

STARTERS

Salmon Tikka	£3.95
Chicken Chat Puree.	£3.50
Garlic Fried Tiger Prawn	£3.95
<i>Tiger prawns cooked with onions, green peppers, tomato in a medium spice</i>	
Stir Fry Chilli Chicken	£3.95
<i>Chicken stir fried with onion, green peppers, tomatoes and a touch of spices to give an aromatic flavour</i>	
Chicken Tikka	£2.95
<i>Diced, boneless spring chicken marinated & mildly seasoned, roasted in tandoor on skewers</i>	
Lamb Tikka	£2.95
<i>Succulent lamb pieces marinated in fresh ground spices & herbs, roasted in Tandoori on skewers</i>	
Tandoori Chicken	£2.95
<i>Succulent chicken pieces marinated in fresh ground spices & herbs roasted in Tandoori on skewers</i>	
Tandoori Fish	£3.50
<i>Succulent fish marinated in fresh ground spices & herbs roasted in Tandoori on skewers</i>	
Sheek Kebab	£2.75
<i>Tender lamb mince, seasoned with onions, fresh mint, herbs & a touch of ground spices, roasted in Tandoori on skewers</i>	
Shami Kebab Special fried lamb, finely minced & flavoured with spices & herbs.	£2.75
Stuffed Mushroom, Chicken or Meat	£2.75
<i>Specially prepared mushroom with minced chicken or lamb in a sauce covered with breadcrumbs and egg</i>	
Stuffed peppers, Chicken or Meat	£3.95
<i>Specially prepared peppers stuffed with mince chicken or lamb</i>	
Nargis Kebab	£3.50
<i>Spiced mince, shaped and stuffed with boiled egg, fried in butter & topped with omelette</i>	
Tandoori King Prawn King prawn marinated and spiced, roasted over charcoal	£3.95
Tandoori Mixed Kebab Consists of lamb tikka, chicken tikka and sheek kebab	£3.95
King Prawn Butterfly	£3.95
<i>Marinated in a specially prepared sauce & then covered in breadcrumbs</i>	
King Prawn Puree.	£3.95
<i>Cooked with thick sauce, fresh tomatoes and onions, flavoured with green herbs and served on puffy bread</i>	
Prawn Puree.	£2.95
<i>Cooked with thick sauce, fresh tomatoes and onions, flavoured with green herbs and served on puffy bread</i>	
Onion Bhaji Chopped onions, special herbs, fried lentils	£2.50
Chicken Pakora	£2.50
Chicken Chat Pieces of chicken with medium spices	£2.50
Prawn Cocktail	£2.50
Meat Samosa	£2.25
<i>Triangular shaped pastry stuffed with mildly spiced meat then deep fried in oil</i>	
Mixed Vegetable Samosa.	£2.25
<i>Triangular shaped pastry stuffed with mildly spiced mixed vegetables then deep fried in oil</i>	
Spiced Potato with Garlic Mushroom	£2.50

TANDOORI SPECIALITIES

Chicken Tikka	£6.50
<i>Diced, boneless spring chicken marinated & mildly seasoned, cooked in Tandoori oven</i>	
Lamb Tikka	£6.50
<i>Succulent lamb pieces marinated in fresh ground spices & herbs, cooked in Tandoori oven</i>	
Tandoori Chicken	£6.50
<i>Succulent chicken pieces marinated in fresh ground spices & herbs, cooked in Tandoori oven</i>	
Tandoori Fish	£6.95
<i>Succulent fish marinated in fresh ground spices & herbs, cooked in Tandoori oven</i>	
Tandoori Mixed Grill	£7.95
<i>Consists of lamb tikka, chicken tikka, Tandoori chicken, sheek kebab and Nan</i>	
Chicken Shashlick	£6.95
<i>Very tender diced chicken marinated with spices and cooked over charcoal. Served with grilled tomatoes, onion and capsicum</i>	
Tandoori King Prawns	£8.95
Tandoori Lamb Chops	£7.95
<i>Lamb chops marinated in a special sauce then grilled in the tandoor</i>	
Lamb Shashlick	£6.95
<i>Very tender lamb marinated with spices, cooked over charcoal, served with grilled tomatoes, onions & capsicum</i>	
Tandoori King Prawn Shashlick	£9.95

