

  
**Curry on the Curve**  
Healthy Indian Cuisine

Throughout our menu we have used a chilli rating system to indicate how hot our dishes are. All of our food is cooked from fresh meaning it might be possible to add or reduce the chilli heat of your dish. We also use spices in our dishes to add flavor, aroma and some even have healing properties!

**M** Mild    **M** Medium    **H** Hot    **V** Vegetarian    **GF** Gluten Free

### Starters

Treat yourself or share a freshly prepared item from the following starters. All our starters are accompanied by a selection of chutneys and dips.

**Pappadam Basket** **M** **V** **GF** £3.35  
Shares well between two people. Served with our special trio of dips.

**Onion Bhaji** **M** **V** **GF** £3.80  
An all time favourite, crispy onion fritters with green chutney and a tangy sweet tomato dip.

**Samosa Cheat** **M** **V** £4.65  
Warm vegetable samosas, smothered and tossed in our tangy tomato dip with fresh coriander chutney with yoghurt.

**Vegetable Samosas** **M** **V** **GF** £3.45  
Crisp sourced potato and vegetables, coated in a crisp pastry.

**Paneer Tikka Bhajjal** **M** **V** **GF** £4.95  
Indian cheese cooked in the tandoor, flavoured with Coriander Seeds. Coriander seeds had a special mention in Ayurveda for their curative properties in stomach ailments and aiding digestion.

**Chilli Paneer** **M** **V** **GF** £4.95  
Paneer tossed in a tangy sweet and hot sauce with onions and peppers.

**Paneer Pakoda** **M** **V** **GF** £4.80  
Indian cheese in a chutney masala bread fried in a gram flour batter.

**Fish Amritsuri** **M** **V** **GF** £4.95  
An all time favourite, morsels of fish in a hot chilli and gram flour batter served with marinated onions.

**Dakshini Fried Prawns** **M** **H** £7.65  
Fresh tangy prawns, tempered with mustard and curry leaf, fresh chillies and coriander.

**Chicken Tikka** **M** **H** £4.15  
Succulent chicken tikka cooked in the clay oven in our own traditional masala with yoghurt and a hint of nutmeg.

**Gin Fried Chicken** **M** **H** £6.75  
Chicken morsels, flash fried in the wok with spring onions, chillies and flavoured with gin.

**Lamb Seekh Kebab** **M** **H** £5.35  
Lamb mince kebabs with mature cheddar and fresh mint, cooked in the tandoor and served on the cooling plates.

### Mains

Enjoy a freshly prepared curry from our mains section. The dishes below represent various culinary regions lovingly prepared to satisfy your tastebuds. All curries and biryanis are gluten free.

**Goan Fish Curry** **M** **H** **GF** £9.35  
Fresh fish cooked in our home grown spice mix, with dried red chillies and tamarind.

**Prawn Kadhai** **M** **H** **GF** £10.35  
Prawns with tails, cooked in onion and tomato masala with dried fenugreek and coloured peppers.

**Chicken Tikka Masala** **M** **V** **GF** £8.65  
The national food of Great Britain. *Good we say more!*

**Chicken Chettinad** **M** **H** **GF** £8.35  
A representation from Tamil Nadu, a Southern Indian state, tender chicken thigh cooked in our homemade spice blend with cracked peppers.

**Chicken Korma** **M** **V** **GF** £8.30  
A fragrant silky chicken curry with coconut, green cardamom and molasses sugar.

**Chicken Kadhai** **M** **H** **GF** £8.30  
Succulent chicken, cooked in onion and tomato masala with dried fenugreek and coloured peppers.

**Chicken Tikka Makhani / Butter Chicken** **M** **V** **GF** £8.65  
Chicken cooked in a fragrant rich tomato sauce with dried fenugreek and star anise, and a dollop of cheddar butter.

**Dal Gosht** **M** **H** **GF** £8.90  
Succulent lamb cooked with lentils, fresh coriander and garlic.

**Chicken vindaloo** **M** **H** **GF** £8.45  
A timeless classic, chicken cooked with wine, garlic and vinegar.

**Saag Chicken** **M** **H** **GF** £8.30  
**Saag Lamb** **M** **H** **GF** £8.95  
Spinach tempered with fresh garlic and simmered with your choice of chicken or lamb, finished with a hint of freshly ground nutmeg.

