

## RAGON DISHES (medium)

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

CHICKEN TIKKA .....	£7.80	PRAWN .....	£7.50
CHICKEN .....	£6.80	KING PRAWN .....	£12.40
LAMB .....	£7.50	MIXED VEGETABLE .....	£6.50

## OTHER CURRY SPECIALITIES

LAMB PASANDA (N) .....	£8.20	KORAI CHICKEN/ LAMB (medium) (N) .....	£7.95
<small>(mildly spiced creamy sauce)</small>		<small>diced chicken cooked in spices, also available in Lamb or Prawn</small>	
CHICKEN GARLIC (cooked in fresh garlic) .....	£7.80	CHICKEN CHILLI MASALA .....	£7.80
LAMB SAAG (with spinach) .....	£8.20	<small>a dish of hot spices with onions &amp; fresh green chillies, also available in Lamb or Prawn</small>	
CHICKEN MOCHOMMON .....	£7.95	SOUTH INDIAN	
<small>medium strength with green beans, dressed with egg &amp; tomato</small>		GARLIC CHILLI CHICKEN .....	£8.80
CHICKEN BOMBAY .....	£7.50	<small>cooked with mixed pickles, also available in Lamb</small>	
<small>medium strength with potato and tomato</small>		CHICKEN TIKKA NAGA KORAI .....	£8.95
CHICKEN DANSAK .....	£7.50	<small>a very hot dish with scotch bonnet</small>	
<small>slightly hot with pineapple and lentils</small>		CHICKEN PANEER CHILLI .....	£9.95
CHICKEN JALFREZI .....	£7.50		
<small>a slightly hot dish with fresh green chillies, also available in Lamb or Prawn</small>			

## 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 .....	£8.95	LAMB BIRYANI .....	£8.80
PERSIAN CHICKEN BIRYANI .....	£8.95	PRAWN BIRYANI .....	£8.80
MALAYAN BIRYANI .....	£8.95	KING PRAWN BIRYANI .....	£12.50
CHICKEN TIKKA BIRYANI .....	£8.95	MUSHROOM BIRYANI .....	£7.95
CHICKEN BIRYANI .....	£8.50	VEGETABLE BIRYANI .....	£7.95

## INDIAN BREADS

KEEMA NAAN .....	£2.95	KEEMA & VEGETABALE NAAN .....	£3.95
PESHWARI NAAN (N) .....	£2.95	GARLIC KEEMA & VEGETABLE NAAN .....	£3.95
GARLIC NAAN .....	£2.95	CHICKEN or LAMB NAAN .....	£7.50
CHICKEN TIKKA NAAN .....	£2.95	<small>pasty shaped naan breads with chicken or lamb curry inside</small>	
ONION KULCHA .....	£2.95	CHEESE NAAN .....	£3.80
PLAIN NAAN .....	£2.60	CHILLI CHEESE NAN .....	£3.95
TANDOORI CHAPATI .....	£2.60	GARLIC CHEESE NAN .....	£3.95
CHAPATI .....	£1.80		
PARATHA .....	£2.95		

(N) - CONTAIN NUTS

## VEGETABLE SPECIALITIES (medium)

SAAG PANEER .....	£4.20	CHANA BHAJEE (chick peas) .....	£3.50
MUSHROOM BHAJEE .....	£3.50	MIXED VEGETABLE CURRY .....	£3.50
VEGETABLE BHAJEE .....	£3.50	MUSHROOM CURRY .....	£3.50
BHINDI BHAJEE (okra) .....	£3.50	BOMBAY POTATOES .....	£3.50
SAAG BHAJEE .....	£3.50	EGG POTATO BOMBAY BHUNA .....	£4.40
CAULIFLOWER BHAJEE .....	£3.50	TARKA DHALL .....	£3.50

