



Punjab

MENU

Stellenbosch

OUR STORY

Meet the Founders

Our personal love for food started when we met in high school and started to cook unique food for one another, sharing family recipes that go back generations.

This food is a true homage to our parents and royal Punjabi ancestry, which hails from a time when Punjab's land and rivers were not yet split across borders.

What results is a lovely mélange of street food and illustrious recipes that will take you on a journey from Lahore in the north of Punjab to Chetiar in the south.

In our passion for bringing this incredible cuisine to you, we started Punjab as a takeaway store in 2014. Today, it has expanded to sit-down restaurants and continues to grow and develop.

We are passionate about the fresh, organic, and aromatic ingredients that permeate Punjabi cooking and evoke the warm hospitality of the Punjabi people. Punjab is big on health— all curries, kebabs, and tandoori dishes are freshly prepared and are gluten- and sugar-free.

We offer high-quality free-range chicken and grass-fed lamb dishes, as well as a wide array of vegetarian and vegan options. Most importantly, all of our food is served with integrity, passion, and purpose.

That's our promise to you!

We also want to thank our beautiful children—Sukhmani, Janya, and Gurveer—for understanding our passion and walking with us on this beautiful journey.

We are grateful to our patrons for their continued support and for being part of the extended Punjab family!

The Singh's



Chats and Bitings

Pani Puri aka Gol Gappa (Vg) (NEW)	69
Crisp, hollow shells filled with a tangy and spicy mix of tamarind water, mint, mashed potatoes, chickpeas, and aromatic spices, A delightful burst of flavours in every bite!	
Sev Puri	69
Crispy shells topped with a flavourful mix of diced potatoes, tangy tamarind chutney, green chutney, onions, tomatoes, and a generous sprinkle of crunchy sev. A perfect balance of sweet, spicy, and tangy flavours.	
Bombay Bhel (Vg)	69
A classic street snack from the shores of Chowpatty Beach, made with puffed rice, spiced potatoes, onions, tomatoes, fresh herbs, chutneys, and crispy sev, for a crunchy, sweet, and tangy bite.	
Samosa Chaat	69
Crushed crispy samosas topped with spiced chickpeas, sweet yoghurt, chutneys, onions, tomatoes, and fresh herbs for a mix of crunchy, tangy, and spicy flavours.	
Peanut Chaat (Vg) (NEW)	49
Roasted peanuts tossed in a spiced mix, with fresh onions, tomatoes, herbs, and a hint of chaat masala and lemon juice. A perfect, crunchy snack to enjoy with beers and cocktails	
Crispy Naan Strips (Vg)	69
Served with - Pineapple chutney and mildly spiced hummus (NEW)	
Golden Madras Spiced Prawn & Crispy Calamari (NEW)	99
Spiced prawns and crispy calamari with tangy turmeric aioli.	
Samosa (4pcs)	30
Pea & Potato (Vg)	45
Paneer Bhurji	45
Chicken	45
Lamb	55

Kebabs

(Served with Lacha onions and mint chutney)

All our kebabs and curries are naturally gluten-free.
However, please inform us of any allergies or dietary requirements.

Paneer tikka Hariyali (4pcs) (NEW)	110
Paneer marinated in fresh herbs, yoghurt, and spices, then grilled in the tandoor for a smoky, flavourful bite.	
Malai Broccoli	89
A house specialty! Tender broccoli marinated in creamy cheese, yoghurt, and mild spices, then grilled for a rich, smoky flavour.	
Mock Punjab Chicken Tikka (Vg)	110
Mock chicken, gluten free, marinated in smoky spices and a hint of mild Kashmiri chilli, then grilled in tandoor.	
Chicken Tikka Punjabi	110
Juicy chicken pieces marinated overnight in spiced yoghurt with a hint of Kashmiri chilli, then grilled in the tandoor for a flavourful bite.	
Chicken Tikka Malai	110
Tender chicken marinated overnight in a creamy blend of yoghurt, cheese, mild spices, and dried rose petals, then grilled in the tandoor for a rich, charred flavour	
Tandoori Chicken ½	120
Chicken on bone marinated overnight in a blend of spices and yoghurt, then slow-cooked in the tandoor for a smoky, tender, and flavourful experience.	
Lamb Kandhari Seekh Kebab (NEW)	129
Double minced lamb blended with aromatic spices and herbs, shaped onto skewers, and slow-cooked in the tandoor for a smoked tender bite.	
Grilled Barah Lamb Chops (NEW)	2pcs 140 4pcs 275
A house specialty! Juicy lamb chops with a bit of fat, marinated in a rich blend of yoghurt, spices, herbs, and ginger juice, then grilled to perfection.	
Lasooni Fish Tikka (NEW)	159
Succulent kingklip fish marinated in garlic, yoghurt, and spices, then grilled in the tandoor for a smoky, flavourful bite.	
Grilled Prawns Recheado Butter (NEW)	6pcs 159
Juicy prawns marinated in a tangy recheado paste, made with a blend of spices, vinegar, and herbs, combined with rich butter, then grilled for a smoky, bold flavour.	

