

Starters

All starters served with salad

CHICKEN TIKKA PAKURA. £5.40	SHAMEE KEBAB £4.95
Gently spiced shallow fried in oil	spicy mincemeat burger fried in oil
CHICKEN & LAMB KEBAB ROLL £5.40	SHEEK KEBAB.. £4.95
GARLIC MUSHROOM.. £4.50	spiced mincemeat cooked over charcoal on skewers
GARLIC CHICKEN & LAMB KEBAB £5.40	MIXED KEBAB.. £5.80
CHICKEN KEBAB. £4.95	TANDOORI SALMON £6.95
CHICKEN PINEAPPLE £4.95	Spices, tenderly cooked over charcoal on skewers
CHICKEN CHAT £4.95	TANDOORI SEA BASS (Boneless).. £6.95
spicy chicken, tomato & cucumber on a bed of lettuce with chat masala sauce	spices, tenderly cooked over charcoal on skewers
PEPPER CHICKEN £5.40	TANDOORI HAKE £6.95
spicy chicken in a whole pepper, cooked over charcoal on skewers	spices, tenderly cooked over charcoal on skewers
CHICKEN OR LAMB TIKKA £4.95	TANDOORI KING PRAWN
pieces marinated in herbs, over charcoal on skewers	ON PUREE £7.95
PANEER TIKKA. £5.10	King Prawns flavoured with various spices, tenderly cooked over charcoal on skewers
DUCK TIKKA £6.80	KING PRAWN ON PUREE. £6.95
ONION BHAJEE £4.50	king prawn cooked in spicy sauce, served with deep fried puffy bread
Chopped onion marinated in gram flour, deep fried in a ball	PRAWN ON PUREE.. £5.40
SOMOSA (Chicken, Meat or Vegetable) £4.50	Prawns cooked in spicy sauce, served with deep fried puffy bread
LAMB CHOPS.. £6.95	PRAWN COCKTAIL £4.95
TANDOORI CHICKEN.. £4.95	KING PRAWN BUTTERFLY £6.50
on the bone marinated in herbs, cooked over charcoal on skewers	King Prawn gently spiced, shallow fried in oil.
TANDOORI KING PRAWN £7.50	TANDOORI SALMON PAKURA. £7.50
king prawns flavored with various spices, tenderly cooked over charcoal on skewers	Gently spiced shallow fried in oil.
CHILLI PANEER £5.50	BENGAL FISH CHAAT £5.50
NARGIS KEBAB £5.40	
spiced mincemeat around a boiled egg, shallow fried in oil	



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

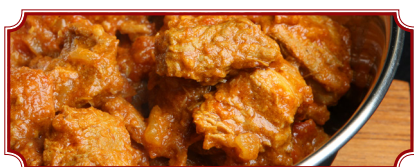
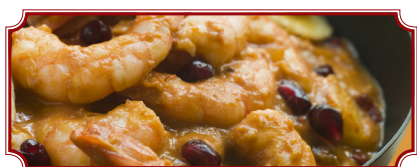
TANDOORI CHICKEN Marinated in special herbs & spices, cooked over charcoal on skewers.	
HALF	£9.45
WHOLE	£17.95
CHICKEN OR LAMB TIKKA	£9.45
Pieces marinated in special herbs & spices, cooked over charcoal on skewers.	
PANEER TIKKA.	£9.95
SHASLICK KEBAB (Chicken or Lamb)	£11.45
Pieces marinated in special herbs & spices, cooked over charcoal on skewers.	
DUCK TIKKA	£13.45
TANDOORI KING PRAWN	£14.45
King Prawns flavoured with various spices, tenderly cooked over charcoal on skewers.	
TANDOORI COCKTAIL (A selection of tandoori chicken, tikka and onion bhajee).	£10.95
TANDOORI FISH TROUT Marinated trout, cooked with various spices, tenderly cooked over charcoal on skewers	£13.95
FISH TANDOORI SALMON (Marinated salmon cooked with special herbs & spices over charcoal)	£13.95
TANDOORI SEA BASS (Boneless)	£13.95
FISH TANDOORI HAKE marinated hake, cooked with special herbs & spices over charcoal.. .. .	£13.95
TANDOORI SPECIAL a selection of tandoori chicken, tikka, kebab,mince curry & naan bread	£13.95

