



RESTAURANT MENU

Nibbles

The perfect start to your meal

Poppadom (V) each £ 0.80

Plain or Spiced

Pickle Pots (V) each £ 0.70

Mango Chutney, Yoghurt & Mint, Onion Salad, Lime Pickle (🍴🍴) Coconut & Carrot, Tamarind Sauce

Pickle Selection (V) one each of the above £ 3.00

Samosas £ 3.95

Tasty delicate pastries stuffed with the filling of your choice with potato and spices , served with salad & lemon wedge
choose **Tikka Chicken, Lamb or Vegetable (V)**

Onion Bhaji (V) £ 3.95

Deep fried onion patties with whole spices & gram flour, served with tamarind and yoghurt sauces

Chef's Special Starters

Created by our chef for a truly special way to begin your meal

Eadul Gustawas (🍴) £ 5.95

Lamb piccata in a buttery coriander sauce, cooked in our tava and served on a rice flour flatbread

Garlic Mushroom Moni Puri (🍴) £ 4.95

Grilled mushrooms with garlic, pineapple and our special tasty, thick sauce served on a fresh leavened bread

Jumbo Tiger Prawn Pathia Puri (🍴) £ 6.95

A sweet and sour dish served on a leavened bread

Jumbo Tiger Prawn Jhinga Bahar (🍴) £ 6.95

Shelled king prawn with browned onions, coriander & green peppers, cooked to perfection under the grill

Murgh Isabegol Tikka (M) £ 5.95

Chicken tikka, paneer and roasted potatoes with isobegol cranberry sauce, cheese and shahi jeera (black cumin) and chat
massala spices, a unique dish to enjoy

Starters from the Clay Oven

Taster Plate £ 5.95

Platter comprising onion bhaji, sheekh kebab & chicken tikka

Sheekh Kebab (🍴) £ 4.95

Roasted skewers of minced lamb with onions herbs and spices

Chicken or Lamb Tikka (🍴) £ 4.95

Lightly spiced pieces of chicken or lamb cooked over a charcoal grill

Tikka Platter (🍴) (serves 2) £ 9.95

Traditional chicken tikka, Malai tikka (cream & chicken) and Boti (lamb tikka) kebab with mild BBQ spices



Traditional Curries

Ever-popular Indian dishes prepared as only the Gulab Kitchen knows how

Chicken / Lamb £8.95 | Tandoori Roasted £9.95 | Vegetarian (V) £8.50 | Jumbo Tiger Prawn £12.95

Bhuna (🌶)

With coriander, onions and tomatoes

Dansak (🌶🌶)

Sweet and sour with lentils. A very rich dish

Korma (M)

Cooked in a mild sauce with coconut, almonds and cream

Jalfrazi/Korai (🌶🌶)

Finely shredded cabbage, spiced, diced onions, fresh red & green peppers, fresh green chillies in a thick sauce

Madras (🌶🌶)

A fiery blend of spices served with potatoes

Plain Curry (🌶)

Made with a blend of medium spices in a rich gravy

Rogan (🌶)

With tomatoes, green peppers, garlic and ginger

Pathia (🌶🌶)

Hot sweet and sour flavour with fresh coconut in a thick sauce

Sag (🌶)

Spinach with onion, coriander and a blend of medium hot spices

Tikka Massala

The Classic British Dish! Your choice of chicken, lamb or vegetables, marinated overnight in the chef's special spices then roasted in our clay oven and served in a mild massala (M) or chilli massala (🌶🌶) sauce

Chicken/Lamb £ 9.95 / £ 10.95 | Vegetarian £ 8.95 | Jumbo King Prawn: £ 12.95

All the following dishes are served with kesar pulao rice and plain nan

Naga Chilli Massala (🌶🌶🌶) £ 13.95

A unique aromatic, exotic dish using Bangladeshi chilli with **chicken tikka or lamb**. Smooth, spicy – sensational!

Special Mixed Massala (M) £ 15.95

Tandoori chicken, lamb & chicken tikka and king prawn cooked in a specially mild massala juicy gravy

Balti (🌶🌶)

Medium to well spiced with onions & coriander

Chicken/Lamb £ 13.95 | Vegetarian £ 10.95 | King Prawn: £ 14.95

Biryani (🌶)

A complete Indian dish with your choice of meat or vegetables and basmati rice, baked delicately in herbs and spices Served with seasonal vegetables.

