Namasthe SpiceCoast

Spice meets soul

MENU

INDIAN RESTAURANT

KRAYER STRASSE 302 · 45307 ESSEN

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AS OF 6 NOVEMBER 2026

The five spice levels

For many dishes you choose the spice level from 1 to 5. The price is the same.


Mild – no chilli, but full of flavour.


European medium – for those who like a little heat.


European hot – spicy by European standards, normal for a North Indian palate.


Indian medium – typical South Indian spice.


Indian hot – extremely hot; only if level 4 was not hot enough.

V vegetarian · Vg vegan · GF gluten-free · ★ Chef's special

Starters

Our most-loved starters!

1 **Samosa** V — €6.40
Deep-fried snack filled with potatoes, peas, carrots, and spices, served with fresh salad and sauce.
d

2 **Aloo Vada** Vg — €5.90
Spiced mashed potatoes coated in seasoned chickpea batter and fried, served with fresh salad and sauce.

4 **Paneer Pakora** V — €6.90
Indian cottage cheese coated in chickpea batter and deep-fried, served with fresh salad and sauce.
d, g

5 **Onion Bhaji** Vg — €6.40
Onion strips coated in seasoned chickpea batter and fried, served with fresh salad and sauce.
d

8 **Meat Cutlet** €7.70

Fried meat patties with potatoes, onions and Indian spices, served with fresh salad and sauce.

a, d

9 **Gemüseplatte** V €12.20

An assortment of Samosa, Paneer Pakora, Baingan Pakora, Onion Bhaji & Parippu vada, served with fresh salad and sauce.

Vegan on request · for 2 people · d, g

10 **gemischte Platte** €15.50

An assortment of Samosa, Paneer Pakora, Meat Cutlet, Baingan Pakora & Onion Bhaji, served with fresh salad and sauce.

for 2 people · a, d, g

Soups

Delicious & Creamy!

21 **Dal Shorba** V €5.60

A Delicious Lentil soup with Indian spices garnished with cream.

Vegan on request

23 **Murgh Shorba** €6.60

A Mughlai specialty with ginger and lemon served with delicate chicken strips.

g

Vegetarian / Vegan

The goodness of vegetables!

All dishes are served with basmati rice.

46 **Chole Bhature** V €16.60

The famous dish from Punjabi cuisine, prepared with delicious Chana Masala, accompanied by fried Bhatura bread (non-vegan) or rice.

Vegan on request · a, d, g

48 **Palak Paneer** V €16.30

Homemade Indian cottage cheese with spinach, onion, ginger, tomatoes and spice sauce.

g

49 **Gemüse Korma** V — €16.90

A delectable dish made with an assortment of vegetables braised with cashew nuts and spices.

Spice level 1–5 selectable · b, g

52 **Bhindi Masala** V GF — €15.50

Okra fried with fresh onions, ginger, tomatoes, mango powder and spices.

g

54 **Dal Tadka** V — €12.60

Yellow dal cooked with onion, tomato and flavored with generous amount of tempered ghee and spices.

Vegan on request · g

55 **Paneer Makhanwala** V — €18.30

Indian cottage cheese in rich, creamy, and buttery tomato-based curry. Not to be missed.

d, g

56 **Malai Kofta** V — €18.50

A luxurious North Indian dish featuring soft paneer dumplings (kofta) served in mildly spiced, rich, and creamy gravy.

d, g

Chicken / Duck

The best Indian poultry delicacies!

All dishes are served with basmati rice.

61 **Malabar Duck Curry** — €21.60

Duck is prepared with coconut milk and spices. Cooked potatoes and coconut milk give it creamy texture.

Spice level 1–5 selectable · g, j

62 **Chicken Curry** — €17.80

An Authentic and traditional South-Indian curry made with chicken simmered in creamy gravy with fragrant spices.

Spice level 1–5 selectable · g, j

64 **Butter Chicken** — €19.50

Succulent chicken pieces from the Tandoori oven briefly grilled and cooked with spices in creamy tomato curry sauce.

Spice level 1–5 selectable · g, 2

66 **Chicken Korma** ★ Chef's special — €19.80

Chicken cooked with onion and spices in rich creamy gravy with coconut milk and cashew nuts.

