

# TANDOORI LOUNGE

PUNJABI CUISINE

## STARTERS

Plain Papadums <b>v</b> 2 per portion	1.95
Roasted Papadums <b>v</b> 2 per portion	1.95
Masala Papadums <b>v</b> 2 per portion	2.05

## VEGETARIAN

<b>Veg Samosa <b>v</b></b>	4.05
Golden fried pastry stuffed with potato, green peas, and a combination of spices.	
<b>KuchMuch Pakora <b>v</b></b>	4.95
Mixed vegetable fritters fried in gram flour batter.	
<b>Shakar Gandhi Chaat <b>v</b></b>	6.95
Sweet potatoes prepared in a tandoor, tossed in a blend of TL spices mixed with chickpeas, garnished with coriander and pomegranate, mint and tamarind sauce.	
<b>Papri Chaat <b>v</b></b>	6.85
A bed of Indian chips made in house served with a chickpea and potato salad mixed in spices topped with yoghurt, garnished with a mint and tamarind sauce, coriander, chaat masala and crispy sev.	
<b>Tandoori Veg Kebab <b>v</b></b>	8.45
A delicious mixture of mashed vegetables and potato combined with a blend of TL spices cooked in the tandoor.	
<b>Chilli &amp; Garlic Mogo <b>v</b></b>	8.95
Fried cassava cooked in garlic, soya, and chilli sauce.	
<b>Teji Mirch Paneer <b>v</b></b>	9.25
Toasted Indian cheese marinated with special spices, cooked with garlic, and coated in a soya and chilli sauce.	
<b>Tandoori Paneer Tikka <b>v</b></b>	9.95
Indian cheese marinated in yogurt with herbs and cooked in the clay oven.	

<b>TL Sabji Tawa Special <b>v</b></b>	17.25
Fresh cauliflower, broccoli, sweet potato, okra, and paneer tikka marinated in a blend of TL herbs and spices with sizzling onions cooked in the tandoor.	

## NON VEG

<b>Meat Samosa</b>	4.75
Golden fried pastry stuffed with minced lamb, green peas and a combination of spices served with tamarind and mint sauce.	
<b>Punjabi Rashmi Kebab</b>	9.85
Kebabs made from chicken mince with a luxurious authentic Punjabi taste.	
<b>Lamb Gulafi Seekh</b>	9.95
Fine minced lamb kebabs cooked with authentic Punjabi spices in a charcoal oven.	
<b>Malai Chicken Tikka</b>	10.45
Succulent boneless pieces of chicken breast marinated in cheese and yogurt cooked to perfection in our clay oven.	
<b>Chicken Tikka Lajwab</b>	10.95
Popular North Indian boneless chicken prepared in a unique TL marinade.	

**HOW SPICY?**  
Let us know how spicy you like your food or if you have any special dietary requirements.  
**v** = vegetarian **(n)** = contains nuts

<b>Chicken Mirchi</b>	10.45
Cubes of chicken breast cooked with Indian herbs and garlic, coated in a soya and chilli sauce, finished with capsicum and onions.	

<b>Tandoori Murg</b>	Half 9.50 Full 13.95
A popular dish from Punjab marinated throughout the night and cooked in our clay oven.	

<b>Lamb Chops</b>	15.45
Lamb chops marinated with lemon juice, herbs and spices and barbecued in a charcoal oven.	

<b>TL Special Platter</b>	27.95
A selection of chicken, lamb chops and kebabs grilled in a tandoor and served with an onion kulcha.	

## SEAFOOD

<b>Fiery Calamari</b>	9.95
Deep fried calamari marinated in a blend of garlic, ginger, fresh lemon, with a touch of Indian herbs and spices in gram flour.	

<b>Macchi Amritsari</b>	10.25
Fish battered in gram flour with a mix of Indian herbs and spices.	

<b>Spicy Scallops</b>	10.95
Pan fried scallops cooked in special aromatic Tandoori Lounge spices.	

