

Healthy Options

ALL THE DISHES WITHIN OUR HEALTHY OPTIONS RANGE HAVE BEEN SPECIALLY SELECTED BY OUR CHEFS TO USE INGREDIENTS THAT CONTAIN LOWER CHOLESTEROL AND FEWER CALORIES.

OUR SPECIAL PREPARATION METHODS FOR THESE DISHES DO NOT COMPROMISE THE TASTE OR AUTHENTICITY OF THE DISH AND CAN ALSO BE USED TO COMPLEMENT SPECIAL DIETS SUCH AS THE ATKINS OR WEIGHT-WATCHERS.

Healthy Starters

SHEEK KEBAB <i>Lightly spiced mincemeat, grilled in the clay oven on skewers - served with salad.</i>	£3.25
CHICKEN OR LAMB TIKKA <i>Off the bone pieces of spring chicken or lamb marinated in yoghurt with aromatic spices, and herbs, barbecued in the clay oven - served with salad.</i>	£3.25
TANDOORI CHICKEN <i>On the bone 1/4 chicken marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven - served with salad</i>	£3.25
FISH ROTI <i>Lightly spiced fresh water fish cooked with onion and garlic, served on a roti.</i>	£3.50

Healthy Tandoori Dishes

ALL TANDOORI DISHES ARE MEDIUM & SERVED WITH SALAD AND MINT SAUCE

TANDOORI CHICKEN <i>On the bone 1/2 spring chicken, marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven.</i>	£6.95
CHICKEN OR LAMB TIKKA <i>Off the bone pieces of spring chicken or lamb marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven.</i>	£6.95
CHICKEN OR LAMB SHASLIK <i>Off the bone pieces of spring chicken or lamb marinated in yoghurt with aromatic spices grilled with tomatoes, capsicum and onions.</i>	£7.95
TANDOORI MIXED GRILL <i>Selection of tandoori dishes which includes chicken tikka, lamb tikka and sheek kebab.</i>	£9.95
VEGETABLES SHASLIK <i>An assortment of vegetables marinated in an aromatic sauce then cooked in the clay oven. Served on a sizzling dish with a bed of lettuce.</i>	£7.95

Healthy Specialities

CHICKEN ZAFRANI MEDIUM: Pieces of sliced chicken marinated in the tandoori spices prepared with olive oil, fresh onions, green pepper, tomatoes and medium hot spices giving a rich taste.	£8.95
ACHARI CHICKEN MEDIUM OR FAIRLY HOT: Prepared in a tantalizing pickle massalla sauce, laced with whole green chillies.	£8.95
FISH CHILLI MOSSALA FAIRLY HOT: Fresh water fish marinated in garlic flavored with doniya leaves cooked with olive oil, tomatoes, onion, peppers and medium spices, thickened to give a rich taste.	£8.95
ROSHNI CHICKEN MEDIUM OR FAIRLY HOT: Chicken breast marinated in delicate spices, pan fried with garlic, onion, pepper and green chilli; cooked in a tantalizing sauce garnished with doniya leaves.	£8.95
CHICKEN TIKKA SAAG BALTI MEDIUM: Cooked with olive oil, spinach, fresh onion, green pepper, tomatoes and medium hot balti spices giving a rich taste.	£7.95
TANDOORI CHICKEN BHUNA MEDIUM: Off the bone tandoori chicken cooked in a special sauce prepared with olive oil, green pepper, tomatoes, medium hot spices and thickened to a rich taste	£7.95

Healthy Side Dishes

TOMATO CHATNI <i>Tomatoes, garlic & chillies</i>	£3.75
TARKA DALL <i>Lentils with fried garlic.</i>	£3.25
BINDI BHAJI <i>Okra</i>	£3.25
MUSHROOM BHAJI	£3.25
SAAG BHAJI <i>Spinach</i>	£3.25

Rice & Bread

PLAIN RICE	£2.25
MUSHROOM RICE	£2.95
VEGETABLE RICE	£2.95
LEMON RICE	£2.95
PEAS RICE	£2.95
TANDOORI ROTI	£2.25
CHAPATI	£1.50

Vegetable Side Dishes

THESE ARE NOT FULL DISHES BUT SUPPORTING VARIETIES OF DELICACIES TO ENHANCE THE MAIN COURSE.

