

101 | Paratha

Dine-In | Take-Out

Call (972) 636 4103

3311 Regent Blvd, Irving, TX 75063

Order Online
India101.com/101-paratha

VEGETARIAN (Served with Daal Makhani, Raita, Pickle & Homestyle Butter)

1. TWISTED PARATHA - LACCHA PARATHA <i>Layered, flaky flatbread typically made with wheat flour</i>	\$8.99	2. NANI KA NUSKA - AJWAIN PARATHA <i>Flaky flatbread stuffed with carom seeds</i>	\$8.99	3. HARA BHARA - PUDINA PARATHA <i>Layered flatbread stuffed with mint & coriander leaves</i>	\$8.99
4. CRY BABY - PYAZ & MINT PARATHA <i>Flatbread stuffed with onions, mint & Indian spices</i>	\$8.99	5. KUCH TEEKHA KUCH KHATTA - ACHARI PARATHA <i>Flatbread stuffed with spiced-pickled vegetables</i>	\$8.99	6. JUST POTATO - ALOO PARATHA <i>Flatbread stuffed with potatoes, ginger, cumin & green chilies</i>	\$9.99
7. BHARWAN ALOO DAHI POCKET PARATHA <i>Flatbread stuffed with marinated potatoes, yogurt, green chilies, cilantro & dried mango</i>	\$10.99	8. MAST MIX - ALOO MATAR PARATHA <i>Flatbread stuffed with spiced mashed potatoes & green peas</i>	\$10.99	9. MERI TERI KHOOB NIBHEY GI - ALOO METHI PARATHA <i>Flatbread filled with mashed potatoes & fenugreek leaves</i>	\$10.99
10. HUM DONO - ALOO PANEER <i>Flatbread filled with cottage cheese, potatoes, green chilies & cilantro</i>	\$11.99	11. CHATPATA ACHARI ALOO PARATHA <i>Flatbread stuffed with tangy potato & pickled vegetables</i>	\$11.99	12. MOGAMBO KHUSH HUA - ALOO PYAAZ TAMATAR PARATHA <i>A popular combination of potatoes, onions and tomatoes, stuffed flatbread</i>	\$10.99
13. GOLUM GOL - ALOO MUSHROOM SPROUTS PARATHA <i>Flatbread filled with potatoes, gram sprouts & sautéed mushrooms</i>	\$11.99	14. SWAAD KA ASLI RAAZ - ALOO GAJAR MATTAR PYAAZ PARATHA <i>Flatbread stuffed with potatoes, carrots, peas, onions, cumin & cilantro leaves</i>	\$11.99	15. CHENNAI KA DON - MASALA DOSA PARATHA <i>Flatbread stuffed with South Indian flavored masala potatoes, onions, chilies & curry leaves</i>	\$10.99
16. CHAK DE PUNJAB - AMRITSAR ALOO PARATHA <i>Flatbread stuffed with potatoes, dry mango powder, cilantro, garam masala & ground Indian spices</i>	\$10.99	17. ALOO BIKANERI - ALOO BHUJIYA PYAZ PARATHA <i>Flatbread stuffed with chopped potatoes, onions, tomatoes & Indian spices</i>	\$10.99	18. PHOOLAN KI BAHAR - GOBHI PARATHA <i>Flatbread stuffed with grated cauliflower, cilantro, green chili & Indian spices</i>	\$10.99