<b>Salmon Tikka</b>	13.75
Salmon fish marinated in lemon and Indian spices and chargrilled in the tandoor with garlic and ginger.	

<b>Tandoori Jhinga Punjabi</b>	16.95
King size prawns in TL style marinade grilled on skewers with onion.	

<b>TL Sea Food Platter</b>	28.25
A selection of the freshest sea food perfectly, cooked in the tandoor using unique Tandoori Lounge spices.	

## EXTRAS

<b>Chips <b>v</b></b>	2.75
<b>Chicken Nuggets</b>	3.50
<b>Fish Fingers</b>	3.50

## SIDE COMPLIMENTS

<b>Pickle</b>	0.75
<b>Raita <b>v</b></b>	3.75
Yoghurt inspired from the Indian subcontinent, available in a variety of styles; plain, cucumber, onion or mixed	
<b>Salad <b>v</b></b>	3.75
A mixture of fresh vegetables prepared to compliment any dish.	
<b>TL Kachumber Salad <b>v</b></b>	4.15
A traditional spicy salad made from chopped onions, cucumber, tomatoes, and coriander tossed together with lemon juice and pepper.	

Ask For Our  
Vegan or Gluten Free Menu

## VEG MAINS

<b>Daal Punjabi Tarka v</b>	<b>9.45</b>
A blend of three lentils cooked with herbs and spices, prepared with cumin seeds and a touch of garlic.	
<b>Daal Makhani v</b>	<b>9.45</b>
Whole black lentils, simmered to smooth perfection over a slow fire, cooked with tomatoes and medium spices, finished with butter and cream.	
<b>Raseelay Aloo v</b>	<b>8.95</b>
Baby potatoes cooked in a smooth tomato sauce with Indian herbs and spices.	
<b>Punjabi Cholay v</b>	<b>8.95</b>
Boiled chickpeas prepared in a traditional tomato and onion sauce with a blend of spices.	
<b>Tandoori Bhartha v</b>	<b>9.95</b>
Smoked aubergine pureed and cooked with a blend of spices, onions, turmeric, and tomatoes finished with green peas.	
<b>Bhindi Sabji v</b>	<b>9.95</b>
Pan fried okra cooked in a thick onion-based masala blended with our mixture of spices.	
<b>TL Saag v</b>	<b>9.95</b>
A popular Punjabi spinach dish made up of a selection of green leaves cooked in Punjabi spices.	
<b>Saag Aloo v</b>	<b>10.95</b>
A spinach dish made up of a selection of green leaves cooked in Punjabi spices with baby potatoes.	
<b>Saag Paneer v</b>	<b>11.25</b>
A Punjabi spinach dish made up of a selection of green leaves cooked in spices with paneer.	
<b>Paneer Makhani (Butter Paneer) v</b>	<b>11.45</b>
Homemade Indian cheese cooked in a creamy sauce with butter.	

## NON VEG MAINS

<b>Punjabi Chicken Karahi</b>	<b>12.95</b>
Cubes of boneless chicken cooked with herbs and spices in a North Indian style sauce with chunky onions and peppers.	
<b>Chicken Makhani (Butter Chicken)</b>	<b>12.95</b>
Tandoori chicken cooked in rich creamy tomato sauce with a special blend of traditional spices.	
<b>Saag Chicken-Wala</b>	<b>13.15</b>
A popular Punjabi spinach dish made up of a selection of green leaves cooked in Punjabi spices with succulent chicken breast pieces.	
<b>Saag Lamb-Wala</b>	<b>13.95</b>
A popular Punjabi spinach dish made up of a selection of green leaves cooked in Punjabi spices with tender pieces of lamb.	
<b>Keema Matter</b>	<b>13.45</b>
Beautifully minced lamb, cooked with peas, chopped tomatoes, ginger, onion, garlic, and green chilli.	
<b>TL Special Lamb</b>	<b>13.95</b>
Tender pieces of boneless lamb cooked in traditional Punjabi style sauce.	