Platter for 2

The perfect way to begin your meal! Indulge in a delightful variety of flavourful starters, offering a vibrant experience that brings the essence of Punjab right to your table. Perfect for sharing!

- | | |
|--|-----|
| Punjab Platter Vegetarian (NEW)
Sev Puri, Veg Samosa, Peanut Chaat, Paneer Haryali Tikka,
Crispy Naan Strips. | 165 |
| Punjab platter Non-Vegetarian (NEW)
Sev Puri, Lamb Samosa, Peanut Chaat, Chicken Tikka,
Crispy Naan Strips. | 165 |

Chicken Curries

- | | |
|--|-----|
| Butter Chicken - Best Ever
Tender chicken cooked in a creamy, rich tomato gravy with a perfect blend of spices. It's a comforting, delectable dish that's sure to satisfy your taste buds! | 155 |
| Chicken Tikka Masala
Discovered in the UK, this classic features tender chicken in a rich, spiced tomato gravy for the perfect smoky, creamy flavour. A timeless favourite! | 155 |
| Chicken Korma
A mild, creamy curry, enriched with cashew nuts and fragrant spices for a smooth, indulgent taste. | 169 |
| Chicken Ludhianvi
A creamy, rich dish with tender chicken cooked in a blend of aromatic spices, finished with a sprinkle of toasted sesame seeds for an extra crunch and depth. | 155 |
| Chicken Pepper Fry (NEW)
A spicy and savory dish with tender chicken stir-fried in black pepper, curry leaves, and aromatic spices for a bold, satisfying kick. | 155 |
| Chettinad Chicken Rara (NEW)
A bold new dish! Tender chicken and chicken mince cooked in a rich, spiced gravy with Chettinad spices, delivering a deep, aromatic flavour with the perfect balance of heat. | 169 |
| Genuine Chicken Vindaloo (NEW)
A fiery, authentic dish with tender chicken simmered in a tangy, spicy sauce made with vinegar, garlic, and a blend of traditional spices for an intense, robust taste. | 155 |

Lamb Curries

Rogan Gosht - Best Ever A Kashmiri delight! Tender lamb slow-cooked in a fragrant, rich gravy with aromatic spices and a hint of Kashmiri chilli, delivering a bold, melt-in-your-mouth experience.	195
Saag Gosht A real Punjabi treat! Tender lamb slow-cooked with a mix of mustard greens and spinach, crafted to be just as good as my dad's legendary recipe. Packed with deep, earthy flavours and love!	195
Lamb Chettinad A bold, spicy dish with tender lamb cooked in a rich, aromatic Chettinad gravy, featuring a blend of fiery spices, herbs, and fragrant curry leaves for an authentic chettiar flavour.	195
Lamb Korma Tender lamb simmered in a creamy, rich sauce made with aromatic spices, nuts, and a touch of sweetness for a smooth, indulgent experience.	195
Railway Lamb Curry A hearty dish inspired by Indian railway cuisine! Tender lamb and potatoes simmered in a rich, spiced gravy, offering a perfect balance of heat and flavor for a comforting, nostalgic taste.	195
Dal Gosht (NEW) A bold new dish! Tender lamb cooked with yellow dal in a rich, spiced gravy, topped with crispy kale for a crunchy contrast and a burst of taste in every bite.	195
Laal Maas (NEW) A fiery new dish! Tender lamb cooked in a rich, spicy red gravy made with hot chilies and aromatic spices, delivering a bold, intense flavour that's not for the faint-hearted.	195

Prawn & Fish

Prawn Malabar

205

A coastal delight! Juicy prawns cooked in a rich, coconut-based gravy with a blend of Malabar spices, delivering a creamy, aromatic flavour with a hint of heat.