ALOO CHATNI <i>Roasted potatoes, mashed with garlic, chillies and fresh herbs</i>	£3.75
TOMATO CHATNI <i>Charcoal grilled tomatoes prepared with onions, garlic and chillies</i>	£3.75
MIXED VEGETABLE CURRY	£3.25
BOMBAY ALOO <i>Spiced potato</i>	£3.25
ALOO GOBI <i>Potato & cauliflower</i>	£3.25
ALOO PEAS <i>Potato & peas</i>	£3.25
CHANA MOSSALLA <i>Chick peas with boiled egg</i>	£3.25
TARKA DALL <i>Lentils with fried garlic</i>	£3.25
BINDI BHAJI <i>Okra</i>	£3.25
MUSHROOM BHAJI	£3.25
CAULIFLOWER BHAJI	£3.25
BRINJAL BHAJI <i>Aubergine</i>	£3.25
SAAG BHAJI <i>Spinach</i>	£3.25
SAAG ALOO <i>Potato & Spinach</i>	£3.50
SAAG PONEER <i>Spinach & cheese</i>	£3.50
MOTOR PONEER <i>Cheese & peas</i>	£3.50
CHANNA PONEER <i>Cheese & chickpeas</i>	£3.50

Tandoori Breads

PLAIN NAAN	£2.25
GARLIC NAAN <i>Stuffed with garlic</i>	£2.75
PESHWARI NAAN <i>Stuffed with almond, coconut and sultanas</i>	£2.75
KEEMA NAAN <i>Stuffed with mincemeat</i>	£2.95
KULCHA NAAN <i>Stuffed with onions, green peppers and garlic</i>	£2.75
CHEESE NAAN <i>Stuffed with cheese</i>	£2.75
CHEESE & GARLIC NAAN <i>Stuffed with cheese and garlic</i>	£2.95
GARLIC & CORIANDER NAAN <i>Stuffed with coriander and garlic</i>	£2.95
TANDOORI ROTI	£2.25

Sundries

PLAIN PAPADOM	£0.60
SPICED PAPADOM	£0.70
ASSORTED PICKLES <i>(Each)</i>	£0.50
MIXED GREEN SALAD	£1.95
RAITHA <i>Cucumber or Onion</i>	£1.50
DOHI <i>Yoghurt</i>	£1.30
CHIPS	£1.75
PLAIN PARATA	£2.25
STUFFED PARATA <i>Stuffed with vegetables</i>	£2.75
CHAPATI	£1.50

Rice Dishes

PLAIN RICE	£2.25	KEEMA RICE	£3.25
PILAU RICE	£2.50	MILD SPECIAL RICE	£3.75
MUSHROOM RICE	£2.95	<i>almonds & sultanas</i>	
EGG RICE	£2.95	SPICY SPECIAL RICE	£3.75
ONION RICE	£2.95	<i>chickpeas & potatoes</i>	
VEGETABLE RICE	£2.95		



Tandoori Specials

ALL TANDOORI SPECIALS ARE MEDIUM & SERVED WITH SALAD AND MINT SAUCE

TANDOORI CHICKEN <i>On the bone 1/2 chicken marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven.</i>	£6.95
CHICKEN OR LAMB TIKKA <i>Off the bone pieces of spring chicken or lamb marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven.</i>	£6.95
CHICKEN OR LAMB SHASLIK <i>Off the bone pieces of spring chicken or lamb, marinated in yoghurt with aromatic spices, grilled with tomatoes, capsicum and onions.</i>	£7.95
TANDOORI MIXED GRILL <i>Selection of tandoori dishes which includes chicken tikka, lamb tikka, tandoori chicken and sheek kebab.</i>	£9.95
TANDOORI LAMB CHOPS <i>Fresh lamb chops marinated in light spices cooked on skewers in tandoori oven.</i>	£8.95
TANDOORI KING PRAWN <i>King size prawns marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven.</i>	£10.50
HARI LAL TIKKA (NEW) <i>Tandoori grilled cubes of chicken & lamb, pan fried with sliced shallots, button mushrooms & peppers in a mouth watering dry sauce of rich herbs, finished with spring onions</i>	£8.95

Biryani Dishes

MEDIUM: PREPARATION OF PILAU RICE WITH ALMONDS, SULTANAS AND LIGHT SPICES, GARNISHED WITH A BOILED EGG, TOMATOES AND CUCUMBERS. SERVED WITH A VEGETABLE CURRY SAUCE.

