

GARUDA

Indonesian Restaurant

18 St Helens Road, Swansea SA1 4AP Tel. 01792 653388

Website: www.garudarestaurant.co.uk

EVENING MENU

WELCOME to the Garuda Indonesian Restaurant.

We have chosen our menu with great care to bring you the best of Indonesian cooking - from delicious meat, fish and rice dishes to dishes suitable for vegetarians. An evening at the *Garuda* is a chance to sample and enjoy the exotic cooking of Indonesia – the “land of a thousand islands”.

Apart from being very tasty, Indonesian food is also extremely healthy, because of the generous use of herbs and spices. The chef and owner of the *Garuda*, Suriyani (Ani), uses original recipes which have been handed down in her family through the generations, and all the dishes use fresh ingredients only.

We hope you will enjoy your experience at the *Garuda*!

Map of Indonesia



HOME-MADE STARTERS

Sate specialist!

All the meat has been marinated in spices, skewered, grilled and is served with a spicy peanut sauce*. MILD

Sate Ayam <i>Chicken satay – 3 skewers per portion</i>	£6.50
Sate Daging <i>Beef satay – 3 skewers per portion</i>	£6.50
Sate Kambing <i>Lamb satay – 3 skewers per portion</i>	£6.50
Lumpia Sayur <i>Vegetable spring rolls, served with a sweet chilli dip – 2 rolls per portion</i>	£4.95
Lumpia Udang <i>As above, but with prawns – 2 rolls per portion</i>	£5.65
Bakwan <i>Deep fried shredded vegetables in batter, served with a sweet chilli dip – 2 per portion</i>	£4.95
Bakwan Udang <i>As above, but with prawns – 2 per portion</i>	£5.65
Soto Ayam <i>Chicken soup served with bean sprouts, clear noodles, topped with spring onions and fried shallots</i>	£5.00

Extras

These can also be ordered as starters.

Pergedel Java <i>Minced meat & potato fritters coated with egg white and deep-fried</i>	£5.00
Vegetarian Pergedel <i>Soya beans & potato fritters coated with egg white and deep fried.</i>	£5.00

* Many dishes may contain nuts.

MAIN COURSES

All the dishes can be toned down. Just ask before ordering.

Fish Dishes

Gule Cod <i>Cod cooked in spicy coconut milk with fresh chilli, turmeric, ginger, coriander, galangal, lemon grass, onion and salam leaf</i>	£11.25
Pindang Cod MEDIUM <i>Cod cooked in a hot & sour sauce with lemon grass, lime leaf and tomato.</i>	£11.25
Kalio Dencis <i>Mackerel cooked in a medium spicy sauce containing chilli, ginger, fresh turmeric, onion, tomato, turmeric leaf, lemon grass and coconut milk</i>	£9.50
Sambal Dencis HOT! <i>Deep-fried mackerel cooked in a chilli sauce</i>	£9.50
Tauco Dencis <i>Spicy mackerel cooked in a yellow bean sauce</i>	£9.50
Hake Asam Pedas <i>Hake cooked in a hot & sour sauce with lemon grass, lime leaf and tomato</i>	£11.25
Sambal Hake HOT! <i>Deep-fried hake cooked in a chilli sauce</i>	£11.25
Gule Udang <i>King prawns cooked in spicy coconut milk with fresh chilli, turmeric, ginger, coriander, galangal, lemon grass, onion and salam leaf</i>	£12.50
Sambal Udang HOT! <i>King prawns cooked in a chilli sauce</i>	£12.50
Tauco Udang <i>King prawns cooked in fresh green chilli, ginger, onion, garlic, tomato, lemon grass and lime leaf with a yellow bean sauce</i>	£12.50
Udang Nenas <i>King prawns cooked in red chilli, onion, ginger, garlic, galangal, tomato, lemon grass and pineapple</i>	£12.50
Tauco Cumi-Cumi <i>Squid cooked in fresh green chilli, ginger, onion, garlic, tomato, lemon grass, lime leaf with a yellow bean sauce</i>	£12.50

* Many dishes may contain nuts.

