



## STARTERS

All starters served with salad

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| CHICKEN TIKKA PAKURA .....    | £4.95 |
| CHICKEN & LAMB KEBAB ROLL ... | £4.95 |
| GARLIC MUSHROOM .....         | £4.10 |
| GARLIC CHICKEN & LAMB KEBAB . | £4.95 |
| CHICKEN KEBAB .....           | £4.40 |
| CHICKEN PINEAPPLE .....       | £4.40 |
| CHICKEN CHAT .....            | £4.30 |

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

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|----------------------|-------|
| PEPPER CHICKEN ..... | £4.80 |
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spicy chicken in a whole pepper, cooked over charcoal on skewers

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| CHICKEN OR LAMB TIKKA ..... | £4.40 |
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pieces marinated in herbs, over charcoal on skewers

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|--------------------|-------|
| PANEER TIKKA ..... | £4.60 |
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| DUCK TIKKA ..... | £6.40 |
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| ONION BHAJEE ..... | £4.10 |
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| SOMOSA (Chicken, Meat or Vegetable) ..... | £4.10 |
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| LAMB CHOPS ..... | £6.50 |
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| TANDOORI CHICKEN ..... | £4.40 |
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on the bone marinated in herbs, cooked over charcoal on skewers

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| TANDOORI KING PRAWN ..... | £6.95 |
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king prawns flavored with various spices, tenderly cooked over charcoal on skewers

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| NARGIS KEBAB ..... | £4.95 |
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spiced mincemeat around a boiled egg, shallow fried in oil

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| SHAMEE KEBAB ..... | £4.60 |
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spicy mincemeat burger fried in oil

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|-------------------|-------|
| SHEEK KEBAB ..... | £4.40 |
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spiced mincemeat cooked over charcoal on skewers

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|-------------------|-------|
| MIXED KEBAB ..... | £5.40 |
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| TANDOORI SALMON ..... | £6.40 |
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| TANDOORI SEA BASS ..... | £6.40 |
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spices, tenderly cooked over charcoal on skewers

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| TANDOORI HAKE ..... | £6.40 |
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spices, tenderly cooked over charcoal on skewers

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| TANDOORI KING PRAWN |
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| ON PUREE ..... | £7.50 |
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| KING PRAWN ON PUREE ..... | £6.50 |
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king prawn cooked in spicy sauce, served with deep fried puff bread

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|----------------------|-------|
| PRAWN ON PUREE ..... | £4.80 |
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| PRAWN COCKTAIL ..... | £4.60 |
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|                            |       |
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| KING PRAWN BUTTERFLY ..... | £5.95 |
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|                 |
|-----------------|
| TANDOORI SALMON |
|-----------------|

|              |       |
|--------------|-------|
| PAKURA ..... | £6.80 |
|--------------|-------|

|                     |       |
|---------------------|-------|
| CHILLI PANEER ..... | £5.10 |
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| BENGAL FISH CHAAT ..... | £4.95 |
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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.

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| TANDOORI CHICKEN HALF ..... | £8.20 |
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| TANDOORI CHICKEN <sup>WHOLE</sup> ..... | £15.95 |
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|-----------------------------|-------|
| CHICKEN OR LAMB TIKKA ..... | £8.20 |
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|--------------------|-------|
| PANEER TIKKA ..... | £8.90 |
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|--------------------------------------|--------|
| SHASLICK KEBAB (Chicken or Lamb) ... | £10.60 |
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|------------------|--------|
| DUCK TIKKA ..... | £12.50 |
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|---------------------------|--------|
| TANDOORI KING PRAWN ..... | £13.50 |
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|-------------------------|-------|
| TANDOORI COCKTAIL ..... | £9.80 |
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a selection of tandoori chicken, tikka and onion bhajee

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| TANDOORI FISH TROUT ..... | £12.95 |
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|-----------------------|--------|
| TANDOORI SALMON ..... | £12.95 |
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marinated salmon cooked with special herbs & spices over charcoal

