



STARTERS

All starters served with salad

CHICKEN TIKKA PAKURA	£5.40
CHICKEN & LAMB KEBAB ROLL . . .	£5.40
GARLIC MUSHROOM	£4.50
GARLIC CHICKEN & LAMB KEBAB .	£5.40
CHICKEN KEBAB	£4.95
CHICKEN PINEAPPLE	£4.95
CHICKEN CHAT	£4.95

spicy chicken, tomato & cucumber on a bed of lettuce with chat masala sauce

PEPPER CHICKEN	£5.40
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spicy chicken in a whole pepper, cooked over charcoal on skewers

CHICKEN OR LAMB TIKKA	£4.95
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pieces marinated in herbs, over charcoal on skewers

PANEER TIKKA	£5.10
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DUCK TIKKA	£6.80
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ONION BHAJEE	£4.50
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SOMOSA (Chicken, Meat or Vegetable)	£4.50
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LAMB CHOPS	£6.95
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TANDOORI CHICKEN	£4.95
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on the bone marinated in herbs, cooked over charcoal on skewers

TANDOORI KING PRAWN	£7.50
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king prawns flavored with various spices, tenderly cooked over charcoal on skewers

NARGIS KEBAB	£5.40
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spiced mincemeat around a boiled egg, shallow fried in oil

SHAMEE KEBAB	£4.95
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spicy mincemeat burger fried in oil

SHEEK KEBAB	£4.95
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spiced mincemeat cooked over charcoal on skewers

MIXED KEBAB	£5.80
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TANDOORI SALMON	£6.95
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TANDOORI SEA BASS	£6.95
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spices, tenderly cooked over charcoal on skewers

TANDOORI HAKE	£6.95
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spices, tenderly cooked over charcoal on skewers

TANDOORI KING PRAWN

ON PUREE	£7.95
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KING PRAWN ON PUREE	£6.95
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king prawn cooked in spicy sauce, served with deep fried puff bread

PRAWN ON PUREE	£5.40
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PRAWN COCKTAIL	£4.95
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KING PRAWN BUTTERFLY	£6.50
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TANDOORI SALMON

PAKURA	£7.50
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CHILLI PANEER	£5.50
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BENGAL FISH CHAAT	£5.50
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TANDOORI DISHES

Tandoori dishes are not curries. All tandoori dishes are cooked or grilled over a charcoal fire in the 'tandoor'.

These dishes are cooked in individual portions & served with salad and mint sauce.

Tandoori naan or chapati is recommended with tandoori dishes for a complete meal.

TANDOORI CHICKEN HALF	£9.45
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TANDOORI CHICKEN WHOLE	£17.95
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CHICKEN OR LAMB TIKKA	£9.45
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PANEER TIKKA	£9.95
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SHASLICK KEBAB (Chicken or Lamb) . . .	£11.45
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DUCK TIKKA	£13.45
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TANDOORI KING PRAWN	£14.45
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TANDOORI COCKTAIL	£10.95
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a selection of tandoori chicken, tikka and onion bhajee

TANDOORI FISH TROUT	£13.95
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TANDOORI SALMON	£13.95
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marinated salmon cooked with special

herbs & spices over charcoal

TANDOORI SEA BASS (Boneless)	£13.95
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gently spiced, shallow fried in oil

TANDOORI HAKE	£13.95
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marinated hake, cooked with special herbs & spices over charcoal

TANDOORI SPECIAL	£13.95
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a selection of tandoori chicken, tikka, kebab,mince curry & naan bread



HOUSE SPECIALITIES

These dishes are specially prepared by our chef for the patrons of East One. Rice not includedwiththese dishes

TANDOORI KING

PRAWN MASALA (N)	£15.50
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king prawn roasted in the 'tandoor' then cooked in sauce made with a delicate blend of aromatic spices, herbs simmered in cream

