

Kadai Paneer

\$22.90

Cottage cheese cooked with onions, capsicum and tomatoes in a traditional kadai masala.



Lamb Mandi

\$22.90

Fragrant, spiced Mandi rice served with succulent lamb accompanied by fresh salad and traditional homemade chutneys.



Our Top 5 Bestsellers

A curated selection of the dishes that have become guest favourites at 3 Elements.

Tawa Chicken

\$26.90

Chicken cooked with bold spices, caramelised onions, peppers and fresh herbs for a rich, smoky and irresistible flavour.



Tandoori Fish Tikka

\$18.90

Fresh fish fillets marinated in yoghurt, garlic, ginger and aromatic spices, cooked in the traditional tandoor.



Momo

Veg \$14.90 • Chicken \$15.90

Delicate steamed dumplings filled with a flavourful mix of vegetables or minced chicken with aromatic herbs and spices.

Veg Starters

THE ICONIC

ONION BHAJI . 4 PCS /VG 9.90

Crispy onion fritters prepared with sliced onions, chickpea flour, fresh herbs and traditional Indian spices. Served with mint chutney.

THE ICONIC

VEGETABLE SAMOSA . 2 PCS /VG 8.90

Golden pastry filled with a savoury mixture of spiced potatoes and green peas. Served with tamarind and mint chutneys.

PEANUT MASALA **MUST TRY** 12.90

Peanut Masala is a bowl of peanuts, spiced with red onion, chilli, tomato, coriander and lime juice.

MIX VEG PAKORA /VG /NONG /J 12.90

A selection of fresh seasonal vegetables coated in a lightly spiced chickpea flour batter and fried until golden and crispy, served with mint and tamarind chutneys.

THE ICONIC

ALOO TIKKI . 4 PCS /VG /NONG 13.90

Crispy potato patties seasoned with traditional Indian spices and herbs, served with tamarind and mint chutneys.

HARA BHARA KEBAB . 4 PCS /VG /NONG....13.90

Delicious spinach, green peas and potato patties infused with aromatic herbs and spices, pan-fried until golden.

THE ICONIC

PANEER TIKKA . 4 PCS /NONG /J 16.90

Fresh cottage cheese cubes marinated in yoghurt, herbs and authentic Indian spices, then roasted in the tandoor.

TANDOORI SOYA 16.90

MALAI CHAAP . 6 PCS

Tender soya chaap marinated in a rich, creamy blend of yoghurt, cheese and mild spices, cooked in the tandoor.



Non-Veg Starters



CHICKEN TIKKA . 6 PCS **MUST TRY** 16.90

Succulent boneless chicken marinated in traditional yoghurt and a spice blend, chargrilled in the tandoor.

MURG MALAI TIKKA . 6 PCS.....16.90

Tender chicken fillets marinated in cream, cheese, cashews and delicate spices for a rich, melt-in-your-mouth flavour.

THE ICONIC

FISH AMRITSARI . 6 PCS 16.90

Boneless fish marinated in authentic Amritsari spices, lightly coated in gram flour and fried until crisp and golden.

TANDOORI FISH TIKKA . 6 PCS **MUST TRY** ...18.90

Fresh fish fillets marinated in yoghurt, garlic, ginger and aromatic spices, cooked in the traditional tandoor.

THE ICONIC

LAMB SEEKH KEBAB . 4 PCS.....18.90

Succulent minced lamb blended with aromatic Indian spices, fresh herbs, ginger, garlic and green chillies, hand-shaped onto skewers and grilled to perfection in the tandoor.

GOAT BURRA . 8 PCS 22.90

Premium goat ribs marinated overnight in robust Indian spices and roasted in the tandoor for a smoky, tender finish.

TANDOORI CHICKEN

HALF: 18.90 | FULL: 28.90

Chicken marinated in yoghurt, lemon juice, garlic, ginger and traditional tandoori spices, cooked to perfection.

TANDOORI PRAWNS . 8 PCS..... 22.90

Juicy king prawns marinated in yoghurt, garlic, ginger, herbs and spices, then grilled in the tandoor until perfectly charred.

