

# Lunch Tiffins

## The Story of the Tiffin...

Every day in Mumbai thousands of workers look forward to receiving their tiffin lunch. The delivery of these delicious freshly cooked meals, either from a worker's home or their favourite restaurant, by the city's dabbawallas (box carriers) has existed since around 1890.

Traditionally the tiffin box, which usually has at least 3 layers and includes several delights, would be collected by the dabbawallas each morning from their customer's residence and then delivered to them at work filled with a nutritious home cooked meal. Today they are often collected and filled from restaurants or specialist tiffin caterers. After lunch, once the hungry workers have devoured the contents of their tiffin, the dabbawallas then take the empty boxes back to the appropriate residence or restaurant. What is so interesting about the tiffin is that in Mumbai it has become a fundamental part of the city's culture. It is ingrained in the life of the workers and the dabbawallas are so amazingly committed to their trade that the service remains uninterrupted even during the peak of the monsoon season.

### Traditional Tiffin **£7.95** per person

Our tiffin menu changes daily with both meat and veggie options. See below for the tiffin of the day...

### Tiffin Grill **£7.95** per person

Enjoy something for lunch that's healthy, light and fresh and most importantly tastes great too! Our tiffin grill is the wonder-lunch for the health conscious. Choose from a meat grill with delicious skewers of chicken and lamb or a veg tiffin grill with delicious skewers of paneer and vegetables. Each skewer is coated in our special Zouk tikka marinade and char-grilled over hot coals for a smokey finish. The tiffin grill is served with a green salad, Zouk's special blend humous and a freshly baked naan bread.

### Choose From:

#### Meat Tiffin Grill

Chicken Tikka Skewer  
Lamb Chilo Skewer

#### Veg Tiffin Grill

Paneer Tikka (v)  
Veg Tikka (v)

## Weekly Tiffin Menu

### Monday

#### Meat Tiffin

Chicken Imlee  
Chicken Korma & Lamb Handi

#### Vegetarian Tiffin

Paneer Tikka  
Mutter Paneer & Dall Makhani

### Tuesday

#### Meat Tiffin

Chicken Imlee  
Chicken Jalfrezi & Lamb laziz

#### Vegetarian Tiffin

Paneer Tikka  
Bindi & Tarka Dall

### Wednesday

#### Meat Tiffin

Chicken Imlee  
Chicken & Spinach  
Lamb & Bindi

#### Vegetarian Tiffin

Paneer Tikka  
Milli Juli Sabzi & Pallak Aloo

### Thursday

#### Meat Tiffin

Chicken Imlee  
Lamb Neelgiri &  
Chicken Tikka Massala

#### Vegetarian Tiffin

Paneer Tikka  
Palak Paneer & Tarka Dall

### Friday

#### Meat Tiffin

Chicken Imlee  
Special Lamb Curry  
(Changes each month - See our specials board)  
Special Chicken Curry  
(Changes each month - See our specials board)

#### Vegetarian Tiffin

Paneer Tikka  
Palak Aloo & Chilli Paneer

### Saturday

#### Meat Tiffin

Chicken Imlee  
Lamb Karahi  
& Chicken Handi

#### Vegetarian Tiffin

Paneer Tikka  
Bindi & Mili Juli Sabzi

### Sunday

#### Meat Tiffin

Chicken Imlee  
Chicken & Spinach  
Lamb Karahi

#### Vegetarian Tiffin

Paneer Tikka  
Palak Paneer & Tarka Dall