



Lunch

CONTEMPORARY, ALL LIGHT INDIAN COOKING

Smart Dining with Vibrant Flavors

We are pleased to feature a new concept in Indian cuisine for Californians. Our philosophy answers the continuing trend for healthier dining without sacrificing flavor. All selections are comprised of flavors from India, vegetation of sunny California and tastes of both worlds. Our focus is on high quality, low fat, low cholesterol, high fiber value. We do not use butter or cream in any preparation. All preparations are created by Chef Pradeep who has formerly worked in India and Europe and is also the former Chef of Century Plaza Hotel & Towers in Century City.

Chef Pradeep, an articulate and forward thinking native of New Delhi is also trained and experienced in fine Italian, French and Mediterranean cuisine. He utilizes his talent and expertise to create a new edge in healthy, fine Indian cuisine of current times. You will notice an emphasis of freshness on every plate. We offer regional Indian food that has never before been presented in this part of the World, without letting you sacrifice the taste and flavors of India. We welcome you to have a great dining or take-out experience at Pradeep's - Enjoy!

Santa Monica | 1405 Montana Ave. CA 90403
Lunch & Dinner | 11:00am - 9:45pm Daily
Phone | (310) 393.1467 F (310) 395.6575

Marina del Rey | 517 Washington Blvd. CA 90292
Lunch | 11:00am - 3:00pm Daily (Wed thru Sun)
Dinner | 4:00pm - 9:45pm Daily
Phone | (310) 577.9293 F (310) 577.9299

Beverly Hills | 326 S. Beverly Drive. CA 90212
Lunch & Dinner | 11:00am - 9:45pm (Tues thru Sun)
Phone | (310) 203.3367 F (310) 203.3368

Website | www.Pradeeps.com

Dine In · Take Out · House Delivery · Office Parties · Catering
We have great beer & wine selections

APPETIZERS

- PAPADUMS** (*Thin Lentil Crackers*) 3.5
Savory toasted thin lentil crackers, mint and tamarind chutney
- ALOO KI TIKKI** (*Potato Pancakes*) 4.5
Shallow fried potato pancake with ginger, green chili, green peas, cilantro with crown of papadum, balsamic & mint chutney
- TANDOORI CHICKEN PAKORA** 6
Tandoori, bone-in chicken leg pieces, fried with lentil flour, mint and tamarind chutney. Add white meat for \$1.00
- SALMON PAKORA** 8
Garam Masala marinated salmon pieces, lentil batter, deep-fried. Yummy!
- FAMOUS SAMOSAS** (*Indian Turnovers*) 4.5
Vegetable fried turnovers, mint and tamarind chutney
- ONION & FRESH SPINACH PAKORAS** 4.5
Shredded onion and fresh spinach leaves fried with lentil batter. Served with chutney tray
- LEMONY RICE PUFFS AND POTATO CHAAT** 4.5
Savory rice puffs and potatoes with onion, tomato, cucumber, jalapeño, cilantro, lemon juice and curry spices

SOUPS

- CARROT & CORIANDER** 4.5
A unique blend of California grown carrots and dry coriander from the fields of Punjab, scent of cilantro and lime, served with toasted lentil cracker
- ROASTED EGGPLANT, SPINACH & GARLIC** 4.5
A very healthy combination of vegetables which is lower in fat & calories and high in fiber, served with toasted lentil cracker

SALADS

- MARRIAGE OF CALIFORNIA ORGANIC GREENS & TANDOORI CHICKEN** (*White Meat*) 8
California-grown organic greens, Tandoori chicken (White meat; boneless & skinless), fresh tomatoes in our homemade Balsamic and mint dressing
- FRESH ORGANIC GREENS, GARBANZO & NAN** 8
Garbanzo tossed with freshly chopped cucumber, tomatoes, cilantro and shredded Nan in lemony star-kiss dressing, served over baby organic greens
- ORGANIC BABY GREENS & TOFU** 8
Organic baby greens and tofu cubes tossed in a masala and lemon dressing with diced cucumber and tomato

BREADS

- WHOLE WHEAT CHAPPATI/ROTI** 1.75
- NAN BREAD** (*No yeast, milk, butter or eggs*) 1.75
- GARLIC NAN BREAD** 1.75

Healthy Indian cooking that is still full of the vibrant flavors found in this cooking is what you'll find at this cozy restaurant.

