

## Vegetable Main Dishes

- PANIR TIKKA MASALA** .....£8.95  
Home made Indian cheese cooked in the tandoori oven in a masala sauce.
- ASPARAGUS** .....£7.95  
Fresh asparagus cooked with fresh ginger, garlic, coriander and tomatoes in a tasty mild curry.
- SABZI DHAL**.....£7.95  
Selected fresh mixed vegetables in an appetizing lentil-based hot sweet and sour sauce.
- SABZI JALFREZI**.....£7.95  
Assorted mixed vegetables cooked with fresh chilli and a compendium of spices in a zesty hot tomato puree.
- BISI TARKARI** .....£7.95  
Tasty black eyed beans with olive oil, ginger, garlic, onions tamarind.

- KOCHI SABZI** .....£7.95  
Baby corn, potatoes and mushrooms prepared in a tantalising medium spicy sauce with a lemon zest.
- KOMBI PIAZZA** .....£7.95  
Fresh button mushrooms, green peppers, tomatoes and spring onions in a medium coriander-based gravy.
- CHANA ALOO** .....£7.95  
Yellow chick peas with baby potatoes cooked with fresh ginger and coriander.
- PANEER TIKKA JALFREZI**.....£8.95  
Vegetables, cheese cooked with green peppers, green chilli and onion.

## Vegetable side dishes

- SAAG BHAJI**.....£3.95  
Fresh spinach with garlic.
- ALOO JEERA** .....£3.95  
Potatoes and cumin seeds cooked with tomatoes and spices.
- BOMBAY ALOO**.....£3.95  
Fresh potatoes cooked in thick sauce with light spices.
- ALOO GOBI**.....£3.95  
Cauliflower and potato cooked with herbs and spices.
- SAAG ALOO** .....£3.95  
Fresh spinach and potatoes cooked with herbs and spices.
- URI BHAJI**.....£3.95  
Fresh green beans exquisitely stir-fried with ginger, garlic, tamarind, coriander and green chilli flakes.
- KOTCHOI BUTA**.....£3.95  
Tender baby sweet corn braised in chef's special medium curry.
- BLNDI BHAJI**.....£3.95  
Fresh okra cooked with herbs and spices.

- BRINJAL BHAJI**.....£3.95  
Fresh aubergine cooked in herbs and spices.
- NIRAMISH**.....£3.95  
Mixed vegetables cooked with herbs and spices.
- MUSHROOM BHAJI**.....£3.95  
Mushrooms cooked in herbs and spices.
- SAAG DAHL** .....£3.95  
Fresh spinach and lentils, cooked with herbs and spices.
- CHANA MASALA** .....£3.95  
Chick peas cooked with herbs and spices.
- SAAG PONIR**.....£3.95  
Fresh spinach and cheese.
- CAULIFLOWER BHAJI** .....£3.95  
Fresh cauliflower cooked with herbs and spices.
- MUSHROOM SAAG**.....£3.95  
Mushrooms and spinach.
- MOTOR PONIR**.....£3.95  
Peas and cheese.

## Rice

- BOILED RICE** .....£2.75
- PILAU RICE**.....£2.95
- VEGETABLE RICE**.....£3.95
- MUSHROOM RICE**.....£3.95

- EGG PILAU** .....£3.95
- KEEMA PILAU** .....£4.95  
Pilau rice cooked with minced meat.
- SPECIAL EGG FRIED RICE**.....£3.95

## Bread

- PLAIN NAN** .....£2.75  
Bread baked with white flour, egg, yoghurt and milk in a clay oven.
- GARLIC NAN** .....£2.95  
Bread baked with garlic.
- KEEMA NAN**.....£2.95  
Stuffed with lamb mince.
- KULCHA NAN** .....£2.95  
Stuffed with vegetables.
- PESHWARI NAN**.....£2.95  
Sweet bread stuffed with almonds, cashew nuts, raisins and coconut.
- CHEESE NAN**.....£2.95  
Stuffed with cheese.
- ROTI**.....£2.95  
Homestyle flat tandoori baked bread made with wholemeal flour.
- CHAPATI**.....£1.95

- PARATHA** .....£3.95  
Bread made with wholemeal flour and fried in ghee.
- SABZI PARATHA** .....£3.95  
Wholemeal bread stuffed with vegetables and fried in ghee.
- PAPADOMS**.....£0.95  
Plain or spicy.
- PICKLES AND CHUTNEYS**.....£0.95  
Per person (Mild, medium, spicy and hot).
- CUCUMBER OR ONION RAITHA** .....£3.95  
Home-made yoghurt with cucumber or onion.