CHEF'S SPECIAL DISHES

Paradise Special	£7.95
<i>Tandoori king prawn, chicken tikka & lamb tikka spiced with garlic, ginger and tomato puree, then cooked with onions, green peppers, tomatoes & spiced with Lahore spices. Dressed with tomatoes, cucumber & lemon</i>	
Much Ammon	£6.50
<i>Tandoori spiced chicken tikka cooked with garlic, ginger & green beans. Medium spiced, garnished with fresh tomatoes and coriander</i>	
Palak Bahar	£6.50
<i>Chicken is firstly blended with onion, garlic, ginger, fresh spinach & lemon juice, then cooked with medium spices to give its aromatic taste of bahaar. Dressed with cucumber, tomato & lemon</i>	
Bhindi Ghoust.	£6.50
<i>Fresh tender lamb, roasted with onion, capsicum, coriander & fenugreek leaves. Medium spiced with lady fingers</i>	
Taste of Jaflong	£6.50
<i>Lamb tikka cooked with onions, capsicum, coriander & fenugreek leaves. Medium spiced with lady fingers</i>	
Paradise Al Bahaar	£7.50
<i>Chicken, meat and prawns cooked with eastern homemade sauces and spices. Highly recommended to all those who love Indian cuisine</i>	
Garlic Bahaar	£6.50
<i>Tandoori chicken is first marinated in Tandoori spices and cooked in a Tandoori oven then cooked with fresh garlic, tomato puree & ghee. A combination of Dupiaza & rogan josh is fried with diced onions, green peppers, tomatoes and added herbs to give its original aroma</i>	
Balti Ceylon	£6.50
<i>A very rich, hot dish extensively prepared with lemon juice, coconut & fresh tomatoes, served fairly hot and sour. A choice of chicken, meat or prawn</i>	
Balti Malaya	£6.50
<i>Mildly spiced dish prepared with pineapple, served mild to medium. A choice of chicken, meat or prawn</i>	
Balti Methi	£6.50
<i>Cooked with fenugreek, herbs and spices, served medium. A choice of chicken, meat or prawn</i>	
Balti Shahi (Hot Dish).	£6.50
<i>Chicken pieces with fresh tomatoes, onions, green chillies, capsicum & chopped boiled egg</i>	
Balti Kashmiri Chicken Cooked with sliced of banana, tomatoes & curry sauce	£6.50
Chicken Tikka Karahi	£6.95
<i>Diced Tandoori chicken delicately spiced and garnished with fresh tomatoes and capsicum</i>	
Lamb Tikka Karahi	£6.95
<i>Diced Tandoori lamb, delicately spiced, cooked with fresh tomatoes, herbs and spices</i>	
King Prawn Karahi Delicately spiced, cooked with fresh tomatoes, herbs & spices	£8.95
Mixed Vegetable Karahi	£5.95
<i>Delicately spiced, cooked with fresh tomatoes, herbs and spices</i>	
Chicken Tikka Jalfrezi	£6.50
<i>Diced Tandoori chicken delicately spiced with capsicum, fennel, onions, tomatoes, hot green chillies</i>	
Lamb Tikka Jalfrezi	£6.50
<i>Diced Tandoori lamb delicately spiced with capsicum, fennel, onions, tomatoes and hot green chillies</i>	
Prawn Jalfrezi	£5.95
<i>Delicately spiced prawns with capsicum, fennel, onions, tomatoes and hot green chillies</i>	
Chicken Tikka Matter	£6.50
<i>Diced boneless Tandoori chicken cooked delicately, spiced & again cooked with minced lamb & fresh peas</i>	
Lamb Tikka Matter	£6.50
<i>Tandoori lamb cooked delicately, spiced and again cooked with minced lamb and fresh peas</i>	
Balti Special Curry	£6.95
<i>Delicious, medium spicy dish of prawn, chicken and lamb cooked with onions, fresh tomatoes and a touch of fenugreek, coriander, spiced and herbs</i>	
Sylhet Bahaar	£6.50
<i>Chicken is firstly blended with exotic herbs, Keema and brinjal. Medium dish of Bengali cuisine, dressed with egg and tomato.</i>	
Cheese & Onion Balti.	£6.50
<i>Cooked with chicken and onion, medium spiced then topped with cheese</i>	
South Indian Garlic Chilli Chicken Masala	£6.50
<i>Chicken cooked with onions, green chilli, tomato & garlic. Slightly hot</i>	
Tikka Bhuna Masala	£6.50
<i>Chicken or lamb tikka cooked with Tandoori spices. Sweet dish</i>	
Tandoori Murgh Masala	£7.25
<i>Tandoori chicken, mince meat with boiled egg. Medium spice</i>	
Chicken Tikka or Lamb Tikka Balti	£6.50

Please Note: All customers must order at least a main course. We do not serve starters or Papadoms only. Management reserves the right to refuse service without reason

RECOMMENDED DISHES

Chicken Tikka Masala	£6.95
<i>Diced roasted chicken cooked in a sauce made with delicate blend of aromatic spices, ground nuts, coconut and herbs, simmered in fresh tomatoes butter and cream</i>	
Lamb Tikka Masala	£6.95
Tandoori Chicken Masala	£6.95
Fish Masala	£7.50
King Prawn Masala	£8.95
Mixed Vegetable Masala	£5.95
Chicken Pasanda Nawabi	£6.95
<i>Tender spiced chicken pieces cooked in fresh cream, cultured yoghurt, ground nuts & chef's special sauce</i>	
Lamb Pasanda Nawabi	£6.95
<i>Tender spiced lamb pieces cooked in fresh cream, cultured yoghurt, ground nuts & chef's special sauce</i>	



NEW DISHES

These dishes are unique dishes taken from various places in India and Bangladesh. They come accompanied with rice providing a full meal!