CHICKEN OR LAMB BIRYANI	£7.95
CHICKEN OR LAMB TIKKA BIRYANI	£8.95
PRAWN BIRYANI	£7.95
KING PRAWN BIRYANI	£9.95
VEGETABLE BIRYANI	£6.95
SPECIAL MIXED BIRYANI	£9.95
<i>Prepared with chicken, lamb, prawns, basmati rice, onions, peppers & lemon, lightly spiced and garnished with an omelette.</i>	

English Dishes

SIRLOIN STEAK (8-10oz) <i>Served with chips, fried mushroom, onion, peas, tomato and salad.</i>	£10.50
FRIED CHICKEN	£7.95
PLAIN OMELETTE	£7.50
PRAWN OMELETTE	£7.95
CHICKEN OMELETTE	£7.95
MUSHROOM OMELETTE	£7.95
<i>These dishes are served with chips, peas, tomato and salad.</i>	

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Starters

ONION BHAJEE <i>Served with salad.</i>	£2.75
MEAT OR VEGETABLE SOMOSA <i>Triangular pastry stuffed with mincemeat or vegetables- served with salad.</i>	£2.75
SHEEK KEBAB <i>Lightly spiced mincemeat, grilled in the clay oven on skewers - served with salad.</i>	£3.25
SHAMMI KEBAB <i>Lightly spiced mincemeat pan fried with ghee- served with salad.</i>	£3.25
CHICKEN OR LAMB TIKKA <i>Off the bone pieces of spring chicken or lamb marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven- served with salad.</i>	£3.25
TANDOORI CHICKEN <i>On the bone 1/4 chicken marinated in yoghurt with aromatic spices and herbs, barbecued in the clay oven- served with salad.</i>	£3.25
PRAWN PUREE <i>Lightly spiced prawns served on puree bread.</i>	£3.50
CHICKEN OR ALOO CHAT <i>Small pieces of chicken or potato cooked in a medium spiced tangy sauce.</i>	£3.50
GARLIC-MUSHROOM PUREE <i>Lightly spiced mushrooms, cooked with garlic and fresh herbs- served on puree bread.</i>	£3.50
CHANA CHOTPOTI <i>Check peas cooked with chat mossalla, topped with onions, coriander, green chili and boiled egg.</i>	£3.50
MUTTON ROLLS (NEW) <i>small pieces of spicy lamb and potatoes, coated in breadcrumbs, deep fried</i>	£3.75
STUFFED KUMBER (NEW) <i>Mushroom stuffed with a garlic and cheese, coated in breadcrumbs and deep fried</i>	£3.75
SQUID MOSSALA <i>Squid flame fried with light spices.</i>	£3.75
PONIR TIKKA <i>Indian cheese marinated with special herbs and spices - served with salad.</i>	£3.75
HONEY TIKKA <i>Off the bone pieces of spring chicken marinated in yoghurt with honey, barbecued in the clay oven - served with salad.</i>	£3.75
CHICKEN PAKORA <i>Small pieces of chicken prepared with onions, egg, gram flour, medium hot spices and herbs, fried in butter.</i>	£3.75
SPICY FISH CAKES <i>Bengali style fish cakes cooked with aromatic spices served with salad.</i>	£3.75
FISH ROTI <i>Lightly spiced fangash fish prepared with onions and garlic, served on a roti.</i>	£3.50
MIXED KEBAB <i>Combination of onion bhajee, shami kebab and sheek kebab - served with salad.</i>	£3.75
TANDOORI LAMB CHOPS <i>Fresh lamb chops marinated in light spices cooked on skewers in the tandoori oven -served with salad.</i>	£3.95
DELHI MIXED TANDOORI <i>Selection of tandoori starters which includes chicken tikka, lamb tikka and sheek kebab prepared in a lightly spiced sauce with onions and green pepper - served with salad.</i>	£3.95
SPECIAL MIXED PLATTER <i>SERVES 2 PEOPLE: Selection of Indian starters which includes- chicken tikka, onion bhajee, somosa, fish cake and tandoori king prawns.</i>	£8.95



Any dish not appearing on the menu can be catered for according to your requirements.