# Café Jeera Menu

## Authentic Indian Cuisine



## Starters

- MIXED PLATTER (PER PERSON)** .....£6.95  
Selection of chicken, lamb, seafood and vegetables.
- MURGH MALAI TIKKA** .....£5.95  
Succulent skewered chicken delicately flavoured with garlic and malai.
- GARLIC KING PRAWN** .....£6.95  
King prawns grilled in the tandoori oven with a hint of garlic and mint.
- TANDOORI MONKFISH**.....£6.95  
Spiced monk fish marinated in herbs and spices, roasted in charcoal tandoori oven.
- BATAK TIKKA** .....£6.95  
Breast of duck diced and marinated in herbs and spices, roasted in charcoal tandoori oven.
- SALMON DILL TIKKA** .....£5.95  
Cubes of salmon fish marinated in mild spice and cooked in clay oven.
- MIXED KEBAB**.....£5.95  
Chicken tikka, lamb tikka and sheek kebab.
- CHICKEN TIKKA** .....£4.95  
Diced chicken marinated with mild spices and barbecued in clay oven.
- LAMB TIKKA** .....£5.95  
Diced lamb marinated with mild spices and barbecued in clay oven.
- ONION BHAJI** .....£4.95  
Sliced onions, mixed with egg batter and selected herbs, deep-fried to perfection.
- TANDOORI KING PRAWN** .....£6.95  
King Prawns marinated in special spices cooked on skewers over charcoal. Served with vegetable salad.

- LAMB CHOP** .....£6.95  
Spring lamb chop marinated in herbs and spice, roasted in charcoal tandoori oven.
- JALAPENO PEPPER** .....£4.95  
Pepper stuffed with cottage cheese, coated in bread crumbs.
- SHEEK KEBAB** .....£4.95
- KING PRAWN MONI PURI** .....£6.95  
Succulent king prawns cooked with an evocative blend of spices served fried Bengali bread.
- PRAWN MONI PURI**.....£5.95  
Succulent prawns cooked with an evocative blend of spices served with fried Bengali bread.
- KING PRAWN BUTTERFLY** .....£6.95  
Prepared with an array of spices, basted with egg batter and bread crumbs then deep fried. Served with salad.
- SUKA King Prawn or Hash**.....£6.95  
King prawn or duck cooked in tamarind sauce, herbs with mixed green salad.
- SCALLOPS**.....£6.95  
Marinated in a delicious mild sauce prepared with selected fresh herbs and spices.
- CHAUK Chicken or Fish**.....£5.95
- MOMO Chicken, Tuna Fish or Lamb** .....£5.95  
Minced lamb or chicken cooked with spring onions, chilli, ginger, tamarind and green pepper. Rolled with Bangladeshi style bread.
- CHICKEN CHAT**.....£5.95  
Chat masala sauce cooked with chicken, served with fresh herbs.

## Tandoori Dishes

- TANDOORI CHICKEN** .....£8.95  
Half spring chicken on the bone.
- TANDOORI KING PRAWN** .....£12.95  
Marinated in spiced yoghurt and barbecued in the clay oven.
- CHICKEN SHASHLIK**.....£9.95  
Marinated and barbecued with fresh tomatoes, green pepper and onion on skewers.
- LAMB SHASHLIK** .....£10.95  
Marinated and barbecued with fresh tomatoes, green pepper and onion on skewers.
- KING PRAWN/SALMON SHASHLIK**.....£12.95  
Marinated and barbecued with fresh tomatoes, green pepper and onion on skewers.
- TANDOORI KHANA** .....£13.95  
Fabulous mixed tandoori grill platter of quarter spring chicken, lamb tikka, minced shish kebab, chicken cubes.
- CHICKEN TIKKA** .....£9.95  
Marinated and barbecued in clay oven.
- LAMB TIKKA** .....£10.95  
Marinated and barbecued in clay oven.
- SALMON DILL TIKKA** .....£12.95  
Cubes of salmon fish marinated in mild spice and cooked in clay oven.

