

## Pondering Plates

Choose From Our Selection  
Of Healthy Bites & Order One  
Of Our Bespoke Cocktails

<b>Crispy Okra</b> Vg	3.95
<b>Kale Chips</b> Vg	3.75
<b>Rock Salt Edamame</b> Vg	3.00
<b>Spicy Edamame</b> Vg	3.25
<b>Poppodams &amp; Chutney</b> V	3.00

## Salad Plates

<b>Nagoya Gomaae Sesame Salad</b> Vg Baby Spinach Gomaae With Sesame Dressing	7.25
<b>UNA Salad</b> V Quinoa, Kale, Alfa Alfa Cress With Sprouting Lentils, Edamame Beans, Sweet Potato & Sprouting Broccoli Tossed With Turmeric Sprinkled Yoghurt & Lemon Dressing	8.25
<b>Burrata Beet &amp; Tomato Salad</b> V Burrata, Beet & Tomato Salad With Curry Leaves And Herbs	8.00

## Soups

<b>Cream Of Spinach</b> V	4.95
<b>Tom Yum Goong</b> Spicy Thai Prawn Soup	5.95

## Una Plates Non-veg

Try Our Plates From Different  
Regions. Share & Experience  
These Wonderful Tastes,  
Textures & Spices

<b>Chicken Tikka Roti Wrap</b> Succulent Pieces Of Chicken Tikka On A Fresh Whole-wheat Roti Wrap	7.95
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<b>Chargrilled Salmon</b> Carom Seed & Ginger Infused Salmon	7.85
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<b>Malay Popcorn Prawns</b> Prawns, Garlic, Crispy Batter With Chopped Chives & Dipping Sauce	8.75
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<b>Pulled Duck Bites</b> Crispy Pulled Duck, Garlic Chilli Oil, Cucumber & Plum Sauce On Cos	8.75
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<b>Crushed Black Peppercorn Chicken</b> Cracked Pepper Marinated Chicken, Grilled & Served, With Mint & Coriander Chutney	7.50
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<b>Una Lamb Chops</b> Delicious Grilled Lamb Chops, Lamb Sauce With Cumin Potatoes	8.95
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## Una Plates Vegan & Veg

<b>Sweet Potato Chaat</b> V Sweet Potato Chaat – Gluten Free Streetfood With Tamarind & Green Chutney & Cumin Yoghurt Drizzle (Vegan Version Without Dairy Available)	5.75
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<b>Una's Aubergine</b> Vg Turmeric & Garlic Coated Grilled Aubergine In A Tomato Coconut Sauce	6.25
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<b>Gyoza Nakamichi</b> Vg Vegetable Gyoza Ponzu Soy Sauce	6.25
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<b>Grilled Sesame Asparagus</b> V Grilled Asparagus With Sesame Cream Sauce (Vegan Version Without Dairy Available)	6.95
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<b>Char-grilled Paneer</b> V Nigella Seed & Chilli Marinated Fresh Paneer, (Cheese) Roasted In A Light Yoghurt & Healthy Turmeric Marinade	6.95
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<b>Grilled Mushrooms</b> V Grilled Mushrooms, Stuffed With A Turmeric & Coriander Flavoured Mix Of Paneer & Potato, Served With A Delicate Mushroom Sauce	6.75
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## Una Bowls

**Gaeng Keow Wan V** 7.25

Galangal, Thai Basil & Aubergine  
Flavoured Vegetable Green Curry  
(Vegan Version Available)

**Burmese Khao Suey**

Delicious Coconut Based Yellow Curry  
From Burma.  
Choice Of:

**Chicken** 11.50

**Tofu & Mushroom Vg** 10.25

**Spinach & Peas With Fenugreek V** 7.25

Pureed Spinach, Peas & Green  
Fenugreek Leaves

**Chole Masala V** 6.95

Chickpea Curry With Ginger, Turmeric &  
Coriander (Vegan Version Available)

**Lamb Curry** 9.95

Ginger & Coriander Flavoured Slow  
Cooked Lamb Curry With Turmeric

**CTM (Chicken Tikka Masala)** 8.25

Try Una's Iconic Chicken Tikka Masala  
Hot, Medium Or Mild

**Coconut Prawn Curry** 9.50

Coconut & Curry Leaf Flavoured  
Prawn Curry

## Biryani

**Lamb** 8.75

**Vegetarian V** 6.95

## UNA Sides

**Steamed Rice** 3.50

**Organic Red Rice** 3.75

**Egg Fried Rice Nv** 4.50

**Una Quinoa** 4.25

**Truffle Thin Crust Naan** 3.95

**With Cheese** 4.25

## Gluten Free Roti

**Johar (Sorghum Flour)** 2.50

## Thin Crust Naan

**Plain** 2.75

**Buttered** 2.95

## Wholemeal Roti

**Plain** 2.25

**Buttered** 2.50

## Paratha

**Potato** 3.70

**Paneer** 3.95

## Sauces

**Biryani Sauce Nv, CTM Sauce Nv,** 1.50

**Khao Suey Sauce** 1.50

**UNA Daal** 4.50

**Cumin Potatoes** 4.00

## Una Condiments

**UNA's Tomato & Onion Chutney** 1.75

**Mango Chutney** 1.25

**Sweet Chilli Sauce** 1.25

**Mixed Pickle** 1.25

**UNA's Tamarind Chutney** 1.50

**UNA's Mint & Coriander Chutney** 1.50

**Una's Raita** 2.00

**Dhai Yoghurt** 1.50

**Una Chilli Oil** 1.00

## Allergies & Intolerances

*If You Have A Food Allergy, Intolerance Or Sensitivity, Kindly Inform Your Server Before You Order. They Will Be Able To Suggest The Best Dishes For You.*

*Our Dishes Are Prepared In Areas Where Allergenic Ingredients Are Present. We Cannot Guarantee Our Dishes Are 100% Free Of Allergenic Ingredients.*

*We Have Seasonal Menus In Which Our Recipes Change. It Is Always Best To Check With Your Server Before Ordering.*

*Our Kitchen Contains Nut And Nut Derivatives.*

**KEY :**

**V** - Vegetarian **Vg** - Vegan  
**Nv** - Non Vegetarian