

— **SHURUAAT... STARTERS** —

<b>PONCHANAD SPECIAL</b> A combination of lamb, chicken, king prawn and vegetables	£6.95
<b>SPICY WHITE BAIT</b> Marinated in garlic and hot chillies, rolled in gram flour batter, enriched with fresh herbs and crispy fried	£5.95
<b>KING PRAWN SPECIAL</b> Bay of Bengal jumbo prawn cooked in our chef's own special sauce	£4.50
<b>KARRA ALOO KEBAB</b> Fresh minced crab meat mixed with mashed potato, finely chopped onions, mint and ginger rolled on cashew nuts and fried until golden	£3.95
<b>SAMOSA</b> Deep fried pastry parcels filled with freshly cooked vegetables	£3.50
<b>KHUMBI BORA</b> Whole mushrooms stuffed with cheese and onion dipped in rich butter sauce. Fried until golden	£3.50
<b>MALAI CHOPS</b> Baby lamb chops marinated in cream cheese, yogurt, green chilli and finely chopped ginger julians	£4.95
<b>BAINGAN-E-BAHAR</b> Baked aubergine steaks stuffed with cottage cheese and sesame seeds, topped with diced tomatoes, tempered with curry leaves and mustard seeds	£3.95
<b>HAASH PASANDE KEBAB</b> Tender pieces of duck fillets marinated in cream cheese, black pepper, ginger, yogurt and cooked in the tandoor	£4.50
<b>KRACK SHEEK KEBAB</b> Minced lamb stuffed with edam cheese, sesame seeds, ginger and deep fried in chef's special batter	£3.95
<b>MURGH KE KAJU BHARE KEBAB</b> Finely minced chicken and lentil kebabs stuffed with cashew nuts onion and mint	£3.95
<b>HARIALI MACHLI TIKKA</b> Salmon marinated in coriander, lemongrass and mint cooked in the clay oven	£4.50
<b>GOSHT PURA PURI</b> Minced meat cooked with spring onion and garlic	£3.95
<b>SPICED TIGER CHINGRI</b> Tiger prawns marinated in spices, breadcrumbs and deep fried	£4.95

<b>KAPNA-KE-(ZEEA)</b>	£5.45
Mussels marinated in mild sauce, crushed garlic, cumin seeds, spring onion and white wine	
<b>ALOO MOTOR KI TIKI</b>	£3.50
Pan fried stuffed peas and potato cake	
<b>ONION BHAJEE</b>	£3.50
India's favourite snack of finely chopped cabbage and onion mixed in selected spices and deep fried	
<b>EMLEY-KE-SABZI</b>	£3.95
Mixed vegetables cooked with ginger, spring onion and tamarind sauce	

— **CHEF'S SPECIALITIES** —

Our chef has painstakingly put together a range of unique dishes for our menu. To ensure the use of prime quality ingredients, limited portions will be available daily

<b>RAAN MUSSALLAM</b>	£8.95
Roasted leg of baby lamb marinated in Indian spices then cooked over a gentle flame in a rich onion and tomato gravy, flavoured with nutmeg	
<b>BHARWAN KADI MURGH</b>	£7.95
Breast of chicken stuffed with mushrooms, cooked in a yogurt based sauce tempered with curry leaves and bulb red chillies	
<b>LAMB PASSANDA</b>	£7.95
Diced lamb fillets marinated and cooked with cream, cashew nuts and yogurt	
<b>MURGH JALFREZI</b>	£7.95
Thinly sliced chicken, cooked with fresh chillies, green and red peppers and onions	
<b>MURGH KORMA</b>	£7.95
Chunks of chicken cooked in a thick cream and cashew nut sauce	
<b>MURGH TIKKA MASSALA</b>	£7.95
Britains's favourite Indian dish of all time, diced barbecued tikka pieces cooked with thick, creamy yogurt and mild ground spices	
<b>SHAHI BATAK</b>	£12.95
Medallions of duck breast cooked with papaya and ginger in a rich creamy sauce, scented with cloves and cinnamon	
<b>KOHE ROGAN JOSH</b>	£9.95
Shanks of lamb cooked Kashmiri style with a rich onion and tomato sauce	
<b>KADI GOSTH</b>	£8.95
Hot lamb stew featuring a special sauce made with whole coriander, cumin seeds and Kashmiri chilli	
<b>LOBSTER PIRI PIRI</b>	£16.95
Whole lobster marinated in Kashmiri red chillies and vinegar cooked in an Indian spice over a gentle flame in a rich onion and tomato gravy	