Malai Murgh Tukra	£9.95
<i>Whole tender breast of chicken roasted with a filling of savoury vegetables and accompanied with a tantalising Kashmiri sauce & pilau rice</i>	
Bihari Masala	£9.95
<i>Succulent chicken fillet seasoned with light spices and shallow fried on an Indian tawa. Extensively cooked with onions and peppers in a special tamarind chutney sauce and accompanied with natural basmati rice</i>	
Chicken Tarka	£9.95
<i>Thinly sliced chicken tikka stir fried with peppers, spring onions, baby corn, and baby carrots layered with a garlic tarka sauce. Served hot accompanied with pilau rice</i>	
Modhu Minty Lamb	£9.95
<i>Tender chunks of lamb infused with honey, sweet mango and fresh garden mint then slowly cooked with baby potatoes in a medium thick sauce. Accompanied with natural basmati rice</i>	
Lamb Khodu.	£9.95
<i>Tender piece of lamb cooked with pumpkin in a medium spicy sauce</i>	
Shahi Murgh Masala	£9.95
<i>On the bone tandoori chicken cooked with mince meat, boiled egg in a special sauce, medium spiced served with pilau rice.</i>	
Green Chicken Curry	£9.95
<i>Cooked with plenty of duniya, tomato sauce and green chilli to create a hot dish</i>	
Chicken Achari	£9.95
<i>Cooked with garlic pickle & green chilli producing a fiery hot and spicy curry</i>	
Tandoori Delight	£9.95
<i>Tandoori chicken cooked with spinach, minced meat and Tandoori spices. A medium spiced dish</i>	
Chicken or Lamb Naga	£9.95
<i>Chicken or lamb tikka specially marinated then cooked with a unique Bengali chilli called the naga. Slightly hot dish</i>	
Chicken Rajastani.	£9.95
<i>Chicken marinated in a special spicy sauce to give a medium hot dish. Garnished with fried thinly sliced potatoes to provide a unique taste</i>	

SPECIAL FISH DISHES

Salmon Spice	£9.95
<i>Delicately spiced chunks of salmon, marinated tenderly, baked and cooked in a medium hot chef's special gravy and accompanied with boiled rice</i>	
Talapia Jalfrazi	£9.95
<i>Bangladeshi fish cooked with capsicum, fennel onions, tomatoes and hot green chilli served with rice</i>	
Machli Jal Fry	£9.95
<i>Succulent pieces of salmon or ayre fish fried with onions, fresh chillies and chefs special spices</i>	
Malabari Black Bream	£9.95
<i>Pan fried bream, spinach, baby aubergines with mild malabari sauce</i>	
Cod Machli Salan	£9.95
<i>Cod cooked in a traditional hot curry and accompanied with rice</i>	

TRADITIONAL DISHES

	Chicken or Meat or Prawn	King Prawn	Chicken or Lamb Tikka	Tandoori Chicken	Mixed Veg
Medium/Madras/Vindaloo These dishes are cooked in a medium to spicy sauce	£5.50	£7.25	£6.50	£6.50	£5.25
Dansak A special preparation with lentils, pineapple and lemons with spices to produce a sweet sour and hot dish	£5.50	£7.25	£6.50	£6.50	£5.25
Bhuna Dishes Garnished with onions and tomato to provide a dish of medium strength	£5.50	£7.25	£6.50	£6.50	£5.25
Rogan Josh A specially prepared dish with garlic, garnished with tomato, spices, herbs and coriander. A fairly hot dish	£5.50	£7.25	£6.50	£6.50	£5.25
Sagwala Dishes A beautiful combination of spinach, garlic, onion and spices to produce a dry dish	£5.50	£7.25	£6.50	£6.50	£5.25
Dupiaza A maximum quantity of onions, oriental spices & green peppers. Medium	£5.50	£7.25	£6.50	£6.50	£5.25
Pathia A combination of chilli, lemon & sugar to create a sweet, sour & hot taste	£5.50	£7.25	£6.50	£6.50	£5.25
Kurma Most suitable for beginners, a delicate preparation with cream, nuts and mild spices producing a rich, creamy & mild texture	£5.50	£7.25	£6.50	£6.50	£5.25

CHILLI MASALA

Prepared in the same way as bhuna, with extra green chilli to produce a fairly hot dish