East ~ One House Specialities

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

TANDOORI KING PRAWN MASALA (Sweet) (N)	£15.50
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 (Sweet) (N)	£9.95
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
KAKOO CHICKEN or LAMB TIKKA KORAI (Special) (N)	£10.95
Chicken or lamb tikka marinated in our specialway and cooked with onions, tomato, green pepper & thick sauce. A special chefs creation	
BUTTER CHICKEN (N)	£9.45
Off the bone, half of a spring tandoori chickencooked in butter and cream with garlic cinnamon, ginger and a rich tomato sauce	
CHICKEN or LAMB TIKKA JALFREZI	£9.95
A slightly hot dish with fresh green chillies, also available in prawn	
TANDOORI SALMON GARLIC MUSHROOM JALFREZI	£14.95
A slightly hot dish with fresh green chillies, also available in prawn	
CHICKEN TIKKA or LAMB TIKKA CHILLI MASALA..	£10.50
A hot dish of hot spices & fresh green chillies, also available in tandoori king prawn	
PRAWN CHILLI MASALA	£10.50
Cooked with fresh green chillies.	
SHAHI TOKKRA (Chicken or Lamb Tikka)	£9.95
garnished in many spices, medium strength, cooked with boiled egg	
SHAHI KEBAB BHUNA	£10.45
Cooked with onions, tomato, capsicum & herbs in a thick sauce	
KORAI CHICKEN or LAMB TIKKA MASALA (N)	£10.95
Korai dish cooked with spices, minced meat, onion, capsicum and tomato, cooked in an iron souk.	
TANDOORI KING PRAWN KORAI MASALA (Medium) (N)	£15.45
Korai dish cooked with spices, minced meat, onion, capsicum and tomato, cooked in an iron souk.	
TANDOORI KING PRAWN DELIGHT (N)	£15.45
Delight dish cooked with cointreau liquor, cream, almonds and ground nuts.	
TANDOORI KING PRAWN MAKHNI (N)	£15.45
Makhani dish, tossed in butter with fresh cream & almond in exotic sauce	
CHICKEN or LAMB TIKKA DELIGHT (N)	£10.95
Delight dish cooked with cointreau liquor, cream, almonds and ground nuts.	
CHICKEN or LAMB TIKKA MAKHNI (N)	£10.95
Makhani dish, tossed in butter with fresh cream & almond in exotic sauce	
KAS CHICKEN or LAMB TIKKA BHUNA	£10.95
A slightly hot dish cooked with fresh chillies and red wine	
CHICKEN or LAMB TIKKA NAWABI KORAI (N)	£10.95
Nawabi korai dish cooked with spices, mince chicken, onion,capsicum and tomato cooked in an iron souk.	
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 (Medium)	£10.45
With eggs, herbs and spices	
CHICKEN or LAMB TIKKA BHUNA MASALA (Medium)	£9.95
Cooked with onions, tomato, capsicum, herbs &spices in a masala sauce	
CHICKEN or DUCK TIKKA BAMBOO	£11.95
A medium hot dish cooked with bamboo shots	
BENGAL FISH BHUNA	£11.95
Boneless tilapia fillet, a medium hot dish	

(N) - CONTAIN NUTS



Curry Dishes

To be eaten with Rice, Nan or Parata - not Included

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
BALTI CHICKEN TIKKA	£9.45
BALTI CHICKEN	£8.45
BALTI LAMB	£9.45
BALTI KING PRAWN	£14.45
BALTI MIXED VEGETABLE	£7.95
BALTI CHICKEN & MUSHROOM	£9.45
BALTI CHICKEN & PRAWN	£9.95
BALTI SAAG GOSTH	£9.95
CHICKEN TIKKA GARLIC BALTI	£9.95

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

Bhuna Dishes

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

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

Madras Dishes (hot)

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

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

Curry Dishes (mild)

A mild strength curry which is slightly spiced with herbs.

