

# Starters

- 1a. Onion Pakora** 🍷 £4.95  
Sliced onion, coated in gram flour and spices, deep fried and served with a yogurt dip.
- 1d. Vegetable Samosas** 🍷 🌱 🌿 £6.50  
Deep fried pastry filled with vegetables using our special spices and herbs, served with a yogurt dip.
- 1e. Lamb Samosas** 🍷 🌱 🌿 £6.50  
Deep fried pastry filled with minced lamb using our special spices and herbs, served with a yogurt dip.
- 1f. Mogo (Cassava) Fries** 🍷 🌱 🌿 £6.45  
Mogo fried with roasted garlic and spring onions.
- 1g. Chilli Tofu** 🍷 🌱 🌿 🌶️ £8.45  
Organic tofu pan tossed with garlic, ginger, peppers, curry leaves, and chilli in home-made sweet chilli sauce.
- 1h. Vegetable Roll** 🍷 🌱 🌿 £6.50  
Crispy roll stuffed with vegetables, fried onions, mustard seeds, & curry leaves. (Served with tomato chutney)

# Tandoori

- 2a. Sekuwa Murgh Kebab** 🍷 🌱 🌿 £9.25  
Pieces of chicken breast marinated in yogurt with medium spices.
- 2b. Murgh Shish Kebab** 🍷 🌱 🌿 £8.95  
Minced chicken mixed with green chilli, ginger, garlic, fresh coriander, and our tandoori ground spices
- 2c. Tandoori Mixed Grill** 🍷 🌱 🌿 🌶️ 🌿 £15.75  
Selection of meat and a prawn marinated in herbs and spices.
- 2d. Mixed Kebab Chhoyela** 🍷 🌱 🌿 £14.95  
Boneless chicken and lamb pieces marinated in our own style with fresh onion, capsicum and tomatoes.
- 2e. Puchchre Prawns** 🍷 🌱 🌿 🌶️ 🌿 £14.95  
King prawn with tail marinated in our special spices and gently cooked in the tandoor then fried with herbs.
- 2f. Tandoori Salmon Kebab** 🍷 🌱 🌿 🌶️ 🌿 £13.85  
Salmon fillet marinated with roasted Tiffin Tin spices, slowly cooked in Tandoor with peppers, tomatoes and onion. Highly recommended!
- 2g. Lamb Shish Kebab** 🍷 🌱 🌿 £8.95  
Minced lamb with green chilli, ginger, garlic, fresh coriander and our special mixture of ground spices.
- 2h. Sekuwa Lamb Kebab** 🍷 🌱 🌿 £9.75  
Diced pieces of lamb in a yogurt-based marinade with selected in house ground herbs and spices.
- 2i. Paneer Kebab** 🍷 🌱 🌿 £9.55  
Indian cheese marinated in yogurt and special spices, cooked with green peppers and onions in a clay oven
- 2j. Mini Mixed Grill** 🍷 🌱 🌿 £9.95  
Selection of chicken and lamb meat marinated in herbs and spices, and cooked in a clay tandoori oven.

# Chicken

- 3a. Murgh Korma** 🍷 🌱 🌿 £11.95  
Juicy chicken with dry nuts in a mild creamy sauce.
- 3b. Murgh Tikka Masala** 🍷 🌱 🌿 £11.95  
Chunks of barbecued chicken breast, in a creamy tomato and cashew nut sauce.
- 3i. Butter Chicken. NEW!** 🍷 🌱 🌿 £11.95  
Tender chicken cooked in a tomato based sauce with cream and mango, fried garlic and our special home-made spices.
- 3j. Murgh Nawabi. NEW!** 🍷 🌱 🌿 £11.95  
Barbecued chicken cooked in a rich creamy sauce with a hint of coconut.
- 3e. Murgh Mirchi** 🍷 🌱 🌿 £11.95  
Succulent breast chicken in southern style spicy tomato sauce, green chilli, and curry leaf, with a hint of ground black pepper.
- 3f. Murgh Freizi** 🍷 🌱 🌿 £11.95  
A version of jalfreizi spicy chicken in tomato and tamarind sauce, touch of garam masala, fresh ginger and spring onion to make it delicious.
- 3g. Murgh Dansak** 🍷 🌱 🌿 £11.95  
Chicken breast prepared in rich lentil sauce with south Indian Spices and curry leaves.
- 3h. Murgh Lasune** 🍷 🌱 🌿 £11.95  
Barbecued diced chicken cooked in a thick tomato and onion sauce with roasted garlic, ginger, cumin seeds and curry leaves.