19. KUCH KHAAS -GOBHI PANEER PARATHA <i>Flatbread stuffed with cauliflower, cottage cheese, cumin & chili powder</i>	\$11.99	20. GOLMAL HAI BHAI SAB GOLMAL - GOBHI MATTAR CORN CHEESE PARATHA <i>Flatbread stuffed with cauliflower, green peas, corn kernels, cream cheese & Indian spices</i>	\$12.99	21. MAUSAM E BAAHAR - GOBHI MUSHROOM PANEER PARATHA <i>Flatbread stuffed with mushrooms, cauliflower, grated cottage cheese, cumin & cilantro</i>	\$12.99
22. PATTE PE PATTI - PATTI-GOBHI PARATHA <i>Flatbread stuffed with grated cabbage, cilantro, red chili & dry mango powder</i>	\$10.99	23. HARYALI AUR RASTA - PAATA GOBHI MUTTER PARATHA <i>Flatbread stuffed with cabbage, mashed green peas & grounded spices</i>	\$11.99	24. SOONGETE RAH JAO GE - MOOLI PARATHA <i>Flatbread stuffed with grated white radish & seasoned with spices</i>	\$10.99
25. KHUSHBOO JO SAATH NIBHAYE - MOOLI PANEER PARATHA <i>Flatbread stuffed with grated white radish & cottage cheese</i>	\$11.99	26. JIYA JALE JAAN JALE - HARI MIRCH PYAZ PARATHA <i>Flatbread filled with sautéed green chilies, onion and nigella seeds</i>	\$9.99	27. TU CHEESE BADI HAI MAST MAST - HARI MIRCH CHEESE PARATHA <i>Flatbread stuffed with chopped green chilies, cream cheese & cumin</i>	\$10.99
28. NAI DULHAN - PANEER BHURJI PARANTHA <i>Flatbread stuffed with grated cottage cheese, onions, tomatoes, cilantro & ground spices</i>	\$10.99	29. MAKHAN MAR KE - PANEER MAKHANI PARATHA <i>Flatbread stuffed with grated cottage cheese, butter sauce & spices</i>	\$10.99	30. WAH KYA CHEESE HAI - PANEER PYAAZ SHIMLA MIRCH PARATHA <i>Flatbread stuffed with cottage cheese, onions, and bell peppers</i>	\$11.99
31. EK DUM JHAKAS - PANNER TIKKA HARI MIRCH PARATHA <i>Flatbread stuffed with cottage cheese, green chilies, and Indian spices</i>	\$11.99	32. HAWA HAWAII - CREAM CHEESE CORN PINEAPPLE PARATHA <i>Flatbread stuffed with green gram cheese, corn, cilantro & pineapple</i>	\$12.99	33. SHAM SAVERA - PANEER PALAK PARATHA <i>Flatbread stuffed with cottage cheese, chopped spinach, cumin powder & Indian spices</i>	\$11.99
34. PUNDIT BIHARI KHAYE - PANEER ACHARI PARATHA <i>Flatbread stuffed with spiced pickled vegetables & cottage cheese</i>	\$11.99	35. DESI GONE TO ITALY - CHILI PANEER PIZZA STYLE PARATHA <i>Flatbread stuffed with cottage cheese, onions green chilies & soy sauce</i>	\$12.99	36. FORGET ME NOT - PANEER ALOO GOBHI MOOLI PYAAZ PARATHA <i>Flatbread stuffed with cheese, spiced potatoes, cauliflower, radish, chopped onions & spices</i>	\$12.99