Indian Street Food

PANI PURI . 8 PCS MUST TRY 11.90

Eight crispy puris filled with spiced potatoes and chickpeas, served with tangy tamarind chutney and refreshing mint-flavoured water.

ALOO TIKKI CHAAT 11.90

Two crispy potato patties topped with chickpeas, yoghurt, sweet tamarind chutney, mint chutney, sev and fresh coriander.

SAMOSA CHAAT 11.90

Crispy vegetable samosa topped with chickpea curry, yoghurt, sweet and spicy chutneys, sev and fresh herbs.

DAHI BHALLA CHAAT /NONG /J.....11.90

Soft lentil dumplings soaked in creamy yoghurt, topped with tamarind chutney, mint chutney, roasted cumin and spices.

VEG MOMO . 10 PCS MUST TRY 14.90

Delicate steamed dumplings filled with a flavourful mix of fresh vegetables, cabbage, carrots and aromatic herbs. Served with a spicy house-made momo chutney, offering a perfect balance of freshness, spice and authentic Himalayan flavours.

CHICKEN MOMO . 10 PCS MUST TRY 15.90

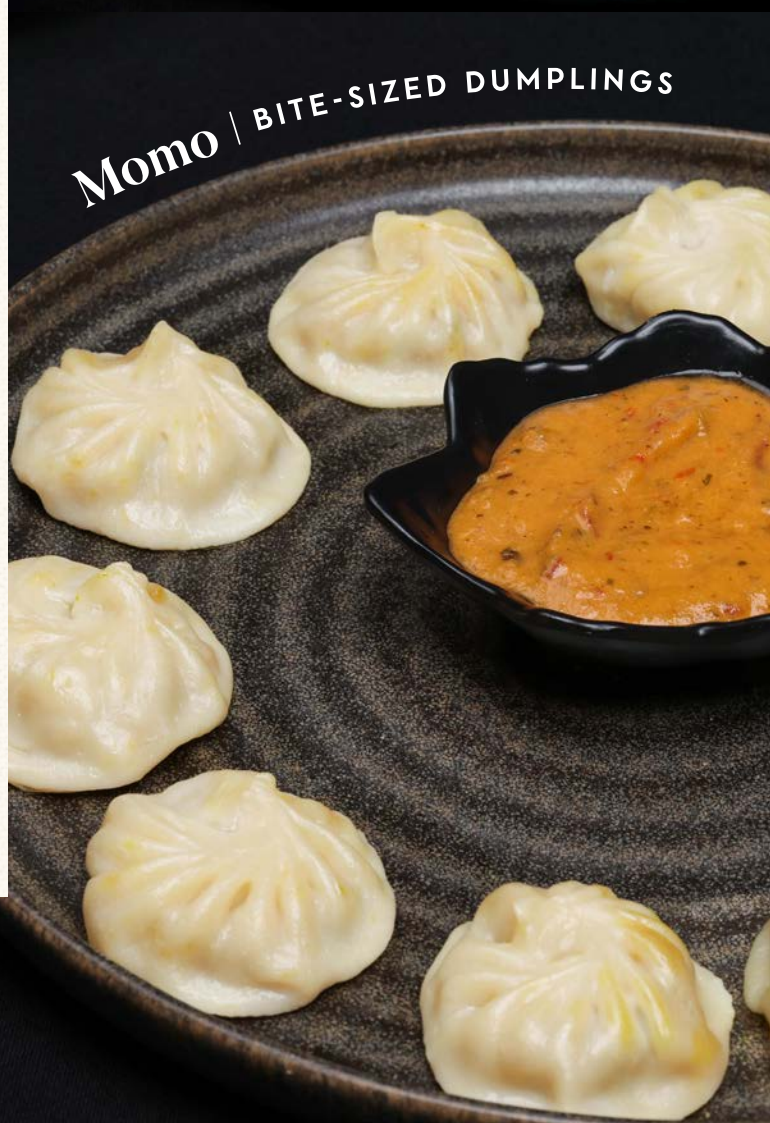
Soft steamed dumplings filled with seasoned minced chicken, herbs and aromatic spices. Served with traditional spicy momo chutney, delivering a juicy and flavourful bite with every dumpling.

