



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)

Choose Curry# (with dairy cream, Vegan option also, no sides)

1. Makhani/Butter (with tomato sauce)
2. Tikka Masala (with onion and tomato sauce)
3. Saag/Palak (with spinach sauce)
4. Korma/Pasanda (special sauce with cardamom flavor)
5. Methi (with fenugreek leaves)

ONLY CURRY ~\$3/\$6
(PACKAGED \$3/\$5, FOR 8/16 OZ)

MATCH WITH CURRY

one or two items with exceptions

- | | |
|---------------------------|----------|
| A. Tofu/Nutri-gget * | \$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 80% NUTRITIONALLY
SIMILAR TO BROWN RICE

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)

- Indian Tea (with spices, hot, with or without 2% milk)
- Mango Lassi (yoghurt drink, mango)
- Salted Lassi (yogurt drink)
- Salted Cumin Drink
- Fresh lime water
- Apple Juice
- Orange juice
- Milk 2%

SIDES

- Raita (8 oz)/Papadum (2 pcs) ~ \$2/\$1
- Lentil / Tomato Soup ~ \$1.50 (8 oz)
- Veg Samosa ~ \$1.50 (each)
- Chicken Samosa ~ \$2 (each)
- Veg/Paneer Pakora* (10 pcs) ~ \$3/\$4
- Chicken/Fish Pakora (6 pcs) ~ \$4.00
- Chicken 65/Paneer 65 (10 pcs)~ \$4.00

*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~06/19 to 06/24~updated daily on facebook,
d for items with dairy product, all other non-dairy, tofu n nutri-
gget made from soyabean**

Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
L Meat	Chicken Curry	Chicken Tikka M-d	Chicken Methi	Chicken Coconut	Chicken Saag	Chicken Kali M-d
U Legumes & plant protein	Tofu Coconut	Nutrigget Aloo	Dal Makhani-d	Tofu Methi-d	Dal Saag	Aloo Rajma
N Vegetables	Aloo Okra	Veg Balti	Aloo Baingan	Veg Kadahi	Veg Korma-d	Sabze Saag-d
D Meat	Chicken Kadahi	Chicken Do Pyaza	Chicken Butter	Chicken Chetinad	Chicken Madras	Chicken Balti
I Legumes & plant protein	Kali Dal Tadka	Tofu Matar-d	Dal Tadka	Nutrigget Balti	Tofu Kadahi	Aloo Chana
N Vegetables	Veg Curry	Aloo Saag	Veg Methi-d	Aloo Matar	Aloo Beans	Veg Tikka M-d