



Woodlands

Woodlands originated from the southeastern coastal town of Udipi, India. Udipi is a unique location famous for its centuries-old Hindu temples that attract visitors and luminaries worldwide. In the surrounding areas of Udipi the land is rich and fertile, making it ideal for farming. The area is abundant with fresh vegetables and fruits, which are not only incorporated into the cuisine, but serve as the foundation for many of the popular dishes.

The food here is spicier, and rice is a staple of the diet. Local cooks take enormous pride in their recipes, and Udipi has become internationally acclaimed as a center for devising superb authentic vegetarian Indian cuisine.

Your visit culminates with food that we prepare and cherish in our homeland. Rest assured that we prepare and serve only the finest ingredients available. We trust you shall enjoy your meal, and our staff is eager to help you.

Pure Vegetarian Gluten Free / Vegan

7128-a Albemarle Road, Charlotte, NC 28227

Tel: 704-569-9193 Fax: 704-569-9188

Business Hours

Monday, Wednesday - Sunday (Tuesday Closed)

11:30 am - 3:00 pm; 5:00 pm - 10:00 pm

We cater for All Occasions

www.woodlandsusa.com

Starters/Chaat

(GF - Gluton Free) (VG - Vegan)



1. *Idly* - 5.95 / *Sambhar Idly* - 6.50 (GF) (VG)
Steamed Rice & Lentil Patties Served w/Sambhar & Coconut Chutney - 5.50

2. *Idly fried* (GF) (VG)
Steamed Rice & Lentil Patties cut into pieces deep fried sauted w/onions - 6.95

3. *Vada* - 5.95 / *Sambhar Vada* - 6.50 / *Rasam Vada* - 6.50 (GF) (VG)
Fried Lentil Donuts Served w/Sambhar & Coconut Chutney

4. *French Fries (Indian Style)* (GF) (VG)
Served w/Ketchup - 5.50

5. *Potato Bonda* (GF) (VG)
Potato Dumpling w/Chickpeas Flour - 5.95

6. *Cutlet* (GF) (VG)
Minced Vegetables W/Spices, Bread-Crumbled & Deep-fried - 5.95

7. *Samosa* (VG)
Crispy/Flaky Crust Stuffed w/Potatoes, Carrots & Peas - 5.95

8. *Spinach Samosa (Organic)* (VG)
Crispy & Flaky Crust Stuffed w/Potatoes, Spinach & Peas - 6.50

9. *Samosa Chaat*
Chopped Samosa Topped w/Wheat Crispies, Yogurt, Tamarind & Mint Chutneys - 6.50

10. *Aloo Papdi Chaat*
Wheat Crispies W/Chopped Potatoes, Onions, Chick Peas, & Chutneys - 6.50

11. *Bhel Puri* (VG)
A Mix Of Puffed Rice, Spiced Noodles, Tomatoes, Potatoes, Onions, & Chutneys - 6.50

12. *Pani Puri* (VG)
Crispy Puris Seved W/Lentils, Potatoes, Special Spicy Water & Chutney - 6.50

13. *Sev-Batata Puri* (VG)
Crispy Puris Topped W/Spiced Noodles, Potatoes, Onions & Chutneys - 6.50

14. *Dahi Batata Puri*
Crispy Puris Topped W/Yogurt, Potatoes & Chutneys - 6.50

15. *Dhai Vada* (GF)
Fried Lentil Donuts Dipped In Sweetened Yogurt - 6.95

16. *Mixed Vegetable Pakora* (GF) (VG)
Potatoes, Cauliflower, Onions, Fritters Mixed W/Chickpeas Flour - 7.95

17. *Onion Bhajia* (GF) (VG)
Fine sliced onions, Mixed W/Chickpeas Flour - 7.95

18. *Chili Pakora* (GF) (VG)
Hot Green Peppers Mixed W/Chickpeas Flour & fried - 7.95

19. *Paneer Pakora* (GF)
Homemade Indian Cheese Lightly Spiced Fritters - 10.95

20. *Paneer Tikka* (GF)
Chunks Of Indian Cheese, Onions, Bell Pepper Marinated & Cooked In Clay Oven - 12.95