CHICKEN or LAMB

TIKKA MASALA (N)	£9.95
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tender boneless pieces cooked on skewers in 'tandoor' then cooked in sauce made with delicate blends of herbs and simmered cream

PANEER TIKKA MASALA	£10.50
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KAKOO CHICKEN or

LAMB TIKKA KORAI (N)	£10.95
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chicken or lamb tikka marinated in our special way and cooked with onions, tomato, green pepper & thick sauce. A special chefs creation

BUTTER CHICKEN (N)	£9.45
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off the bone, half of a spring tandoori chicken cooked in butter and cream with garlic cinnamon, ginger and a rich tomato sauce

CHICKEN or LAMB TIKKA JALFREZI . . .	£9.95
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A slightly hot dish with fresh green chillies, also available in prawn

TANDOORI SALMON

GARLIC MUSHROOM JALFREZI	£14.95
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CHICKEN TIKKA CHILLI MASALA	£10.50
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LAMB TIKKA CHILLI MASALA	£10.50
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a hot dish of hot spices & fresh green chillies

PRAWN CHILLI MASALA	£10.50
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small prawns cooked with fresh green chilli's

SHAHI TOKKRA (Chicken or Lamb Tikka)	£9.95
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garnished in many spices, medium strength

Bengal Fish Bhuna (Boneless)	£11.95
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SHAHI KEBAB BHUNA	£10.45
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cooked with onions, tomato, capsicum & herbs in a thick sauce

KORAI CHICKEN or

LAMB TIKKA MASALA (N)	£10.95
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cooked with spices, mincemeat, onion, capsicum and tomato

TANDOORI KING PRAWN

KORAI MASALA (N)	£15.45
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TANDOORI KING PRAWN DELIGHT (N) .	£15.45
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TANDOORI KING PRAWN MAKHNI (N) ..	£15.45
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tossed in butter with fresh cream & almond in exotic sauce

CHICKEN or LAMB TIKKA DELIGHT (N) .	£10.95
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cooked with cointreau liquor, cream, almonds & ground nuts

CHICKEN or LAMB TIKKA MAKHNI (N) ..	£10.95
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tossed in butter with fresh cream & almond in exotic sauce

KAS CHICKEN or LAMB TIKKA BHUNA . .	£10.95
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a slightly hot dish cooked with fresh chillies and red wine

CHICKEN or LAMB TIKKA

NAWABI KORAI (N)	£10.95
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cooked with spices, mince chicken, onion, capsicum and tomato

CHICKEN OR LAMB TIKKA BADMAY (N) £10.95

cooked in peanut butter & cream

with garlic, peanuts and a rich tomato sauce

CHICKEN or LAMB TIKKA MOGLAI . . .	£10.45
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with eggs, herbs and spices

CHICKEN or LAMB TIKA BHUNA MASALA . . .	£9.95
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cooked with onions, tomato, capsicum,

herbs &spices in a masala sauce

CHICKEN or DUCK TIKKA BAMBOO . . .	£11.95
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a medium hot dish cooked with bamboo shots

BALTI DISHES

These dishes are extensively prepared with onions,tomatoes, capsicum and dozens of freshly ground spices and herbs, garnished with fresh coriander in medium sauce giving a rich flavour, cooked in a balti-metal pot.

BALTI SPECIAL (Chicken, prawn & vegetable) .	£9.45
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BALTI CHICKEN TIKKA	£9.45
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BALTI CHICKEN	£8.45
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BALTI LAMB	£9.45
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BALTI KING PRAWN	£14.45
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BALTI MIXED VEGETABLE	£7.95
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BALTI CHICKEN & MUSHROOM	£9.45
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BALTI CHICKEN & PRAWN	£9.95
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BALTI SAAG GOSTH	£9.95
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CHICKEN TIKKA GARLIC BALTI	£9.95
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PATHIA DISHES

A sweet and sour dish with spices

CHICKEN TIKKA	£9.45
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CHICKEN	£8.45
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LAMB	£9.45
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PRAWN	£9.45
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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SPECIAL MALAYAN DISHES