CHICKEN TIKKA	£9.30
CHICKEN	£8.30
LAMB	£9.30
PRAWN	£9.30
KING PRAWN	£14.45
MIXED VEGETABLE	£7.95
MUSHROOM	£7.95
CHICKEN AND MUSHROOM	£9.50

Pathia Dishes

Sweet / sour hot dish

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

Special Malayan Dishes

Prepared with banana, pineapple, fresh cream. Medium dish

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

Dupiaza Dishes (medium)

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

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

Rogon Dishes (medium)

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

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

Other Curry Specialities

LAMB PASANDA (mildly spiced creamy sauce)	£9.95
CHICKEN GARLIC (cooked in fresh garlic)	£9.95
LAMB SAAG (with spinach)	£10.95
CHICKEN MOCHOMMON	£9.95
Medium strength with green beans, dressed with egg & tomato	
CHICKEN BOMBAY medium strength with potato and tomato	£9.45
CHICKEN DANSAK slightly hot with pineapple and lentils	£9.45
CHICKEN JALFREZI	£9.45

A slightly hot dish with fresh green chillies, also available in lamb prawn

KORAI CHICKEN/ LAMB (medium)	£10.45
Diced chicken cooked in spices and tossed in a metal pot, also available in Lamb or Prawn	

CHICKEN CHILLI MASALA	£9.45
A dish of hot spices with onions & fresh green chillies, also available in Lamb or Prawn	

SOUTH INDIAN GARLIC CHILLI CHICKEN	£10.95
Cooked with mixed pickles, also available in Lamb	

CHICKEN TIKKA NAGA KORAI	£10.95
A very hot dish with scotch bonnet	
CHICKEN OR LAMB TAWA	£11.95
CHICKEN PANEER CHILLI	£11.45

Biryani Dishes

Special Basmati rice with chicken, lamb, prawn or vegetable in butter ghee with delicate herbs & spices. It is not a curry but it is served with a special vegetable dish to add to the taste of the dish.

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

Special India Breads

KEEMA NAAN	£3.80
PESHWARI NAAN (M)	£3.80
GARLIC NAAN	£3.80
CHICKEN TIKKA NAAN	£3.80
ONION KULCHA	£3.80
PLAIN NAAN	£3.20
TANDOORI CHAPATI	£3.20
CHAPATI	£2.95
PARATHA.	£3.95
KEEMA & VEGETABALE NAAN..	£4.80
GARLIC, KEEMA & VEGETABLE NAAN	£4.95
CHICKEN or LAMB NAAN	£9.95

Pastie shaped Nan Breads with Chicken or Lamb curry inside

CHEESE NAAN	£4.40
GARLIC CHEESE NAAN	£4.50
GARLIC CHILLI CHEESE NAAN	£4.95

Vegetable Specialities

(Medium)

These dishes are very palatable & appropriate as an addition to a main dish.

SAAG PANEER	£4.80
MUSHROOM BHAJEE..	£4.40
VEGETABLE BHAJEE.	£4.40
BHINDI BHAJEE (OKRA) ..	£4.40
SAAG BHAJEE	£4.40
CAULIFLOWER BHAJEE	£4.40
CHANA BHAJEE (CHICK PEAS)	£4.40
MIXED VEGETABLE CURRY	£4.40
MUSHROOM CURRY	£4.40
BOMBAY POTATOES	£4.40
EGG POTATO BOMBAY BHUNA	£5.50
TARKA DHALL..	£4.40

English Dishes

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

Sundries

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

Set Meals

FOR TWO PERSONS (M)

CHICKEN TIKKA, SHEEK KEBAB,
CHICKEN MASALA & CHICKEN BHUNA,
PILAU RICE, NAN, PAPADUM &
SALAD, CHUTNEY, COFFEE

£40.95

SPECIAL MEAL FOR A SPECIAL OCCASION

(24 hour notice required)

KURZI CHICKEN or LAMB
LEG OF LAMB or WHOLE CHICKEN

Stuffed with mince meat, 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.