## SEAFOOD MAINS

<b>Macchi Teri Wali</b>	<b>13.95</b>
Cubes of fresh river fish cooked with Indian spices in a thick sauce, topped with a ginger and coriander garnish.	
<b>Jhinga Karahi</b>	<b>15.45</b>
King prawns mixed with traditional herbs and spices, skilfully cooked in a karahi on a bed of high flames.	

## RICE DISHES

<b>Steamed Chawal v</b>	<b>3.50</b>
Fluffy basmati rice steamed to perfection.	
<b>Pilau Rice v</b>	<b>3.95</b>
Saffron flavoured basmati rice.	
<b>Coconut Rice v</b>	<b>5.25</b>
Roasted mustard seeds and coconut mixed in with steamed rice to create an aromatic flavoured rice.	
<b>Jeera Rice v</b>	<b>5.25</b>
Roasted cumin mixed with other spices to create an aromatic flavoured rice.	
<b>Mushroom Rice v</b>	<b>5.50</b>
Saffron flavoured basmati rice mixed with chopped mushrooms.	
<b>Keema Rice</b>	<b>6.45</b>
Steamed rice mixed with pan fried minced lamb.	
<b>Vegetable Biryani v</b>	<b>10.45</b>
Basmati rice cooked with mixed vegetables and aromatic spices. Accompanied with a traditional cucumber raita. please note our biriyani is not served with a curry sauce.	
<b>Chicken Biryani</b>	<b>12.45</b>
Basmati rice with boneless chicken cooked in a blend of fragrant spices, topped with crispy fried onions. Accompanied with a traditional cucumber raita. Please note our biriyani is not served with a curry sauce.	
<b>Lamb Biryani</b>	<b>14.25</b>
Basmati rice with tender lamb cooked in a blend of fragrant spices, topped with crispy fried onions. Accompanied with a traditional cucumber raita. Please note our biriyani is not served with a curry sauce.	
<b>Prawn Biryani</b>	<b>£14.45</b>
Basmati rice cooked with small prawns with a blend of fragrant spices and steamed in a sealed pot, topped with crispy fried onions. Accompanied with a traditional cucumber raita. Please note our biriyani is not served with a curry sauce.	

## INDIAN BREADS

<b>Tandoori Roti v</b>	<b>2.45</b>
Traditional whole wheat roti cooked to perfection in the tandoor.	
<b>Tandoori Naan v</b>	<b>2.45</b>
Signature plain flour naan prepared and baked in the tandoor.	
<b>Makhani Naan v</b>	<b>2.95</b>
A naan made from layers of plain flour mixed with butter.	
<b>Lachedar Naan v</b>	<b>2.95</b>
Plain flour dough layered with butter and cooked in the tandoor.	
<b>Garlic Naan v</b>	<b>3.25</b>
Plain flour naan topped with garlic flakes, prepared in the tandoor.	
<b>Mitha Naan v (n)</b>	<b>3.50</b>
Traditional bread stuffed with almonds and coconut (contains nuts)	
<b>Naan of Fire v</b>	<b>3.45</b>
Stuffed bread with chillies and hot spices.	
<b>Tandoori Aloo Paratha v</b>	<b>3.75</b>
Wheat bread stuffed with potatoes and glazed with butter.	
<b>TL Keema Paratha</b>	<b>3.95</b>
Seasonal flatbread stuffed with spicy lamb cooked precision.	
<b>Makki Di Roti v</b>	<b>3.75</b>
Flat Punjabi bread made from cornmeal flour.	

### Food Allergies & Intolerances

Food allergies & intolerances - please inform us of any allergies, intolerances or dietary requirements before you order. Unfortunately, it is not possible to guarantee that any product is 100% free from any allergen due to the risk of cross contamination in our busy kitchen. Changes can be made to items to allow them to meet the customers allergens or intolerance requirements. Prices are correct at time of print and maybe subject to change.

**PLEASE NOTE: A 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL FOR TABLES OF 6 OR MORE.**



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