**Malabari Ande Curry** **M** **H** **GF** £7.55  
Eggs boiled and lightly coated in oil, cooked in an onion tomato masala with a hint of coconut and curry leaf.

**Lamb Rogan Josh** **M** **H** **GF** £8.85  
Succulent lamb, a Kashmiri delicacy cooked to perfection with our own spice blend. Best served with our fragrant palao rice.

**Railway Lamb Curry** **M** **V** **GF** £8.85  
A recipe from the days of the British Raj. An ingenious chef's creation, using nutmeg to tenderize the lamb and finishing it with tomato puree.

**Methi Chicken Gosht** **M** **H** **GF** £8.35  
**Methi Lamb Gosht** **M** **H** **GF** £8.95  
Four choices of lamb or chicken cooked with fenugreek leaves, in onion and tomato masala.

**Chicken Bhoone** **M** **H** **GF** £8.30  
**Lamb Bhoone** **M** **H** **GF** £8.80  
Tender chicken or lamb, cooked in onion and tomato masala with dried fenugreek and coloured peppers.

### Biryonis

Basmati rice and either meat or vegetables slow cooked together on a gentle flame. The rice is infused with the flavours of the meat or vegetables and spices. All Biryonis are served with a freshly prepared sauce as an accompaniment.

**Chicken Biryoni** **M** **H** **GF** £9.75  
Succulent chicken infused with mint and freshly ground spices.

**Spicy Kerala Lamb Biryoni** **M** **H** **GF** £10.85  
From the backwaters of Kerala, Basmati rice cooked with tender lamb in stock, flavoured with cracked black pepper and coconut milk.

**Vegetable Biryoni** **M** **V** **GF** £9.75  
Cooked from fresh vegetables of the day.

### Thalis

Thalis are limited availability items. They are served Sunday to Thursday and are available only by pre-order on weekends. Ask your server for today's Thalis.

**Daily Thalis** **£15.00**

The chefs prepare beautifully balanced Thalis each day from fresh ingredients. The Thali features curries with saag, raddi dal, potato dish, onion bhaji, masala, raita and palao rice.

All Thalis are served with a side salad. It's tradition to use your hands. Legend has it that if you eat the rice with your hands, your fingers become better at delicate jobs - like eating!

Food is prepared in an environment where nuts and other allergens are used. All our food contains mustard and sulphites. Full allergy advice is available.

Please inform us of any special dietary requirements immediately. We do not levy any service charge. All food is cooked from fresh so occasionally some dishes may not be available depending on supply of fresh ingredients.



Follow us on Social Media



  
**Curry on the Curve**  
 Healthy Indian Cuisine

Throughout our menu we have used a chilli rating system to indicate how hot our dishes are. All of our food is cooked from fresh meaning it might be possible to add or reduce the chilli heat of your dish. We also use spices in our dishes to add flavor, aroma and some even have healing properties!

Mild Medium Hot Vegetarian Gluten Free

### Vegetarian

Served as a main or as an accompanying side dish.

We are committed to ensuring you get at least one of your 5 a day from our vegetarian selection. The vegetables are sourced locally and from Non-GM sources where possible.

**Channa Masala** **£7.25/£4.15**  
 Protein rich chick peas coated in an onion and tomato masala with dried pomegranate seeds and mango powder.

**Bombay Aloo** **£6.85/£3.85**  
 Potatoes cooked in our own special masala tempered with mustard seeds and fresh curry leaves.

**Vegetable Jalfrazi** **£7.25/£4.30**  
 Mix of freshly cooked vegetables, topped with sauced onions and peppers.

**Bhindi Masala** **£7.25/£4.30**  
 Okra, or 'lady's finger' cooked with onions, sautéed peppers and a tangy masala in light rapeseed oil.

**Aloo Gobhi** **£7.25/£4.30**  
 Cauliflower and potato cooked with fresh cumin and finished with lemon juice and tomato wedge.

**Mushroom Bhaji** **£7.25/£4.30**  
 Button mushrooms sautéed in onion and tomato masala with sliced peppers and coriander.

**Balagan Bharta** **£7.95/£4.80**  
 Aubergines slow cooked in the dry oven, finished in a cumin and onion, tomato based masala, with a hint of lemon juice and fresh coriander.

**Del Makhani** **£7.25**  
 Black lentils and red kidney beans, simmered overnight with home ground spices and finished with a dollop of butter and dried fenugreek leaves. Served as a main only.