- LAMB CHOP** .....£11.95  
Spring lamb chop marinated in herbs and spice, roasted in charcoal tandoori oven.
- GARLIC KING PRAWN** .....£12.95  
King prawns grilled in the tandoori oven with a hint of garlic and mint.
- PANIR TIKKA**.....£8.50  
Home made Indian cheese cooked in the tandoori oven.
- TANDOORI MONKFISH**.....£13.95  
Spiced monkfish marinated in herbs and spices, roasted in charcoal tandoori oven.
- BATAK TIKKA** .....£13.95  
Breast of duck diced and marinated in herbs and spices, roasted in charcoal tandoori oven.
- TANDOORI PANIR SHASHLICK** .....£8.95  
Diced Indian cheese delicately spiced together tomatoes, peppers and onions, roasted in charcoal tandoori oven.
- BATAK SHASHLICK**.....£13.95  
Breast of duck, diced and marinated in herbs and spices. Served with mixed peppers, roasted in charcoal tandoori oven.

## Main Courses

Available with Chicken or Prawns **£8.95**, Lamb **£9.95**, King Prawns **£11.95** or Vegetables **£7.95**

- KORMA**  
Creamy & mild.
- BHUNA**  
Medium.
- SAG**  
Medium with fresh spinach.
- DANSAK**  
Hot, sweet and sour with lentils.
- DUPIAZA**  
Mild to medium.
- MADRAS**  
Fairly hot.
- ROGON**  
Medium with tomatoes.
- VINDALOO**  
Very hot.
- PATHIA**  
Hot, sweet and sour.
- KORAI**.....£9.95  
Medium with sweet peppers and onion.
- KING PRAWN KORAI** .....£12.95

## Cafe Jeera Specialities

- MASALA Chicken Tikka Diced** .....£9.95  
Diced chicken barbecued in tandoori clay over and then immersed in a tomato flavoured sauce.
- MASALA Lamb Tikka Diced** .....£10.95  
Diced lamb barbecued in tandoori clay over and then immersed in a tomato flavoured sauce.
- ACHAAR Chicken or Lamb** .....£9.95  
Cooked in a rich-flavoured tomato puree, spiced with ginger, coriander, pickle and herbs.
- CHICKEN JEERA CHILLI** .....£9.95  
Chicken cooked with cumin seeds and fresh green chillies.
- KATA MASALA Chicken or Lamb** .....£9.95  
Diced chicken and deboned spring lamb cooked with golden brown onions, ginger, garlic and garam masala. Served in a rich thick spicy sauce.
- GREEN MOSSALA Chicken or Lamb** .....£9.95  
Hot spicy diced chicken or lamb cooked with fresh green chilli, green pepper, coriander, cumin and ginger.
- LAMB SHEEM** .....£10.95  
Moist spring lamb with fresh green beans simmered in a rich spicy sauce.
- MURGI MUSALAM** .....£10.95  
Chicken cooked with minced lamb, almonds and fresh coriander, mixed together with an exotic blend of herbs and spices.
- CHICKEN TIKKA BHUNA** .....£9.95  
Boneless barbecued pieces of chicken flavoured with green peppers cooked with tomatoes and ground spices.
- SIZZLING MURG**.....£11.95  
Chicken Breast Fillet, lightly spiced, grilled and served in stir-fry of mixed peppers, shallots, baby corn. French beans with sweet and hot sauce.
- JALFREZI Chicken**.....£9.95
- JALFREZI Lamb**.....£10.95
- CHICKEN MEZBAANI** .....£10.95  
Cooked with baby potato, green pepper, green chilli, onion, ginger, garlic, spicy lightly hot.