/VG: VEGAN /NONG: NO ONION NO GARLIC /J: JAIN FOOD

CRISPY & ZESTY | **Pani-puri**



Momo | BITE-SIZED DUMPLINGS



North & South Signatures

NORTH INDIAN DISHES

MAKKI KI ROTI & SARSON DA SAAG **MUST TRY**

14.90

Traditional Punjabi cornmeal flatbread served with slow-cooked mustard greens, finished with butter and accompanied by jaggery.

AMRITSARI KULCHA

14.90

Authentic tandoor-baked stuffed kulcha filled with a spiced potato mixture, served with Amritsari chole, yoghurt and pickle.

CHOLE BHATURE

14.90

Fluffy deep-fried bhature served with spicy Punjabi chickpea curry, accompanied by fresh pickle.

SOUTH INDIAN CLASSICS

IDLI . 2 PCS /VG /NONG /J **MUST TRY**

7.90

Two soft, fluffy steamed rice and lentil cakes served with traditional sambar and freshly made coconut chutney.

MEDU VADA . 2 PCS /VG /NONG /J

9.90

Two crispy golden lentil doughnuts, perfectly seasoned and served with sambar and coconut chutney.

UTTAPAM . 2 PCS /VG

12.90

Two thick, savoury South Indian pancakes topped with onions, tomatoes and fresh herbs, served with sambar and coconut chutney.

VEG /
NON /
C

PLAIN DOSA /VG /NONG /J

9.90

A crispy, golden rice and lentil crêpe served with authentic sambar and a selection of freshly prepared chutneys.

MASALA DOSA **MUST TRY**

12.90

A crispy dosa filled with a flavourful spiced potato masala, served with sambar and coconut chutney.



Indo-Chinese Specialties

VEG MANCHURIAN 16.90

Crispy vegetable dumplings tossed in a flavourful sauce with garlic, ginger, soy, onions and capsicum.

THE ICONIC

CHILLI PANEER 16.90

Golden-fried paneer stir-fried with onions, capsicum, garlic and spicy Indo-Chinese sauces.

CHILLI CHICKEN **MUST TRY** 16.90

Tender chicken wok-tossed with onions, capsicum, garlic and a spicy chilli-soy sauce.

CHILLI GARLIC MUSHROOM 16.90

Crispy mushrooms tossed with garlic, chilli, onions and capsicum in a savoury Indo-Chinese sauce.

THE ICONIC

CHILLI FISH 16.90

Lightly battered fish fillets stir-fried with onions, capsicum and a spicy garlic chilli sauce.

THE ICONIC

CHILLI PRAWNS 22.90

Juicy prawns wok-tossed with fresh vegetables in a bold garlic and chilli sauce.

CHICKEN 65 **MUST TRY** 16.90

A South Indian favourite featuring crispy marinated chicken pieces fried and tossed with curry leaves, green chillies and aromatic spices.

VEG HAKKA NOODLES 16.90

Wok-tossed noodles cooked with fresh seasonal vegetables, garlic, soy sauce and authentic Indo-Chinese seasonings.

VEG FRIED RICE **MUST TRY** 14.90

Fragrant basmati rice wok-tossed with fresh seasonal vegetables, garlic, spring onions and aromatic Indo-Chinese spices for a delicious, flavourful finish.

CHICKEN FRIED RICE 16.90

Fragrant basmati rice wok-tossed with tender chicken, fresh vegetables, garlic, spring onions and aromatic Indo-Chinese seasonings for a delicious and flavourful finish.

Soups

TOMATO SOUP 6.90

A rich and comforting classic soup made with slow-cooked ripe tomatoes, fresh herbs and aromatic spices. Blended to a smooth and creamy texture, finished with a hint of seasoning for a perfect balance of sweet and tangy flavours.

CHICKEN CORN SOUP 6.90

A classic Indo-Chinese soup made with tender shredded chicken, sweet corn and egg in a light, flavourful broth.



CHICKEN 65
16.90



VEGETARIAN DELIGHTS

DAL TADKA /VG/NONG /J 16.90

Yellow lentils slow-cooked with aromatic Indian spices and finished with a traditional tempered seasoning for a rich, comforting flavour.

