

mon thru fri 12-3 and 5-10,30
sat and sun 12 - 10,30

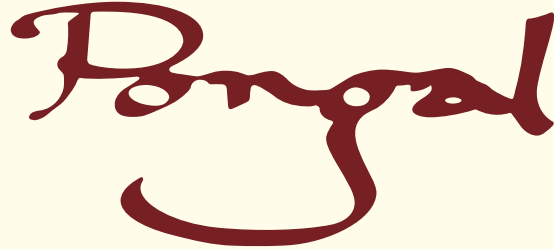
**"we undertake catering
for all occasions."**

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take-out menu
free delivery • open all days

india's vegetarian kosher cuisine



serving new yorkers since 1996

The New York Times

"the delectable vegetarian cuisine of south india is the specialty at pongal, where the food is kosher as well."

ZAGAT

"bountiful bargain priced kosher vegetarian fare."
rated 1997 '98 '99 '00 '01 '02 '03 '04 '05 '06



"choose the mouthwatering dosai: crepes filled with onions, potatoes, cilantro and rice, among other ingredients."

MICHELLIN

"pongall celebrates the harvest everyday with its freshly prepared southindian cusine. Here you will find reasonably priced vegetarian fare which kosher as well"

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Subji from Punjab

- 62. palak paneer** \$9.95
fresh cottage cheese cubes and cream of spinach in an excellent mild combination
- 63. alu palak** \$9.95
potatoes cooked in a thick puree of cream of spinach and spices
- 64. chana sag** \$9.95
chick peas in cream of spinach cooked with spices
- 65. shahi paneer** \$9.95
cottage cheese cubes in an creamy and mild onion tomato sauce
- 66. vegetable kurma** \$9.95
mixed vegetables in an mild creamy sauce
- 67. chana masala** \$9.95
chick peas cooked in onion tomato
- 68. alu chana** \$9.95
cut potatoes and chick peas cooked with mild spices
- 69. gobi masala** \$9.95
cauliflower cooked with tomatoes and mild spices
- 70. alu gobi** \$9.95
cut potatoes and cauliflower cooked with tomatoes and mild spices
- 71. bindhi masala** \$9.95
okra sauteed with onion, tomatoes and hot spices
- 72.baingan bhartha** \$9.95
baked eggplant mashed and sauteed with onion tomatoes and spices
- 73. alu baingan** \$9.95
potatoes and eggplant cooked with tomato, onion and mild spices

bread

- 74. chappathi** \$4.45
tasty whole wheat flour flat bread
- 75. pulka** \$4.45
oil free thin flat bread
- 76. lachcha paratha** \$4.45
multi layered whole wheat flour bread
- 77. alu paratha** \$5.95
flat bread stuffed with mildly seasoned mashed potatoes
- 78. peas paratha** \$5.95
flat bread stuffed with mildly spiced green peas
- 79. poori (2)** \$5.45
round puffed bread
- 80. poori and masala** \$5.95
round puffed bread with mildly spiced mashed potatoes

weekend specials

traditional south indian favorites
(saturday and sunday only)

- 81. rava iddly (2)** \$5.95
steamed cream of wheat cakes with carrot & cilantro
- 82. bisibelebath** \$6.95
soft cooked basmathi rice,vegetables,& lentils
- 83. mini iddly** \$6.95
small sized rice cakes with chutney and sambar
- 84. fried iddly** \$6.95
rice cakes sauteed with spices
- 85. masala vada** \$4.95
indian falafel, a lentil onion cilantro mixed fried dumpling
- 86. yogurt rice (cold)** \$6.95
rice in yogurt. garnished with cilantro &cucumber
- 87. chana batura** \$11.95
large puffed bread served with chick pea curry.