Chicken/Lamb £ 12.95 | Vegetarian £ 11.95 | King Prawn: £ 14.95



Grilled from the Clay Oven

Jumbo Jhinga Bahar (🍴) £ 12.95

Shelled king prawns cut in half, served with browned onions, coriander and green peppers, cooked to perfection over our charcoal grill

Malai Chicken Tikka (M) £ 9.95

Tender pieces of boneless chicken marinated in double cream with mild Tandoori barbecue spices and served with salad

Murgh Aur Aloo Tikka (🍴) £ 9.95

Medium spiced and seasoned chicken with roast potatoes

Sheekh Kebab (🍴) £ 9.95

Skewers of roasted minced lamb served with fresh onions, herbs and spices

Traditional Tandoori Chicken (🍴)

Dishes are seasoned with aromatic spices and barbecued in our clay oven. Served with salad .

Half: £ 8.50 Whole: £ 15.95

Traditional Chicken/Lamb Tikka (🍴) £ 9.95

Boneless tender chicken/lamb seasoned with aromatic spices and barbecued in our clay oven. Served with salad

Tandoori Mixed Grill Sizzler (🍴) £ 13.95

Tandoori chicken, lamb, chicken tikka, sheekh kebab, with salad

Unique to The Gulab Kitchen

All of the following dishes include kesar pulao rice

Bangla Shatkora (🍴) £ 11.95 / £12.95

Tandoor grilled **Chicken or Lamb** simmered in a thick aromatic sauce flavoured with shatkora (a Bengali lemon)

Jumbo Tiger Prawn Langwaki (🍴) £ 14.95

Jumbo prawns marinated overnight in a delicately spiced sauce and then deep fried in butter with fresh green beans

Keema Aloo Chana (🍴🍴) £ 11.95

Minced lamb cooked in medium spices and served with Indian style chick peas and potatoes

Lucknowi (M) £ 11.95

Chicken or Lamb marinated in our special sauce then grilled in the tandoor and served in a Malayan pineapple sauce

Mackney Murgh (🍴) £ 11.95

A chicken breast fillet stuffed with spiced minced lamb served with a boiled egg in a special sauce

Murgh Bemissal (🍴🍴) £ 11.95

Smooth and spicy chicken tikka with onions and garlic

Murgh Garlic Adrath (🍴) £ 11.95

Spring chicken marinated with fresh garlic, onion and herbs cooked over a charcoal grill and served with a rich sauce

Murgh Shahee Mughal (M) £ 11.95

Chicken breast in a deliciously creamy ginger and almond sauce

Shabe Kaliyan Chandi (M) £ 11.95

A lamb picatta simmered gently in an aromatic sauce with cashews, almonds, saffron cardamom and a mint garnish

Passanda (M) £ 11.95

Chicken or Lamb cooked with mild spices, ginger, almonds and cream



Hand Crafted Family Favourites

These dishes have been handed down through our family, we hope you enjoy them as much as we do

Lamb Shank (🍴) £ 16.95

Slow cooked Spring Lamb Shank using a centuries old cooking method that comes from the Mogul Empire.
Served with kesar rice nan bread, crispy salad, lemon, tomato and cucumber

Murgh Caprial (🍴) £ 14.95

Goan style roasted chicken on the bone, marinated with fresh mint & coriander leaves, fresh potatoes & paneer, fresh pineapple in a rich, light coriander sauce. Served with kesar pulao rice, nan and crispy salad

Machli Aur Aloo Tikka (M) £ 14.95

A fresh Indian Catfish steak delicately pan fried and beautifully presented with roast potatoes, nan & salad.
A treat for all of the senses

Tawali Jingha (🍴) £ 16.95

Pan-grilled wild black Tiger Prawns caught in the Bay of Bengal and simply served on a bed of lightly spiced bell peppers and red onions accompanied by steamed basmati rice and a nan bread

Vegetarian Selection

Any of our dishes can be made with vegetables on request. However we have a selection of delicious dishes specifically made for vegetarian diets. All dishes below are served with a plain nan bread.

Lazzate-Omar (M) £ 9.95

A creamy kofta of squash, khoya and cream cheese simmered in a silky sauce of tomatoes, flavoured with garam massala and lasoori methi

Aloo Ka Qorma (M) £ 9.95

Expertly scooped potato barrels packed with royal cumin-spiced milkcake, paneer and pomegranate seeds which are soaked overnight in rosewater and served in a delicate yoghurt and saffron sauce

Dobrare Subzee Bahar (M) £ 9.95

A medley of fresh vegetables stir-fried and served in two separate sauces:
spicy spinach and creamy buttery tomato

The Amazing Gulab Shashlik Skewer

Our fantastic shashlik skewers offer a whole new way to enjoy meat, fish and vegetables and although they may be similar in appearance to a kebab, they will blow your mind!

First we take a 12" long skewer and load it with pieces of your chosen option of specially prepared and flavoured lamb, chicken, king prawns or paneer (Indian cheese similar to haloumi). We then add onions, peppers and courgettes between the pieces and then cook the skewer in the tandoor to really bring out the flavours.