VEG JALFREZI /VG/NONG /J 16.90

A colourful medley of seasonal vegetables stir-fried with capsicum, tomatoes and traditional Indian spices in a lightly tangy sauce.

ALOO BHAJI /VG/NONG..... 16.90

Potatoes sautéed with turmeric, cumin, mustard seeds and fresh herbs for a simple yet flavourful North Indian classic.

ALOO GOBHI /VG/NONG 16.90

A traditional combination of potatoes and cauliflower cooked with tomatoes, ginger and aromatic Indian spices, finished with fresh coriander.

DAL MAKHANI 18.90

Slow-cooked black lentils and kidney beans finished with butter and cream for a rich, velvety flavour.

BHINDI MASALA..... 18.90

Fresh okra sautéed with onions, tomatoes and a blend of authentic Indian spices.

MALAI KOFTA MUST TRY 22.90

A rich and indulgent North Indian delicacy featuring soft, melt-in-the-mouth vegetable and paneer dumplings cooked in a creamy tomato, cashew and aromatic spice gravy. Finished with a touch of cream and herbs, creating a luxurious blend of sweetness, richness and delicate flavours.

KADAI PANEER 22.90

Cottage cheese cooked with onions, capsicum and tomatoes in a traditional kadai masala.

PALAK PANEER /NONG /J MUST TRY 22.90

Soft cottage cheese cubes cooked in a smooth spinach purée seasoned with mild North Indian spices.

MUSHROOM DO PYAZA..... 22.90

Fresh mushrooms cooked with generous amounts of onions, tomatoes and aromatic spices in a flavourful semi-dry curry.

PANEER TIKKA 23.90 BUTTER MASALA

Chargrilled paneer tikka simmered in a rich, creamy tomato and butter sauce with aromatic spices.

Chicken

EGG BHURJI 16.90

Scrambled eggs cooked with onions, tomatoes, green chillies, fresh coriander and aromatic Indian spices, served hot.

BUTTER CHICKEN MUST TRY 24.90

Tender tandoori chicken simmered in a rich, creamy tomato and butter sauce, delicately spiced for a smooth, authentic flavour.

CHICKEN KORMA 24.90

Succulent chicken cooked in a mild, creamy cashew and almond gravy infused with aromatic spices.

KADAI CHICKEN 24.90

Chicken cooked with onions, capsicum and tomatoes in a traditional kadai masala.

CHICKEN CURRY MUST TRY 24.90

Traditional home-style chicken curry cooked with onions, tomatoes and aromatic Indian spices.

CHICKEN TIKKA MASALA 24.90

Chargrilled chicken tikka cooked in a fragrant tomato and onion gravy with traditional North Indian spices.

TAWA CHICKEN WITH BONE 26.90

Chicken cooked with bold spices, caramelised onions, peppers and fresh herbs for a rich, smoky and irresistible flavour.

TAWA CHICKEN WITH BONE
26.90



Lamb

LAMB ROGAN JOSH MUST TRY 26.90

Slow-cooked lamb in a rich Kashmiri-style gravy flavoured with herbs and aromatic spices.

LAMB KORMA 26.90

Tender lamb simmered in a creamy cashew and yoghurt-based gravy.

LAMB VINDALOO 26.90

Slow-cooked lamb in a spicy and tangy vindaloo sauce with garlic and vinegar.

GOAT CURRY 26.90

Traditional bone-in goat curry slow-cooked with onions, tomatoes and authentic Indian spices.

Beef

BEEF CURRY 26.90

Tender beef cooked in a rich onion and tomato gravy with freshly ground spices.

BEEF VINDALOO 26.90

Slow-cooked beef in a bold, spicy vindaloo sauce with garlic, vinegar and chilli.

Seafood

GOAN FISH CURRY 24.90

Fresh fish cooked in a delicately spiced onion and tomato curry with traditional herbs.

PRAWN MASALA MUST TRY 26.90

Juicy prawns cooked in a rich gravy with tomato, onion and aromatic spices.

RICE & Biryani

**CHICKEN
BIRYANI**
19.90

VEGETABLE BIRYANI

Fragrant basmati rice layered with seasonal vegetables, herbs and aromatic spices, served with raita.