21. *Assorted Appetizers* (VG)
Vada, Potato Bonda, Samosa, Cutlet & Mixed Vegetable Pakora - 13.95

22. *Gobi Manchurian (Dry)* (VG) 23. *Baby Corn Manchurian (Dry)* (VG)
Marinated Cauliflower/Corn Sautéed w/Ginger, Garlic, Green Onions & Soy Sauce - 12.95

24. *Paneer Chili (Dry)*
Indian Home Made Cottage Cheese Cooked w/Bell Peppers, Green Peppers, Ginger, Garlic & Soy Sauce - 13.95



Soups

1. *Tomato Soup* (GF) (VG)
Home Made Soup From Fresh Tomatoes - 4.50

2. *Rasam* - 4.50 (GF) (VG) *Sambhar* - 4.50 (GF) (VG)
Traditional Indian Sour & Spicy Soup

3. *Veg. Clear Soup* (GF) (VG)
Fine Grated Vegetables In A Semi-Thick Vegetable Stock - 4.50

4. *Sweet Corn Soup*
Sweet Corn In A Special Thick Vegetable Stock - 4.50

5. *Manchaow Soup*
Fine Grated Vegetables In A Soy Sauce & Vegetable Stock - 5.50



Uthappam (GF) (VG)

1. Vegetable Uthappam

Tomato, Peas, Carrots, Onions & Cilantro Toppings (Option to add Hot Chili) - 10.95

2. Chickpeas Uthappam (*Chickpeas flour Pancakes*)

Tomato, Peas, Carrots, Onions & Cilantro Toppings (Option to add Hot Chili) - 11.95

Dosa (*White Lentil & Rice Crapes*)

1. Plain Dosa (No Filling) - 7.95 (VG)

2. Masala Dosa (*Filled w/ potatoes*)- 9.50 (VG)

3. Mysore Masala Dosa (Filled w/potatoes layered w/hot chutney) - 10.50 (VG)

4. Onion Masala Dosa (Filled w/potatoes & raw onion topping) - 9.95 (VG)

5. Butter Masala Dosa (Filled w/potatoes, layered w/butter) -10.50

6. Paper Masala Dosa (Thin & Crispy dosa filled w/potatoes) - 12.50 (VG)

7. Cheese Masala Dosa (Filled w/potatoes & american cheese) - 10.95

8. Paneer Masala Dosa (Filled w/potatoes & grated homemade cheese) - 11.50

9. Pesarat Masala Dosa (Green lentil & rice crape filled w/potatoes) - 11.00 (VG)

10. Woodland's Special Spring Dosa (Stuffed w/potatoes, fresh grated vegetables & hot chutney) - 12.50 (VG)

11. Rava Dosa (Cream of wheat dosa w/no filling) - 11.50 (VG)

12. Onion Rava Masala Dosa (Cream of wheat dosa filled w/potatoes & grilled onions) - 12.50 (VG)

13. Pesarat Uppma (Green lentil & rice crape w/cream of wheat, garnished w/nuts) - 11.95 (VG)

Extra sambar - 0.99 Extra chutney - 0.50

House Specialties

1. Pav Bhaji 10.50 (VG) / **Cheese Pav Bhaji** 11.50 (Extra Bread rolls - 1.50)

Mashed Vegetables W/Special Herbs & Spices, Served w/Bread Rolls

2. Special Uppuma

Cream Of Wheat w/Cream, Green Peas Garnished w/Nuts - 8.95

3. Pongal Avial (GF)

Rice & Yellow Lentils Cooked To Perfection Served w/ " Avial" - 10.50

4. Hakka Noodles (Thin Noodles w/Finely Chopped Fresh Vegetables) - 11.95 (VG)

5. Paneer Hakka Noodles (Thin Noodles w/Finely Chopped Vegetables, Homemade Cottage Cheese) - 12.95

6. Szechwan Noodles

Thin Noodles w/Finely Chopped Fresh Vegetables in Our Chef's Spicy Szechwan Sauce - 11.95

7. Paneer Szechwan Noodles

Thin Noodles w/Finely Chopped Vegetables, Homemade Cottage Cheese in a Spicy Szechwan Sauce - 12.95

