

SMALL PLATES

Beef & Potato Bombs

Aromatic beef and potato cakes, pickled onions, coriander and lemon (LGA, DF)
£8 (£7.20 NP)

Glazed Colombo Kickers

Chicken wings tossed in Sri Lankan-style glaze with peppers, onions and egg-fried rice (LG, DFA)
£9 (£8.10 NP)

Malabar Bay's Grilled Prawn and Chicken Skewer

Marinated prawn and chicken skewer with spiced cucumber, pineapple, mint-coriander drizzle and crushed poppadom (DF, LG)
£8.50 (£7.65 NP)

Chat Crush Bhaji

Crushed onion, potato and kale bhaji topped with aromatic yoghurt, tamarind, sev and pomegranate (DFA, LG)
£8 (£7.20 NP)

Paneer "Blaze 65"

Homemade paneer, fried and tossed in a mildly spiced tomato sauce (LG, V)
£8 (£7.20 NP)

Bhaji Bhaji Boom

Crisp onion, potato and kale bites, with a golden masala glow and minty yoghurt (DFA, LG, V, VEA)
£7.50 (£6.75 NP)



LARGE PLATES

Keralan Chicken Biryani

Fragrant rice layered with slow-cooked chicken and Kerala's iconic spice mix, herbs and fried onions. Served with raita, poppadom and date pickle (LG)
£17.50 (£15.75 NP)

Malabar Chicken Korma

Slow-simmered chicken in a Malabar-spiced coconut cashew cream, seasoned with cardamom and turmeric. Served with fragrant rice, butter naan and mango chutney (LG, DFA)
£16.50 (£14.85 NP)

Thaali Sharer (for two)

A feast of Lanka wings, beef bombs, chicken korma, Paneer Blaze 65, pickled onions, rice, naan and mango chutney (LGA, DFA)
£29.50 (£26.55 NP)

Coco Dhal

Creamy Sri Lankan-style red lentils simmered in coconut milk and tempered with garlic, curry leaves and Ceylon spices. Served with rice and crispy poppadom (DF, LG, V, VEA)
£14.95 (£13.46 NP)

Beef Keema Roti

Grilled beef keema kebabs, homemade roti, pickled chilli and onions, masala fries, dahl dip and mixed salad (LGA)
£16.50 (£14.85 NP)

Ruchi's Spiced Grill & Greens

Marinated prawn and chicken skewers with naan, spiced cucumber and pineapple, salad, green yoghurt drizzle and crushed poppadom (LGA, DFA)
£17.25 (£15.52 NP)

Fish Molly (Indo-Portuguese Mild Curry)

Marinated seabass, seared and gently poached in a rich curry cream. Served with rice, poppadom, coriander and pomegranate (LG)
£16.75 (£15.08 NP)

SIDES

Bhaji Bhaji Boom, Crisp bites of onion, potato and kale (DFA, LG, VE, VEA)
£7.50 (£6.75 NP)

Poppadom, Yoghurt & Mango Chutney (LG, V)
£2.25 (£2.03 NP)

Garlic Naan
£4.75 (£4.28 NP)

Keema Naan, Stuffed with keema-spiced beef
£6.95 (£6.26 NP)

Chilli Cheese Naan, Cheddar and paneer filling
£5.25 (£4.73 NP)

Masala Fries, Chaat masala, paprika seasoning and mango mayo (LG, DF)
£4.75 (£4.28 NP)

Rice & Raita, Fragrant rice with red onion and tomato raita (LG, DFA)
4.75 (£4.28 NP)

Wi-Fi Code: theffolkes

Norfolk Passport Price

We follow good hygiene practices in our kitchen, however, due to the wide range of ingredients served, foods may be at risk of cross-contamination as THIS KITCHEN DOES HANDLE NUTS, GLUTEN, SOYA, AND DAIRY PRODUCTS.

If you have any allergies or intolerances - please speak to a member of staff prior to ordering.

1. SCAN the QR code with your phone

2. CHOOSE your food and select your table

3. PAY and wait for your food to arrive!



(VE) Vegan (VEA) Vegan Available (V) Vegetarian (LG) Low Gluten (LGA) Low Gluten Available (DF) Dairy Free (DFA) Dairy Free Available



BRAND STORY

At Ruchi, we live by the Indian saying Atithi Devo Bhava - "Guest is god." This philosophy guides every moment here, where Christo and his talented team- Joby, Umesh, and Rajeevkanth - believe each guest should be welcomed and celebrated as a god. For them, food is more than a meal; it's an invitation to connect, a gesture of respect, and a chance to share the warmth and vibrancy of their South Indian and Sri Lankan heritage with everyone who visits Ffolkes.

Ruchi's menu is inspired by the flavours of Christo's upbringing in Kerala, South India, known as "God's Own Country." Surrounded by lush backwaters, golden fields, and vibrant markets filled with spices, Kerala is a place where food is deeply rooted in culture, celebration, and tradition. Christo, along with Joby, Umesh, and Rajeevkanth, brings Kerala's essence to life with modern twists on traditional dishes, using aromatic spices, fresh ingredients, and family-inspired recipes. Each bite is crafted to give you a taste of Kerala's soul - a celebration of heritage, hospitality, and heartfelt cooking.

RAJEEVKANTH CHRISTO UMESH JOBY