Chef's Specials

SALI CHICKEN OR LAMB MEDIUM: Fresh chicken or Lamb prepared with ghee, onions, and fresh herbs in a tantalizing medium hot sauce garnished with sautéed potatoes.	£7.95
BOMBAY CHICKEN OR LAMB MEDIUM OR FAIRLY HOT: Tender pieces of chicken or lamb prepared in an aromatic sauce with fresh potatoes, onions, pepper, tomatoes and fresh herbs.	£7.95
CHICKEN OR LAMB CAPACILA MEDIUM: Marinated Chicken cooked with a special sauce and herbs. Topped with green peppers and cashew nuts- served in a special way.	£7.95
HANDI CHICKEN OR LAMB MEDIUM: Chicken or lamb tikka cooked with onions, pepper and a blend of exotic spices with lemon juice served in the frying pan.	£7.95
BEGUM BAHAR MEDIUM: Chicken tikka cooked with mince meat, onions, pepper, tomatoes, garnished with boiled egg and fresh coriander.	£7.95
TANDOORI BUTTER CHICKEN MILD: Off the bone tandoori chicken prepared with butter, almonds and mild aromatic spices, garnished with fresh cream giving a rich taste.	£7.95
DHALL SAMBER (NEW) (V) MEDIUM OR FAIRLY HOT: This classic vegetarian dish is from the South of India. Fresh mixed vegetables prepared in a spicy lentil sauce.	£7.95
CHICKEN OR LAMB NAGA HOT: Chicken or lamb tikka prepared with onions, pepper, tomatoes, fresh naga chillies, hot spices and herbs.	£7.95
CHICKEN OR LAMB PUDINA MEDIUM: Pieces of marinated chicken or lamb cooked with mint, ghee, onions, green pepper, tomatoes, medium hot spices and herbs giving a minty taste.	£7.95
MITA MASSALA MILD: Marinated chicken cooked with a variety of fruity juices, almonds and fresh cream.	£7.95
SHATKORA CHICKEN OR LAMB MEDIUM OR FAIRLY HOT: A very special aromatic and distinctive dish produced by the natural aroma of Shatkora (Bengal Lime) should not be missed.	£7.95
ARABIAN LAMB (NEW) MEDIUM OR FAIRLY HOT: Tender pieces of lamb fillet slowly cooked in a creamy sauce with fresh mint fresh coriander & mushrooms.	£8.95
JALALPURI BEEF (NEW) MEDIUM OR FAIRLY HOT: Tender pieces of beef taken from the leg, stir fried with rich spices, served in a thick sauce garnished with caramelised onions.	£8.95
BIRAN CHICKEN OR LAMB MEDIUM: Tender pieces of fresh chicken or lamb, pan fried in a wok with peppers onions, tomatoes, spices and fresh herbs. Served with a tantalizing lentil based sauce.	£8.95
NAWABI CHICKEN & LAMB MEDIUM: Chicken tikka prepared with ghee, fresh onions, green pepper, tomatoes, herbs and medium hot spices, garnished with meat balls giving a delicious taste.	£8.95
SPECIAL MIXED BALTI MEDIUM OR FAIRLY HOT: Marinated chicken, lamb and king prawn cooked with onions, tomatoes, capsicums, fresh herbs and selected spices giving a delicious taste.	£8.95
TANDOORI JALFRIAZI COCKTAIL HOT: An exquisite fusion of chicken tikka, lamb tikka and sheek kebab, prepared in a spicy sauce with ghee, green chilli, pepper, tomatoes, hot spices and fresh herbs giving a fabulous savoury flavour.	£8.95
ROSHNI DUCK MEDIUM OR FAIRLY HOT: Duck breast marinated in delicate spices, pan fried with garlic, onions, pepper and green chilli; cooked in a tantalizing sauce garnished with daniya leaves.	£9.95
DUCK DELIGHT MILD: Duck breast marinated in delicate spices, prepared with selected spices in a fruity plum sauce.	£9.95

Popular Choice

	Chicken or Lamb	King Prawn
TIKKA MASSALLA MILD: Cooked in a special sauce prepared with ghee, almonds, fresh cream and aromatic spices.	£7.50	£9.95
TIKKA KARAI MEDIUM: Cooked with fresh onions, green pepper, tomatoes and selected oriental spices, served in a wok.	£7.50	£9.95
TIKKA BALTI MEDIUM: Prepared with fresh onions, green pepper, tomatoes, fresh herbs, ghee and balti spices giving a rich taste.	£7.50	£9.95
TIKKA JALFRIAZI FAIRLY HOT: Cooked with fresh onions, green pepper, green chilli, tomatoes, hot spices and herbs. Thick ended to a rich taste.	£7.50	£9.95
TIKKA SAAG PONEER MEDIUM: Cooked with spinach, cheese, fresh onions, green pepper, tomatoes and medium hot spices giving a rich taste.	£7.50	£9.95
TIKKA MAKONI MILD: Cooked with onions, coconut, tomatoes, yoghurt and mild exotic spices.	£7.50	£9.95
GARLIC MEDIUM: Cooked with fresh onions, green pepper, tomatoes, medium hot spices and lots of garlic.	£7.50	£9.95
GARLIC CHILLI HOT: Cooked with fresh onions, green pepper, tomatoes, hot spices and lots of garlic and green chillies.	£7.50	£9.95
TIKKA REZALA MEDIUM: Prepared with fresh onions, green pepper, tomatoes, topped with green chilli and selected medium hot spices.	£7.50	£9.95
PASSANDA MILD: Cooked with various spices in rich cream finished in red wine and topped with almonds.	£7.50	£9.95
GINGER (NEW) Medium: Cooked with fresh onions, green peppers, tomatoes, medium hot spices with lots of ginger	£7.50	£9.95