Prepared with banana, pineapple, fresh cream. Medium dish

CHICKEN TIKKA	£9.45
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CHICKEN	£8.45
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LAMB	£9.45
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PRAWN	£9.45
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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MADRAS DISHES (hot)

The most popular dish of rich hot & sour tastes prepared with chilli, lemon juice and tomato puree

CHICKEN TIKKA	£9.45
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CHICKEN	£8.45
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LAMB	£9.45
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PRAWN	£9.45
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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KURMA DISHES (sweet)

Preparation of mild spices with fresh cream, butter is used to create the delicacy of the flavour and the creamy texture. Contains nuts

CHICKEN TIKKA	£9.45
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CHICKEN	£8.45
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LAMB	£9.45
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PRAWN	£9.45
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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BHUNA DISHES

A thoroughly garnished dish with onion, garlic,tomato and selected spices to provide a medium strength curry

CHICKEN TIKKA	£9.45
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CHICKEN	£8.45
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LAMB	£9.45
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PRAWN	£9.45
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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CURRY DISHES (mild)

A mild strength curry which is slightly spiced with herb

CHICKEN TIKKA	£9.30
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CHICKEN	£8.30
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LAMB	£9.30
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PRAWN	£9.30
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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MUSHROOM	£7.95
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CHICKEN AND MUSHROOM	£9.50
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DUPIAZA DISHES (medium)

A maximum quantity of onions, seasoned & treated with dozens of herbs & spices

CHICKEN TIKKA	£9.45
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CHICKEN	£8.45
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LAMB	£9.45
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PRAWN	£9.45
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KING PRAWN	£14.45
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MIXED VEGETABLE	£7.95
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(N) - CONTAIN NUTS

RAGON DISHES (medium)

A popular dish spiced with herbs, a touch of garlic and garnished with tomatoes.

CHICKEN TIKKA	£9.45	PRAWN	£9.45
CHICKEN	£8.45	KING PRAWN	£14.45
LAMB	£9.45	MIXED VEGETABLE	£7.95

OTHER CURRY SPECIALITIES

LAMB PASANDA (N)	£9.95	KORAI CHICKEN/ LAMB (medium) (N)	£10.45
(mildly spiced creamy sauce)			
CHICKEN GARLIC (cooked in fresh garlic) ..	£9.95	CHICKEN CHILLI MASALA	£9.45
LAMB SAAG (with spinach)	£10.95	a dish of hot spices with onions & fresh green chillies, also available in Lamb or Prawn	
CHICKEN MOCHOMMON	£9.95	SOUTH INDIAN	
medium strength with green beans, dressed with egg & tomato			
CHICKEN BOMBAY	£9.45	GARLIC CHILLI CHICKEN	£10.95
medium strength with potato and tomato			
CHICKEN DANSAK	£9.45	CHICKEN TIKKA NAGA KORAI	£10.95
slightly hot with pineapple and lentils			
CHICKEN JALFREZI	£9.45	CHICKEN PANEER CHILLI	£11.45
a slightly hot dish with fresh green chillies, also available in Lamb or Prawn			

BIRYANI DISHES

Special Basmati rice with chicken, lamb, prawn or vegetable in butter ghee with delicate herbs & spices.

It is not a curry but is served with a vegetable dish to add to the taste of the dish

EAST ONE SPECIAL BIRYANI	£10.45	LAMB BIRYANI	£10.95
PERSIAN CHICKEN BIRYANI	£10.45	PRAWN BIRYANI	£10.95
MALAYAN BIRYANI	£10.45	KING PRAWN BIRYANI	£14.95
CHICKEN TIKKA BIRYANI	£10.95	MUSHROOM BIRYANI	£9.45
CHICKEN BIRYANI	£9.95	VEGETABLE BIRYANI	£9.45