# Seafood

- 4h. Sunshine Fish Curry** 🍷 🌱 🌿 🌶️ 🌿 £12.95  
Barbecued Fish Simmered in reich coconut milk based sauce.
- 4b. Goan Salmon Fish** 🍷 🌱 🌿 🌶️ 🌿 £13.95  
Marinated salmon gently cooked in clay oven then topped up with our garlic, curry leaf and tangy goanish flavour sauce.
- 4c. Machhi Masala** 🍷 🌱 🌿 🌶️ 🌿 £13.95  
Tender marinated fish fillet deep-fried & cooked in a mild & creamy sauce.
- 4d. King Prawn Pathia** 🍷 🌱 🌿 🌶️ 🌿 £14.85  
Spicy king prawns cooked in a delicious sweet and sour tamarind sauce with curry leaves. Very tasty!
- 4e. Prawn Himali** 🍷 🌱 🌿 🌶️ 🌿 £14.85  
King prawns marinated with home ground spices, slowly cooked with fresh spinach, herbs, onion and tomato sauce.
- 4f. Jhinga Masala** 🍷 🌱 🌿 🌶️ 🌿 £14.85  
Delicately spiced king prawns served in a mild creamy tomato and onion sauce.
- 4g. King Prawn Chilli** 🍷 🌱 🌿 🌶️ 🌿 £14.85  
Barbecued king prawns prepared with spicy tomato sauce, green chillis and herbs.

Please notify us of any food allergies or intolerances before ordering. Prices may change without notice. All prices are inclusive of VAT at the current rate.

# Biryanis

- 5a. Vegetable Biryani** 🍷 🌱 🌿 £12.85  
Prepared with rice and served with our own special sauce on the side. Vegan option available on request.
- 5b. Lamb Biryani** 🍷 🌱 🌿 £14.25  
Served with rice and our own special side sauce.
- 5c. Chicken Biryani** 🍷 🌱 🌿 £14.25  
Served with rice and our own special side sauce.
- 5d. King Prawn Biryani** 🍷 🌱 🌿 £15.25  
Served with rice and our own special side sauce.

# Vegetarian

- 6a. Mixed Vegetable Korma** 🍷 🌱 🌿 £9.95  
Various fresh vegetable in mild creamy sauce.
- 6b. Paloong Chana** 🍷 🌱 🌿 £9.95  
Combination of fresh spinach and chick peas cooked with roasted ginger, garlic, cumin seeds and touch of garam masala.
- 6c. Mixed Vegetable Curry** 🍷 🌱 🌿 £9.95  
A winning combination of fresh vegetables and our own spices and herbs create this wonderful dish.
- 6d. Paneer Sag** 🍷 🌱 🌿 £9.95  
Cubes of Indian cheese cooked with baby spinach leaves and a combination of The Tiffin Tin spices.

- 9a. Tarka Daal** 🍷 🌱 🌿 £8.15  
Mixed lentils with ginger, cumin seeds and garlic.
- 9b. Hariyali Daal** 🍷 🌱 🌿 £8.25  
Mixed lentils cooked with spinach leaves.
- 9c. Aloo Chatpat** 🍷 🌱 🌿 £7.35  
Sliced potato cooked with fresh onions, peppers and chat masala.
- 9d. Channa Chat Masala** 🍷 🌱 🌿 £7.35  
Chickpeas cooked with fresh onion.
- 9e. Bhindi Sabzi** 🍷 🌱 🌿 £8.25  
Fresh okra with tomato, cumin, mustard seeds, ginger and garlic.
- 9f. Brinjal Sabzi** 🍷 🌱 🌿 £7.95  
Fresh aubergine with herbs and light spices.
- 9g. Aloo Gobi** 🍷 🌱 🌿 £7.35  
Stir-fried potato and cauliflower with tomato, onion and peppers.
- 9h. Aloo Paloong** 🍷 🌱 🌿 £7.45  
Combination of fresh potato and spinach with light spices.
- 9i. Paloong** 🍷 🌱 🌿 £8.25  
Fresh spinach with cumin seeds, mustard seeds and ginger.
- 9j. Mushroom Sabzi** 🍷 🌱 🌿 £7.35  
Mushrooms fried with tomatoes, onion and light spices.

# Lamb

- 8a. Gosht Tikka Masala** 🍷 🌱 🌿 £12.50  
Tender barbecued lamb simmered in creamy tomato and cashew nut sauce, fenugreek leaf and hint of garam masala.
- 8d. Paloong Gosht** 🍷 🌱 🌿 £12.50  
Juicy cubes of lamb with fresh spinach and fresh chives, make this a delicious dish.
- 8e. Bhuna Gosht** 🍷 🌱 🌿 £12.50  
Tender lamb in a thick sauce of tomatoes, onion, ginger and garlic finished with spring onions.
- 8f. Rogan Gosht Josh** 🍷 🌱 🌿 £12.50  
Tender spicy lamb cubes in a traditional rogan josh sauce and lots of fresh tomatoes.
- 8g. Achari Gosht** 🍷 🌱 🌿 £12.50  
Barbecued slices of lamb and mixed peppers in achari pickle spice with curry leaves, green chillies and spring onions.
- 7f. P-B Tikka Masala** 🍷 🌱 🌿 £9.95  
Homemade plant-based meat(seitan+tofu) in our special mild sauce with coconut milk.
- 7g. P-B Jalfreizi** 🍷 🌱 🌿 £9.95  
Homemade plant-based meat cooked in tomato & tamarind sauce, with a touch of garam masala