Fish & Seafood Specials

CHINGRI ALOO (NEW) MEDIUM: Fresh water prawns stir fried in rich spices with onions & sauteed potatoes in a thick, aromatic sauce. A speciality dish often cooked in the monsoon season where there is an abundance of prawns.	£9.95
FISH SPICHA BHAJA MEDIUM: Fillet sea bass pan fried and served on a bed of garlic spinach and chickpeas, accompanied with a curry sauce.	£9.95
CHINGRI MACHI ST. MARTIN MEDIUM: A speciality from the Island of St. Martin which is situated in the Bay of Bengal. This dish is a delightful fusion of tiger king prawns and fresh water fish, prepared with an aromatic sauce with garlic, onions and tomatoes. Garnished with fresh herbs.	£10.95
ZINGA CHINGRI MEDIUM: A popular dish from East Bengal. Jumbo king prawns cooked in a aromatic sauce with garlic, onions, and ginger. Garnished with sautéed potatoes.	£10.95
SPICY TIGER KING PRAWN MEDIUM OR FAIRLY HOT: A popular south Indian dish. Tiger king prawns cooked in a sweet and sour spicy sauce. Garnished with fresh daniya leaves.	£10.95
SEAFOOD COCKTAIL (NEW) Mild/MEDIUM: A tantalising cocktail of seafood delicacies prepared in a rich aromatic sauce.	£10.95



Traditional Favorites

	Chicken, Lamb or Mixed Veg	Chicken or Lamb Tikka	Prawns, Beef or Keema	King Prawns
BHUNA DISHES MEDIUM: Cooked in a special sauce prepared with ghee, green pepper, tomatoes and medium hot spices. Thickened to a rich taste.	£5.95	£6.95	£6.95	£9.50
CEYLON DISHES FAIRLY HOT: Cooked with coconut and blended with selected oriental spices making a very rich sauce.	£5.95	£6.95	£6.95	£9.50
DANSAK DISHES FAIRLY HOT: These dishes are sweet and sour, cooked with fairly hot spices, lentils and pineapple in a thick sauce.	£5.95	£6.95	£6.95	£9.50
DUPIAZA DISHES MEDIUM: Cooked with medium spices, topped with sautéed onions.	£5.95	£6.95	£6.95	£9.50
KASHMIR DISHES MEDIUM: Cooked with banana, lychees and medium spices.	£5.95	£6.95	£6.95	£9.50
KORMA DISHES VERY MILD: Cooked with almond, sultana and coconut, lightly spiced and thickened with cream.	£5.95	£6.95	£6.95	£9.50
MADRAS DISHES HOT: Madras dishes are blended with a hot and rich, spicy sauce.	£5.95	£6.95	£6.95	£9.50
MALAYA DISHES MEDIUM: Medium spiced curry, slightly sweetened with pineapple.	£5.95	£6.95	£6.95	£9.50
METHI DISHES MEDIUM: Methi dishes are prepared with medium hot spices with Indian fenugreek.	£5.95	£6.95	£6.95	£9.50
MUGLAI DISHES FAIRLY HOT: Muglai dishes are blended with fairly hot spices giving a rich taste. Topped with cucumbers	£5.95	£6.95	£6.95	£9.50
ROGAN JOSH MEDIUM: Rogan dishes are prepared with medium hot spices and topped with freshly cooked sautéed tomatoes.	£5.95	£6.95	£6.95	£9.50
PLAIN CURRY DISHES MEDIUM: These dishes are blended with rich medium spicy sauce.	£5.95	£6.95	£6.95	£9.50
PATHIA DISHES FAIRLY HOT: These dishes are sweet and sour, cooked with fairly hot spices.	£5.95	£6.95	£6.95	£9.50
PHALL DISHES EXTREMELY HOT: The hottest curry cooked in a very highly spiced sauce.	£5.95	£6.95	£6.95	£9.50
VINDALOO DISHES VERY HOT: Prepared with potatoes and hot spices blended in to a very rich and hot sauce.	£5.95	£6.95	£6.95	£9.50