

All our dishes are cooked in Rapeseed oil, we use high quality spices from Natco and we use Tilda basmati rice. We do serve lots of vegetarian and vegan options. Please note all dishes may contain traces of nuts or gluten, as these allergens are present in our kitchens. Our dish descriptions may not include every ingredient. Should you have specific dietary requirements, please ask the restaurant manager for more details before you order.

V= VEGETARIAN VG=VEGAN DF=DAIRY FREE GF=GLUTEN FREE

## Appetizers

<b>ALOO TIKKI (Mild) (V)</b>	<b>£3.25</b>
Pan fried patties of mashed potatoes filled with green peas, served warm with sweet yoghurt, sweet tamarind and mint chutneys.	
<b>DAHI PURI CHAAT (Mild) (V)</b>	<b>£3.25</b>
Crisp shells of pastry filled with a tangy mix of potatoes and chickpeas topped with sweet yoghurt, fruity tamarind and gram flour vermicelli.	
<b>ONION BHAJI (Medium Spicy) (V) (VG) (DF) (GF)</b>	<b>£3.50</b>
World famous snack of onions and spinach deep fried in a gram flour batter to produce a crisp coating.	
<b>VEGETABLE SAMOSA (Mild) (V)</b>	<b>£3.50</b>
Traditional handmade samosa served with garnishes with sweet yogurt, sweet tamarind and mint chutney.	
<b>PANEER SHASLIK (Medium Spicy) (V)</b>	<b>£3.25</b>
Charcoal grilled homemade cottage cheese with peppers, red onion and tomatoes.	
<b>FISH AMRITSARI (Medium Spicy) (DF) (GF)</b>	<b>£4.25</b>
Fish fillet dipped in mildly spiced traditional gram flour batter and deep fried.	
<b>CHICKEN PAKORA (Medium Spicy) (DF) (GF)</b>	<b>£4.25</b>
Fine shards of chicken breast dipped in spiced gram flour batter and deep fried.	

## Tandoori starters and mains

Dishes cooked in tandoor which is a traditional Indian clay oven

<b>MURG MALAI TIKKA (Mild) (GF)</b>	<b>£4.75/£9.15</b>
Boneless pieces of chicken breast, marinated in ginger, garlic, yoghurt, cheddar cheese, cream and fresh herbs	
<b>MURG TIKKA (Medium Spicy) (GF)</b>	<b>£4.75/£9.15</b>
Boneless pieces of chicken breast, marinated in ginger, garlic, yoghurt and spices.	
<b>SEEKH KEBAB (Medium Spicy) (GF)</b>	<b>£5.15/£9.50</b>
Welsh lamb mince tempered with spices, fresh herbs, ginger and garlic	
<b>ATISH-E-CHAP (Medium Spicy) (GF)</b>	<b>£5.95/£11.25</b>
Welsh lamb chops marinated in mustard oil, spices, ginger and garlic.	
<b>JHINGA ZAFFARANI (Mild) (GF)</b>	<b>£6.75/£12.50</b>
Jumbo king prawns marinated in a rich blend of saffron, ginger, garlic and hung yoghurt then cooked to perfection in our tandoor.	
<b>MIX TANDOORI PLATTER (Medium Spicy) (GF)</b>	<b>£7.95/£15.00</b>
Selection of Jhinga Zaffarani, Atish-e-chops, chicken Malai tikka and seekh kebab	

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## Main courses

Our chefs have endeavored to stay true to the origins of each of these regional dishes, honestly recreating the recipes of these traditional home cooked favorites. For a fresh approach to traditional Indian meals; try one of our best sellers.

### Set Meal for two

£35

Served with Poppadom and chutneys, Fish amritsari, Murg tikka, Onion bhaji, Punjabi Butter chicken, Delhiwale tewe ke thikke, Aloo gobi, Pilau rice and Traditional naan

## CHICKEN MAIN DISHES

### PUNJABI BUTTER CHICKEN (Mild) (GF)

£7.95

From the street-side eateries of Punjab. Chicken breast tikka simmered in smooth tomato gravy, flavoured with kastoori method to produce a satin finish.

### NORTH INDIAN GARLIC CHILLI MURG (Spicy) (DF) (GF)

£7.95

Chicken breast pieces cooked in a sauce flavoured predominantly with garlic and fresh chillies.

### CHICKEN TIKKA MASALA (Medium Spicy) (GF)

£7.75

Chunks of chicken breast cooked in a smooth, mild gravy cooked to our own special recipe

### CHICKEN JHALFREZI (Medium Spicy) (GF)

£7.75

Strips of chicken breast tossed in a spicy masala with onions and tomatoes. Garnished with slivers of green chillies and coriander.