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| TANDOORI SEA BASS (Boneless) .... | £12.95 |
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gently spiced, shallow fried in oil

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|---------------------|--------|
| TANDOORI HAKE ..... | £12.95 |
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marinated hake, cooked with special herbs & spices over charcoal

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| TANDOORI SPECIAL ..... | £12.95 |
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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

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| TANDOORI KING |
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|                                   |        |
|-----------------------------------|--------|
| PRAWN MASALA <sup>(N)</sup> ..... | £13.95 |
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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

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|-----------------|
| CHICKEN or LAMB |
|-----------------|

|                                   |       |
|-----------------------------------|-------|
| TIKKA MASALA <sup>(N)</sup> ..... | £8.50 |
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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

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|---------------------------|-------|
| PANEER TIKKA MASALA ..... | £8.95 |
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|                  |
|------------------|
| KAKOO CHICKEN or |
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|                                       |       |
|---------------------------------------|-------|
| LAMB TIKKA KORAI <sup>(N)</sup> ..... | £9.95 |
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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

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| BUTTER CHICKEN <sup>(N)</sup> ..... | £8.50 |
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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

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| CHICKEN or LAMB TIKKA JALFREZI ... | £8.95 |
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A slightly hot dish with fresh green chillies, also available in prawn

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| TANDOORI SALMON |
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|                                |        |
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| GARLIC MUSHROOM JALFREZI ..... | £13.95 |
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| CHICKEN TIKKA CHILLI MASALA .... | £8.95 |
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| LAMB TIKKA CHILLI MASALA ..... | £8.95 |
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a hot dish of hot spices & fresh green chillies

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| PRAWN CHILLI MASALA ..... | £8.95 |
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small prawns cooked with fresh green chilli's

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| SHAHI TOKKRA (Chicken or Lamb Tikka) ..... | £8.95 |
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garnished in many spices, medium strength

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|------------------------------------|--------|
| Bengal Fish Bhuna (Boneless) ..... | £10.95 |
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|-------------------------|-------|
| SHAHI KEBAB BHUNA. .... | £9.50 |
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cooked with onions, tomato, capsicum & herbs in a thick sauce

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|------------------|
| KORAI CHICKEN or |
|------------------|

|  |       |
|--|-------|
| LAMB TIKKA MASALA <sup>(N)</sup> ..... | £9.95 |
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cooked with spices, mincemeat, onion, capsicum and tomato

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| TANDOORI KING PRAWN |
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|                                   |        |
|-----------------------------------|--------|
| KORAI MASALA <sup>(N)</sup> ..... | £14.50 |
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| TANDOORI KING PRAWN DELIGHT <sup>(N)</sup> . | £14.50 |
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| TANDOORI KING PRAWN MAKHNI <sup>(N)</sup> .. | £14.50 |
|--|--------|

tossed in butter with fresh cream & almond in exotic sauce

|   |       |
|---|-------|
| CHICKEN or LAMB TIKKA DELIGHT <sup>(N)</sup> .. | £9.95 |
|---|-------|

cooked with cointreau liquor, cream, almonds & ground nuts

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|---|-------|
| CHICKEN or LAMB TIKKA MAKHNI <sup>(N)</sup> ... | £9.95 |
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tossed in butter with fresh cream & almond in exotic sauce

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| KAS CHICKEN or LAMB TIKKA BHUNA ... | £9.95 |
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a slightly hot dish cooked with fresh chillies and red wine

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|-----------------------|
| CHICKEN or LAMB TIKKA |
|-----------------------|

|                                   |       |
|-----------------------------------|-------|
| NAWABI KORAI <sup>(N)</sup> ..... | £9.95 |
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cooked with spices, mince chicken, onion,capsicum and tomato

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| CHICKEN OR LAMB TIKKA BADMAY <sup>(N)</sup> . | £9.95 |
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cooked in peanut butter & cream

with garlic, peanuts and a rich tomato sauce

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|-----------------------------------|-------|
| CHICKEN or LAMB TIKKA MOGLAI .... | £9.50 |
|-----------------------------------|-------|

with eggs, herbs and spices

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| CHICKEN or LAMB TIKA BHUNA MASALA ... | £8.50 |
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cooked with onions, tomato, capsicum, herbs &spices in a masala sauce

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| CHICKEN or DUCK TIKKA BAMBOO .. | £10.95 |
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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.