-Grace Hiney, Palisadian Post

ENTREES

Served with fluffy basmati rice, baby organic greens and chutney tray (hot, mild and medium on request)

MASALA CURRY DISHES

Masala dishes are prepared in a special thick sauce and then cooked again in a hot Karai with onion, tomato, cilantro, and various spices to create the dish to delight the palate

- CHICKEN** (*White meat - boneless & skinless*) 10 **LAMB** (*boneless and lean*) 12
- SALMON** 13 **SHRIMP** 13

SAAG DISHES

Slowly cooked spinach & mustard greens infused with thick curry sauce and aromatic spices

- CHICKEN** (*White meat - boneless & skinless*) 10 **LAMB** (*boneless and lean*) 12
- SALMON** 13 **SHRIMP** 13

RICE BIRYANIS (*Indian Style Risotto*)

Basmati rice prepared together with a special blend of aromatic herbs and spices to create a traditional Indian meal

MIXED VEGETABLE 9


- CHICKEN** (*White meat - boneless & skinless*) 10 **LAMB** (*boneless and lean*) 12
- SHRIMP** 13 **SALMON** 13

VINDALOO DISHES

An age old specialty for spice and jalapeño lovers. Very aromatic curry stew cooked with Idaho potatoes

- CHICKEN** (*White meat - boneless & skinless*) 12 **LAMB** (*boneless and lean*) 13
- SALMON** 14 **SHRIMP** 14

Nut Holder



This holder, like the bags of the Banjara, is particularly suited to a nomadic way of life. Nuts and other precious articles can be stored and hung in safety. The holder is made of four square bags of cinnamon-colored cotton cloth and one central square. The hanging bags are solidly embroidered on both sides in cotton thread, mainly in brick stitch, with some cross stitch. The roudlau tassels end in wool pompons.

PRADEEP'S OWN SPECIAL CREATIONS

PRADEEP'S SALMON

Tandoori marinated salmon served over turmeric & cilantro flavored mashed potatoes, California organic greens, balsamic and mint yogurt chutney.

13

TANDOORI MARINATED CHICKEN

Half chicken (skinless, bone-in) served over fluffy basmati rice, curry infused lentil and California organic greens. Dairy Free

11

(all white meat add 2)

BHURTA DISHES

Curry infused roasted eggplant sauce based dishes

Served with fluffy basmati rice, baby organic greens and exotic chutneys

CHICKEN (White meat - boneless & skinless) 12 LAMB (boneless and lean) 13

SALMON 13 SHRIMP 13

METHI & LENTIL DISHES

Lentil and fenugreek infused with tomatoes, onion and fresh ground green curry spices - A twist of Hyderabad accent, very aromatic

CHICKEN (White meat - boneless & skinless) 12 LAMB (boneless and lean) 13

SALMON 13 SHRIMP 13

PARATHA ROLL (On the Light Side)

Create your own Indian Style Burritos/Wraps

Curry spiced, rolled in romali roti (tortillas) and served with baby organic mixed greens and a balsamic & mint chutney

CHICKEN MASALA ROLL (White meat - boneless & skinless) 8

LAMB MASALA ROLL (boneless and lean) 9

MIXED VEGETABLE ROLL 8 SALMON ROLL 9

SIDE ORDERS

MINT CUCUMBER AND TOMATO RAITA (Yogurt dip) 2.5

PLAIN FLUFFY BASMATI RICE 3

SIDE ORDER OF VEGETABLE CURRY OR DAL 6.5

MANGO CHUTNEY 1.55

We accept all major credit cards • Prices subject to change

Take-out available • Suggestions are welcome • Substitutions are gladly made with minimum charge
To help conserve, water served only upon request • We do not use butter or cream in any preparation.