## SUNDRIES

KEEMA PILAU RICE .....	£3.80	PLAIN BOILED RICE .....	£2.60
GARLIC FRIED PILAU RICE .....	£2.95	CHIPS .....	£2.90
MUSHROOM FRIED PILAU RICE .....	£2.95	SPICY CHIPS .....	£2.95
VEGETABLE PILAU RICE .....	£2.95	PLAIN PAPADUM .....	£0.95
PILAU RICE .....	£2.80	SPICED PAPADUM .....	£1.10
SPECIAL FRIED RICE .....	£2.95	CUCUMBER RAITHE .....	£2.90
EGG FRIED RICE .....	£2.95	CHUTNEY (per bread) .....	£0.80
PLAIN FRIED RICE .....	£2.80		

## ENGLISH DISHES

CHICKEN NUGGETS & CHIPS .....	£7.50	COD & CHIPS .....	£7.95
FRIED SCAMPI & CHIPS .....	£7.50	CHICKEN OMELETTE & CHIPS .....	£7.95
FRIED CHICKEN & CHIPS .....	£7.50	MUSHROOM OMELETTE & CHIPS .....	£7.50
CHICKEN SALAD .....	£6.95	SIRLOIN STEAK <small>served with chips, peas &amp; tomato</small> .....	£13.50
CHEESE OMELETTE & CHIPS .....	£7.95		

### SET MEAL FOR TWO PERSONS

(contains nuts)  
CHICKEN TIKKA  
SHEEK KEBAB  
CHICKEN MASALA & CHICKEN BHUNA  
PILAU RICE  
NAAN  
PAPADUM  
SALAD CHUTNEY  
COFFEE

£32.95

### SPECIAL MEAL FOR A SPECIAL OCCASION

(24 hour notice required)  
KURZI CHICKEN or LAMB LEG OF LAMB or WHOLE CHICKEN  
Stuffed mince meat, roasted in a clay oven & cooked in specially blended spices, flavoured with green herbs, served with: Sheek Kebabs, Chicken Tikka, Vegetable Curry, Special Pilau Rice, Salad All the trimmings

£40.95

### FISH DISHES

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

£13.50



EST SINCE 2000

A Warm Welcome to

# East - One

Come and sample the Eastern atmosphere in one of the midlands most elegant restaurants. East-One gives an ambience of eating inside an eastern sultans tent, the dramatic effect is achieved by a draped ceiling and pleated fabric wall in mottled chinz fabric.

EXCLUSIVE LICENSED INDIAN RESTAURANT & TAKEAWAY

## SPECIAL OFFER EVERY SUNDAY & THURSDAY

DINE IN ONLY MENU

£13.95

£13.95

Sundries: Popadum & Chutney  
Starter: Choice from Main Menu  
Main Course: Choice from Main Menu  
Includes choice of Rice or Naan Bread & Coffee  
Seafood: Add £2.50 Starter or Main Dish

FREE DELIVERY

FREE CAR PARK AT REAR VIA COBDEN ST

OPEN DAILY 5:30PM TILL LATE  
15% DISCOUNT ON TAKEAWAY MEALS

121 BRIDGNORTH ROAD, WOLLASTON,  
STOURBRIDGE, WEST MIDLANDS DY8 3NX  
[www.eastonestourbridge.co.uk](http://www.eastonestourbridge.co.uk)

