

PUNJAB

TANDOORI RESTAURANT

'Welcome'



Welcome to the Punjab Tandoori Restaurant
ਪੰਜਾਬ ਤੰਦੂਰੀ ਰੇਸਟੋਰੈਂਟ ਮੇਂ ਆਪਕਾ ਸਵਾਗਤ ਹੈ



Vegetarian Starter

Popadom	0.80
Chutney Tray <i>Red onion, mango chutney, tamarind sauce and mint sauce</i> ..	2.00
Mixed Pakora (5) <i>Spinach, potatoes, onions coated in a special batter</i> ..	5.50
Bhel Puri <i>A delicious mixture of pooris, puffed rice, onions, potatoes, chickpeas, green chillies, garlic and sweet and sour sauce</i>	5.50
Papri Chat <i>Flat pooris, potatoes, chickpeas, topped with yoghurt and..... sweet chutney, garnished with special masala</i>	5.95
Vegetable Samosa	5.50
Aloo Tikki (2) <i>Potatoes stuffed with lentils</i>	5.95
Vegetable Cutlet (4) <i>Fresh mixed vegetables, potatoes fried in batter...</i>	5.95
Vegetable Spring Rolls (4) <i>Pastry stuffed with mixed vegetables</i>	5.95
Onion Bhaji (2) <i>Chopped onion mixed with herbs, spices and gram flour, .. deep fried and served with chutney</i>	5.25
Paneer Tikka (2) <i>Home made cottage cheese cooked in tandoori oven</i> ..	8.95
Samosa Chaat <i>Vegetable samosas topped with yougurt & mint dip</i>	6.50
Aloo Tikki Chaat <i>Mashed potato patties with yougurt & mint sauce</i>	6.95
Vegetarian Platter	18.00
<i>Includes 1 veg somosa, 1 paneer tikka, 2 spring rolls, 1 aloo tikki, 1 onion bhaji and 2 veg cutlets served on a hot plate</i>	
Paneer Tikka Platter <i>4 pieces</i>	18.00
<i>4 pieces of paneer tikka served on a hot plate</i>	
Pav Bhaji	6.75
<i>Spicy vegetable mix served with buttered bread</i>	
Gol Gappe <i>Crispy fried hollow dough balls stuffed with boiled potatoes and dipped in a spicy tangy water served with sweet chutney</i>	5.95
Vada Pav <i>Indian veg burger</i>	6.95

South Indian delight

Masala Dosa <i>Crispy rice pancake filled with potato masala, served with sambhar and coconut chutney.</i>	8.50
Paneer Dosa <i>Crispy rice pancake filled with Indian cottage cheese, cashewnuts, served with sambhar and coconut chutney.</i>	10.50
Mushroom Dosa.....	9.50
<i>Crispy rice pancake filled with fresh mushrooms, chillies, garlic, tomatoes & coriander, served with sambhar and coconut chutney.</i>	
Delux Dosa.....	10.50
<i>Crispy rice pancake filled with potatoes and Indian cottage cheese.</i>	
Plain Dosa <i>Thick rice pancake</i>	5.95
Vada Sambhar.....	6.95
<i>Lental cakes tossed with mustard seeds, curry leaves and chilli</i>	
Chicken Dosa <i>Thick rice pancake filled with chicken</i>	10.95

Tandoori Starter

Chicken Tikka	7.95
<i>Diced boneless chicken marinated in yoghurt with herbs and mild spices, cooked in the tandoor, served with salad and chutney.</i>	
Seekh Kebab	7.95
<i>Tender lamb minced, mixed with onions, garlic, ginger, coriander, herbs and spices, cooked over charcoal in a clay oven, served with salad and chutney.</i>	
Tandoori Chicken (<i>quarter</i>)	7.95
<i>Young spring chicken on the bone, marinated in yoghurt with delicious herbs and spices, cooked in a clay oven, served with salad and chutney.</i>	
Tandoori Lamb Chops	10.95
<i>Spring lamb chops marinated in yoghurt and special recipe cooked over charcoal in a tandoor.</i>	
Chicken Shaslik	8.50
<i>Cubes of boneless spring chicken breasts, onions, capsicum, tomatoes, marinated in yoghurt and spices, barbecued over charcoal in a clay oven.</i>	
Amritsari Fish.....	7.95
<i>Fillets of cod marinated in special yoghurt sauce and barbecued.</i>	
Special Tandoori King Prawn	12.50
<i>King prawn marinated in yoghurt, herbs & spices cooked in a clay oven, served with salad.</i>	

Special Sizzlers

All sizzlers served on hot sizzling platters, all garnished with tomatoes, mushrooms, capsicum, onions and fresh coriander.