### CHICKEN KADHAI (Spicy) (DF) (GF)

£7.75

Chunks of chicken cooked in traditional kadahi (wok) on very high heat with fresh tomatoes, chillies, mix peppers, onions, garlic ginger, fresh herbs and spices.

### CHICKEN SHAHI KORMA (Mild) (GF)

£7.75

Chicken breast seared and slow cooked in smooth creamy gravy flavored with cardamom.

### CHICKEN ROGAN JOSH (Medium Spicy) (DF) (GF)

£7.75

Chicken breast in medium spiced gravy of rich in tomatoes and onions

### CHICKEN BHUNA (Medium Spicy) (DF) (GF)

£7.75

Cubes of chicken breast cooked with brown onions, green coriander, ginger and fresh chili to produce a thick gravy. Garnished with sautéed onions and tomato.

### CHICKEN VINDAHLLOO (Spicy) (DF) (GF)

£7.75

Goan specialty of chicken breast cooked in a hot and sour, cinnamon dominated tomato gravy along with potatoes.

### CHICKEN MADRAS (Spicy) (DF) (GF)

£7.75

Another very popular dish of South Indian origin. A rich & fairly hot taste. Extensively prepared with garlic, chili, and mustard, curry leaves, chicken breast and finished with coconut milk.

### CHICKEN SAAG (Mild) (GF)

£7.75

Chicken breast cubes and spinach combine to produce rich gravy that is seasoned with spices and ginger.

### CHICKEN BALTI (Medium Spicy) (DF) (GF)

£7.75

Rich flavoured sauce with onions, tomatoes, capsicum, and herbs, with chicken in chef's special spices

### CHICKEN PASANDA (Mild) (GF)

£7.75

Chicken breast in mildly spiced sauce, prepared with tomato puree, almonds, butter and spices, finished with cream

### CHICKEN DANSAK (Medium Spicy) (GF)

£7.75

Chicken breast cooked in mixed lentils with onion, tomatoes, cumin, mustard, garlic and ginger.

## LAMB MAIN DISHES

### DELHI WALE TAWE KE THIKKE (Medium Spicy) (DF) (GF)

£8.95

Lamb leg cubes with onions, tomatoes, chillies, kastoori methi, ginger, coriander and spices. Garnished with chopped onions and peppers.

### LAMB TIKKA MASALA (Medium Spicy) (GF)

£8.75

Chunks of lamb leg in a smooth, mild gravy cooked to our own special recipe

### LAMB JHALFREZI (Medium Spicy) (GF)

£8.75

Strips of lamb leg tossed in a spicy masala with onions and tomatoes. Garnished with slivers of green chillies and coriander.

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<b>LAMB KADHAI (Spicy) (DF) (GF)</b>	<b>£8.75</b>
Chunks of lamb leg in traditional kadahi (wok) on very high heat with fresh tomatoes, chillies, mix peppers, onions, garlic ginger, fresh herbs and spices.	
<b>LAMB SHAHI KORMA (Mild) (GF)</b>	<b>£8.75</b>
Lamb leg pieces seared and slow cooked in smooth creamy gravy flavored with cardamom.	
<b>LAMB ROGAN JOSH (Medium Spicy) (DF) (GF)</b>	<b>£8.75</b>
Lamb leg cubes cooked in medium spiced gravy of rich in tomatoes and onions	
<b>LAMB BHUNA (Medium Spicy) (DF) (GF)</b>	<b>£8.75</b>
Cubes of lamb leg cooked with brown onions, green coriander, ginger and fresh chili to produce a thick gravy. Garnished with sautéed onions and tomato.	
<b>LAMB VINDAHLOO (Spicy) (DF) (GF)</b>	<b>£8.75</b>
Goan specialty lamb leg pieces cooked in a hot and sour, cinnamon dominated tomato gravy along with potatoes.	
<b>LAMB MADRAS (Spicy) (DF) (GF)</b>	<b>£8.75</b>
Another very popular dish of South Indian origin. A rich & fairly hot taste. Extensively prepared with garlic, chili, and mustard, curry leaves, lamb leg and finished with coconut milk.	
<b>LAMB SAAG (Mild)(GF)</b>	<b>£8.75</b>
Lamb leg cubes and spinach combine to produce rich gravy that is seasoned with spices and ginger.	
<b>LAMB BALTI (Medium Spicy) (DF) (GF)</b>	<b>£8.75</b>
Lamb leg pieces in Rich flavoured sauce with onions, tomatoes, capsicum, and herbs,	
<b>LAMB PASANDA (Mild) (GF)</b>	<b>£8.75</b>
Lamb leg cubes in mildly spiced sauce, prepared with tomato puree, almonds, butter and spices, finished with cream	
<b>LAMB DANSAK (Medium Spicy) (GF)</b>	<b>£8.75</b>
Lamb leg cubes cooked in mixed lentils with onion, tomatoes, cumin, mustard, garlic and ginger.	