8. Mushroom Szechwan Noodles (VG)

Thin Noodles w/Finely Chopped Fresh Vegetables, Mushrooms In Our Chef's Spicy Szechwan Sauce - 12.95

9. Poori Bhaji (Potatoes & Onions Cooked To Perfection Served w/(2) Pooris) - 10.95 (VG)

10. Chana Poori (Chef's Specialty) (2 pooris Served w/Chana Masala) - 12.95 (VG)

11. Chana Batura (Chef's Specialty) (Large Puffy Bread Served w/Chana Masala) - 13.95 (VG)



Organic Menu



Organic Soups

- 1. *Spinach Soup* (Fresh Ground Spinach w/Rosemary) - 6.00 (GF) (VG)
- 2. *Tomato Soup* (Fresh Homemade Tomato Soup) - 6.00 (GF) (VG)

Organic Starters

- 1. *Organic Earth Green House Salad* - 5.50 (GF) (VG)
- 2. *Spinach Samosa* (VG)
Crispy & Flaky Crust Stuffed w/Spinach, Potatoes, Peas, Carrots & Cilantro - 6.50
- 3. *Vegetable Fritters* (GF) (VG)
Potatoes, Onions, Cauliflower Fritters Mixed w/Chickpeas Flour & Spices - 9.95

Organic Curries (Served w/Salad, Rice)

- 1. *Chana Masala* (White Chickpeas In Exotic Organic Spices, Ginger & Garlic) - 15.95 (GF) (VG)
- 2. *Aloo Gobi* (GF) (VG)
Potatoes, Cauliflower Sautéed w/Onions, Bell Pepper & Mild Indian Spices - 15.95
- 3. *Mix Vegetable Curry* (GF) (VG)
Organic Garden Fresh Vegetable Cooked in Herbs & Spices - 15.95
- 4. *Dal* (GF) (VG)
Organic Yellow Lentils Sautéed w/Onions, Tomatoes, Cumin, Ginger & Garlic - 15.95
- 5. *Bean Chili* (GF) (VG)
Organic Red Beans, Onions, Tomato, Ginger, Garlic & Indian Organic Spices - 15.95
- 6. *Palak Aloo Or Palak Chana* (GF) (VG)
Organic Spinach & Potatoes Or Chickpeas Cooked In Tomatoes, Onion & Indian Spices - 16.95



Organic Breads

- 1. *Chapathy* (Soft Thin Organic Whole Wheat Bread) - 5.50 (VG)
- 2. *Poori* (Fried Fluffy Organic Whole Wheat Bread) - 5.50 (VG)
- 3. *Paratha* (Multi Layered Organic Whole Wheat) - 5.50 (VG)
- 4. *Roti* (Organic Whole Wheat Bread Baked In A Clay Oven) - 5.50 (VG)



Sides

- 1. *House Salad* (GF) (VG)
Garden Fresh Carrots, Bell Pepper, Lettuce, Tomatoes & Cilantro - 4.50
- 2. *Onion Or Mango Chutney/Malka Pudi* - 1.50 (GF) (VG)
- 3. *Raita Or Yogurt* (Small Or Regular) (GF)
Yogurt w/Cucumbers, Tomatoes, Cilantro & Mustard Seeds - 2.00/4.00
- 5. *Papadum* (Chickpeas, Herbs, Crusted Crispy Fried Lentil Crackers) - 2.50 (GF) (VG)
- 6. *Dish Of Rice* - 3.50 (GF) (VG)

Woodland's Specials Deals



- 1. **Woodland's Special Dinner (Choice of Dosa No.1-5)** (GF) (VG)
(Rasam Or Tomato Soup, Iddly Or Vada & Choice Of Dosa Or Uthappam) - 18.95
- 2. **South Indian Thali**
(Rasam, Sambhar, Dal Tadka, Veg., Avial, Veg. Korma, White Rice, Chappati, Papad, Payasam, Yogurt & Pickle) - 18.95
- 3. **North Indian Thali**
(Choice of 2 curries (1-15) Dal Tadka, White Rice, Carrot Halwa, Raita, Pickle & Choice of Naan or Roti) - 17.95
- 4. **Woodland's Royal Thali**
(Rasam Or Tomato Soup, Samosa, Cutlet, Iddly, Dal Tadka, Channa Masala w/Choice of two curries (1-15), Sp. Rice, White Rice, Choice of Poori or Chappati, Gulab Jamoon, Raita & Pickle) - 26.95

