



NIRMAL :: MENU (NUT-FREE)

2874 WASHTENAW RD, YPSILANTI, MI, NEAR DUNHAM'S SPORTS

HOURS ~ Mon – Sat: 11:30 AM – 7:30 PM ~ Sundays closed

CONTACT: 734.528.4401, 734.340.8418 www.nirmalindiancuisine.com

Facebook/Instagram (nirmal Indian cuisine), we do cater

Self-service café using bio-degradable table wares, free Wi-Fi, own parking

FOOD BOX (5 IN \$5) AVAILABLE WHOLE DAY

Make your own Entrée

Choose Spice level: Mild, Medium, Hot, Extra Hot

Choose Curry# (no dairy, no sides)

1. Mother' Curry (with onion sauce)
2. Kadahi (semi-dry, tomato sauce with green bell-pepper)
3. Balti (with eggplant, mushroom)
4. Vindaloo (special hot sauce with potato)
5. Chettinadu (special sauce sauteed with red chili, curry leaves)
6. Madras (special sauce with coconut flakes, curry leaves)
7. Coconut (with coconut milk)

MATCH WITH CURRY 8 /16 OZ

one or two items with exceptions

- | | |
|---------------------------|----------|
| A. Tofu/Nutrigget * | \$4/\$6 |
| B. Chickpeas/Potato | \$4/\$6 |
| C. Mixed vegetables | \$4/\$7 |
| D. Paneer (Indian cheese) | \$4/\$7 |
| E. Chicken (white meat) | \$5/\$8 |
| F. Goatton (with bones) | \$6/\$9 |
| G. Goatton (boneless) | \$7/\$11 |
| H. Fish / Shrimp | \$7/\$11 |

RICE/BREAD (VEGAN)

- | | |
|------------------------------|---------|
| RICE (PARBOILED*) | \$1/2 |
| YELLOW PEAS RICE | \$1.5/3 |
| ROTI (WHOLE WHEAT BREAD) | \$1 |
| STUFFED ROTI (OPTIONS BELOW) | \$1.50 |

LENTILS/CHICKPEAS/GARLIC/ONION
SPINACH/FENUGREEK/ALOO/GREEN
PEAS

*BOTH MADE FROM SOYABEAN
*Parboiled rice has GI of 38, Brown
rice-56, White rice-89

ONLY CURRY ~\$3/\$6

(PACKAGED \$3/\$5, FOR 8/16 OZ)

TRADITIONAL ENTREES (SERVED IN 8 OZ /16 OZ, NO SIDES)

- | | |
|--|---------|
| Rice Lentil Curry (vegan, Khichdi) | \$4/\$6 |
| Yellow Dal / Kali Dal Tadka(vegan)/Dal Makhani (veg), Lentil | \$4/\$6 |
| Aloo Matar (vegan, potato with green peas) | \$4/\$6 |
| Aloo Rajma (vegan, potato with kidney beans) | \$4/\$6 |
| Aloo Gobi /Baingan (vegan, potato with cauliflower or eggplant) | \$4/\$7 |
| Matar Paneer (veg, panner with green peas) | \$4/\$7 |
| Okra Masala (vegan, with onion, tomato) | \$4/\$7 |
| Malai Kofta (veg, balls made of potato n paneer in creamy sauce) | \$4/\$7 |

BEVERAGES (8 OZ, \$1)	SIDES
Indian Tea (with spices, hot, with or without 2% milk)	Raita (8 oz)/Papadum (2 pcs) ~ \$2/\$1
Mango Lassi (yoghurt drink, mango)	Lentil / Tomato Soup ~ \$1.50 (8 oz)
Salted Lassi (yogurt drink)	Veg Samosa ~ \$1.50 (each)
Salted Cumin Drink	Chicken Samosa ~ \$2 (each)
Fresh lime water	Veg/Paneer Pakora* (10 pcs) ~ \$3/\$4
Apple Juice	Chicken/Fish Pakora (6 pcs) ~ \$4.00
Orange juice	Chicken 65/Paneer 65 (10 pcs)~ \$4.00
Milk 2%	*pakora made with chickpeas flour, gluten free

DESSERTS ~ RICE PUDDING (8 OZ) ~ \$2

BIRYANI

Parboiled rice cooked with herbs and spices, mixed with one option below, served with raita (yoghurt sauce)