Prawn Butter Masala

205

A true favorite! Juicy prawns cooked in a creamy, rich tomato-based gravy with a touch of butter, creating a smooth, flavourful dish that's simply irresistible.

Prawn Gassi (NEW)

205

A traditional Mangalorean dish, prawns cooked in a rich, coconut-based curry with aromatic spices. This dish offers a perfect balance of heat and creaminess, bringing the flavours of the Southern coast to your plate.

Truckers Fish Curry

175

A hearty, rustic curry inspired by the roadsides of India! Tender fish cooked in a bold blend of crushed ginger, garlic, green chili, tomatoes, and onions, offering a tasty, spicy kick that's perfect for a satisfying meal.

Rava Fried Fish, Cumin Tamarind Potato, Turmeric Aioli (NEW)

175

Crispy fish coated in semolina (rava), served with cumin-tamarind potatoes and turmeric aioli for a delicious, crunchy bite.

Prawn & Fish Moilee

199

Tender fish and prawns, cooked with curry leaves, mustard seeds, coconut milk.

Vegetarian & Vegan

Paneer Makhani Soft paneer cubes simmered in a creamy, buttery tomato gravy with a hint of sweetness and aromatic spices. A rich and comforting classic!	139
Paneer Tikka Masala Grilled paneer cubes cooked spiced tomato gravy with creamy undertones and a hint of fenugreek, adding depth to this smoky and flavourful classic!	139
Palak Paneer A classic North Indian favourite! Tender paneer cubes cooked in a velvety spinach sauce, infused with aromatic spices for a rich and nourishing dish.	139
Paneer Malabar (NEW) A coastal twist on a classic! Soft paneer cubes simmered in a rich, coconut-based Malabar curry with fragrant spices and curry leaves, adding a burst of authentic flavour.	139
Mock Butter Chicken (Vg) Tender, plant-based mock chicken simmered in a rich, creamy tomato-butter gravy with aromatic spices for a comforting, indulgent dish.	169
Punjabi Dal Makhni Slow-cooked overnight for rich, deep flavours, this dish combines whole black lentils and kidney beans simmered in butter and cream, infused with aromatic spices for a creamy, indulgent treat.	115
Carrot and Sweet Potato curry (Vg) (NEW) A Kerala-inspired dish! Tender carrots and sweet potatoes simmered in a fragrant, spiced coconut-based curry, bringing the warm and comforting flavours	105
Baingan ka Bharta (Vg) (NEW) Smoked aubergine and green pea tempered with cumin, chilli and coriander.	105
Brinjal Masala (Vg) Tender aubergine simmered in a coconut cream masala with onions, tomatoes, and a hint of ginger and garam masala. Creamy, aromatic, and absolutely delicious!	105

Amritsari Chole (VG)	105
A Punjabi classic and house favorite! Slow-cooked chickpeas in a rich, spiced gravy with bold flavours and a hint of tanginess, perfect with naan or rice.	
Tardka Dal (VG)	99
Dr. Gupta's favourite! Yellow lentils slow-cooked until creamy, then tempered with cumin, aromatic spices, and garlic for a comforting, homely taste.	
Dal Palak (NEW)	105
A nourishing blend of lentils and spinach, slow-cooked with aromatic spices and tempered with cumin and garlic for a wholesome, satisfying dish.	

Dum Biryani

A timeless favourite! Fragrant basmati rice layered with your choice of tender meat, chicken, prawns, or vegetables, marinated in aromatic spices and slow-cooked in a sealed pot to infuse all the flavours, creating a rich and satisfying experience.