accompaniments

- 91. raiitha / bamathi rice** \$2.95
onion, cucumber, tomatoes and mint in cold yogurt
- 92. mango chutney / indian pickle / ghee** \$1.50
- 93. dosa podi / chutney** \$1.00
- 94. plain yogurt / ex. sambar** \$1.95

desserts

- 95. kulfi** \$4.45
indian ice cream prepared with sweet milk and cardamom
- 96. kheer** \$4.45
rice pudding garnished with almonds and pistachio
- 97. shrikand** \$5.45
chilled yogurt dessert with pistachio, almond and cardamom
- 98. gulab jamun (2)** \$4.45
exotic indian sweet made of milk solid in sugar syrup
- 99. rasa malai** \$4.95
fresh soft cheese patties in saffron flavored milk
- 100. badam halwa** \$5.45
indian almond fudge flavored with saffron

beverages

- 101. coke,sprite,dietcoke,ginger ale,club soda** \$1.95
- 102. water** still or sparkling \$1.95
- 103. juice** alphonso mango juice \$4.45
- 104. mooru** traditional spiced butter milk \$3.45
- 105. lassi** salted, spiced or sweet yogurt shake \$3.95
- 106. mango lassi** mango and yogurt shake \$4.45
- 107. mango milk shake** \$4.45
- 108. coffee or tea** \$1.50
- 109. madras coffee** south indian filtered coffee \$2.95
- 110. masala chai** indian chai flavored with herbs \$2.45

business luncheon special

(eat in only mon - fri 12.00 p.m. - 3.00 p.m.)

pongal lunch	\$8.45
idly, medu vada, masala dosa or mix vegetable uthappam, chutney, sambar	
mumbai lunch	\$8.45
chappathi bread, chana masala, steamed bamathi rice, katchumber raitha	
gujarathi lunch	\$8.45
batata vada, poori bread, undhiyu, khajur dates sauce, and basmathi rice	

soups and salads

01. rasam	\$3.95
traditional spicy lentil and tomato essence soup	
02. sambar	\$3.95
traditional lentil and mix vegetable soup	
03. mulligatawny soup	\$3.95
delicious bean soup with tomato and herbs	
04. mixed vegetable soup	\$3.95
mild garden fresh vegetable soup	
05. tomato soup	\$3.95
cream of tomato soup with green peas	
06. fresh garden salad	\$3.95
cucumbers, tomato, lettuce and carrots with raitha dressing on the side	
07.katchumber	\$3.95
freshly diced vegetable in a vinegar lemon dressing	

appetizers

08. iddly	\$4.45
steamed rice cakes with chutney and sambar	
09. medu vada	\$4.45
lentil donuts with chutney and sambar	
10. iddly and vada combo	\$4.45
each of # 8 and # 9 with chutney and sambar	
11. bonda	\$4.45
mildly spiced potato stuffed fritters	
12. masala cashew nuts	\$4.45
quality whole cashews spiced in madras style	
13. spinach pakoda	\$4.45
fresh spinach and chickpea flour fritters	
14. onion pakoda	\$4.45
onion and chickpea flour fritters	
15. paneer pakoda	\$4.45
home made cottage cheese fritters	
16.batata vada	\$4.45
hot&sweet potato fritters with hot&sweet sauce	

appetizers

17. kachori (tuar)	\$4.45
two kind pea stuffed fritters with hot and sweet sauce	
18. bhel puri (cold)	\$4.45
crispies over onion,tomato cucumber india's favorite road side snack	
19. papadam (2)	\$1.95
thin lentil wafers with hot and sweet sauce	
20. channa chaat (cold)	\$4.45
chick peas in and sweet and tangy yogurt combination	
21. samosa (2)	\$4.45
mildly spiced potato and peas stuffed pastry	
22. bhajjia (6)	\$4.45
onion, green peppers and potato fritters with chutney and sambar	
23. alu tikki (2)	\$4.45
mildly spiced mashed potato patties with sweet and spicy sauce	
24. dahi vada (cold) (2)	\$5.95
entil donuts in an mild yogurt combination	
25. assorted warm hor d'oeuvres	\$8.95
platter of #13,#17,#21,#22,and #23 served with sweet, spicy and tomato sauce	
26. pongal (sweet / spicy)	\$6.95
choice of sweet or spicy soft cooked lentil and rice dish	

