



koshermumbai.com



WHAT IS CHABAD?

(Chabad: Pronounced as Khabad)

Chabad-Lubavitch is a major movement within mainstream Jewish tradition with its roots in the Chassidic movement of the 18th century. After the Holocaust, under the direction of Rabbi Yosef Yitzchaak Schneerson and his successor, Rebbe - Rabbi Menachem M. Schneerson, of righteous memory, Chabad became a worldwide movement

caring for the spiritual and material needs of all Jews, wherever they could be found.

A Chabad House is established with the purpose of catering to the special requirements of local Jewish communities. Often regarded as a safe haven, offering warm companionship in both happy and sad times, the Chabad House hosts classes, lectures, and workshops on Jewish topics; counselling sessions; religious services; Shabbat meals; and other special events.

JEWS IN INDIA



The advent of Judaism in India can be traced back to over 2,000 years when Jewish refugees from Southern Israel first entered the country by sea. Becoming one of the first foreign religions to enter the country, Judaism has always been treated with tolerance and respect in India. These refugees migrated to various places across the subcontinent, settling primarily in areas now called Mumbai, Cochin, Kolkata and Himachal Pradesh. After India gained independence from her colonial rulers in 1947, approximately 70,000 Jews migrated to Israel. However, **according to a 2001 Census, the population of Jews in this country is well above 4,000.** Over the years several groups of Jews have established themselves in different pockets across India.

One of the oldest of these is the Bene Israel group. Also called the '**Children of Israel**', they lived in Sindh, Punjab, and Pathan prior to the partition. After this, some migrated to Mumbai, while others returned to Israel. On the other hand, the Cochin Jews entered through the sea trade route from Malabar Islands and stayed on as traders. Another group, Baghdadi Jews migrated from Iraq, Afghanistan, and Iran around 250 years ago. In addition, there are several other groups settled in various states across India.

Today, several landmarks afford the opportunity to experience Jewish culture in India; these are mostly located in Mumbai, Kolkata, and New Delhi.

AFTER 26/11



Rabbi Israel and Chaya Kozlovsky resumed the position of Director of Chabad House in Mumbai in 2012. Inspired by the vision and teachings of the Rebbe, of righteous memory – they set out to rebuild after the 26/11 terror attacks and the brutal murder of their predecessors, Rabbi Gavriel and Rivka Holtzberg. In August 2014, they formally reopened Nariman House to the local Jewish and visiting communities.

In 2015, they embarked on their most recent endeavour, the establishment of Mumbai's only Jewish school.

With a vision to inspire visitors to combat the dark events of 26/11 and educate and inspire them to act for the betterment of themselves, their communities and the world, the Memorial named '**Nariman Lighthouse**' dedicating and recognising all the victims of the Mumbai attack was unveiled on the 10th anniversary of the incident.

WHAT IS KOSHER?

The English word "kosher" is derived from the Hebrew root "kashér", which means to be pure, proper, or suitable for consumption. The laws that provide the foundation for a kosher dietary pattern are collectively referred to as kashrut and are found within the Torah, the Jewish book of sacred texts.

According to kosher tradition, **any food categorised as meat may never be served or eaten at the same meal as a dairy product.** Furthermore, all utensils and equipment used to process and clean meat and dairy must be kept separate – even down to the sinks in which they're washed.

Kosher foods are highly beneficial for the consumer, because of the strict rules under which they are produced, and because of the close inspection and monitoring that certification requires. Vegetables and fruits are carefully monitored ensuring they do not contain any bugs, thereby ensuring the safety and healthiness of the product.

Vegetarians are assured that those kosher products that are labeled as "pareve" are processed on equipment free of any dairy foods or meat. Meatless foods cannot contain any form of meat, which is helpful for those on a vegetarian or vegan diet.