Paradise Special Chilli Masala	£7.95
Chicken Tikka Chilli Masala	£6.95
Lamb Tikka Chilli Masala	£6.95
Mixed Vegetable Chilli Masala	£5.95

BIRYANI

Basmati rice cooked together with mild oriental spices and nuts, flavoured with saffron & served with a vegetable curry sauce

Persian Chicken Biryani	£7.25
Paradise Special Biryani	£7.25
Malayan Chicken Biryani	£7.25
Chicken Biryani	£6.50
Meat Biryani	£6.50
Prawn Biryani	£6.50
King Prawn Biryani	£7.50
Chicken Tikka Biryani	£7.25
Lamb Tikka Biryani	£7.25
Tandoori Chicken Biryani	£7.25
Mixed Vegetable Biryani	£5.95

HOUSE MILD DISHES

Paradise Mellow Tender chicken tikka cooked with almonds, coconut flakes, sultanas, exotic spices & mixed fruits	£6.50
Butter Chicken Chicken tikka with a touch of butter, garlic, ginger, almonds, coconut powder & skimmed milk	£6.50

ENGLISH DISHES

Sirloin Steak Served with fried onion, mushrooms, salad and chips	£9.95
Chicken or Mushroom Omelette Served with Salad and chips	£5.90
Scampi and chips Served with Salad	£5.90
Fried Chicken & chips Served with Salad	£5.90

SUNDRIES

Chips	£1.75
Popadom	£0.60
Spicy Popadom	£0.70
Chutney, Pickle, Mint sauce (each)	£0.70

SIDE DISHES

We take great measures in selecting the finest vegetables for our delicious Shabji dishes. They make a perfect combination on their own or with nay meat dish

Mushroom Bhajee Fresh mushroom cooked with onion and fresh herbs	£2.75
Cauliflower Bhajee Fresh cauliflower cooked with onion and fresh herbs	£2.75
Saag Bhajee Fresh spinach cooked with onion and fresh herbs	£2.75
Begun Bhajee Fresh aubergine cooked with onion and fresh herbs	£2.75
Bombay Potatoes Potatoes cooked with medium spice	£2.75
Mixed Vegetables Fresh vegetables cooked in a medium sauce	£2.75
Tarka Dall Assorted lentils cooked with spices & garlic	£2.75
Saag Paneer Spinach cooked with cottage cheese & spices	£2.95
Matter Paneer Cottage cheese and peas, cooked mildly	£2.95
Saag Aloo Spinach cooked with potatoes and herbs	£2.75
Saag Dall Bhajee Spinach & lentils cooked with herbs	£2.95
Mushroom & Cauliflower Bhajee Cooked with onions and fresh herbs	£2.95
Mushroom & Potato Bhajee Cooked with onions and fresh herbs	£2.95
Mushroom & Saag Bhajee Cooked with onions and fresh herbs	£2.95
Aloo Gobi Cooked with onions and fresh herbs	£2.95
Bhindi & Begun Bhajee Okra & aubergine cooked with onions, herbs & spices	£2.95
Cucumber & Onion Raitha	£1.30
Mixed Salad	£1.50

ROTI

Chicken Nan Leavened bread freshly baked stuffed with minced chicken	£2.50
Stuffed Nan Leavened bread freshly baked stuffed with vegetables	£2.30
Keema Nan Leavened bread freshly baked stuffed with mince meat	£2.30
Cheese Nan Leavened bread freshly baked stuffed with cheese	£2.30
Peshwari Nan Leavened bread freshly baked stuffed with sultanas	£2.30
Onion Nan Leavened bread freshly baked stuffed with onions	£2.30
Garlic Nan Leavened bread freshly baked stuffed with garlic	£2.30
Paratha Buttered bread freshly baked	£2.30
Chapatti Thick baked bread	£0.95
Nan	£1.95

RICE

Chicken Pilau Rice Basmati rice cooked with minced chicken & onions	£2.50
Meat Pilau Rice Basmati rice cooked with minced lamb & onions	£2.50
Mushroom Pilau Rice Basmati rice cooked with mushroom & onions	£2.50
Peas Pilau Rice Basmati rice cooked with peas & onions	£2.50
Kashmiri Pilau Rice	£2.50
Mixed Vegetable Rice	£2.50
Egg Fried Rice	£2.30
Pilau Rice	£1.95
Fried Rice	£1.95
Plain Boiled Rice	£1.75
Paradise Special Pilau Rice Peas, egg and carrots cooked with onions	£2.50
Garlic Fried Rice	£2.30

We accept Cash, Chip & Pin Card payments only. Card payment will incur a fee of 50p.



taste of
paradise

Quality Balti Restaurant & Take Away



www.thetasteofparadise.co.uk

MENU