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| BALTI SPECIAL (Chicken, prawn & vegetable) . | £6.50 |
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| BALTI CHICKEN TIKKA ..... | £8.40 |
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| BALTI CHICKEN ..... | £7.40 |
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| BALTI LAMB ..... | £8.40 |
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|------------------------|--------|
| BALTI KING PRAWN ..... | £13.50 |
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| BALTI MIXED VEGETABLE ..... | £6.95 |
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| BALTI CHICKEN & MUSHROOM ..... | £8.50 |
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| BALTI CHICKEN & PRAWN ..... | £8.95 |
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| BALTI SAAG GOSTH ..... | £8.95 |
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| CHICKEN TIKKA GARLIC BALTI ..... | £8.95 |
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## PATHIA DISHES

A sweet and sour dish with spices

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| CHICKEN TIKKA ..... | £8.50 |
|---------------------|-------|

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|---------------|-------|
| CHICKEN ..... | £7.50 |
|---------------|-------|

|            |       |
|------------|-------|
| LAMB ..... | £8.50 |
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|-------------|-------|
| PRAWN ..... | £8.50 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £13.50 |
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|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.95 |
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## SPECIAL MALAYAN DISHES

Prepared with banana, pineapple, fresh cream. Medium dish

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| CHICKEN TIKKA ..... | £8.50 |
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|---------------|-------|
| CHICKEN ..... | £7.50 |
|---------------|-------|

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|------------|-------|
| LAMB ..... | £8.50 |
|------------|-------|

|             |       |
|-------------|-------|
| PRAWN ..... | £8.50 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £13.50 |
|------------------|--------|

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|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.95 |
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## MADRAS DISHES (hot)

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

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|---------------------|-------|
| CHICKEN TIKKA ..... | £8.50 |
|---------------------|-------|

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|---------------|-------|
| CHICKEN ..... | £7.50 |
|---------------|-------|

|            |       |
|------------|-------|
| LAMB ..... | £8.50 |
|------------|-------|

|             |       |
|-------------|-------|
| PRAWN ..... | £8.50 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £13.50 |
|------------------|--------|

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|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.95 |
|-----------------------|-------|

## 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

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| CHICKEN TIKKA ..... | £8.50 |
|---------------------|-------|

|               |       |
|---------------|-------|
| CHICKEN ..... | £7.50 |
|---------------|-------|

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|------------|-------|
| LAMB ..... | £8.50 |
|------------|-------|

|             |       |
|-------------|-------|
| PRAWN ..... | £8.50 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £13.50 |
|------------------|--------|

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|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.95 |
|-----------------------|-------|

## BHUNA DISHES

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

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|---------------------|-------|
| CHICKEN TIKKA ..... | £8.50 |
|---------------------|-------|

|               |       |
|---------------|-------|
| CHICKEN ..... | £7.50 |
|---------------|-------|

|            |       |
|------------|-------|
| LAMB ..... | £8.50 |
|------------|-------|

|             |       |
|-------------|-------|
| PRAWN ..... | £8.50 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £13.50 |
|------------------|--------|

|                       |       |
|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.95 |
|-----------------------|-------|

## CURRY DISHES (mild)

A mild strength curry which is slightly spiced with herb

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|---------------------|-------|
| CHICKEN TIKKA ..... | £8.40 |
|---------------------|-------|

|               |       |
|---------------|-------|
| CHICKEN ..... | £7.40 |
|---------------|-------|

|            |       |
|------------|-------|
| LAMB ..... | £8.40 |
|------------|-------|

|             |       |
|-------------|-------|
| PRAWN ..... | £8.40 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £12.90 |
|------------------|--------|

|                       |       |
|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.90 |
|-----------------------|-------|

|                |       |
|----------------|-------|
| MUSHROOM ..... | £6.90 |
|----------------|-------|

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|----------------------------|-------|
| CHICKEN AND MUSHROOM ..... | £8.50 |
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## DUPIAZA DISHES (medium)