Lucknowi Chicken	155
Hyderabadi Lamb	195
Coastal Prawn	205
Punjabi Vegetarian	139

Rice and Bread

Basmati Rice	35
Light, fluffy, and fragrant long-grain rice	
Jeera Pulao	39
Fragrant basmati rice tempered with cumin seeds and onions, offering a simple, earthy flavour	
Curry Leaf Rice	39
Fragrant basmati rice infused with aromatic curry leaves, tempered with spices and crunchy peanuts for a flavourful South Indian touch.	
Naan	
Soft, fluffy, and freshly baked in the tandoor-perfect for scooping up curries or enjoying on its own.	
Plain Naan	25
Butter Naan	27
Garlic Naan/Chilli Garlic	30
Punjabi Naan Red Chilli Butter (NEW)	32
Cheese Naan	40
Lacha Paratha	35
A crispy, multi-layered flatbread, expertly baked in the tandoor for a smoky, flaky, and buttery texture.	
Pudina Paratha (NEW)	35
A crisp, flaky tandoori paratha layered with dried mint and spices for a refreshing, aromatic twist.	
Missi Roti G.F (NEW)	40
A rustic gram flour flatbread with chopped onions, dried coriander, and fresh herbs, baked in the tandoor for an authentic bite.	
Aloo Naan	45
Soft tandoor-baked Naan stuffed with spiced mashed potatoes and fresh herbs.	
Chicken Tikka Naan, Fenugreek Butter (NEW)	50
Naan stuffed with juicy chicken tikka, baked in tandoor, topped with aromatic fenugreek butter	
Lamb Keema Naan	55
Soft, freshly baked naan stuffed with spiced minced lamb, offering a savoury, aromatic filling in every bite.	

Raita

Cucumber Raita A refreshing yoghurt-based side, mixed with finely chopped cucumber and seasoned with cumin and Himalayan Salt	45
Smoked eggplant raita with Bhujia A smoky, creamy yoghurt-based raita made with roasted eggplant, topped with crunchy bhujia for a delightful contrast of flavours and textures.	50

Pickle/Achar and Onions

Carrot & Cauli	40
Brinjal	40
Chilli Pickle Chilli	40
Chilli Pickle Jaggery	50
Shrimp Pickle	70

Deserts

Gulab Jamun, Almond Pistachio Rabri	69
Saffron Kulfi, Faluda	79
Pistachio & White Chocolate Kulfi	79
Chai Spiced Tiramisu	79
Nutella Filled Naan	69



Punjab

WINE LIST

Bubbles

	Glass	Bottle
Prosecco		
Cinzano Prosecco	45	199
Cap Classique		
Kleine Zalze NV Brut	60	340
Kleine Zalze NV Rosé	60	340
Sparkling		
Robertson Winery Sparkling Brut	40	175

Sauvignon Blanc

	Glass	Bottle
Spier Signature Sauvignon Blanc	45	170
Lanzerac Sauvignon Blanc	60	210
Thelema Sauvignon Blanc		260

Chenin Blanc

	Glass	Bottle
Kleine Zalze Cellar Selection Bush Vines Chenin Blanc	45	170
Ernie Els Big Easy Chenin Blanc	60	210
DeMorgenzon DMZ Chenin Blanc		270

Chardonnay

	Glass	Bottle
Rustenberg Stellenbosch Wild Ferment Unwooded Chardonnay	60	210
Spier Seaward Chardonnay		260
Glen Carlou Chardonnay		350
La Bri Chardonnay		360

Riesling

	Glass	Bottle
Thelema Sutherland Riesling		280

Rosé

	Glass	Bottle
Kleine Zalze Cellar Selection Cinsault Rosé	45	170
Lanzerac Pinotage Rosé		210

Merlot

	Glass	Bottle
Spier Signature Merlot	45	180
Rustenberg Stellenbosch Merlot		275

Pinotage

	Glass	Bottle
Beyerskloof Pinotage	60	220
Delheim Pinotage		305

Syrah

	Glass	Bottle
Spier Signature Shiraz	50	180
DeMorgenzon DMZ Syrah		270
Delaire Graff Shiraz		360

Cabernet Sauvignon

	Glass	Bottle
Ernie Els Big Easy Cabernet Sauvignon	60	225
Rustenberg Stellenbosch Cabernet Sauvignon	70	270
Glenelly Glass Collection Cabernet Sauvignon		315

Red Blends

	Glass	Bottle
The Wolftrap Red	40	150
Alto Rouge	65	250
Seriously Old Dirt by Vilafonté		460