01384 - 392788

VISA - MASTERCARD - SWITCH & DEBIT CARD ACCEPTED

## STARTERS

All starters served with salad

CHICKEN TIKKA PAKURA .....	£4.60	NARGIS KEBAB .....	£4.60
CHICKEN & LAMB KEBAB ROLL .....	£4.60	spiced mincemeat around a boiled egg, shallow fried in oil	
GARLIC MUSHROOM .....	£3.80	SHAMEE KEBAB .....	£3.95
GARLIC CHICKEN & LAMB KEBAB .....	£4.60	spicy mincemeat burger fried in oil	
CHICKEN KEBAB .....	£3.95	SHEEK KEBAB .....	£3.95
CHICKEN PINEAPPLE .....	£3.95	spiced mincemeat cooked over charcoal on skewers	
CHICKEN CHAT .....	£3.80	MIXED KEBAB .....	£4.80
spicy chicken, tomato & cucumber on a bed of lettuce with chat masala sauce		TANDOORI SALMON .....	£5.95
PEPPER CHICKEN .....	£4.10	TANDOORI SEA BASS .....	£5.95
spicy chicken in a whole pepper, cooked over charcoal on skewers		spices, tenderly cooked over charcoal on skewers	
CHICKEN OR LAMB TIKKA .....	£3.95	TANDOORI HAKE .....	£5.95
pieces marinated in herbs, over charcoal on skewers		spices, tenderly cooked over charcoal on skewers	
PANEER TIKKA .....	£4.10	TANDOORI KING PRAWN	
DUCK TIKKA .....	£5.70	ON PUREE .....	£6.95
ONION BHAJEE .....	£3.80	KING PRAWN ON PUREE .....	£5.95
SOMOSA (Chicken, Meat or Vegetable) .....	£3.80	king prawn cooked in spicy sauce,	
LAMB CHOPS .....	£5.95	served with deep fried puff bread	
TANDOORI CHICKEN .....	£3.95	PRAWN ON PUREE .....	£4.10
on the bone marinated in herbs, cooked over charcoal on skewers		PRAWN COCKTAIL .....	£3.80
TANDOORI KING PRAWN .....	£6.70	KING PRAWN BUTTERFLY .....	£5.10
king prawns flavoured with various spices, tenderly cooked over charcoal on skewers		TANDOORI SALMON	
		PAKURA .....	£5.95
		CHILLI PANEER .....	£4.60
		BENGAL FISH CHAAT .....	£4.50

## 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 .....	£7.20	TANDOORI SALMON .....	£11.80
TANDOORI CHICKEN WHOLE .....	£13.95	marinated salmon cooked with special herbs & spices over charcoal	
CHICKEN OR LAMB TIKKA .....	£7.20	TANDOORI SEA BASS (Boneless) .....	£11.80
PANEER TIKKA .....	£7.50	gently spiced, shallow fried in oil	
SHASLICK KEBAB (Chicken or Lamb) .....	£9.40	TANDOORI HAKE .....	£11.80
DUCK TIKKA .....	£10.80	marinated hake, cooked with special herbs & spices over charcoal	
TANDOORI KING PRAWN .....	£12.50	TANDOORI SPECIAL .....	£11.95
TANDOORI COCKTAIL .....	£8.80	a selection of tandoori chicken, tikka, kebab, mince curry & naan bread	
a selection of tandoori chicken, tikka and onion bhajee			
TANDOORI FISH TROUT .....	£11.80		

(N) - CONTAIN NUTS



## HOUSE SPECIALITIES

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

TANDOORI KING		SHAHI KEBAB BHUNA .....	£8.50
PRAWN MASALA (N) .....	£13.50	cooked with onions, tomato, capsicum & herbs in a thick sauce	
king prawn roasted in the 'tandoor' then cooked in sauce made with a delicate blend of aromatic spices, herbs simmered in cream		KORAI CHICKEN or	
CHICKEN or LAMB		LAMB TIKKA MASALA (N) .....	£8.95
TIKKA MASALA (N) .....	£7.95	cooked with spices, mincemeat, onion, capsicum and tomato	
tender boneless pieces cooked on skewers in 'tandoor' then cooked in sauce made with delicate blends of herbs and simmered cream		TANDOORI KING PRAWN	
PANEER TIKKA MASALA .....	£8.10	KORAI MASALA (N) .....	£13.80
KAKOO CHICKEN or		TANDOORI KING PRAWN DELIGHT (N) .....	£13.80
LAMB TIKKA KORAI (N) .....	£8.50	TANDOORI KING PRAWN MAKHNI (N) .....	£13.80
chicken or lamb tikka marinated in our special way and cooked with onions, tomato, green pepper & thick sauce. A special chef's creation		tossed in butter with fresh cream & almond in exotic sauce	
BUTTER CHICKEN (N) .....	£7.95	CHICKEN or LAMB TIKKA DELIGHT (N) .....	£9.20
off the bone, half of a spring tandoori chicken cooked in butter and cream with garlic cinnamon, ginger and a rich tomato sauce		cooked with cointreau liquor, cream, almonds & ground nuts	
CHICKEN or LAMB TIKKA JALFREZI .....	£7.95	CHICKEN or LAMB TIKKA MAKHNI (N) .....	£9.20
A slightly hot dish with fresh green chillies, also available in prawn		tossed in butter with fresh cream & almond in exotic sauce	
TANDOORI SALMON		KAS CHICKEN or LAMB TIKKA BHUNA .....	£9.20
GARLIC MUSHROOM JALFREZI .....	£12.95	a slightly hot dish cooked with fresh chillies and red wine	
CHICKEN TIKKA CHILLI MASALA .....	£7.95	CHICKEN or LAMB TIKKA	
LAMB TIKKA CHILLI MASALA .....	£7.95	NAWABI KORAI (N) .....	£9.20
a hot dish of hot spices & fresh green chillies		cooked with spices, mince chicken, onion, capsicum and tomato	
PRAWN CHILLI MASALA .....	£7.95	CHICKEN or LAMB TIKKA BADMAY (N) .....	£9.20
small prawns cooked with fresh green chilli's		cooked in peanut butter & cream	
SHAHI TOKKRA (Chicken or Lamb Tikka) .....	£8.50	with garlic, peanuts and a rich tomato sauce	
garnished in many spices, medium strength		CHICKEN or LAMB TIKKA MOGLAI .....	£8.80
Bengal Fish Bhuna (Boneless) .....	£10.20	with eggs, herbs and spices	
		CHICKEN or LAMB TIKKA BHUNA MASALA .....	£7.95
		cooked with onions, tomato, capsicum, herbs & spices in a masala sauce	
		CHICKEN or DUCK TIKKA BAMBOO .....	£10.20
		a medium hot dish cooked with bamboo shoots	