- | | |
|---------------------------------|---------|
| Vegetable or Nutri-gget or Tofu | \$7.00 |
| Paneer (Indian cheese) | \$8.00 |
| Chicken | \$8.00 |
| Goatton (with bones) | \$9.00 |
| Goatton (boneless) | \$11.00 |
| Shrimp | \$11.00 |

Join campaign for #PureMHealthyM at Instagram or @NirmalCurry

BMI Chart

BMI less than 18.50	Underweight
BMI 18.50 - 24.99	Healthy weight
BMI 25.00 - 29.99	Overweight
BMI 30 or more	Obese

$$\text{BMI} = \left(\frac{\text{Weight in Pounds}}{(\text{Height in inches}) \times (\text{Height in inches})} \right) \times 703$$

or

$$\text{BMI} = \frac{\text{Weight in Kilograms}}{(\text{Height in Meters}) \times (\text{Height in Meters})}$$

Meat for Protein?

Index (all items ~ 100 gms)	Paneer	Tofu	Soya Chunks	Chicken (white meat)	Lentils	Chickpeas	Potato, raw	Spinach, raw
Protein (gms)	18.3	8	54	31	26	8.86	2	2.9
Fat (gms)	20.8	3.5	0.4	3.6	1	2.59	0.1	0.4
Saturated Fat(gms)	15	0.5	0	1	0	0.269		
Carbohydrates(gms)	1.2	1.5	28.9	<1	60	27.42	17.47	3.6
Calcium (mgs)	208	130	533	0	56	49	12	99
Iron (mgs)		1.1	21.2	1	7.54	2.89	0.78	2.71
Energy (Cal)	265	70	336	165	353	164	77	23

100gms = 3.5 Oz ~ Paneer is Indian cheese, 100% vegetarian ~ Lentils has dietary fiber of 31gms,

Read our blog at <http://nirmalasramban.blogspot.com/>

Why whole wheat bread?

Simply switching from white to whole wheat bread can reduce the risk of heart disease by 20% ~ read the blogs at www.DisruptiveEating.com.

N.B ~In case of any allergic condition or special request for any items beyond this menu, please talk to our chef or manager. Prices subject to change without notice.

Table 1. Nutrient Composition of Goat and Other Types of Meat [1], [2]

Nutrient	Goat	Chicken	Beef	Pork	Lamb
Calories	122	162	179	180	175
Fat (g)	2.6	6.3	7.9	8.2	8.1
Saturated Fat (g)	0.79	1.7	3.0	2.9	2.9
Protein (g)	23	25	25	25	24
Cholesterol (mg)	63.8	76.0	73.1	73.1	78.2

[1] Per 3 oz. of cooked meat

[2] USDA Nutrient Database for Standard Reference, Release 14 (2001)

Why Goat?

Goat is healthier than even Chicken and the most sustainable ~read our blog

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Food Box ~555~ \$5 for 5 items in 5 minutes

Lunch ~11.30AM TO 3.30 PM

Dinner ~ 3.30PM to 7.30PM

1. rice or yellow peas rice (8 oz, parboiled)
2. 1 roti (whole wheat bread)
3. any entree' at Food Counter
4. any entree' at Food Counter
5. Raita (Yoghurt sauce) or fruit (3 oz)

Food box entrees from Dec 1st 2017 onwards (as per Today's Specials at our website)

Days	Monday	Tuesday	Wednesday	Thurs day	Friday	Saturday
L Meat	Chicken Methi	Chicken Tikka M-d	Chicken Madras	C	Chicken Korma-d	Chicken Balti
U Legumes & plant protein	Dal Makhani-d	Chickpeas Masala	Tofu Balti	L	Nutrigget Kadahi	Pinto Beans Masala
N Vegetables	Veg Masala	Veg Korma-d	Okra Aloo	O	Baingan Aloo	Sabze Saag-d
D Meat	Chicken Coconut	Chicken Curry	Chicken Do Pyaza	S	Chicken Curry	Chicken Methi
I Legumes & plant protein	Dal Tadka	Kali Dal	Nutrigget Methi-d	E	Tofu Matar-d	Dal Tadka
N Vegetables	Saag Aloo	Beans Aloo	Aloo Madras	D	Veg Balti	Aloo Matar