Punjab Inspired Cocktails

Chilli Ginger Martini A spiced infused special made with fresh Chilli, crushed Ginger & Absolute Vodka, shaken.	89
Coriander & Ginger Martini Vodka, Ginger syrup, Coriander Leaves, Lime Juice.	89
Patiala Mojito (DARK RUM) Dark Rum, Star Anise, Lime, & Ginger Beer.	89
Spicy Paloma (NEW) El Jimador Tequila, Grapefruit Soda, Hint of Jalapeno.	89
Dark Monsoon Cocktail (NEW) Dark Rum, Honey-Ginger Syrup, Coffee Liqueur, Bitters	89
Lucknow Smash (NEW) White Rum, Watermelon Liqueur, Lime Juice, Green Chilli & Mint.	89

Cocktails

Mojito White Rum, Soda Water, Sugar Syrup, fresh Lime, Mint Leaves.	75
Piña Colada White Rum, fresh Pineapple, Pineapple Juice, Coconut Cream	75
Strawberry Daiquiri White Rum, Dark Rum, Lime Cordial, Sugar Syrup, fresh Strawberry.	75
Margarita Frozen or Shaken Tequila, Triple Sec, Lemon Juice	75
Aperol Aperol, MCC, Soda Water	75
Long Island Iced Tea Vodka, White Rum, Tequila , Triple Sec, Lemon Juice, Sugar Syrup.	79

Mocktails

Virgin Desi Mojito Fresh Limes, Mint, Cane Sugar, muddled & topped with Ginger Beer.	60
Punjabi Cola Mojito Coke, Mint, Lime, Black Salt.	60
Mango Masti Mango purée, Apple Juice, Mint Leaves, & Coconut Cream blended.	60
Pink City Crushed Pomegranate, fresh Lime, & Mint, topped with Ginger Beer. Reminds you of Jaipur	60
Pearl Of Goa (NEW) Pineapple Juice, Peach Syrup, Passionfruit	60
Rock Shandy	38
Steelworks	40

Liquor

Per Tot

Gin

Gordon's	22
Bombay Sapphire	32
Tanqueray	32
Inverroche	52

Vodka

Smirnoff 1818	26
Absolut	29
Grey Goose	52

Rum

Captain Morgan	24
Dark Rum	26
Bacardi	28

Brandy

Klipdrift Export	24
Richelieu	26
Hennessy	48

Whisky

Bells / J&B	25
Johnnie Walker Red Label	32
Johnnie Walker Black Label	46
Chivas Regal 12YO	46
Jameson Irish Whiskey	40
Jack Daniel's	40
Monkey Shoulder	52

Beers

On Tap

Devil's Peak Lager	(SMALL)	40
	(LARGE)	60
Devil's Peak IPA	(SMALL)	40
	(LARGE)	60

Bottled

Castle Lite / Lager	35
Black Label	35
Amstel	35
Heineken	40
Heineken Zero	40
Windhoek Draught	45
Corona (355ml)	45
Corona (BUCKET OF 5)	195

Ciders

Savanna Dry / Light	45
Cluver & Jack	55

Non-Alcoholic Drinks

Lassi

Savoury Cumin	35
Mango Lassi	40
Sweet Cardamom	40

House Specials

Masala Lemonade (NEW) Cumin, Mint, Himalayan Salt	35
Punjab Mango Ice Tea (NEW)	40

Soft Drinks

Soft Drinks (200ml) Tonic Water, Ginger Ale, Soda Water, Lemonade, Dry Lemon, Pink Tonic	20
Soft Drinks (300ml) Coke, Coke Zero, Fanta, Stoney, Cream Soda, Sprite, Sprite Zero	25
Grapetiser	32
Appletiser	32
Bos Ice Tea	
Peach	32
Lemon	32
Berry	32
Energy Drinks	
Red Bull Energy Drink	35
Red Bull Energy Drink Watermelon	35

Cordials

Passion / Lime / Kola	12
-----------------------	----

Water

Still or Sparkling

500ml	20
1 Litre	40

Coffee & Tea

Espresso (SINGLE)	20
Espresso (DOUBLE)	28
Americano	30
Flat White	35
Cappuccino	35
Masala Chai	32
Latte	39
Turmeric Latte	39
Pistachio Latte	45

Iced

Iced Americano	35
Iced Latte	39

Syrups

Vanilla, Pistachio, Hazelnut	10
------------------------------	----