מרקים: SOUPS

מרק עוף עם קניידלך

מרק עוף וירקות בבישול ארוך, עם קניידלך רכים רכים

350

Chicken Soup (Matzah Ball) 🇮🇱 ⚡

The highlight of Shabbat meal with Matzah ball - traditional Jewish dumplings

מרק דלעת

מרק עשיר וקרמי

Pumpkin Soup 🍂 ⚡

Indulgently rich puree of pumpkin, garnished with parsley

300

טומאטו שורבה

מרק עגבניות הודי, חריף במידה

Tomato Shorba 🍅 🌶️ 🇮🇳

Mildly spicy tomato soup

300



סלטים: SALADS

סלט קוסקוס ים תיכוני

קוסקוס ברוטב לימון, מלא בירקות טריים וגרגרי חומס

350

Mediterranean Couscous Salad 🍅 ⚡

Al dente couscous loaded with fresh vegetables and chickpea in fresh lemon dressing

סלט קינואה

טעים ובריא! קינואה, שברי פקאן, צימוקים וירוקים ברוטב חמוץ מתוק

Quinoa Salad 🍂 ⚡

Healthy herbed quinoa with pecans and raisins in sweet and sour sauce

350

סלט ישראלי

כמו בבית! מלפפון, עגבניה, גמבה ובצל, קצוצים דק

Israeli Salad 🍅 ⚡

A popular Israeli dish. Finely chopped tomatoes, cucumber, onion and bell pepper tossed together (Available in small and large portions)

80 (small) קטן
120 (large) גדול

לחמים: BREADS



חלה

חלת הבית, הכי טעימה במזרח

125

Challah (2 pieces)

Jewish signature bread served in Shabbat meal. Crispy from the outside and soft inside

אלו פאראטה

פיתה במחבת ממולאת בתפוחי אדמה

Aloo Paratha (2 pieces)

Mildly spiced potato stuffed in rolled out flatbread

150

פיתה

פיתה טרייה מהמחבת

Pita (2 pieces)

Israeli pocket bread

110

צ'אפאטי

לאפה הודית דקיקה מקמח מלא

Chappati (2 pieces)

Whole wheat Indian flat bread

80

כריכים: SANDWICHES



סביח

כל הטוב בפיתה אחת

375

Sabich

Fried eggplant slices and boiled eggs stuffed into pita pocket served with tahini and hummus

פיתה פלאפל

המנה הכי ישראלית שיש

Falafel in Pita

Pita stuffed with falafel balls, french fries, Israeli salad and tahini sauce

300

כריך אומלט

כמו בבית - חביתה בצל/פטטריות, בחלה טרייה, עם רוטב שום

Omelet Sandwich

Just like home - omelet with onions or mushroom, in fresh Challah bread and garlic sauce

200

נשנושים: STARTERS



פיש טיקה

קוביות דגים מוקפצות בצ'ילי

375

Fish Tikka

Chilly marinated fish cubes cooked on a pan and smoked

Masbakha

Hummus topped with caramelised onion and mushrooms / chicken fingers. Served with pita

280

350

מסבחה

עם נגיסי עוף או פטריות מוקפצות - מוגש עם פיתה

Falafel Balls

Crispy fried chickpea balls, with hummus and french fries

275

מוגש עם חמוס וצ'יפס

סמוסה

Deep fried savoury puff stuffed with potato and spices

175

חטיף בצק מטוגן במילוי חמוס, אפונה ותפוח אדמה

עיקריות: MAINS



פילה סלמון

סטייק סלמון בשום ולימון, מוגש על סלט שעועית חם

975

Salmon Steak

Herb marinated, grilled salmon fillet, served with warm beans salad

Chicken Steak

Grilled chicken served with mashed potatoes and grilled vegetables

600

סטייק עוף

פרגית בגריל, מוגשת עם פירה וירקות מוקפצים

Khreime Fish

Tunisian Shabbat speciality - tender Rawas braised in a thick chille-spiced tomato sauce with Challah bread

600

חריימה

דג ראואס, מוגש ברוטב אדום חריף עם חלה

מעורב ירושלמי

חלקי עוף עסיסיים מוקפצים בתיבול אוטנטי

Jerusalem Mixed Grill

Different parts of chicken cooked on a flat grill and seasoned in Jerusalemi spices

550

שניצל

חזה עוף עסיסי מטוגן בפירורי לחם

Chicken Schnitzel

Juicy chicken breast covered in breadcrumbs and fried, served with french fries and Israeli salad