## 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) .....	£7.95	BALTI MIXED VEGETABLE .....	£6.50
BALTI CHICKEN TIKKA .....	£7.80	BALTI CHICKEN & MUSHROOM .....	£7.80
BALTI CHICKEN .....	£6.80	BALTI CHICKEN & PRAWN .....	£8.40
BALTI LAMB .....	£7.50	BALTI SAAG GOSTH .....	£8.40
BALTI KING PRAWN .....	£12.40	CHICKEN TIKKA GARLIC BALTI .....	£8.40

## PATHIA DISHES

A sweet and sour dish with spices

CHICKEN TIKKA .....	£7.80	PRAWN .....	£7.50
CHICKEN .....	£6.80	KING PRAWN .....	£12.40
LAMB .....	£7.50	MIXED VEGETABLE .....	£6.50

## SPECIAL MALAYAN DISHES

Prepared with banana, pineapple, fresh cream. Medium dish

CHICKEN TIKKA .....	£7.80	PRAWN .....	£7.50
CHICKEN .....	£6.80	KING PRAWN .....	£12.40
LAMB .....	£7.50	MIXED VEGETABLE .....	£6.50

## MADRAS DISHES (hot)

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

CHICKEN TIKKA .....	£7.50	PRAWN .....	£7.40
CHICKEN .....	£6.50	KING PRAWN .....	£12.40
LAMB .....	£7.40	MIXED VEGETABLE .....	£6.50

## 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 .....	£7.80	PRAWN .....	£7.50
CHICKEN .....	£6.80	KING PRAWN .....	£12.40
LAMB .....	£7.50	MIXED VEGETABLE .....	£6.50

## BHUNA DISHES

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

CHICKEN TIKKA .....	£7.80	PRAWN .....	£7.50
CHICKEN .....	£6.80	KING PRAWN .....	£12.40
LAMB .....	£7.50	MIXED VEGETABLE .....	£6.50

## CURRY DISHES (mild)

A mild strength curry which is slightly spiced with herb

CHICKEN TIKKA .....	£7.40	KING PRAWN .....	£11.90
CHICKEN .....	£6.40	MIXED VEGETABLE .....	£6.10
LAMB .....	£7.20	MUSHROOM .....	£6.10
PRAWN .....	£7.20	CHICKEN AND MUSHROOM .....	£7.40

## DUPIAZA DISHES (medium)

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

CHICKEN TIKKA .....	£7.80	PRAWN .....	£7.50
CHICKEN .....	£6.80	KING PRAWN .....	£12.40
LAMB .....	£7.50	MIXED VEGETABLE .....	£6.50