Regional Specials – Parsi

November 2026

APPETISERS

Patra ni Machi - £12
Sea Bass fillet wrapped in banana leaf with herb, garlic, chilli and coconut paste; steamed and served with a lemon wedge

Veg Cutlet - £8.50 V
Popular Irani café snack, crisp golden cutlets stuffed with coconut, dried berries and spices served with mint chutney

MAINS

Parsi Kheema - £17
Welsh lamb mince braised with onion, tomatoes, ginger, garlic, green chillies , fresh coriander and green peas with a hint of mint

Jardaloo Salli Murghi - £16
Free range chicken simmered in a tangy cinnamon scented sauce with dried apricots and topped with crisp potato juliennes

Masoor Dal - £9.50 V
Red lentils flavoured with cumin seeds, onion, ginger, garlic and chillies

DESSERT

Lagan nu Custard - £7 n,g,d
Literally means “wedding custard” – a sort of custard cake scented with vanilla, small cardamom and crunch of nuts

V – Vegan, n - nuts, g - gluten, d-dairy

Parsi Cuisine

Parsi also spelled Parsee, member of a group of followers in India of the Iranian prophet Zoroaster. The Parsis, whose name means "Persians", are descended from Persian Zoroastrians who immigrated to India to avoid religious persecution by the Muslims. They live chiefly in Mumbai and in a few towns and villages mostly to the north of Mumbai, but also in Karachi (Pakistan) and Bangalore (Karnataka, India). Over the centuries since the first Zoroastrians arrived in India, the Parsis have integrated themselves into Indian society while simultaneously maintaining or developing their own distinct customs and traditions (and thus ethnic identity). The Parsis have made considerable contributions to the history and development of India, all the more remarkable considering their small numbers. Some notable Parsis are rock star Freddie Mercury, founder of Cobra beer Lord Karan Billimoria and the founder of Tata who bought Jaguar Land Rover. The basic feature of a Parsi lunch is rice, eaten with lentils or a curry. Dinner would be a meat dish, often accompanied by potatoes or other vegetable curry.





Kachumbar (a sharp onion-cucumber salad) accompanies most meals. Popular Parsi dishes include: *Chicken farcha* (fried chicken), *Patra ni machhi* (steamed fish wrapped in banana leaf), *Dhansak* (lamb, mutton, goat and vegetables in lentil and toor daal gravy), *Sali murghi* (spicy chicken with fine fried matchstick potatoes), *kolmi no patio* (shrimp in spicy tomato curry), *Saas ni machhi* (yellow rice with pomfret fish fillets in a white sauce), *Jardaloo sali boti* (boneless mutton in an onion and tomato sauce with apricots and fried matchstick potatoes). Also popular among Parsis, are the typical Parsi *eeda* (egg) dishes, and often dishes (such as those listed above) are served with an egg on top.