— **TANDOOR SE... FROM THE TANDOOR** —

Tandoori dishes are steeped in a mildly spiced, yogurt based, marinade and are light and easily digested. Ideally eaten with our freshly baked tandoori breads

<b>GILAFI SEEKH KEBAB</b>	£7.95
Finely minced baby lamb rolls coated with finely chopped onions, tomato and assorted capsicums	
<b>BORO CHINGRI TANDOORI</b>	£11.95
King prawns harvested from the Bay of Bengal, marinated in fresh yogurt with special tandoori herbs and spices	
<b>MURGH TIKKA</b>	£6.95
Morsels of chicken marinated in ginger, garlic and Kashmiri red chillies	
<b>TANDOORI MURGH</b>	£6.95
Half a spring chicken in yogurt blended with a range of mild spices	
<b>MURGH SHASHLICK</b>	£8.95
Chicken marinated with mixed herbs and spices, diced onions, green peppers and tomato	
<b>MIXED GRILL</b>	£11.95
Our chef-selected assortment of tandoori delicacies	
<b>HARA MURGH TIKKA</b>	£7.95
Chicken supreme stuffed with chopped mushrooms, ginger, coriander and chilli in a green mustard sauce	
<b>MALAI ADRAKI PANJE</b>	£9.95
Baby lamb chops steeped in a cream cheese and ginger flavoured marinade glazed in the tandoor, garnished with pickled ginger juliennes	
<b>MURGH or GOSHT XACUTI</b>	£7.95
An Indian chicken or lamb curry which is highly spiced and prepared using freshly ground coconut, tempered with curry leaves, mustard seeds and carom seeds	
<b>MURGH or GOSHT DANSAK</b>	£7.95
The most popular of all Farsi dishes. Cooked in a lentil sauce, combine a spicy sweet and sour flavour	
<b>MURGH or GOSHT KARAH</b>	£7.95
Diced chicken or lamb cooked with spices, onions, green pepper, tomato and ginger	
<b>MURGH or GOSHT METHI</b>	£7.95
Chicken or lamb cooked in an abundance of fenugreek leaves and tempered with Kashmiri red chilli	
<b>MURGH or GOSHT SAAG</b>	£7.95
Diced chicken or lamb cooked with fresh garlic flavoured sauce	

— **SAMUNDARI KHAZANA... SEAFOOD** —

<b>MACHLI TIKKA HARIYALI</b> Scottish salmon, charcoal roasted with fresh mint, coriander, green chilli and tomato	£9.95
<b>CHINGRI BHUNA</b> Prawns cooked with fresh herbs, onions, garlic and tomato sauce	£8.95
<b>RAIWALLA JHINGRA</b> King prawns cooked in a turmeric and mustard tempered sauce	£10.95
<b>BORO CHINGRI PARDANASHI</b> Medium spiced king prawns cooked Goan style and served in a baby coconut shell	£12.95
<b>KAKRA VINDALOO</b> A spicy crab curry cooked in a red hot chilli sauce	£8.95
<b>LASOONI MIRCH JHINGA</b> Prawns cooked in a special garlic and tomato sauce	£8.95
<b>ROOP CHANDA LASOONI</b> Indian ocean silver pomfret marinated, pan-fried and cooked in a spicy garlic and tomato sauce	£8.95
<b>JHINGA HARA PIAZ</b> Tiger prawns cooked with red onions, tomato and spring onion	£9.95
<b>BORO CHINGRI MASSALA</b> King prawns cooked in a rich tandoori massala sauce	£11.95
<b>GOLDA CHINGRI MALAI</b> Selected king size prawns cooked with onions, garlic, coconut milk and cream	£11.95
<b>HARA MIRCH TILAPIA</b> Bengali sweet water fish marinated with yogurt, coriander, green chillies, fresh mint and mustard sauce	£8.95