550

ביריאני

מנת אורז בתבלינים ארומטיים, מלאה בנתחי עוף ובצל מקורמל

370

Biryani (Veg/Chicken)

Delicious savory rice dish, loaded with spicy marinated chicken and caramelised onions

525

Vegetable Tagine with Couscous

This Moroccan adaption of vegetable tagine is filled with zucchini, chickpeas and warming spices mixed with tomato sauce. It's the perfect recipe for Meatless Day

450

ספגטי בולונז

ספגטי ברוטב עגבניות צמחוני

Spaghetti Bolognese

Spaghetti served with a sauce of tomatoes, veggies and herbs

450

פאי רועים

שכבות של ירקות מתובלים ופירה תפוחי אדמה

Veg Shepherd's Pie

Mixed minced mushroom layered with mashed potatoes

400

שקשוקה

טעם של בית! ביצים ברוטב עגבניות עשיר

Shakshuka

Eggs poached in tomato sauce with added spices

330

פאב באהג'י

תערובת ירקות מתובלת במחבת לוחטת, עם לחם חם

Pav Bhaji

A spiced mixture of mashed vegetables cooked on a flat griddle served with hot bread rolls

300



תוספות SIDES

אורז מוקפץ

בסגנון סיני, עם נגיסי עוף/ ביצה או צמחוני עם ירקות

130

150

250

Fried Rice (Veg/Egg/Chicken) 🇮🇱 🇨🇪 🚚

A dish of cooked rice that has been stir-fried in a wok/frying pan and is usually mixed with ingredients such as eggs, vegetables or meat of your choice

ירקות מאודים

טעים ובריא! אוסף ירקות בויניגרט

Grilled Vegetables 🇨🇪 🚚

Assortment of veggies charred to perfection and then drizzled with vinaigrette

180

צ'יפס

חם וטעים

French Fries 🇨🇪 🚚

Allumette-cut deep fried potatoes

130

תפודים בגריל

קוביות תפוחי אדמה צלויים בגריל

Roasted Potatoes 🇨🇪 🚚

Hand cut potatoes baked in the oven

100

אורז לבן

אורז כמו בבית. כתוספת למנת עוף או דג

Steamed Rice 🇨🇪 🚚

Rice like home - cooked white Basmati rice

100



קינוחים: DESSERTS

בבקהלה

עוגת השמרים של סבתא, במילוי שוקולד קראנצ'י

300

Babkeleh 🇮🇱 🍷 🌟

Grandmom's cake, filled with crunchy chocolate

מוס שוקולד קפה

מוס שוקולד קלאסי, מועשר בקפה

Cocoa - Coffee Mousse 🇮🇱 🌟

Classic silky chocolate mousse, infused with coffee

300

שייק פירות

מפירות העונה- שאל את המלצר לאפשרויות

Fruit Shake

Seasonal fruits, ask the waiter for options

300

קריספי תפוחים

תפוחים חמים בקינמון וגרנולה פריכה

Apple Crisp

The popular combination of apples, cinammon and crisp Granola

300



משקאות REFRESHERS

מיץ טרי

מיץ בריא של תפוח, סלק וגזר

275

ABC Juice

Apple, beetroot and carrot is a perfect refreshing mix to include more Vitamin in your diet

קפה טורקי

טורקי של עלית

Israeli Black Coffee

Israeli coffee famous for its rich aroma and one of a kind taste. Served without milk

200

שתיה קלה

סודה, ספרייט, קולה רגיל, קולה זירו, קולה דיאט

Soft Drinks

Soda/Sprite/Coke/Zero Coke/Diet Coke

65

All prices are inclusive of taxes. We levy 5% service charge.



We Deliver!

12 noon - 9 pm (Sun-Thu) 12 noon - 3 pm (Fri)

To place your order, log on to www.koshermumbai.com
or call **+91 93725 29495**

Catering (10+ pax): **+91 88797 33929**

Call us for catering services and group reservations.

Bulk order to be placed 3 days in advance.

We also deliver on



Kosher Mumbai, 1st Floor, Nariman House, Hormusji Street, Colaba.

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