Spice level 1–5 selectable · g

68 **Chicken Jalfrezi** €16.80

Chicken fillets seasoned and prepared with fresh ginger, garlic, peppers, onions and tomato curry sauce.

Spice level 1–5 selectable · g

69 **Kadhai Chicken** €17.90

A tasty chicken dish with mix of onions, bell peppers, tomato puree, and roasted spices prepared in traditional Kadhai.

Spice level 1–5 selectable · g

Lamb

Authentic and tasty!

All dishes are served with basmati rice.

72 **Lamm Korma** ★ Chef's special €23.90

Lamb in rich sauce made from spices, coconut milk and cashew nuts.

Spice level 1–5 selectable · b, g

73 **Lamm Vindaloo** ★ Chef's special €21.20

South Indian lamb specialty with potatoes and exotic spicy sauce.

Spice level 1–5 selectable · g

75 **Lamm Curry** €21.20

An Authentic and traditional South-Indian curry made with lamb and potatoes simmered in fragrant spices and coconut paste.

Spice level 1–5 selectable · Gluten-free on request · d, g, j

Seafood

Immerse yourself in the sea of flavors!

All dishes are served with basmati rice.

81 **Fish Curry** €22.50

Tender salmon cooked in aromatic tomato-based gravy with onions, ginger-garlic, tomatoes & ground spices.

Spice level 1–5 selectable · e, g

Tandoori Grill

Taste straight from a clay oven called a Tandoor!

All dishes are served with basmati rice.

91 **Tandoori Chicken** — €21.20
Grilled chicken with bone, previously marinated in yogurt and spices for 24 hours, served with onion, paprika and curry sauce.
Spice level 1–5 selectable · g, 2

92 **Chicken Tikka** — €23.20
Chicken breast fillet marinated with special yogurt sauce, served with onion, paprika and curry sauce.
Spice level 1–5 selectable · g, 2

94 **Tandoori fisch und Garnelen** — €26.20
Fish and scampi marinated with Tandoori special sauce, prepared in tandoor, served with onion, paprika and curry sauce.
Spice level 1–5 selectable · e, g, 2

96 **Tandoori Gemischter Grill** — €28.50
A selection of meat, fish, and shrimp delicacies prepared in tandoor, served with onion, paprika and curry sauce.
Spice level 1–5 selectable · e, g, 2

Biryani

Cooked in dum, tastes yum!

All dishes are served with basmati rice. (DE menu says: served with curry sauce – owner to confirm)

101 **Chicken Biryani** — €20.20
Basmati rice steamed with chicken fillet, peas, carrots, onions, raisins, cashew, cinnamon and other aromatic spices.
Spice level 1–5 selectable · d, g

102 **Prawn Biryani** — €21.20
Basmati rice steamed with fried shrimps, cashew, raisins, carrots, peas, onions and various spices.
Spice level 1–5 selectable · d, e, g

103 **Lamb Biryani** — €21.20
Basmati rice steamed with roasted lamb, cashew, carrots, peas, onions and various spices.
Spice level 1–5 selectable · d, g

104 **Vegetable Biryani** €18.20

Basmati rice steamed with various vegetables, peas, carrots, onions, raisins, cashew, cinnamon and other aromatic spices

Spice level 1–5 selectable · d, g

Rice

Eat the best rice!

111 **Jeera Rice** €5.80

Fragrant basmati rice tempered with roasted cumin seeds.

b, d, g

112 **Basmati Rice** €4.80

Basmati is variety of long, slender-grained aromatic rice, which is traditionally from the Indian subcontinent.

Thali

The pleasure of variety on your plate!

Please check availability before ordering.

121 **Veg-Thali** V €26.50

A platter of various vegetarian dishes served with basmati rice, naan and dessert.

a, b, d, g, j

122 **Non-Veg Thali** €29.90

A platter of various Non-vegetarian dishes served with basmati rice, naan and dessert.

Spice level 1–5 selectable · a, b, c, d, g, j, k

Breads

Fresh and Fluffy!