37. CHANNA VE MEREVA - CHANA DAL PARATHA <i>Flatbread stuffed with yellow lentils, green chilies & cilantro</i>	\$11.99	38. TRIPLE M - METHI MALAI MATTAR PARTHA <i>Flatbread stuffed with fenugreek leaves, cream & green peas spiced with chilies</i>	\$11.99	39. HALO RE HALO - JALAPENO CHEESE PARATHA <i>Flatbread stuffed with minced jalapeno, sour cream & Indian spices</i>	\$11.99
40. RAWALPINDI KI SAIR - PINDI CHANA PARATHA <i>Flatbread stuffed with white chickpeas & Indian spices with a tangy flavor</i>	\$11.99	41. JAMMU KA NAZRANA - RAJMA PARATHA <i>Flatbread stuffed with kidney beans, onions, mango powder and spices</i>	\$11.99	42. NAKLI KUKKAR SHAKAHARI - SOYA BEAN NUTRI PARATHA <i>Flatbread stuffed with soya nutrela, green chilies, onions & spices</i>	\$12.99
43. LAAL LAAL GAAL - CHUKANDAR PARATHA <i>Flatbread stuffed with grated beetroot, cilantro & green chilies</i>	\$10.99	44. CHAL AKELA CHAL AKELA - LILWA TOOR PARATHA <i>Flatbread stuffed with green gram lentils, onions, cilantro & green chili</i>	\$11.99	45. SALAME BAINGAN - BAINGAN BHARTHA PARATHA <i>Flatbread stuffed with oven-roasted eggplant, cilantro & green chilies</i>	\$11.99
46. KABUL KI SHAAN - KABULI CHANA HARA PYAAZ PARATHA <i>Flatbread stuffed with chickpeas, spring onions, green chili & mango powder</i>	\$11.99	47. MILLI JULI SAAZISH - MIX VEG PARATHA <i>Flatbread stuffed with sautéed & pickled vegetables</i>	\$11.99	48. BEGUM KI PASAND - MYSORE ALOO PARATHA <i>Flatbread stuffed with lentil, potato, curry leaves red chilies mustard seed & garlic</i>	\$10.99
49. HEALTH IS WEALTH - BROCCOLI PARATHA <i>Flatbread stuffed with blanched broccoli, onions & green chili</i>	\$10.99	50. HARYALI AUR RASTA - BROCCOLI,CHEESE, PYAZ PARATHA <i>Flatbread stuffed with chopped broccoli, sour cream & onions</i>	\$11.99	51. DIL DAHI DHAI - DAHI KEBAB POCKET PARATHA <i>Flatbread filled with yogurt, onions, cilantro, chili & spices</i>	\$11.99
52. EVERGREEN - METHI HARI MIRCH PARATHA <i>Flatbread stuffed with chopped fenugreek leaves, green chili, mango powder & spices</i>	\$10.99	53. LAHASUNI PARANTHA - PALAK HARA LAHASUN PARATHA <i>Flatbread stuffed with garlic, spinach, green chilies & spices</i>	\$10.99		