We serve the skewers accompanied by a seasonal mixed vegetable side dish for dipping, prepared to your desired level of spiciness, fluffy kesar pilau rice to absorb the flavours and rounded off with one of our celebrated nan breads.

Chicken/Lamb Shashlik £ 13.95

Chicken Malai Shashlik £ 13.95

Paneer Shashlik £ 12.95

King Prawn Shashlik £ 14.95



Indian Breads

All hand-made and freshly baked to order in our clay oven

Plain Nan £ 3.25

Soft, fluffy & delicious

Stuffed & Flavoured Nans £ 3.95

Choose from: Keema, Peshwari, Garlic & Coriander, Chilli & Coriander, Kulcha Paneer & Potato, Cheese & Chilli

Paratha £ 3.25

A delicate wheat flour bread, layered in butter and deep fried

Keema Paratha £ 3.95

A delicate wheat flour bread, layered in butter and topped with mint and minced lamb

Chapati £ 1.95

Thin unleavened Indian bread

Rice

Sada Chawal £ 2.95

Steamed basmati rice

Kesar Pulao £ 3.25

Basmati rice cooked in milk then fragrant with saffron and cardamom

Speciality Rice £ 3.95

Choose from Egg, Mushroom or Keema (minced lamb)

Side Dishes

Seasonal Vegetable Curry (V) (£) £ 4.95

A selection of seasonal vegetable in a rich sauce

Aloo Gobi Massala (V) (£) £ 4.95

Potatoes & cauliflower

Aloo Bengun (V) (£) £ 4.95

Potatoes and aubergine

Bombay Aloo (V) (£) £ 4.95

Potatoes in hot spice

Flash Fried Greens (V) (£) £ 4.95

Massala Dhal (V) (M) £ 4.95

Mixed lentils tempered with our special sauce

Sag Aloo (V) (£) £ 4.95

Spinach and potatoes

Sag Ponir Malai (V) (£) £ 4.95

Indian cheese, spinach spices and cream

Sag Chana Aloo Cutlet (V) (£) £ 4.95

Spinach, chickpeas, potatoes and egg

Tarka Dhal (V) (M) £ 4.95

Mixed lentils tempered with garlic and cumin

Vegetable Bhajee (V) (£) £ 4.95

Choose from: Mushroom, Bindi (okra), Brinjal (aubergine), Cauliflower, Sag (spinach) or Chana (chickpea)



DRINKS

The Gulab Indian Kitchen is an unlicensed premises and we are not permitted to serve alcoholic drinks. However you may bring your own alcohol and consume it on the premises. We make no charge for this and will be happy to supply glasses and ice if required.

NON ALCOHOLIC DRINKS

Peroni Libera 330ml	£ 3.50
Becks Blue 330ml	£ 3.50
Stella Artois	£ 3.50
Erdinger 500ml	£ 3.50
Brewdog Lost Lager Alcohol Free 330ml	£ 3.50
Punk AF 330ml	£ 3.50
Seedlip Aromatic Zero Alcohol Spirit	£ 3.50

	25ml	50ml
Gin & Tonic	£ 3.25	£4.25
House Red	£ 4.75	£ 5.95
House White	£ 4.75	£5.95

Soft Drinks	Small	Large
Coke / Diet Coke	£ 2.95	£ 3.95
Sprite	£ 2.95	£ 3.95
Tonic	£ 2.95	£ 3.95
Soda	£ 2.95	£ 3.95
Ginger Ale	£ 2.95	£ 3.95
Appletize	£ 2.50	£ 3.95
J2O	£ 2.95	£ 3.95
Orange Juice	£ 2.95	£ 3.95
Mango Juice	£ 2.95	£ 3.95
Pineapple Juice	£ 2.95	£ 3.95
Bottled Water Sparkling/Still	£ 2.95	£ 4.95
Lassi Salted/Sweet/Mango	£ 2.95	£ 4.95

Strength Guide: (M) Mild, (🌶) Medium, (🌶🌶) Hot, (🌶🌶🌶) Very Hot

Allergies & Intolerances: Some of our dishes may also contain Milk, Soya, Fish, Celery, Peanut, Tree Nuts, Sesame Seeds, Mustard and other allergens. Fish dishes may contain bones. If you suffer from any food allergies, please inform a member of staff before ordering. We will try our best to accommodate your needs.

Made just for you

We take great care in mixing a perfect blend of spices for each of our dishes. However should you enjoy the flavour of a particular dish but want it made either hotter or milder we will do our best to make it to your requirements.

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www.gulabindiankitchen.co.uk

Open: 12.00 – 14.30 & 17.00 – 22.00 every day