VEGETARIAN ENTREES

Served with fluffy basmati rice, baby organic greens and chutney tray

Curry sauce infused with freshly ground herbs and aromatic spices
(hot, mild and medium on request)

ALOO GOBI 8.5

Potato and cauliflower cooked with onion, tomatoes, ginger, garlic and curry spices

ALOO MATTAR 8.5

Potato and green peas cooked with onion, tomatoes, ginger, garlic and curry spices

BAIGAN KA BHURTA 8.5

Roughly chopped roasted eggplant cooked with red onions, tomatoes, ginger, garlic, curry spices and cilantro

MATTAR PANEER 8.5

Homemade cheese and garden green pea curry

DAL (Lentil of the Day) 8.5

India produces at least 25 varieties of lentil, prepared on a slow fire with 10 spices and 5 fresh herbs.

SEASONAL MIXED VEGETABLES 8.5

Curry infused, seasonal mixed vegetables

ALOO MASALA 8.5

Cumin and turmeric accented tangy and zesty potato dish

SPICY TOFU AND CAULIFLOWER 8.5

Curry infused, a unique and tasty combination

ORGANIC TOFU TAKA-TAK 8.5

Organic tofu cooked with aromatic chunky salsa curry

CHANNA MASALA (Curried Garbanzo Stew) 8.5

SAAG DISHES 8.5

Slowly cooked spinach with aromatic curry spices and fresh herbs

w/ Potato (Saag Aloo)

w/ Tofu (Saag Tofu)

w/ Cauliflower (Saag Cauliflower)

w/ Home Made Cheese (Saag Paneer)

CREATE YOUR OWN COMBINATION PLATTER

VEGETARIAN

Choice of any 2 vegetables from above with lentil of the day, fluffy Basmati rice, nan bread, raita (yogurt salsa), organic house greens and chutney tray

10

NON-VEGETARIAN

Includes 1 vegetable from above, lentil of the day, fluffy Basmati rice, nan bread, raita (yogurt salsa), organic house greens, chutney tray and your choice of Tandoori Chicken (white meat) or Chicken Curry (White meat - boneless and skinless)

12

Among L.A.'s best restaurants and among only two
best Indian Restaurants in Los Angeles.

-BUZZ Magazine 1008

DESSERTS

RICE KHEER 4.5

A cardamom and rose oil infused, milky rice pudding

MANGO ICE CREAM 4.5

A very special, imported Alphonso mango flavored Indian ice cream

SAFFRON AND PISTACHIO ICE CREAM 4.5

A most exotic ice cream from India

CARDAMOM ICE CREAM 4.5

Cardamom - one of the most exotic spices in Indian Cooking

GINGER ICE CREAM 4.5

A California experience

GULAB ZAMUN 4.5

King of all sweets in India, deep-fried milk balls in rosy sugar syrup

BEVERAGES

LASSI'S 3.5

World famous Indian frappe made of non-fat yogurt.

Your choice of: Mango or Sweet

NIMBU KA PANI (Fresh Lemonade) 2.5

Freshly squeezed lemon water - sweet

PRADEEP'S MAGIC MANGO MADNESS - 2 SERVINGS 4.5

A refreshing, ginseng infused, sparkling beverage, blended with mango juice.

MINERAL OR SPARKLING WATER / ICED TEA 2.5

SOFT DRINKS 2.5

Coca-Cola, Diet Coke, 7-Up, Diet 7-Up

HOT TEAS 2.5

Caffeine-Free Teas - Lemon Zinger, chamomile or mint

CHAI 2.5

Chai - An aromatic Indian tea simmered with milk, served hot

ICED CHAI 3.5

Aromatic Indian tea, simmered with milk, served chilled

Wedding Mat

A small mat used to cover food at marriage ceremonies. The mat is made of a square of natural-coloured cotton appliqued with patches of indigo and brick coloured cotton and with finer white cotton cut in a zigzag line. The embroidery is mainly chain stitch in wool thread, with some touches of fine white cotton. The four larger central squares are highlighted with shisha.

