

Healthy Options

Dishes may vary in taste due to the changing methods we use in order to comply as accurately as possible in meeting the guidelines of popular dietary requirements. We endeavor to be as close to the real taste of Indian cuisine without compromising the flavour & taste that you have always been accustomed to. In order to help you understand we use a "Lust" points system which can be considered to be equal to or the same as Points & Sins.

Starters

All starters are prepared carefully in our own revised homemade spices, which do not consist of oil & used fat free yoghurt. We use One Cal light spray oil. – Served with Fresh Salad & Mint Dressing.

Chicken Tikka Breast Chicken Cubes	£4.50 (2 Lusts)	Tandoori Wings Chicken Pieces on the bone	£3.95 (2 Lusts)
Lamb Tikka Marinated Lamb Cubes	£4.95 (2 Lusts)	Shish Kebab (Chicken or Lamb) Chicken mince Or Lamb mince meat	£4.50 (2 Lusts)
Mixed Kebab Chicken Tikka, Lamb Tikka & Shish Kebab	£5.50 (2 Lusts)	Tandoori King Prawn Cooked with no added oils in a clay oven	£7.95 (0 Lusts)
Tandoori Chicken Chicken on the bone	£4.50 (2 Lusts)	Tarka Dall Indian Lentil Soup	£3.95 (0 Lusts)

Grilled Mains

All grilled dishes are marinated in revised spices to give us the healthiest dish we can serve to you. All dishes are cooked in the Clay Oven, then finished off in a non-stick pan using minimum amount of one cal spray, served on a sizzling platter. Served with Fresh Salad & Mint Dressing.

Tandoori Chicken (Half) (2 Lusts) Chicken on the bone	£7.95	Chicken Shashlick (2 Lusts) Chicken Cubes, Grilled onions & pepper.	£8.95
Chicken Tikka (2 Lusts) Breast Chicken Cubes	£8.50	Lamb Shashlick (2 Lusts) Marinated Lamb cubes, Grilled onions & pepper.	£9.95
Lamb Tikka (2 Lusts) Marinated Lamb Cubes	£9.50	Mixed Shashlick (2 Lusts) Mixed Chicken & Lamb Cubes, Grilled onions & pepper.	£10.95
Mixed Grill (2 Lusts) Chicken Tikka, Lamb Tikka, Shish Kebab & Tandoori Chicken.	£12.95	Spicy Wings (2 Lusts) Spicy Chicken on the bone	£7.95

Curry Dishes

Choose one of the following Chicken Tikka, Prawn, Lamb Tikka or Steamed Vegetables options with the curry sauce

Jalfrezi (Medium/Hot) (6 Lusts)	£8.95	Rogan (Medium) (6 Lusts)	£8.50
Korai (Medium/Hot) (6 Lusts)	£8.95	Dupiaza (Medium) (6 Lusts)	£8.50

Sides (Medium)

Gobi Bhaji (2 Lusts)	£4.95	Mushroom Bhaji (2 Lusts)	£4.50
Mixed Vegetable Bhaji (2 Lusts)	£4.50	Channa Bhaji (2 Lusts)	£4.50

Rices

Boiled Rice (0 Lusts)	£2.95	Cauliflower Rice (0 Lusts)	£3.95
Lemon Rice (0 Lusts)	£3.95	Broccoli Rice (0 Lusts)	£3.95

Sundries

Chappati (0 Lusts)	£2.50	Baked Spice Popadom (0 Lusts)	£0.90
Tandoori Roti (0 Lusts)	£2.95	Cucumber Raita (0 Lusts)	£2.95

Lusts are equal to or the same as sins

(v) = Dishes suitable for vegetarians. (n) = Dishes contain traces of nuts (g) = Dishes contain traces of Gluten