

Lunch Tiffins

The Story of the Tiffin...

£9.95

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.

Weekly Tiffin Menu

Available Monday to Friday 12noon - 4pm
Served with rice and naan bread

Monday

Meat Tiffin

Chicken Imlee
Chicken Korma & Lamb Handi

Vegetarian Tiffin

Paneer Tikka
Broccoli 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
Laal Maas

Vegetarian Tiffin

Paneer Tikka
Bengan Masala & Pallak Aloo

Thursday

Meat Tiffin

Chicken Imlee
Dum Pukht & Chicken
Tikka Masala

Vegetarian Tiffin

Paneer Tikka
Palak Paneer & Tarka Dall

Friday

Meat Tiffin

Chicken Imlee
Laal Maas & Butter Chicken

Vegetarian Tiffin

Paneer Tikka
Palak Aloo & Chole Masala

Tiffin Grill

We also have grill option for diners looking for a healthier alternate at lunch available in meat or vegetarian.

These options are available Monday to Friday 12noon - 4pm.

Meat Tiffin Grill

Chicken Tikka Skewer
Lamb Chilo Skewer
Humous Salad
Naan

Vegetarian Tiffin Grill

Paneer Tikka
Veg Tikka
Houmous
Salad
Naan

Vegan

For customers who adhere to a vegan diet we have a special vegan tiffin available Monday to Friday 12noon - 4pm.

Vegan Tiffin

Veg Tikka
Bindi & Chole Masala



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