Curries (Served W/White Basmati Rice)

- 1. **Avial Or Vegetable Korma** (VG)
Garden Fresh Vegetables, Yogurt, Cream, Coconut Sauce & Spices - 12.95
- 2. **Poriyal (Chefs Special Vegetable of the Day)** (GF) (VG)
Vegetable cooked w/Onions, Grated Coconut & Spices - 12.95
- 3. **Chana Masala** (GF) (VG)
Chickpeas In Exotic Spices w/Tomatoes, Ginger & Garlic - 13.95
- 4. **Aloo Gobi/Aloo Chana** (GF) (VG)
Potatoes, Cauliflower or Chickpeas Sautéed w/Onions, Bell Pepper & Mild Indian Spices - 12.95
- 5. **Baigan Bartha** (Spicy) (GF) (VG)
Fresh Eggplant Mashed & Cooked w/Tomatoes, Onions & Indian Spices - 13.95
- 6. **Kadai Bhindi** (GF) (VG)
Tender Okra Cooked w/Herbs, Onions & Indian Spices - 12.95
- 7. **Vegetable Jalfraeze** (GF) (VG)
Garden Fresh Vegetables Sautéed Then Cooked w/Herbs & Indian Spices - 12.95
- 8. **Mix Vegetable Curry** (GF) (VG)
Mixed Vegetables Cooked in Saffron Based Cashew & Almonds Sauce - 12.95
- 9. **Dal Tadka** (GF) (VG)
Yellow Lentils Sautéed w/Onions, Tomatoes, Cumin, Ginger & Garlic - 11.95
- 10. **Dal Makhani** (GF)
Black Lentils & Red Beans Delicately Spiced & Cooked w/Ginger, Onion, Garlic, Tomatoes & Cream - 13.95
- 11. **Aloo Palak Or Chana Palak** (GF) (VG)
Spinach & Potatoes Or Chickpeas Cooked w/Tomatoes, Onion & Indian Spices - 13.95
- 12. **Palak Paneer** (GF)
Spinach & Home Made Cottage Cheese Cooked w/Tomatoes, Onion & Spices - 14.95
- 13. **Mutter Paneer** (GF)
Green Peas & Indian Homemade Cheese Cooked w/Tomatoes, Onions & Indian Spices - 14.95
- 14. **Malai Kofta** (GF)
Dumplings of Potatoes, Carrots, Peas, Cheese, Raisins in a Saffron Based Cashew & Almond Sauce - 14.95
- 15. **Vegetable Makhani** (GF)
Mixed Vegetables Cooked w/Butter in a Tomato, Saffron Based Creamy Cashew & Almond Sauce - 14.95
- 16. **Paneer Makhani (Paneer Butter Masala)** (GF)
Indian Homemade Cottage Cheese Cooked w/Butter in a Tomato, Saffron Based Cashew & Almond Sauce - 14.95
- 17. **Mushroom Mutter Curry** (GF) (VG)
Fresh Mushrooms Cooked w/Green Peas & Saffron Based Cashew & Almonds Sauce - 13.95
- 18. **Vegetable Vindaloo** (Our Spiciest Curry) (GF) (VG)
Mixed Veg Cooked In Our Special Tangy & Spicy Sauce - 13.95
- 19. **Paneer Chili** (GF)
Indian Home Made Cottage Cheese Cooked w/Bell Peppers, Green Peppers, Ginger, Garlic & Soy Sauce - 14.95
- 20. **Mushroom Chili**
Mushroom w/Green Peppers, Ginger, Garlic & Soy Sauce - 13.95
- 21. **Vegetable Manchurian (Gravy)** (VG)
Minced Veg Dumplings Sautéed w/Ginger, Garlic & Soy Sauce - 13.95
- 22. **Gobi Manchurian (Gravy)** (VG)
Marinated Cauliflower Sautéed w/Ginger, Garlic, Green Onions & Soy Sauce - 13.95



