



## FAQ:

Important questions about health, happiness, and the meaning of Tandur

### Where did the name Tandur come from? What does it mean?

The Tandur is the clay oven and cooking technique that gives Indian food a yummy texture and seals in the flavors of the spices. Ours was made for us in England.

### What are the common myths about Indian food?

**"It's too hot."** Spices don't make the food 'hot.' It makes them flavorful. If you want to turn up the heat, that's chili peppers and certain styles of food.

**"That curry smell."** That **"smell"** associated with some Indian restaurants may be from sauces steeping too long on a buffet. Tandur does not have a buffet, so that buffet **"curry smell"** is replaced with freshly baked bread and the universal appeal of grilled meats.

### Where do your spices come from?

Our spices come to life in our Spice Room where we roast and grind them fresh by hand.

### Is Tandur Eco-Friendly?

We do our best to protect the Earth. The napkins and to-go containers are made from plant fiber. We use real tableware made of 50 percent bamboo. Foods are locally sourced whenever possible.

## **Is there more to life than curry? Can I get addicted to it?**

Some people do crave Indian food and need it to make them happy. We were craving it and that's why we decided to open Tandur. Although some studies actually do suggest that curry is 'addictive,' we would say that it's a healthy addiction and well worth the risk.

## **Is Indian food the cure for humankind? Is it good for you?**

Traditional Indian cooking uses fresh ingredients and makes dishes from scratch which means fewer preservatives. The flavor mostly comes from herbs and spices that have many documented healing benefits. Indian food, prepared with minimal oil and healthy cooking methods like grilling, is often considered one of the healthiest cuisines in the world!

For vegetarians, the beauty of Indian food is how it lends itself to vegetable dishes that are flavorful entrees, not just "side" dishes. There are many diet-friendly items on our menu depending on what you choose and what your diet requires. Some spices may help you burn fat and the fiber and spices together in many dishes may make you feel full longer. The grilling process in the Tandur oven also may melt away some of the fat grams compared to other cooking techniques. Why not be the first to try a Tandur diet?

## **What is the specialty of Tandur?**

Because many of our dishes were created by an internationally acclaimed chef, we have many dishes at Tandur that have a distinctive, signature flavor you won't find anywhere else.

## **Why does Indian Food Make You Happy?**

Because science. And because opposite flavors attract. Yes, science proves it. The Washington Post said so. That's why Tandur is the new "happy place."

## **What is the meaning of the symbol of the elephant?**

At Tandur, we like to think that the smiling elephant logo on the sign outside means happiness inside. The elephant is seen as good luck or fortune which we wish to our customers. It also means strength, patience, and stability which are good virtues for our new restaurant!

**Peace, Love, and Tandur!**