Chicken Tikka Sizzler (8)	18.00
Special Mixed Sizzler	19.00
<i>2 pieces of each Chicken Tikka, Seekh Kebab, Lamb Chops and a onion bajji</i>	

Classic Indian Dishes

How would you like your food?

Mild Medium Apna style (Spicy)

Tawa Chicken	14.50
<i>Boneless chicken cooked in a blend of tomatoes, coriander and various spices.</i>	
Chicken Tikka Masala.....	13.95
<i>Boneless chicken breast barbecued in a clay oven, then cooked with thick gravy, special herbs and spices, garnished with fresh ginger and coriander.</i>	
Chicken Garlic Masala	13.95
<i>Chopped fresh garlic & spring chicken cooked in a blend of tomatoes, coriander & various spices.</i>	
Lamb Garlic Masala	14.50
<i>Chopped fresh garlic & spring boneless lamb cooked in a blend of tomatoes, coriander and various spices.</i>	
Chicken Makhani	13.95
<i>Boneless chicken breast specially cooked in butter, yoghurt, tomato puree, fresh tomatoes, special garam masala, nuts and cream.</i>	
Lamb Chop Masala	14.95
<i>Spring lamb chops cooked in a blend of tomatoes, coriander and various spices.</i>	
Chicken Tikka Chilli	13.95
<i>Spring boneless chicken cooked with capsicum, green chillies, onions and spices, 'Hot and Tasty'</i>	
Chicken Pasanda	13.95
<i>Diced boneless chicken cooked in white gravy with yoghurt, nuts, fresh cream, butter and specially blended herbs.</i>	
Lamb Pasanda	14.50
<i>Diced boneless lamb cooked in white gravy, with yoghurt, nuts, fresh cream, butter and specially blended Indian herbs.</i>	

Chicken Mughlai	13.95
<i>Boneless chicken breast cooked in yoghurt with specially seasoned spices, onions, cashewnuts, and eggs and garnished with almond slices.</i>	
Lamb Mughlai	14.50
<i>Boneless spring lamb cooked in yoghurt with specially seasoned spices, onions, cashewnuts, and eggs and garnished with almond slices.</i>	
Punjabi Tawamix	15.95
<i>Served in a tawa, a fabulous blend of barbecued seekh kebab, chicken tikka, paneer tikka, cooked in a special sauce with green vegetables, Indian herbs and spices.</i>	
Butter Chicken	14.50
<i>Delhi style butter chicken cooked in special sauce</i>	
Lamb Makhani	14.50
<i>Diced boneless lamb specially cooked in butter, yoghurt, tomato puree, fresh tomatoes, special garam masala, nuts and cream.</i>	
Chicken Razalla	13.95
<i>Boneless chicken tossed with peppers, onions and tomato sauce, flavoured with coriander</i>	
Lamb Razalla	14.50
<i>Boneless lamb tossed with peppers, onions and tomato sauce, flavoured with coriander and garnished with coriander.</i>	
Punjabi Kebab Masala	14.50
<i>Pieces of kebab cooked with special masala sauce.</i>	
Bombay Chicken	13.95
<i>Preparation of chicken with chefs special sauce & blend of spices</i>	
Bombay Lamb	14.50
<i>Preparation of lamb with chefs special sauce & blend of spices</i>	
Hara Chicken	13.95
<i>Chicken cooked with a blend of fresh mint, coriander, onions and green chillies cooked with special sauce</i>	
Hara Lamb	14.50
<i>Lamb cooked with a blend of fresh mint, coriander, onions and green chillies cooked with special sauce</i>	
Saag Lamb Spinach and lamb cooked in gravy and spice.....	14.50
Saag Chicken Spinach and chicken cooked in gravy and spice	14.50
Saag Prawn Spinach and prawn cooked in gravy and spice	15.95
Saag King Prawn Spinach and king prawn cooked in gravy and spice..	16.95
Tandoori Chicken Karahi	14.50
<i>Tandoori chicken cooked with onions, capsicum, tomatoes and a hint of garlic and ginger.</i>	
Tandoori King Prawn Masala	16.95
<i>King prawns marinated in yoghurt and barbecued in a clay oven, then cooked in rich gravy with special herbs and spices, garnished with fresh coriander.</i>	

Vegetarian Dishes

Special Punjabi Shaka Hari Bhojan

How would you like your food?

