD

Chilly Cheese Sandwich   \$13.99

French Fries     \$11.99


Chole Bhature   (2 Pcs. Bhature) \$19.99

Delightful street snack made of saucy chickpeas cooked with onion & tomato gravy.

Served with puffy fried white flour bread

Extra Bhature \$2.99

Veg Cheese Grilled Sandwich     \$13.99

Pav Bhaji  \$19.99

Delicious mouth watering dish made of mixed vegetables and mashed potatoes cooked with special blend of spices and Served with soft bun

with Masala Pav \$20.99

Extra Pav \$1.99

Add Extra Masala Pav \$3.99

SWEET

Ice Cream \$5.99

Vanilla / Strawberry / Chocolate

Gulab Jamun (3 pcs)   \$12.99

Deep fried balls made with flour and milk dipped in sugar syrup

Gajar Halwa \$12.99

Grated carrots cooked with condensed whole milk, dried fruit and nuts - (Sweet Pudding)

BEVERAGES

Soft Drink \$5.50

Coke, Coke No Sugar, Sprite

Masala Tea \$7.99

Speciality Indian Tea made with Indian Masala

Matka Chhash (Butter Milk) \$6.99

Fresh Yoghurt churned with water, roasted cumin powder, salt and topped with fresh coriander leaves.

Lassi (Mango/Plain/Sweet) \$8.99

Terms & Conditions:

1. Please allow at least 20 Minutes to prepare.
2. Menu items & prices are subject to change without prior notice. Some items may not always be available due to seasonality.
3. If you have any problems with your order please contact our friendly staff for immediate resolution.
4. Steam will endeavor to provide allergen-free or gluten free, vegan and vegetarian, religious specific dietary food if requested by the customer but traces of allergens or gluten may be unintentionally present in food due to Kitchen Operation. We cannot guarantee 100% that our food is allergen or gluten free.
5. Steam will not be liable for any costs whatsoever, including medical costs, if a customer has any adverse reaction steam product. Subject to law, steam will not be liable for any dental costs, fees, claims, damages, charges whatsoever, for products sold through steam including objects that can be reasonably anticipated to be in food, such as but not limited to olive pits in olives.
6. Public holiday surcharges applies at steam's discretion.
7. Packing Charges of \$0.50-\$1.0 per container/bag applies to Dine-in.
8. Take Away Mains & Lentils will include Complimentary Single Serve Rice
9. Prices are NZD, GST Incl.



STEAM RESTAURANT

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#steamauckland



ONLINE ORDER & TABLE BOOKING

www.steamrestaurants.co.nz

BOOKINGS / CATERING

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Uber
Eats

MenuLog

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ESTD. 2014



www.freedomtourism.com