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

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| CHICKEN TIKKA ..... | £8.50 |
|---------------------|-------|

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|---------------|-------|
| CHICKEN ..... | £7.50 |
|---------------|-------|

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|------------|-------|
| LAMB ..... | £8.50 |
|------------|-------|

|             |       |
|-------------|-------|
| PRAWN ..... | £8.50 |
|-------------|-------|

|                  |        |
|------------------|--------|
| KING PRAWN ..... | £13.50 |
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|                       |       |
|-----------------------|-------|
| MIXED VEGETABLE ..... | £6.95 |
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<sup>(N)</sup> - CONTAIN NUTS



## RAGON DISHES (medium)

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

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|---------------------|-------|
| CHICKEN TIKKA ..... | £8.50 |
| CHICKEN .....       | £7.50 |
| LAMB .....          | £8.50 |

|                       |        |
|-----------------------|--------|
| PRAWN .....           | £8.50  |
| KING PRAWN .....      | £13.50 |
| MIXED VEGETABLE ..... | £6.95  |

## OTHER CURRY SPECIALITIES

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|--|-------|
| LAMB PASANDA (N) .....   | £8.95 |
| (mildly spiced creamy sauce)   |       |
| CHICKEN GARLIC (cooked in fresh garlic) ..                                     | £8.95 |
| LAMB SAAG (with spinach) .....   | £9.95 |
| CHICKEN MOCHOMMON .....  | £8.95 |
| medium strength with green beans, dressed with egg & tomato                    |       |
| CHICKEN BOMBAY .....   | £8.50 |
| medium strength with potato and tomato   |       |
| CHICKEN DANSAK .....   | £8.50 |
| slightly hot with pineapple and lentils  |       |
| CHICKEN JALFREZI .....   | £8.50 |
| a slightly hot dish with fresh green chillies, also available in Lamb or Prawn |       |

|  |        |
|--|--------|
| KORAI CHICKEN/ LAMB (medium) (N)   | £8.50  |
| diced chicken cooked in spices, also available in Lamb or Prawn                          |        |
| CHICKEN CHILLI MASALA .....  | £8.50  |
| a dish of hot spices with onions & fresh green chillies, also available in Lamb or Prawn |        |
| SOUTH INDIAN   |        |
| GARLIC CHILLI CHICKEN .....  | £9.50  |
| cooked with mixed pickles, also available in Lamb  |        |
| CHICKEN TIKKA NAGA KORAI ....  | £9.95  |
| a very hot dish with scotch bonnet   |        |
| CHICKEN PANEER CHILLI .....  | £10.50 |

## 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

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|--------------------------------|-------|
| EAST ONE SPECIAL BIRYANI ..... | £9.50 |
| PERSIAN CHICKEN BIRYANI .....  | £9.50 |
| MALAYAN BIRYANI .....          | £9.50 |
| CHICKEN TIKKA BIRYANI .....    | £9.95 |
| CHICKEN BIRYANI .....          | £8.95 |

|                          |        |
|--------------------------|--------|
| LAMB BIRYANI .....       | £9.95  |
| PRAWN BIRYANI .....      | £9.95  |
| KING PRAWN BIRYANI ..... | £13.95 |
| MUSHROOM BIRYANI .....   | £8.50  |
| VEGETABLE BIRYANI .....  | £8.50  |

## INDIAN BREADS

|                          |       |
|--------------------------|-------|
| KEEMA NAAN .....         | £3.40 |
| PESHWARI NAAN (N) .....  | £3.40 |
| GARLIC NAAN .....        | £3.40 |
| CHICKEN TIKKA NAAN ..... | £3.40 |
| ONION KULCHA .....       | £3.40 |
| PLAIN NAAN .....         | £2.95 |
| TANDOORI CHAPATI .....   | £2.95 |
| CHAPATI .....            | £2.50 |
| PARATHA .....            | £3.40 |