— **SET MENUS** —

<b>PONCHANAD SET MENU</b> Minimum four persons	£79.95
<b>Ponchanad Mixed Starter</b>	<b>1 x Fish Dish</b>
<b>1x Chicken Dish</b>	<b>Rice</b>
<b>1x Lamb Dish</b>	<b>Nan</b>
<b>1x Prawn Dish</b>	<b>Vegetable Side Dish</b>
<b>VEGETARIAN SET MENU</b> Minimum two persons	£29.95
<b>Vegetable Mixed Starter</b>	<b>Nan</b>
<b>Vegetable Main Dish</b>	<b>Vegetable Side Dish</b>
<b>Rice</b>	

— **BAAG KE SUBZIAN... VEGETABLES** —

<b>SABZI CURRY</b> Mixed vegetables cooked with medium hot spices	£3.95
<b>BHINDI JEERA</b> Stir-fried okra with roasted cumin seeds and onions	£3.95
<b>BEGUN MASALA</b> Fresh aubergines cooked with onions, tomatoes and medium hot spices	£3.95
<b>LAIBU KE ALOO</b> Potatoes cooked with spices and lemon grass	£3.95
<b>BOMBAY ALOO</b> Potatoes cooked Bombay style	£3.95
<b>ASPARAGUS BHAJI</b> Asparagus cooked in garlic and tomato	£3.95
<b>MUSHROOM BHAJI</b> Fresh mushrooms cooked in garlic and spices	£3.95
<b>SAAG PANEER</b> Spinach and homemade cottage cheese tempered with garlic and cumin seeds	£3.95
<b>DAL TARKA</b> Pink lentils cooked with turmeric, tempered with cumin, garlic and mustard seeds	£3.95
<b>SAAG BHAJI</b> Fresh spinach cooked in garlic and aniseed	£3.95
<b>ALOO GOBI</b> Potato and cauliflowers cooked in selected spices	£3.95
<b>CHANA MASALA</b> Chick peas stewed with onions, tomatoes and spices	£3.95
<b>PANEER MALAI KOFTA</b> Homemade cheese and potato balls cooked in masala sauce	£3.95
<b>MIXED RAITHA</b> Cold yogurt with cucumber, tomato and carrots flavoured with cumin seeds	£3.95
<b>ANY VEGETABLE DISH SERVED AS MAIN MEAL</b>	£6.95

— **BASMATI... RICE DISHES** —

<b>MURGH AUR GOSTH BIRYANI</b>	£10.95
Chicken or lamb marinated in saffron and Indian spices, cooked with basmati rice. Served with a mild vegetable curry sauce	
<b>GOLDA CHINGRI BIRYANI</b>	£12.95
King prawn marinated in saffron and Indian spices, cooked with basmati rice. Served with a mild vegetable curry sauce	
<b>VEGETABLE BIRYANI</b>	£8.95
Vegetables marinated in saffron and Indian spices, cooked with basmati rice. Served with a mild vegetable curry sauce	
<b>KESAR PULAO</b>	£2.50
Perfumed basmati rice cooked with saffron and cardamoms	
<b>CHAWAL</b>	£2.25
Steamed basmati rice	
<b>MUSHROOM / COCONUT GARLIC RICE</b>	£3.95
Basmati rice cooked with mushroom or fresh coconut and garlic	
<b>SPECIAL RICE</b>	£3.95
Basmati rice cooked with mixed vegetables and eggs	

— **ROTIAN... BREADS** —

<b>NAN</b>	£2.10
Leavened refined flour bread cooked in the tandoor	
<b>PESAWARI NAN</b>	£2.50
Almonds, coconut and raisins stuffed in leavened refined flour bread	
<b>KEEMA KULCHA</b>	£2.50
Leavened refined flour bread stuffed with minced lamb and coriander	
<b>MALAI NAN or LASOONI NAN</b>	£2.50
Nan stuffed with soft cheese, onions and coriander or stuffed with chopped garlic and fresh coriander	
<b>SABZI NAN</b>	£2.20
Nan stuffed with peas, potatoes and fresh coriander	
<b>PARATHA</b>	£2.10
Whole wheat flour flaky bread, lightly fried in ghee	
<b>SABZI PARATHA</b>	£2.50
Whole wheat flour flaky bread stuffed with peas, potatoes and lightly fried in ghee	
<b>CHAPATI</b>	£1.50
Unleavened whole wheat flour bread	
<b>PAPADUM or MASSALA PAPADUM</b>	£0.60
<b>CHUTNEY and PICKLES</b>	£0.60