# Plant-based

- 7a. Achari Vegetable** 🍷 🌱 🌿 £9.95  
Variety of fresh vegetable cooked with tomatoes and onion base spicy and hot sauce, garam masala, methi patta and curry leaf.
- 7b. Brinjal Paloong** 🍷 🌱 🌿 £9.95  
Mix of aubergines, spinach and chickpeas, chopped onion, pepper and ginger salad with touch of garam masala.
- 7c. Tofu And Mushroom** 🍷 🌱 🌿 £9.95  
Combination of mushroom and tofu which is full of protein, chunks of onion and colour peppers, garam masala, tamarind sauce, coconut milk and finished with chives.
- 7d. Aloo Chhole** 🍷 🌱 🌿 £7.85  
Potatoes and white chickpeas cooked with chat masala, curry leaf, methi patta, and coriander. A popular Punjabi dish.
- 7e. Shahi Rajma** 🍷 🌱 🌿 £7.95  
Popular south Indian curry cooked with red kidney beans, coconut milk, fresh green herbs, curry leaves, ground spices and touch of ginger.

# Vegan

- 7a. Achari Vegetable** 🍷 🌱 🌿 £9.95  
Variety of fresh vegetable cooked with tomatoes and onion base spicy and hot sauce, garam masala, methi patta and curry leaf.
- 7b. Brinjal Paloong** 🍷 🌱 🌿 £9.95  
Mix of aubergines, spinach and chickpeas, chopped onion, pepper and ginger salad with touch of garam masala.
- 7c. Tofu And Mushroom** 🍷 🌱 🌿 £9.95  
Combination of mushroom and tofu which is full of protein, chunks of onion and colour peppers, garam masala, tamarind sauce, coconut milk and finished with chives.
- 7d. Aloo Chhole** 🍷 🌱 🌿 £7.85  
Potatoes and white chickpeas cooked with chat masala, curry leaf, methi patta, and coriander. A popular Punjabi dish.
- 7e. Shahi Rajma** 🍷 🌱 🌿 £7.95  
Popular south Indian curry cooked with red kidney beans, coconut milk, fresh green herbs, curry leaves, ground spices and touch of ginger.

**ALLERGENS REFERENCE:** (contains)

 SPICY
  GLUTEN
  EGG
  DAIRY
  SHELLFISH

 SOY
  MUSTARD
  FISH
  MOLLUSCS
  NUTS
  PEANUTS
  SESAME
  SULPHITES

# Weekly Special

- 10. Want to treat yourself to something extraordinary?** Let our chef surprise you with his Weekly Special signature dish. **£11.95** Check on our website or by calling one of our branches.

# Rice & Breads

- 11a. Pilau Rice** 🍷 £3.65  
Basmati rice prepared with herbs.
- 11b. Plain Boiled Rice** £2.95  
Basmati rice.
- 11c. Mushroom Rice** 🍷 £4.25  
Rice cooked with fresh mushrooms.
- 11j. Peas Rice** 🍷 £4.25  
Rice cooked with fresh green peas.
- 11d. Plain Naan** 🍷 🌱 🌿 £3.50  
Self-raising flour bread baked in the tandoor.
- 11e. Peshwari Naan** 🍷 🌱 🌿 £4.25  
Naan bread filled with cashew nuts, coconut and sultanas.
- 11f. Garlic Naan** 🍷 🌱 🌿 £3.75  
Naan bread stuffed with fresh chopped garlic.
- 11g. Paratha** 🍷 🌱 🌿 £4.25  
Whole wheat bread with butter baked in the tandoor.
- 11h. Tandoori Roti** 🍷 🌱 🌿 £3.50  
Popular Indian bread baked in the tandoor.
- 11i. Keema Naan** 🍷 🌱 🌿 £4.50  
Naan bread stuffed with spicy minced lamb.

# Extras

- 12a. Mint Yoghurt** 🍷 £2.00
- 12b. Raita** 🍷 £2.00
- 12c. Mixed Pickle** 🍷 🌱 🌿 £2.00
- 12d. Plain Poppadom** £2.00
- 12e. Mango Chutney** 🍷 £1.00
- 12f. Tomato Chutney** 🍷 £2.00
- 12j. Red Onion Salad** 🍷 £2.00  
Onion, cucumber, tomatoes and herbs.

# Cold drinks

- 11. Mango Lassi** 🍷 £3.50
- 11. Plain or Sweet Lassi** 🍷 £3.25