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| KEEMA & VEGETABALE NAAN .....                              | £4.40 |
| GARLIC KEEMA & VEGETABLE NAAN .....                        | £4.40 |
| CHICKEN or LAMB NAAN .....                                 | £9.95 |
| pasty shaped naan breads with chicken or lamb curry inside |       |
| CHEESE NAAN .....  | £4.40 |
| CHILLI CHEESE NAN .....                                    | £4.50 |
| GARLIC CHEESE NAN .....                                    | £4.50 |

(N) - CONTAIN NUTS

## VEGETABLE SPECIALITIES (medium)

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|----------------------------|-------|
| SAAG PANEER .....          | £4.50 |
| MUSHROOM BHAJEE .....      | £3.95 |
| VEGETABLE BHAJEE .....     | £3.95 |
| BHINDI BHAJEE (okra) ..... | £3.95 |
| SAAG BHAJEE .....          | £3.95 |
| CAULIFLOWER BHAJEE .....   | £3.95 |

|                                 |       |
|---------------------------------|-------|
| CHANA BHAJEE (chick peas) ..... | £3.95 |
| MIXED VEGETABLE CURRY .....     | £3.95 |
| MUSHROOM CURRY .....            | £3.95 |
| BOMBAY POTATOES .....           | £3.95 |
| EGG POTATO BOMBAY BHUNA ....    | £4.95 |
| TARKA DHALL .....               | £3.95 |

## SUNDRIES

|                                |       |
|--------------------------------|-------|
| KEEMA PILAU RICE .....         | £4.40 |
| GARLIC FRIED PILAU RICE .....  | £3.40 |
| MUSHROOM FRIED PILAU RICE .... | £3.40 |
| VEGETABLE PILAU RICE .....     | £3.40 |
| PILAU RICE .....               | £3.10 |
| SPECIAL FRIED RICE .....       | £3.40 |
| EGG FRIED RICE .....           | £3.40 |
| PLAIN FRIED RICE .....         | £3.10 |

|                          |       |
|--------------------------|-------|
| PLAIN BOILED RICE .....  | £2.95 |
| CHIPS .....              | £3.40 |
| SPICY CHIPS .....        | £3.80 |
| PLAIN PAPADUM .....      | £1.10 |
| SPICED PAPADUM .....     | £1.20 |
| CUCUMBER RAITHE .....    | £3.40 |
| CHUTNEY (per head) ..... | £0.95 |

## ENGLISH DISHES

|                               |       |
|-------------------------------|-------|
| CHICKEN NUGGETS & CHIPS ..... | £8.95 |
| FRIED SCAMPI & CHIPS .....    | £8.95 |
| FRIED CHICKEN & CHIPS .....   | £8.95 |
| CHICKEN SALAD .....           | £8.50 |
| CHEESE OMELETTE & CHIPS ..... | £9.95 |

|  |        |
|--|--------|
| COD & CHIPS .....                              | £9.95  |
| CHICKEN OMELETTE & CHIPS ....                  | £9.95  |
| MUSHROOM OMELETTE & CHIPS ...                  | £8.50  |
| SIRLOIN STEAK served with chips, peas & tomato | £15.95 |

### SET MEAL FOR TWO PERSONS

(contains nuts)

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

£36.95

### SPECIAL MEAL FOR A SPECIAL OCCASION

(24 hour notice required)

KURZI CHICKEN or  
LAMBLEG OF LAMB  
or WHOLE CHICKEN  
*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*

£49.95

### FISH DISHES

TANDOORI SALMON  
FISH CURRY  
ALSO AVAILABLE IN  
JALFREZI  
RAGON  
DUPIAZA  
PATHIA  
BHUNA

£13.95



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**DINE IN ONLY  
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£14.95

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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