- MONKFISH CURRY** .....£13.95  
Monkfish pieces cooked in coconut milk and traditional Goan spices.
- KING PRAWN JALFREZI** .....£11.95  
King prawn dish cooked with fresh green chilli, tomato, coriander and blended with an array of herbs and spices.
- KING PRAWN RAWSHUN**.....£12.95  
Exquisite king prawns cooked in shells with extra garlic and ginger accompanied by stir fried green peppers and spring onions.
- PASSANDA Chicken or Lamb** .....£9.95
- CHINGRI ZINGA**.....£14.95  
King prawn on the shells, flavoured with bell pepper and cherry tomatoes in medium sauce, served with Jeera rice.
- CHICKEN SILSILA** .....£10.95  
Breast of chicken, marinated with spices in yoghurt and cream cooked in clay oven with special sauce.
- MAAS BHAJI** .....£12.95  
A tropical Bangladeshi fish marinated in freshly ground spices braised with fresh seasonal vegetables in olive oil.
- SALMON ASPARA** .....£12.95  
Salmon fish cooked with fresh asparagus in a garlic flavoured dry sauce and olives.
- LAMB KALONJI**.....£10.95  
Lamb cooked with wild onion seeds, green chilli, garlic and fresh herbs, medium spices.
- CHETINAND Chicken or Lamb** .....£10.95  
Cooked in fresh lime leaf and lime zest, medium spiced sauce.
- LAMB LAZIZ** .....£12.95  
Lamb chop cooked in tandoori oven then cooked with lentil, chick peas and red kidney beans in thick medium spicy sauce.
- LAMB CHOP REZALA** .....£12.95  
Lamb chop cooked bunionified in a medium sauce with Juliane pepper.
- LAMB MEZBAANI** .....£11.95  
Cooked with baby potato, green pepper, green chilli, onion, ginger, garlic, spicy lightly hot.

## Duck Dishes

- BATAK ADRAKI** .....£10.95  
Thinly shredded duck with ginger and herbs in medium bhuna sauce.
- RAJ HASH** .....£10.95  
Diced duck with fresh baby potatoes saturated in the chef's special in-house medium spiced gravy.
- HASH BAJA** .....£10.95  
Thinly sliced duck with fried onion, capsicum and baby corn and beans.

- BATAK JALFREZI**.....£10.95  
Duck cooked with fresh green chilli, tomato and coriander.
- BATAK KORAI**.....£11.95  
with bell peppers, onions and tomatoes in a medium sauce.

## Birani Dishes

Basmati rice, cooked with either poultry, meat or prawns, served with vegetable curry.

- CHICKEN TIKKA BIRANI** .....£10.95
- CHICKEN BIRANI** .....£9.95
- LAMB BIRANI**.....£10.95
- KING PRAWN BIRANI** .....£12.95
- PRAWN BIRANI**.....£9.95
- VEGETABLE BIRANI**.....£8.95
- BATAK BIRANI** .....£12.95

## Balti Dishes

The success of Balti dishes in Britain can be attributed to the delicate flavour which is achieved by blending three different tastes, medium (or hot), sour and rich but subtle spices. This distinguishes Balti from the very hot curries which originate in other regions and have become synonymous with the subcontinent. It is traditional that the dishes are served with Roll or Nan Bread.

- BALTI ZAFRANI**.....£13.95  
This is a most popular and tasteful king prawn dish, mild to medium consistency, cooked mainly in rich spices with a special flavour texture.
- BALTI SUPREME** .....£11.95  
This is a popular chicken dish, Bangladesh in origin. It has the combination of three different tastes. It is hot and sour in very thick lentil sauce.
- BALTI MIXED SPECIAL** .....£11.95  
Our Chefs special, consisting of tender pieces of chicken tikka and prawns, cooked in medium thick sauce.
- BALTI PERI PERI CHICKEN** .....£11.95  
Chicken fillet grilled then cooked in medium balti sauce with our chefs special peri peri sauce.

**ONLY THE FOLLOWING DISHES CONTAIN COCONUT OR ALMOND POWDER:-  
MOSOLLA DISHES; SILSILA; KURMA; MONKFISH CURRY;  
PASANDA DISHES AND PESHWARI NAN.**



## Café Jeera Banquet

Our chef will prepare a stupendous selection of dishes depending on the number of persons in your party (minimum 2 persons). Please inform our staff if there are any special requests.

**£17.95 per person for a fabulous 4-course meal.**