NON-VEGETARIAN (Served with Daal Makhani, Raita, Pickle & Homestyle Butter)

54. JUST EGG - UBLA ANDA PARATHA <i>Flatbread Stuffed with a boiled egg mixture and Indian spices</i>	\$9.99	55. ANDE KA FUNDA - ANDA OMELET PARATHA <i>Flatbread stuffed with boiled eggs, onions, tomatoes, green chili, and cilantro</i>	\$9.99	56. ANDA BOLEIN OYE OYE - ANDA BHURJI PARATHA <i>Flatbread stuffed with scrambled egg, cumin seeds, onions, tomatoes, green chilies, cilantro & spices</i>	\$9.99
57. ANARKALI PARANTHA - ANDA -TURKEY KEEMA PARATHA <i>Flatbread fried with egg white and stuffed with spiced ground turkey</i>	\$10.99	58. SHAUKEEN PARANTHA - ANDA KUKKAD KEEMA PARATHA <i>Flatbread topped with egg and stuffed with minced chicken, cilantro & spices</i>	\$11.99	59. NAWABI NAKHRA - ANDA BAKRA KEEMA PARATHA <i>Flatbread topped with egg, stuffed with minced lamb and Indian spices</i>	\$13.99
60. JASHNE BAHARAN - ACHARI KUKAD PARATHA <i>Flatbread stuffed with spiced chicken, cilantro & lemon</i>	\$11.99	61. KUKKAD PUNJABI -- MURG KEEMA PARATHA <i>Flatbread stuffed with minced chicken, cooked with ground Indian spices & cilantro</i>	\$11.99	62. CHICKEN SHIKAN AUR MATAR - MURG KEEMA MATTAR PARATHA <i>Flatbread stuffed with minced chicken, and peas cooked with ground Indian spices</i>	\$12.99
63. MAKHANI KUKKAD -MURG MAKHAN MAR KE PARATHA <i>Flatbread stuffed with butter chicken, onion & cilantro. Definitely a favorite</i>	\$11.99	64. GAZAB KA TIKKA - MURGH TIKKA GREEN PEPPER PARATHA <i>Flatbread stuffed with marinated chicken & green bell peppers</i>	\$11.99	65. CREAMY DELIGHT - MALAI MURG PARATHA <i>Flatbread stuffed with spiced marinated chicken & cream</i>	\$11.99
66. KUKKAD - E - HARIYALI - MURG SPINACH CHEESE PARATHA <i>Flatbread stuffed with minced chicken and creamy spinach</i>	\$12.99	67. SAR JO TERA CHAKRAYE - MURG TOSSED WITH HOUSE SHARAB PARATHA <i>Flatbread stuffed with chicken pieces tossed in cooking alcohol & spices</i>	\$14.99	68. MURG WITH MISS METHI - METHI MURG PARATHA <i>Flatbread filled with chicken, fenugreek leaves, onions & chilies</i>	\$11.99
69. MURG KE SAATH KHAAS PYAAZ - MURG DO PYAZA PARATHA <i>Flatbread stuffed with chicken, variety of onions and Indian spices</i>	\$11.99	70. BADAME MURGH - ALMOND CHICKEN PARATHA <i>Flatbread stuffed with chicken, almonds, and spices</i>	\$12.99	71. YEH PARANTHA MUJHE DE DE THAKUR- HARYALI MURG KEBAB PARATHA <i>Flatbread filled with chicken marinated in yogurt, mint & cilantro</i>	\$12.99
72. HANSTE HANSTE LAG GAYE RASTE - CHILI MURG PARATHA <i>Flatbread filled with an Indo-chinese flavored chicken, tossed with soy sauce & chilies</i>	\$11.99	73. MURG IN SHIMLA - SHIMLA MIRCH CHICKEN PARATHA <i>Flatbread stuffed with chicken, bell peppers & spices</i>	\$11.99	74. LAILA MAJNU - MUGHLAI MURG PARATHA <i>Flatbread filled with saffron spiced chicken, cashew, dry fruits & spices</i>	\$12.99
75. MAKAI KI BAHAR - SWEET CORN CHEESE PYAZ MURG PARATHA <i>Flatbread stuffed with chicken, corn kernels, cheese cream, cilantro & spices</i>	\$12.99	76. BHATTI DA MURGH - TANDOORI MURGH PARATHA <i>Flatbread filled with marinated chicken, cooked in a clay oven, yogurt & Indian spices</i>	\$11.99	77. CHANDNI CHOWK TO CHINA - SCHEZUWAN MURGH PARATHA <i>Flatbread stuffed with chicken, red chilis, shallots & garlic cloves</i>	\$12.99
78. TAKA TAK SPECIAL - LAMB KEEMA PARATHA <i>Flatbread stuffed with minced lamb cooked with ground Indian spices & cilantro</i>	\$14.99	79. PREETAM AAN MILO - LAMB KEEMA GREEN PEAS CREAMY CHEESE PARATHA <i>Flatbread stuffed with minced lamb, green peas, cream cheese & cilantro</i>	\$14.99	80. JAL KI RANI - FISH TIKKA PARATHA <i>Flatbread stuffed with fish marinated in yogurt, spices, green chilies, dry mango & cilantro</i>	\$13.99
81. BADE BHAIYA KI PASAND - MUTTON SEEKH KEBAB PARATHA <i>Flatbread stuffed with minced goat meat, marinated with garam masala & mustard oil</i>	\$14.99				