16.90

CHICKEN BIRYANI **MUST TRY**

Aromatic basmati rice layered with marinated chicken, slow-cooked with authentic spices and served with raita.

19.90

GOAT BIRYANI **MUST TRY**

Authentic dum-style biryani prepared with tender goat, fragrant basmati rice and aromatic whole spices, served with raita.

22.90

STEAMED RICE.....4.90

Fluffy premium basmati rice, perfectly steamed to complement any curry.

JEERA RICE 4.90

Fragrant basmati rice tempered with cumin seeds and finished with fresh herbs.

SAFFRON RICE.....5.90

Fragrant basmati rice delicately infused with premium saffron, lightly seasoned and garnished with herbs.

FRESHLY BAKED BREAD

TANDOORI ROTI 3.90

Traditional whole wheat bread baked in the tandoor.

PERFECT PAIR

RUMALI ROTI 6.90

Ultra-thin, soft and silky Indian flatbread, expertly prepared and served warm to complement aromatic curries and tandoori specialities.

PERFECT PAIR

LACHHA PARATHA 5.90

Multi-layered whole wheat flatbread cooked until crisp and flaky with butter.

PLAIN NAAN 3.90

Traditional soft tandoor-baked Indian bread.

BUTTER NAAN 4.90

Soft naan brushed generously with melted butter.

THE ICONIC

GARLIC NAAN 4.90

Freshly baked naan topped with garlic, butter and coriander.

CHILLI NAAN 5.90

Soft naan stuffed with green chillies for a mild spicy kick.

GARLIC **MUST TRY** 5.90 CHILLI NAAN

Freshly baked tandoor naan topped with fragrant garlic, green chillies and fresh coriander. Soft and fluffy on the inside with a lightly crisp texture, offering the perfect combination of buttery richness, aromatic garlic and a spicy chilli kick.

THE ICONIC

CHEESE NAAN 6.90

Tandoor-baked naan stuffed with melted cheese.

Mandi

3 ELEMENTS

THE BEST MANDI NORTH OF THE RIVER

Fragrant, spiced Mandi rice served
with your choice of:

- ◆ TENDER CHICKEN
- ◆ SUCCULENT LAMB
- ◆ FLAVOURFUL FISH

accompanied by fresh
salad and traditional
homemade
chutneys.

SINGLE PORTION

22.90



Traditional Indian Drinks

THE ICONIC

MASALA CHAI 4.90

Traditional Indian spiced tea brewed with milk, black tea, cardamom, ginger, cinnamon and aromatic spices for a warm and comforting flavour.

NAMKEEN LASSI 5.90

Traditional savoury yoghurt drink seasoned with roasted cumin, salt and fresh herbs for a refreshing finish.

MANGO LASSI **MUST TRY** 6.90

A refreshing blend of sweet mango pulp and creamy yoghurt, lightly flavoured with cardamom and served chilled.



Desserts

THE ICONIC

RASMALAI . 2 PCS 6.90

Soft cottage cheese dumplings served in chilled, creamy saffron and cardamom-flavoured milk, garnished with pistachios.

KULFI **MUST TRY** 6.90 (MANGO/PISTACHIO/PAAN)

Traditional Indian ice cream with a rich, creamy texture, available in mango, pistachio or paan flavours.

GAJAR KA HALWA..... 6.90

Traditional slow-cooked carrot pudding prepared with milk, ghee, nuts and aromatic cardamom. Served warm.

DOUBLE KA MEETHA 6.90

Crispy fried bread soaked in saffron-infused rabri, garnished with pistachios and almonds.

ICE CREAM - MIXED..... 6.90

A delightful combination of creamy ice cream flavours served with a selection of toppings for a refreshing and indulgent dessert experience.



KIDS MENU

CHIPS 5.90

CHIPS & NUGGETS 9.90

BUTTER CHICKEN
& RICE..... 9.90

CONDIMENTS

MANGO CHUTNEY 2.90 MIXED RAITA 4.90

MINT CHUTNEY 2.90 PAPPADUMS..... 4.90

TAMARIND CHUTNEY... 2.90 ONION SALAD..... 4.90

PLAIN RAITA..... 3.90 GARDEN SALAD 6.90