## SEAFOOD MAIN DISHES

<b>PANJIM FISH CURRY (Medium Spicy) (DF) (GF)</b>	<b>£8.95</b>
Cod fish cooked with coconut, mango, chillies and Goan spices	
<b>KING PRAWNS TIKKA MASALA (Medium Spicy) (GF)</b>	<b>£11.00</b>
King Prawns cooked in a smooth, mild gravy cooked to our own special recipe	
<b>KING PRAWNS JHALFREZI (Medium Spicy) (GF)</b>	<b>£11.00</b>
King Prawns tossed in a spicy masala with onions and tomatoes. Garnished with slivers of green chillies and coriander.	
<b>KING PRAWNS KADHAI (Spicy) (DF) (GF)</b>	<b>£11.00</b>
King prawns cooked in traditional kadahi (wok) on very high heat with fresh tomatoes, chillies, mix peppers, onions, garlic ginger, fresh herbs and spices.	
<b>KING PRAWNS SHAHI KORMA (Mild) (GF)</b>	<b>£11.00</b>
King prawns seared and slow cooked in smooth creamy gravy flavored with cardamom.	
<b>KING PRAWNS ROGAN JOSH (Medium Spicy) (DF) (GF)</b>	<b>£11.00</b>
King prawns cooked in medium spiced gravy of rich in tomatoes and onions	
<b>KING PRAWNS BHUNA (Medium Spicy) (DF) (GF)</b>	<b>£11.00</b>
King prawns cooked with brown onions, green coriander, ginger and fresh chili to produce a thick gravy. Garnished with sautéed onions and tomato.	
<b>KING PRAWNS VINDAHLOO (Spicy) (DF) (GF)</b>	<b>£11.00</b>
King Prawns cooked in a hot and sour, cinnamon dominated tomato gravy along with potatoes.	
<b>KING PRAWNS MADRAS (Spicy) (DF) (GF)</b>	<b>£11.00</b>
Another very popular dish of South Indian origin. A rich & fairly hot taste. Extensively prepared with garlic, chili, and mustard, curry leaves, king prawns and finished with coconut milk.	
<b>KING PRAWNS BALTI (Medium Spicy) (DF) (GF)</b>	<b>£11.00</b>
King prawns in rich flavoured sauce with onions, tomatoes, capsicum, herbs and in chef's special spices	
<b>KING PRAWNS PASANDA (Mild) (GF)</b>	<b>£11.00</b>
King prawns in mildly spiced sauce, prepared with tomato puree, almonds, butter and spices, finished with cream	
<b>KING PRAWNS DANSAK (Medium Spicy) (GF)</b>	<b>£11.00</b>
King prawns cooked in mixed lentils with onion, tomatoes, cumin, mustard, garlic and ginger.	

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## Biryani

Basmati rice flavored with saffron, yogurt, cardamom, cinnamon, bay leaf, peppers and mint.  
Served with raita and Curry sauce.

<b>King Prawns biryani (Medium Spicy) (GF)</b>	<b>£12.50</b>
<b>Welsh Lamb biryani (Medium Spicy) (GF)</b>	<b>£10.75</b>
<b>Chicken biryani (Medium Spicy) (GF)</b>	<b>£10.25</b>
<b>Vegetable Biryani (Medium Spicy) (V) (GF)</b>	<b>£9.25</b>

## Vegetarian

These dishes are perfect as an accompaniment to a main course or ideal as a full vegetarian option

<b>BHINDI MASALA (Medium Spicy) (V) (VG) (DF) (GF)</b>	<b>£6.50</b>
Okra seasoned with a mélange of royal cumin seeds and cooked with a masala of tomato and onion.	
<b>ALOO GOBHI (Medium Spicy) (V) (VG) (DF) (GF)</b>	<b>£6.50</b>
Potato chunks and cauliflower florets cooked with a mild masala and fresh tomatoes.	
<b>BOMBAY ALOO (Medium Spicy) (V) (VG) (DF) (GF)</b>	<b>£6.50</b>
Potato chunks cooked with various spices and tangy sauce.	
<b>MALAI KOFTA (Mild) (V) (GF)</b>	<b>£6.50</b>
Light homemade cottage cheese dumplings in a creamy tomato, saffron and cashew nut gravy.	
<b>PANEER MAKHANI (Mild) (V) (GF)</b>	<b>£6.50</b>
Our homemade cottage cheese cooked with cream, tomatoes, fenugreek, chilies and spices.	
<b>DAL TADKA (Medium Spicy) (V) (VG)</b>	<b>£6.50</b>
Yellow lentils tempered with ginger garlic, tomatoes and green chilies	
<b>CHANNA MASALA (Medium Spicy) (V) (VG) (DF) (GF)</b>	<b>£6.50</b>
Chick peas cooked with a masala of tomato, onion, royal cumin seeds and blend of homemade spices	
<b>ALOO PALAK (Mild) (V) (GF)</b>	<b>£6.75</b>
Creamy Garlic tempered spinach puree with potato	
<b>MUSHROOM PALAK (Mild) (V) (GF)</b>	<b>£6.75</b>
Creamy Garlic tempered spinach puree with mushrooms	
<b>PANEER PALAK (Mild) (V) (GF)</b>	<b>£6.75</b>
Creamy Garlic tempered spinach puree homemade cottage cheese	