Mild Medium Apna style (Spicy)

Freshly cooked green vegetables with an authentic Indian taste.

These traditional Punjabi dishes consist of fresh vegetables cooked with special herbs and specially blended garam masala (spice) to produce a unique taste. Garnished with green chillies, fresh ginger, fresh tomatoes and coriander leaves.

Karahi Paneer	12.50
<i>Indian cottage cheese cooked with capsicum tomatoes, onions and a hint of garlic and ginger.</i>	
Bhindi Masala Okra cooked to our own special recipe	10.50
Dal Makhani Black lentils cooked in afresh cream with fresh tomatoes..	10.50
Saag Paneer Spinach and cottage cheese	12.50

Paneer Chilli Cottage cheese with green chillies, capsicum & tomatoes...	12.50
Palak Kofta Vegetable balls cooked with garam masala	10.95
Matar Paneer Garden peas with cottage cheese	10.95
Paneer Tikka Masala	12.50
<i>Tandoori Indian cottage cheese served in a special masala sauce.</i>	
Karahi Paneer Tikka	12.50
<i>Indian cottage cheese cooked with onion capsicum, tomatoes, garlic and ginger</i>	
Paneer Butter Masala	12.50
<i>Indian cottage cheese cooked in butter and fresh double cream</i>	
Shahi Paneer	12.50
<i>Indian cottage cheese cooked with fresh cream and nuts in thick gravy</i>	
Malai Kofta	12.50
<i>Fried cheese ball and nuts cooked with a special gravy and cream</i>	
Paneer Tikka Garlic Masala Chopped fresh garlic and	12.50
<i>indian cottage cheese barbecued in a clay oven then cooked with a thick gravy.</i>	
Paneer Makhani Home made cottage cheese in butter	12.50
<i>with tomatoes & fresh cream</i>	
Chana Kabuli Masala Chickpeas cooked to our own recipe	10.95
Handi Paneer Tikka Tandoori Indian cottage cheese cooked in	12.50
<i>a special sauce</i>	
Vegetable Kofta Pumpkin balls cooked with garam masala	9.95
Dal Tarka White lentils cooked with butter and spices.....	9.95
Paneer Tawa Masala Indian cheese cooked with a special sauce.....	12.50
Aloo Ghoobi Potatoes cooked with cauliflower.....	10.50
Karahi Mixed Vegetables	10.50
<i>Mixed veg. cooked with onions, tomatoes, capsicum, garlic, ginger and coriander</i>	
Punjabi Tinda Masala	10.50
<i>Fresh pumpkin cooked in a special Punjabi masala</i>	
Saag Aloo Spinach and potatoes cooked in gravy	10.50
Mushroom Bhuna Dry dish cooked with fresh tomatoes,	10.50
<i>mushrooms, onions, ginger and garlic</i>	

Karahi

These dishes are cooked in a Karahi with fresh capsicum, ginger, garlic, green chillies, and onions and garnished with coriander.

Karahi Chicken	13.95
Karahi Lamb	14.50
Karahi Chicken Tikka	14.50
Karahi Lamb Chops	14.50
Karahi Mushroom (V)	10.50
Karahi Prawn	15.95
Karahi King Prawn	16.90

Balti

These dishes are prepared in a balti (an Indian wok style utensil) cooked with garlic, ginger and tomatoes in a spicy and aromatic sauce.

Chicken Balti	13.95
Lamb Balti	14.50
Chicken Tikka Balti	14.50

Handi Hyderabad

These dishes are cooked with fresh garlic, ginger, green chillies, tomatoes, coriander and cumin powder.