Breads

1. **Poori** (VG)

Fried Fluffy Whole Wheat Bread - 4.00
2. **Chapathy** (VG)

Soft Thin Whole Wheat Bread - 4.00
3. **Paratha** (VG)

Multi-layered Whole Wheat Bread - 4.50
4. **Roti** (VG) **Or Butter Roti**

Whole Wheat Bread Baked In A Clay Oven - 3.50/4.00
5. **Naan** (VG) **Or Buter Naan**

Leavened Bread Baked In A Clay Oven - 3.50/4.00
6. **Garlic Or Onion Naan** (VG)

Leavened Bread Topped w/Minced Garlic Or Onion Baked In A Clay Oven - 4.00
7. **Aloo Paratha** (VG)

Whole Wheat Bread Stuffed w/ Potatoes & Mildly Flavoured Spices - 5.00
8. **Peas Paratha** (VG)

Whole Wheat Bread Stuffed w/Potatoes, Peas & Mildly Flavoured Spices - 5.00
9. **Gobi Paratha** (VG)

Whole Wheat Bread Stuffed w/Cauliflower, Potatoes & Mildly Flavored Spices - 5.50
10. **Bathura** (House Specialty) (VG)

Fried Large Puffy Bread - 5.50



Rice Specialties

1. **Vegetable Pullav** (Basmathi Rice w/Mixed Vegetables & Indian Spices) - 10.50 (GF) (VG)
2. **Bisi Bele Bhath** (Rice Cooked w/Lentils & Garden Fresh Vegetables) - 10.50 (GF) (VG)
3. **Veg Fried Rice** (Rice Sautéed w/Ginger, Garlic & Fine Chopped Vegetables) - 10.00 (GF) (VG)
4. **Szechwan Fried Rice** (GF) (VG)

Rice Sautéed w/Ginger, Garlic, Fine Chopped Vegetables & Szechwan Sauce - 10.50
5. **Mushroom Fried Rice** (GF) (VG)

Mushroom & Rice Sautéed w/Ginger, Garlic, Fine Chopped Vegetables - 11.50
6. **Paneer Fried Rice** (GF)

Homemade Cheese & Rice Sautéed w/Ginger, Garlic & Fine Chopped Vegetables - 12.50
7. **Vegetable Biryani** (Steamed Rice Cooked w/Mixed Vegetable &w/Indian Spices) - 12.50 (GF) (VG)
8. **Coconut Or Tamarind Or Tomato Or Lemon Rice** - 10.50 (GF) (VG)
9. **Yogurt Rice** - 11.50 (GF)

Desserts

1. **Rasmalai** (Homemade Cottage Cheese cooked w/milk garnished w/pistachio nuts) - 4.95 (GF)
2. **Gulab Jamoon** (Dry milk powder balls fried and dipped in sugar syrup & Rose water) - 4.95 (GF)
3. **Rice Pudding** (Basmati rice cooked in milk, sugar & dry fruits) - 4.95 (GF)
4. **Baddam Halwa** (Ground Almonds cooked in Honey & Butter) - 5.50 (GF)
5. **Carrot Halwa** (Grated Carrots cooked in Honey, butter & Cashews) - 5.50 (GF)
6. **Payasam** (Fine Vermicelli cooked in milk, Honey, Cashew garnished w/Raisins) - 4.95 (GF)
7. **Rava Kesari** (Made w/Cream of wheat, butter, Honey, Sugar, Saffron, Milk garnished w/dry fruits) - 4.95
8. **Halwa Ice Cream** (Hot Carrot or Baddam Halwa topped w/Ice cream) - 6.95 (GF)
9. **Ice Creams** (Raspberry, Vanilla, Mango, or Pistachio) - 4.95 (GF)

We Offer Authentic Vegetarian Catering For Any Special Private Event
Most Major Credit Cards Are Accepted. Minimum Charge On Credit Cards \$10.00, No Personal Checks.
Party of 5 or more, 18% gratuity added.
Prices & Menu Subject To Change Without Notice, All Foods May Be Packaged To Go