## Rice, Breads and Sides

<b>PILAU RICE (GF)</b>	<b>£2.75</b>
Basmati rice cooked with saffron.	
<b>MUSHROOM AND JEERA RICE (V) (VG) (DF) (GF)</b>	<b>£2.75</b>
Aromatic and sumptuous with mushrooms and cumin, the finest fragrant rice	
<b>COCONUT RICE (V) (VG) (DF) (GF)</b>	<b>£2.60</b>
Sweet scented with the flavors of fresh coconut.	
<b>VEGETABLE PILAU (V) (GF)</b>	<b>£2.75</b>
Saffron rice cooked with mix vegetables	
<b>STEAMED BASMATI RICE (V) (VG) (DF) (GF)</b>	<b>£2.50</b>
Finest steamed basmati rice.	
<b>TRADITIONAL NAAN (V)</b>	<b>£2.25</b>
Buttered leavened bread.	
<b>PESHAWARI NAAN (V)</b>	<b>£2.75</b>
Coconut, nuts and sweet cherry Naan.	
<b>LASOONI NAAN (V)</b>	<b>£2.35</b>
Garlic and coriander Naan	
<b>KEEMA NAAN</b>	<b>£2.60</b>
Naan stuffed with spiced lamb mince.	
<b>TANDOORI ROTI (V) (VG) (DF)</b>	<b>£2.20</b>
Whole wheat flavored unleavened bread.	
<b>LACHHE DAR PARANTHA (V)</b>	<b>£2.60</b>
An exotic mint flavored multi-layered bread.	

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<b>KHURMI NAAN (V)</b>	<b>£2.60</b>
Naan bread stuffed with mild cheddar cheese.	
<b>ALOO KULCHA (V)</b>	<b>£2.60</b>
Naan bread stuffed with spiced potato.	
<b>GARDEN GREEN SALAD (V) (VG) (DF) (GF)</b>	<b>£2.00</b>
A traditional salad of sliced cucumber, onions and tomatoes, with lemon and green chilies. An excellent accompaniment to hot spicy food.	
<b>RED ONION SALAD (V) (VG) (DF) (GF)</b>	<b>£1.50</b>
Onion rings with lemon juice, Chaat masala, fresh chopped coriander and green chilies.	
<b>MASALA CHIPS (V) (VG) (DF) (GF)</b>	<b>£2.25</b>
Fried chips tossed in chaat masala giving them an Indian twist.	
<b>PLAIN CHIPS (V) (VG) (DF) (GF)</b>	<b>£2.25</b>
<b>VEGETABLE RAITA (V) (GF)</b>	<b>£1.55</b>
Plain yoghurt with chopped cucumber, tomato and red onions.	
<b>PLAIN POPPADOMS (V) (VG) (DF) (GF)</b>	<b>£0.85</b>
<b>SPICY POPPADOMS (V) (VG) (DF) (GF)</b>	<b>£0.95</b>
<b>ONION CHUTNEY (V) (VG) (DF) (GF)</b>	<b>£0.65</b>
<b>MANGO CHUTNEY (V) (VG) (DF)</b>	<b>£0.65</b>
<b>MINT CHUTNEY (V) (GF)</b>	<b>£0.65</b>
<b>LIME PICKLE (V) (VG)</b>	<b>£0.65</b>

### Traditional Desserts

Sweets have always been an integral part of Indian cuisine, with milk based sweets being a predominant feature. A preparation of Indian desserts is as meticulous as preparing the main dishes, but the time taken by our Chefs is warranted, as the results are spectacular.

<b>Kheer (GF)</b>	<b>£2.50</b>
Traditional chilled rice pudding flavored with cardamom, saffron and nuts	
<b>Rasmalai</b>	<b>£2.50</b>
Home-made cheese patties served cold in sweetened milk flavored with rose water and nuts	
<b>Gulab Jamun (2 in a portion)</b>	<b>£2.50</b>
Juicy light pastry made from milk, served with hot honey syrup	

SPICE QUARTER  
— CARDIFF —