DESSERT

82. MAST PARATHA - DRY FRUIT CREAM CHEESE PARATHA <i>Flatbread filled with chopped dry fruits, cream cheese, cardamom powder & sugar</i>	\$11.99	83. KUCH MEETHA HO JAYE - CHINNI PARATHA <i>Flatbread stuffed with a combination of white & brown sugar</i>	\$11.99	84. DADI MAA KI PASAND - GUR SHAKKAR PARATHA <i>Flatbread filled with grated jaggery, dry fruits & dry coconut shavings</i>	\$10.99
85. GULABI GUBAARA - GULAB JAMUN PARATHA <i>Flatbread stuffed with dumplings made of fried condensed milk, cardamom powder & dried fruits</i>	\$11.99	86. CHAAND KA TUKRA - KALAKAND PARATHA <i>Flatbread stuffed with sweet milk cake, dry fruits cardamom powder & rose water flavor mix</i>	\$12.99	87. DADI KE HAATH SE - CHINNI SHAKKAR CHURI PARATHA <i>Fried, crushed flatbread filled with sugar, ghee, dry fruits & dried coconut</i>	\$11.99
88. BACCHON KI PASAND - NUTELLA PARATHA <i>Flatbread stuffed with Nutella & dried fruits</i>	\$11.99	89. KHATE KHATE LUV HO JAYE - MOTICHOOR LADOO PARATHA <i>Flatbread stuffed with sweet gram flour dumpling, dry fruits & cardamom powder</i>	\$12.99	90. LOST IN PARADISE - KHOYA PARATHA <i>Flatbread stuffed with slow cooked sweet, flavored milk & cardamom powder</i>	\$12.99
91. MEVE KA BHANDAR - KHOYA DRY FRUITS PARATHA <i>Flatbread stuffed with slow cooked mixture of sweet milk & chopped dry fruits</i>	\$14.99	92. JHOOM BARABAR JHOOM - DRY FRUITS SOAKED IN ALCOHOL OVERNIGHT <i>Flatbread stuffed with chopped-mashed dry fruits soaked overnight in alcohol & sugar</i>	\$14.99		

SINGAPORE SPECIAL* (Served with Daal Makhani, Raita, Pickle & Homestyle Butter)

93. DOSTON KA DOST - ACHARI ALOO PARATHA <i>Flatbread stuffed with potato & pickled vegetables</i>	\$11.99	94. WAH KYA BAAT-ALOO GOBHI PYAAZ PARATHA <i>Flatbread stuffed with grated cauliflower, potatoes & onions tossed in ground Indian spices</i>	\$11.99	95. TEEN KI TIGRI - PAATA GOBHI MUTTER GAJAR PARATHA <i>Flatbread stuffed with cabbage, carrots, green peas, dry mango powder & garam masala</i>	\$11.99
96. KHA KE DEKHO - MOOLI PARATHA <i>Flatbread stuffed with grated white radish & seasoned with spices</i>	\$10.99	97. HARA BHARA KEEMA - LAMB KEEMA GREEN PEAS PARATHA <i>Flatbread stuffed minced lamb and green peas cooked with ground Indian spices & cilantro</i>	\$13.99	98. NAWABE KHAS - CHICKEN TIKKA <i>Flatbread stuffed with grilled chicken & green pepper</i>	\$11.99
99. SUNDAY YAHN MONDAY ROZ KHAO ANDE - EGG ON EGG PARATHA <i>Flat Bread stuffed with Egg & grated onion</i>	\$9.99	100. KUKAD KHAYE PALAK - CHICKEN PALAK MIX PARATHA <i>Flat Bread stuffed with grated chicken and palak</i>	\$12.99	101. ROYAL PARATHA - LAMB NUTS SAFFRON SILVER PARATHA <i>Flat Bread stuffed with lamb, Nuts, Saffron Silver Waqar Chef special</i>	\$16.99

*This item contains egg and may not be suitable for vegetarians. Extra sides of Daal Makhani, Pickle, Raita or Homestyle butter available for \$1/each