INDIAN BREADS

KEEMA NAAN	£3.80	KEEMA &	
PESHWARI NAAN (N)	£3.80	VEGETABALE NAAN	£4.80
GARLIC NAAN	£3.80	GARLIC KEEMA &	
CHICKEN TIKKA NAAN	£3.80	VEGETABLE NAAN	£4.95
ONION KULCHA	£3.80	CHICKEN or LAMB NAAN	£9.95
PLAIN NAAN	£3.20	pasty shaped naan breads with chicken or lamb curry inside	
TANDOORI CHAPATI	£3.20	CHEESE NAAN	£4.40
CHAPATI	£2.95	CHILLI CHEESE NAN	£4.95
PARATHA	£3.95	GARLIC CHEESE NAN	£4.50

(N) - CONTAIN NUTS

VEGETABLE SPECIALITIES (medium)

SAAG PANEER	£4.80	CHANA BHAJEE (chick peas)	£4.40
MUSHROOM BHAJEE	£4.40	MIXED VEGETABLE CURRY	£4.40
VEGETABLE BHAJEE	£4.40	MUSHROOM CURRY	£4.40
BHINDI BHAJEE (okra)	£4.40	BOMBAY POTATOES	£4.40
SAAG BHAJEE	£4.40	EGG POTATO BOMBAY BHUNA	£5.50
CAULIFLOWER BHAJEE	£4.40	TARKA DHALL	£4.40

SUNDRIES

KEEMA PILAU RICE	£4.80	PLAIN BOILED RICE	£3.20
GARLIC FRIED PILAU RICE	£3.80	CHIPS	£3.80
MUSHROOM FRIED PILAU RICE	£3.80	SPICY CHIPS	£3.95
VEGETABLE PILAU RICE	£3.80	PLAIN PAPADUM	£1.10
PILAU RICE	£3.50	SPICED PAPADUM	£1.50
SPECIAL FRIED RICE	£3.80	CUCUMBER RAITHE	£3.40
EGG FRIED RICE	£3.80	CHUTNEY (per head)	£0.95
PLAIN FRIED RICE	£3.50		

ENGLISH DISHES

CHICKEN NUGGETS & CHIPS	£9.95	COD & CHIPS	£11.50
FRIED SCAMPI & CHIPS	£9.95	CHICKEN OMELETTE & CHIPS	£10.95
FRIED CHICKEN & CHIPS	£9.95	MUSHROOM OMELETTE & CHIPS	£9.50
CHICKEN SALAD	£9.50	SIRLOIN STEAK served with chips, peas & tomato	£17.95
CHEESE OMELETTE & CHIPS	£10.95		

SET MEAL FOR TWO PERSONS (contains nuts)	SPECIAL MEAL FOR A SPECIAL OCCASION (24 hour notice required)	FISH DISHES
CHICKEN TIKKA SHEEK KEBAB CHICKEN MASALA & CHICKEN BHUNA PILAU RICE NAAN PAPADUM SALAD CHUTNEY COFFEE	KURZI CHICKEN or LAMBLEG OF LAMB or WHOLE CHICKEN <i>Stuffed mincemeat, roasted in a clay oven & cooked in specially blended spices, flavoured with green herbs, served with: Sheek Kebab, Chicken Tikka, Vegetable Curry, Special Pilau Rice, Salad All the trimmings</i>	TANDOORI SALMON FISH CURRY ALSO AVAILABLE IN JALFREZI RAGON DUPIAZA PATHIA BHUNA
£40.95	£55.95	£15.95



EST SINCE
2000

A Warm Welcome to

East - One

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East-One gives an ambiance of eating inside an eastern sultans tent, the dramatic effect is achieved
by a draped ceiling and pleated fabric wall in mottled chinz fabric.

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Sundries: Popadum & Chutney
Starter: Choice from Main Menu
Main Course: Choice from Main Menu
includes choice of Rice or Naan Bread & Coffee
Seafood: Add £2.95 Starter or Main Dish

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