

your guide to
Sindhu



Dubbed the 'Master of Spices', at 31 Atul Kochhar became the first Indian chef to win a Michelin star. Born in Jamshedpur, north east India, Atul trained and worked at the Oberoi Hotel in New Delhi before moving to England. In 1994, he assisted in the opening of 'Tamarind' in London and it was here that he achieved his first Michelin star in 2001. In 2003 Atul opened his first restaurant, 'Benares', named after the ancient holy city in northern India. In 2007, this restaurant also won a coveted Michelin star.

Since opening his flagship restaurant, Atul has expanded his British empire with a further two; 'Vatika' in Hampshire and 'Ananda' in Dublin. He is also a familiar face on our television screens, first achieving celebrity status competing against a host of other renowned chefs on the successful series 'The Great British Menu'. Today, he makes regular appearances on TV's 'Saturday Kitchen' and 'Market Kitchen'.

Using locally sourced and seasonal ingredients, Atul has developed a unique style of cooking. "I learnt what I learnt in India here and then I learnt a lot more here and mixed the two. Some people call it British Indian food, some people call it Indian fusion". Sindhu celebrates both Britain's love affair with Indian food and P&O Cruises long standing affiliation with India, bringing you contemporary Indian cuisine with a subtle British twist.



Menu A

STARTERS

Squid Salad with Passion Fruit Chutney, Rocket Salad & Mango Dressing
MAKALI LACHCHA

Spiced White Crab Meat with Vermicelli
KEKDA MASALA

Roasted Chicken Tikka with Celery & Appleslaw Salad & Chlorophyll Emulsion
MURGH LAAL TIKKA

Crisp Fried Lamb Salad with Mixed Baby Leaf
TALLE GOSHT KA SALAD

Beef Skewers with Garlic Chutney & Cucumber Relish*
GOSHT KE TINKE

Marinated Cheese Grilled Broccoli with Cumin Scented Potato Cakes (V)
MALAI KA HARA PHOOL AUR ALOO TIKKI

MAIN COURSES

Goan Style Pan Roasted Lobster in Coconut Sauce with Lobster Kedgeree
LAGUSTA XEC XEC

Pan-Fried Sea Bass with Garlic Mash & Coconut Sauce
MEEN MOILLEY

Indian Style Baked Chicken & Rice served in a Traditional Handi
MURGH BIRIYANI

Trio of Duck – Stir Fried, Curry & Duck Pulao*
JAL MURGI PEPPER FRY

Traditional Lamb Curry
ROGAN JOSH

Pan-Roasted Beef Tenderloin with Enoki Mushrooms, Garlic & Cream Sauce served with Thick Cut Coriander Salt Chips*
BHUNA GOSHT

Baked Parcel of Vegetables with Tomato & Fenugreek Sauce (V)
SUBJ POTLI

DESSERT

Camomile Panna Cotta with Mango & Melon & a Sesame Brittle Biscuit
PANNA COTTA

Warm Five-Spiced Chocolate Pudding with Tarragon & Blood Orange Sorbet
MASALENDAR CHAKLET

Saffron & Alphonso Mango Jelly with Coconut Granita
KESAR - AAAM - NARIYAL

Lavender Scented Yoghurt Cake with Strawberry Coulis & Yoghurt Foam
BHAPPA DOI

Trio of Indian Ice Cream – Mango, Pistachio & Malai
KULFI

V - Denotes vegetarian choice
Please note that some of these dishes may contain nuts or nut extracts

*Whilst all the food we serve on board is prepared to the highest health and safety standards, Public Health Services have determined that eating uncooked or partially cooked meats, poultry, fish, eggs, milk and shellfish may increase your risk of foodborne illness, especially if you have certain medical conditions.

Menu B

STARTERS

Asparagus & Tandoori Paneer Salad with Coriander, Garlic & Passion Fruit Dressing (V)
FALI AUR PANEER KA SALAD

Trio of Spice Crusted Scallops with Grape Chutney & Pea Shoot Salad
SAMUDARI RATAN

Grilled Chicken in Cheese & Garlic Marinade with Mint Chutney
MALAI KEBAB

Crisp Fried Soft Shell Crab with Paw Paw Salad & Kumquat Chutney
KARARA KEKDA

Lamb Masala Brochettes with Feta Cheese, Dried Black Olives & Rocket Salad*
MASAL GOSHT KE SULE

Roasted Rabbit Tikka, Red Cabbage Chutney & Chilli Jam
KHARGOSH KE TIKKAE AUR MIRCHI CHUTNEY

MAIN COURSES

Pan-Roasted Beef Tenderloin with Enoki Mushrooms, Garlic & Cream Sauce served with Thick Cut Coriander Salt Chips*
BHUNA GOSHT

Griddled Prawns with Spiced Pepper & Onion Sauce
TAWA JINGHA

Tandoori Monk Fish with Green Chutney, Curd Rice & Green Sauce
TANDOORI MACHCHI

Lavender Chicken Korma with Mushroom Pulao Rice
MURGH KA KORMA

Slow Cooked Lamb Shoulder, Mini Lamb Burger with Curry Fried Asparagus, Channa Lentils & Rogan Josh Jus
ROGAN JOSH

Roasted Paneer with Masala Spinach & Tomato Gravy (V)
TANDOORI PANEER PALAK

Indian Style Baked Vegetable & Rice served in a Traditional Handi
SUBJ BIRIYANI

DESSERT

Citrus White Chocolate Mousse with Banana & Passion Fruit Sorbet
THANDA SAFED CHAKLET

Fennel Bread & Butter Pudding with Ginger Custard
VILAYETI SAHI TUKRA

Layered Pancake Gateau with Cinnamon Ice Cream
BININQUE

Pomegranate & Orange Curd Trifle
ANAR AUR SANTARA

Trio of Indian Ice Cream – Mango, Pistachio & Malai
KULFI

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Sindhu (Deck 7) Aft

for reservations please call 7608

Menu 1

9 June	Smart Casual
10 June	Formal
11 June	Semi Formal
12 June	Smart Casual
13 June	Semi Formal
19 June	Smart Casual
20 June	Formal
21 June	Semi Formal
22 June	Smart Casual
23 June	Formal
24 June	Smart Casual

Menu 2

14 June	Formal
15 June	Smart Casual
16 June	Smart Casual
17 June	Semi Formal
18 June	Smart Casual

Open every day between 6.30pm and 9.30pm
a cover charge of £15 applies