Poultry Dishes

Only chicken breast is used in our chicken dishes.

Opor Ayam MILD <i>Chicken cooked in coconut milk.</i>	£9.00
Gule Ayam <i>Spicy chicken cooked in coconut milk</i>	£9.00
Sambal Ayam HOT! <i>Chicken cooked in chilli sauce.</i>	£9.00
Tauco Ayam <i>Spicy chicken cooked in yellow bean sauce</i>	£9.00
Thai Curry Ayam <i>Thai red chicken curry</i>	£9.00

Meat Dishes

Beef Semur MILD <i>Diced tender beef cooked with ginger, onion, garlic, fresh tomatoes in a sweet soya sauce</i>	£9.25
Rendang HOT! <i>Diced beef cooked in coconut milk with red chilli, onion, garlic, ginger, galangal, lemon grass and lime leaf</i>	£10.50
Krengsengan MEDIUM <i>Medium spicy lamb curry</i>	£10.50

* Many dishes may contain nuts.

Vegetarian Dishes

Telur Balado HOT! <i>Eggs cooked in a chilli sauce</i>	£6.25
Sayur Campur <i>Stir-fried mixed vegetables</i>	£6.50
Sambal Terong HOT! <i>Spicy aubergines cooked in a chilli sauce</i>	£7.00
Gule Terong <i>Spicy aubergines cooked in coconut sauce</i>	£7.00
Lodeh <i>Spicy vegetables cooked in coconut milk</i>	£7.00
Gule Tempe & Spinach <i>Fermented soya beans cooked with fresh-leaf spinach in chilli, coriander, onion, fresh turmeric, ginger, lemon grass and coconut milk</i>	£7.25
Gado-Gado <i>This dish contains mixed vegetables, boiled egg, tofu, topped with a spicy peanut sauce</i>	£7.75

Noodle Dishes

Mie Goreng Telur <i>Egg noodles</i>	£7.50
Mie Goreng Ayam <i>Chicken noodles</i>	£8.25
Mie Goreng Udang <i>Prawn noodles</i>	£8.50
Mie Goreng Istimewa <i>Special noodles – egg, chicken & prawn</i>	£9.50

All the noodle dishes are cooked with vegetables

Rice Dishes

Nasi Putih <i>Plain boiled rice</i>	£1.50
Nasi Goreng Telur <i>Egg fried rice</i>	£2.00
Nasi Goreng Udang <i>Prawn fried rice</i>	£2.50
Nasi Goreng Istimewa <i>Special fried rice – egg, chicken & prawn</i>	£3.00

* Many dishes may contain nuts.

HOME-MADE DESSERTS

Bubur <i>Black rice pudding served with cream of coconut milk</i>	£4.00
Apple & Cinnamon Crumble <i>Served with cream or ice-cream</i>	£3.75
Lempeng Pisang Kelapa <i>Banana and coconut pancake, served with cream or ice-cream</i>	£3.75
Chocolate and Coconut Cake <i>Served with cream or ice-cream</i>	£3.75
We also serve Joe's Ice-cream <i>Vanilla or strawberry</i>	£2.00

Beverages

Tea.	£1.10
Filter Coffee	£1.50
Kopi Tubruk <i>Strong Indonesian coffee</i>	£2.25
Soft drinks <i>Coke, Diet Coke, Fanta, Sprite</i>	£1.00
Orange juice or Apple juice	£1.25
Still water <i>Large bottle</i>	£2.00
Sparkling water <i>Large bottle</i>	£2.00

All major credit cards accepted, except American Express
(No card transactions under £10)

EVENING HOURS: Tues-Sat: 7 p.m. – 11.30
(Last orders taken at 9.20 p.m.)

BRING YOUR OWN BEER/WINE

TAKEAWAY SERVICE AVAILABLE

* Many dishes may contain nuts.