Handi Chicken	13.95
Handi Gosht <i>Lamb</i>	14.50
Handi Chicken Tikka	14.50
Handi Paneer, indian cottage cheese (V)	12.50
Handi Mixed Vegetable (V)	10.95

Biryani medium dishes

Cooked in traditional 'Punjabi Recipe' Special basmati rice flavoured with herbs, spices, nuts, fresh garlic, coriander, & cooked with items below and served with mild aromatic sauce.

How would you like your food?

Mild Medium Apna style (Spicy)

Chicken Biryani	14.50
Lamb Biryani.....	15.50
Paneer Biryani <i>Indian cottage cheese</i> (V)	13.95
Mixed veg Biryani	12.95

All Time Favourites

How would you like your food?

Mild Medium Apna style (Spicy)

Choose your cooking style

Korma (mild) *Cooked gently with fresh cream, coconut, sugar and nuts.*

Jalfrezi *Cooked with hot green chillies, capsicum, onions and tomatoes.*

Bhuna *A combination of spices fried together with tomatoes, ginger and garlic.*

Madras (hot) *These dishes are cooked in a rich spicy sauce consisting of chillies, ginger, garlic and tomatoes.*

Vindaloo (very hot) *These dishes are highly flavoured with garlic, ginger, tomatoes and lemon.*

Do Piazza *These dishes are cooked using onions, green chillies, lemon, garlic, ginger and coriander.*

Rogan Josh *Delicately spiced cooked with sweet pimentos, capsicum and tomatoes.*

Choose your filling

Mushroom (V)	10.95
Mixed Vegetables (V).....	10.95
Chicken	13.95
Chicken Tikka	14.50
Panner indian cottage cheese (V)	12.50
Lamb	14.50
Prawn.....	15.95
King Prawn	16.95

Vegetarian Hindustani Thali

£17.50

(Ask for availability)

STARTER

Mixed Pakora, Samosa and chutney

MAIN COURSE

Matar Paneer, Mixed Vegetables, Dal Makhani
Raita, Pilau Rice, 1 Nan bread, Salad

DESSERT

Gulab Jamun

Sundries

Nan <i>Leavened bread baked in a clay oven 'Punjabi style'</i>	3.00
Roti <i>Punjabi bread baked over charcoal in the tandoor</i>	2.50
Onion Kuicha <i>Freshly baked leavened tandoori bread with</i>	3.75
<i>chopped onions, green chillies and coriander</i>	
Shahi Nan <i>Freshly baked leavened tandoori bread garnished with nuts</i>	3.95
Stuffed Parantha <i>Butter rich baked bread stuffed with potatoes</i>	3.95
Plain Parantha <i>Butter rich baked bread</i>	3.50
Garlic Nan <i>Freshly baked leavened tandoori bread stuffed with garlic and spices</i> ..	3.75
Paneer Nan <i>Nan stuffed with cottage cheese</i>	4.25
Pudhina Parantha (mint) <i>Butter rich baked bread topped with mint</i> ..	3.75
Dhaniya Nan <i>Freshly baked leavened tandoori bread topped with coriander</i> ..	3.75
Chilli Nan <i>Freshly baked leavened tandoori bread topped with coriander</i> ...	3.75
Raita	2.95
Chips	2.95
Salad.....	2.95

Punjabi Basmati Rice

Pilau Rice	3.75
Boiled Rice	3.50
Egg Rice.....	4.75
Mushroom Rice.....	4.75
Jeera Rice	4.75

PUNJAB
TANDOORI RESTAURANT

PANDIT CATERERS FROM NEW DELHI INDIA

WE THANK YOU FOR YOUR PATRONAGE AND SINCERELY HOPE THAT YOUR PRESENT VISIT IS ENJOYABLE, IF YOU HAVE ANY CRITICISM OR ANY SUGGESTIONS, PLEASE ADVISE OUR STAFF OR MANAGEMENT.

THE MANAGEMENT WELCOMES YOUR SUGGESTIONS AND WILL BE PLEASED TO HELP YOU WITH YOUR CHOICE. WE LOOK FORWARD TO MANY MORE OPPORTUNITIES FOR SERVING YOU.

IF YOU ARE ALLERGIC TO ANY INGREDIENT, KINDLY INFORM THE MEMBER OF STAFF WHOM YOU ARE PLACING YOUR ORDER WITH, WELL IN ADVANCE.