**Saag Paneer** **£7.40/£4.40**  
 Fresh leafy spinach and paneer, tempered with garlic and finished with a hint of sunnig.

**Tadka Dal** **£6.25**  
 Protein rich lentils tempered with asafoetida and cumin, fresh coriander and a hint of fresh lemon juice. Served as a main only.

**Matar Paneer** **£7.40/£4.40**  
 Indian soft cheese and green peas in a tomato based sauce with a hint of honey and fennel seeds (dried fenugreek).

**Saag Aloo** **£7.25/£4.30**  
 A healthy blend of blanched spinach, potato, tomato and chilli with spices.

**Paneer Mothi** **£7.65/£4.60**  
 Soft Indian cheese with fresh fenugreek in onion and tomato masala. We recommend this dish for diabetics due to its low glycaemic index and high fibre content.

### Vegan

**Vegan Thali** **£15.00**  
 The chef's prepare Daily Thalis using seasonal vegetables. A plate full of goodness: Vegan Curry, Tadka Dal, Potato dish, roti, rice...

### Starters

Vegan Pappadam Basket **£2.25**  
 Vegan Onion Bhaji **£3.80**  
 Vegan Vegetable Samosa **£3.45**  
 Vegan Tomato Chutney **£3.65**  
 Vegan Masala Mushroom **£3.85**

### Mains

Vegan Channa Masala **£7.25**  
 Vegan Bombay Aloo **£6.85**  
 Vegan Vegetable Jalfrazi **£7.25**  
 Vegan Bhindi Masala **£7.25**  
 Vegan Balagan Bharta **£7.95**  
 Vegan Aloo Gobhi **£7.25**  
 Vegan Mushroom Bhaji **£7.25**  
 Vegan Tadka Dal **£6.25**  
 Vegan Saag Aloo **£7.25**

Vegan Dipsani **£10.25**

### Rice & Breads

Vegan Roti **£2.25**  
 Vegan Aloo Paratha **£3.20**  
 Vegan Chips **£2.85**  
 Vegan Masala Chips **£3.00**  
 Vegan Plain Rice **£2.65**  
 Vegan Garlic Rice **£3.85**  
 Vegan Mushroom Rice **£3.85**  
 Vegan Pulao Rice **£2.95**  
 Vegan Jeera Matar Pulao **£3.60**  
 Vegan Half Pulao Half Chips **£3.45**

### Noons & Rice

All breads contain gluten.  
 Noon breads contain eggs and dairy.

**Plain Noon** **£2.85**

Battered only on request.

**Garlic Noon** **£2.95**

Traditional noon topped with garlic.

**Coriander Noon** **£2.95**

Traditional noon topped with fresh coriander.

**Chilli Noon** **£2.95**

Traditional noon topped with green chilli.

**Chilli Garlic Noon** **£3.05**

Traditional noon topped with garlic and green chillies.

**Peshwari Noon** **£3.20**

Noon stuffed with coconut powder and vegan.

**Keema Noon** **£3.80**

Noon bread freshly baked in the tandoor with a lamb mince stuffing.

**Roti** **£2.25**

Wholehearted flatbread.

**Aloo Paratha** **£3.20**

Roasted Masala potatoes in a flatbread pocket.

**Raita Of The Day** **£2.50**

Yoghurt with choice of flavorings.

**Plain Rice** **£2.65**

**Keema Rice** **£3.85**

Basmati rice cooked with fresh minced lamb and freshly chopped onion.

**Garlic Rice** **£3.85**

Basmati rice tempered with garlic.

**Mushroom Rice** **£3.85**

Basmati rice tempered with garlic and mushrooms.

**Pulao Rice** **£2.95**

Fragrant basmati rice with cumin and aromatic whole spices.

**Jeera Matar Pulao** **£3.60**

Fragrant basmati rice tempered with cumin and green peas.

**Plain Chips** **£2.85**

**Masala Chips** **£3.00**

Chips served in our own masala.

**Half Pulao & Half Chips** **£3.45**

Food is prepared in an environment where nuts and other allergens are used. All our food contains wheat and sulphites. Full allergy advice is available.

Please inform us of any special dietary requirements immediately. We do not levy any service charge.

All food is cooked from fresh as seasonally some dishes may not be available depending on supply of fresh ingredients.