£55.95

FISH DISHES

TANDOORI SALMON, FISH CURRY

ALSO AVAILABLE IN

JALFREZI, RAGON, DUPIAZA, PATHIA, BHUNA

£15.95

Desserts

KULFI..	£3.95
MANGO	£5.95
LYCHEE	£5.95
ICE CREAM	£3.95
BANANA or PINEAPPLE FRITTER	£6.95

Indian Beverages

COFFEE	£3.10
CREAM COFFEE	£4.95
LIQUEUR COFFEE	£6.95
TEA.	£3.50

(M) - CONTAIN NUTS

ALL PRICES INCLUDE VAT

WINE LIST

CHAMPAGNE & SPARKLING

Moet Chandon NV	£49.95
Asti Spumante Martini	£25.95
Jacob's Creek Sparkling Rose	£24.95
Proseco Sparkling	£24.95

FRENCH WINES

Muscadet (white)	£22.95
Chablis (white)	£30.95
Medoc (red)	£25.95
Saint Emillion (red)	£26.95
Beaujolais (red)	£26.95

AUSTRALIAN WINES

Jacobs Creek (red or white)	£21.95
Notlage Hill (red or white)	£21.95

NEW ZEALAND WINES

Sorn Marlborough (white)	£25.95
Oyster Bay (red)	£26.95

SOUTH AFRICAN WINES

Kumala (red or white)	£23.95
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SPANISH WINES

Marque de Caceres (red or white)	£26.95
Fastino V Rioja (red)	£29.95

CALIFORNIAN WINES

Blossom Hill (red or white)	£20.95
Malbec (red)	£22.95

ITALIAN WINES

Pinot Grigio (white)	£21.95
Chianti (red)	£24.95
Villa Cardini (red)	£23.95

CHILEAN WINES

Caliteira (red or white)	£25.95
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HOUSE WINES

Red or White Bottle	£18.95
Per glass (red or white) 175ml.	£4.95

ROSE WINES

Hardys Rose	£22.95
Mateus Rose	£20.95
Rose D'Anjou	£19.95
Bossom Hill (white zinfandel)	£21.95

GERMAN WINES

Liebfraumilch (white)	£19.95
Black Tower (white)	£19.95

BEER & MINERALS

Cobra 330ml	£3.95
Cobra 660ml	£6.95
Magners.	£6.95
Strongbow (pint)	£5.95
Budweiser.	£3.95
Draught Lager (half)	£3.40
Draught Bitter (half)	£3.40
Guinness	£4.10
Peroni.	£3.95
Peroni (alcohol free)	£3.95
Shandy (half)	£3.80
Fizzy Soft Drinks	£2.80
Fruit Juices	£2.80
J20	£3.80
Mineral Water	£2.80

SPIRITS & LIQUORS

Whiskey.	£3.95
Brandy	£4.10
Rum.	£3.95
Spicy Rum	£4.10
Vodka.	£3.95
Vodka Raspberry	£4.10
Smirnoff Ice	£4.50
Gin	£3.95
Bacardi	£3.95
Disaronno	£3.95
Baileys	£4.10
Tia Maria	£3.95
Sambuca	£3.95
Amaretto	£3.95
Cointreau	£3.95
Remy Martin	£4.80
Southern Comfort	£3.95
Pink Gin	£4.10

APERITIFS

Campari.	£3.95
Dubonnet.	£3.95
Martini (Sweet of Dry).	£3.95
Cinzano	£3.95

SHERRY

Bristol Cream.	£3.95
Tio Pepe	£3.95
Harvey Club Amontillado	£3.95

PORT

Ruby	£3.95
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