131 **Naan** €3.90

Indian flatbread made in tandoor.

a

132 **Butter Naan** €4.10
Indian flatbread made in tandoor with butter.
a, g

133 **Chilli Naan** €4.30
Indian flatbread made in tandoor, topped with green chilli.
a, g

134 **Garlic Naan** €4.30
Indian flatbread made in tandoor with garlic and butter.
a, g

135 **Kulcha** €4.50
Soft, fluffy leavened flatbread baked in traditional tandoor, lightly crisp on the outside and tender inside.
a, g

136 **Tandoori Roti** Vg €3.70
Whole-wheat flour flatbread cooked dry in tandoor.
d

137 **Bhatura** €3.80
Fluffy, deep-fried leavened bread made from finely ground flour.
d

138 **Laccha Paratha** Vg €4.80
Flaky, layered whole wheat flatbread, pan-fried to golden crisp with soft, buttery texture.
d

139 **Aloo Paratha** Vg €5.80
Fluffy, deep-fried leavened bread made from finely ground flour.
d

For our little guests

Small, but still very important!

151 **Kids Butter Chicken** €11.80
Succulent chicken pieces from the Tandoori oven briefly grilled and cooked with spices in creamy tomato curry sauce.
g, 2

152 **Kids Chicken Korma** €11.80
Chicken breast in mild sauce of spices, coconut milk and cashew nuts, served with basmati rice
g

153 **Kids Lamb Korma** €13.80

Lamb in mild sauce of spices, coconut milk and cashew nuts, served with basmati rice.

g

154 **Pommes** Vg GF 3,90 / 6,70 €

With Mayonnaise or Ketchup or Both

Accompaniments

Something to go with the main course!

161 **Raita** €4.70

Yogurt with cucumbers, tomatoes and onions, lightly seasoned

g

162 **Tamarind Chutney** Vg €3.50

Sweet and sour tamarind sauce.

163 **Pudina Chutney** €3.50

Yoghurt and mint sauce with green chilli and ginger.

d, g, 2

165 **Coconut Chutney** Vg €3.50

Sauce made of ground coconut, lightly seasoned.

j

166 **Sweet Mango Chutney** Vg €3.50

Sauce made of ground sweet mango, lightly seasoned

167 **Achaar** Vg €2.80

Pickled vegetables in hot and spicy chilly sauce

j

168 **Papad** Vg GF €2.60

A thin, crisp, disc-shaped snack/appetizer served with three different sauces.

Desserts

A sweet luxury!

171 **Gulab Jamun** V — €7.80
Milk solids made into balls, dipped in lightly sweetened syrup
d, g

172 **Kulfi** V — €7.90
Traditional Indian ice cream with pistachios and mangoes.
b, g

173 **Vanilla Ice cream** V — €5.30
Three scoops of vanilla flavored ice cream.
g

174 **Mango Ice cream** V — €7.60
Mango ice cream with mangoes and cream.
g

175 **Chocolate Ice cream** V — €5.30
Three scoops of chocolate flavored ice cream
g

Indian drinks

231 **Lassi (Sweet / Salt)** — €4.50
(Indian yogurt drink)
g

232 **Mango Lassi** — €4.80
(Indian mango yogurt drink)
g

233 **NamastheSpiceCoast Chef's special lassi** — €4.90
(Indian yogurt drink with coconut and cardamom)
g

Allergens and additives

A Eggs and egg products
B Nuts and nut products (cashew nuts)
C Fish and fish products
D Gluten-containing cereals and cereal products (wheat flour)
E Crustaceans
G Milk and lactose
J Mustard and mustard products
K Sesame seeds and sesame seed products
2 with dye

Labelling as printed on the restaurant's menu – please have it confirmed by our team. Our team can give you information on allergens and additives – please ask us.
All prices in euros incl. VAT.

Visit us

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Opening hours

Monday	11:00–15:00 · 17:00–22:30
Tuesday	17:00–22:30
Wednesday – Thursday	11:00–15:00 · 17:00–22:30
Friday – Sunday	11:00–22:30
Public holidays	11:00–22:30

Current menu and table reservations: namasthespicecoast.de