uthhap-pam

south indian favorite traditional pan cake made from rice and lentil flour with a choice of different toppings served with coconut chutney and sambar "hot indian bean soup "	
27. plain	\$7.95
pancake made of rice and lentil mixed batter	
28. onion and peas	\$8.45
topped with onion and peas	
29. onion and pepper	\$8.45
topped with onion and green chilli	
30. pepper and peas	\$8.45
topped with green peas and green chilli	
31. mixed vegetable	\$8.45
topped with onion, carrots, green peas and tomato	
32. coconut	\$8.45
topped with crated coconut and cilantro	
33. pepper	\$8.45
green chillies and cilantro	

dosai

pronounced as "dough – sah" is the most famous anytime south indian food. made from a fermented batter of rice flour and lentils. dosa's are thin and crisp crepes with various stuffing's and sizes.the crepes are enjoyed with coconut chutney and sambar "hot indian bean soup "	
34. sada	\$7.95
crepe made of rice and lentil flour	
35. masala	\$8.45
crepe filled with lightly spiced onions and potatoes	
36. mysore sada	\$8.45
plain crepe with chefs special traditional spicy chutney	
37. mysore masala	\$8.45
spiced crepe filled with mildly spiced onions and potatoes	
38. paper sada	\$8.45
paper thin crispy crepe	
39. paper masala	\$8.45
paper thin crispy crepe with potatoes filling	
40. butter sada	\$8.45
crepe thin and crisp flavored with cooking butter	
41. butter masala	\$8.45
crepe flavored with butter filled with onions and potatoes	
42. onion sada	\$8.45
thin crepe with fried onions stuffing's	
43. onion masala	\$8.45
thin crepe with fried onions and potatoes	
44. rava	\$9.45
crepe made of cream of wheat (semolina) rice flour and cilantro	
45. rava masala	\$9.45
crepe made of cream of wheat rice flour and cilantro and mashed potatoes filling	
46. onion rava	\$9.45
crepe made of cream of wheat rice flour, onions and cilantro)	
47. onion rava masala	\$9.45
crepe made of cream of wheat rice flour onions cilantro and mashed potato filling	
48. mysore rava masala	\$9.45
semolina crepe with onion potatoes cilantro and with traditional spice powder	
49. madras rava masala	\$9.45
spiced rice and wheat crepe with onion hot pepper potatoes and cilantro	

rice

50. pongal special	\$10.95
soft cooked rice and lentil (spiced / sweet)served with vada, chutney and sambar	
51. kashmiri pulav	\$8.95
fragrant rice cooked with dry fruits, nuts and vegetables saffron with raitha	
52. tamarind / lemon / tomato rice	\$6.95
tamarind fruit or fresh lemon or tomato with spices, flavored rice	
53. mix vegetable biryani	\$8.95
basmathi rice and special vegetable cooked andbaked traditionally served with raitha	

subji from gujarat

"subji" meaning vegetarian entree and gujarat is a city close to bombay .all entrees comes with a side of steamed basmathi rice. the house recommends a side of raitha and bread	
54. undhiyu	\$9.95
potatoes, eggplant, yam and snow peas cooked with spices	
55. sukhi baji	\$9.95
boiled potatoes stir fried with hot pepper onion and nuts	
56. whole moong	\$9.95
green lentils cooked with sweet and sour sauce with spices	
57. kala chana	\$9.95
black chick peas cooked with tomato, onion, sweet and sour sauce with spices	
58. tuver baingan	\$9.95
eggplant with pigeon peas cooked with onion and hot spices	

subji from punjab

Punjab is a major part of northern india,and food from here is tagged as north indian. All entree served with rice. The house recommends a side of raitha and bread	
59. malai Kofta	\$9.95
vegetable fritters cooked in rich creamy mild sauce	
60. mutter Paneer	\$9.95
fresh home made cottage cheese cubes and green peas in a mild sauce	
61. alu Mutter	\$9.95
diced potatoes, green peas and spices in a onion tomato sauce	