

Starters

served with salad and garnished with special sauces

Onion Bhaji (v) Crispy deep fried batter of onions, freshly ground chick peas, fenugreek herbs and spices.	£3.95
Garlic Mushroom Puri (v) Fresh field mushroom tossed in delicate spices, garlic, scented cumin and coriander, garnished in a puri.	£4.50
Paneer Shaslick (v) Deep fried homemade Indian cottage cheese tossed with perfumed chilli, sweet mango, garlic, peppers herbs and spices.	£4.50
Samosa (v) Lightly spiced sautéed fresh vegetables or minced chicken enveloped in a crispy pastry shell.	£3.95
Dall Soup (v) Lemon grass stir fried with coriander and then fused with fine lentil in a hot soup.	£3.45
Malai Chicken Tikka (d) Fire grilled fillett of chicken tikka soaked in mild spice and yoghurt marinade.	£4.95
Chicken Chat Stir fried tender pieces of chicken roasted with sweet chilli, cucumber, and turmeric.	£4.95
Kulija Tikka (d) Pan-fried chicken liver tikka smothered with garam masala, fresh garlic, onions and ginger.	£4.95
Green Herb Lamb Tikka (d) Grilled spiced lamb seasoned with green herb, fused with fresh tamarind and organic sugarcane molasses.	£5.55
Lamb Boti Puri Tender pieces of succulent stir fried lamb boti tossed with fresh mint, mango, crushed chillies and kaffir lime garnished in a puri.	£5.55
Lamb Sheek Kebab (d) Charcoal baked minced lamb crushed with fresh coriander, garlic , ginger, black pepper and sesame seeds.	£4.95

(d) contains dairy products

(n) contains nuts

(v) suitable for vegetarians

Tandoori King Prawns (d)	£5.95
Charcoal smoked king prawns marinated in tandoori spices, tempered with turmeric, perfumed with chilli.	
Spicy Pan Seared Scallops (d)	£7.50
Tossed king scallops in tandoori and sweet chilli marinade stir fried with herbs and spices.	
Salmon Supreme Tikka (d)	£6.25
Grilled fillet salmon supreme marinated a rich spicy sauce of dill, ginger and honey.	
Tandoori Platter (for 2 or more) (d)	£11.50
An assortment of green herb lamb tikka , malai chicken tikka and salmon supreme tikka perfect for those looking to share.	
Vegetarian Platter (for 2 or more) (v)	£9.95
For those seeking a vegetarian alternative. A combination of paneer shaslick, onion bhaji and aloo chat.	
Poppadoms (v)	£0.70
Thin Indian wafers with a dry spicy taste that are crisp in texture. Eat them on their own or more popularly, with a selection of our home-made mouth watering special pickles.	
Pickle tray (v) (d)	£2.50

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Main Courses

Old Delhi Chicken Tikka Masala (d) (n)	£9.75
Tender chicken breast fillets marinated in aromatic spices gently smoked over charcoal in a clay oven, then tossed with ground almonds, pistachios, coconut milk and fresh cream.	
Lamb Rogan Josh (d)	£9.75
A traditional North Indian classic dish slowly cooked in a medium garam massalla sauce fired with butter, fresh yoghurt, garlic, saffron, roast cardamon and lots of fresh tomato.	
Slow Cooked Lamb Shank	£12.50
Adopting an ancient recipe, pre-baked lamb is slow cooked over night in a rich and complex melange of fresh garlic, ginger, turmeric, star anise, cloves and pepper corn plums.	
Bemisal (d)	£10.95/11.95
Char grilled tikka or grilled Scottish salmon in a characteristic mild to medium sauce, where the smoothness of the buttery tomato, coconut milk and lemongrass sauce is complimented by sautéed brown onions.	
Jingha Masala	£13.95
Lobster size king prawns marinated in lime juice, tamarind and garlic and smoked in a tandoor and then pan fried with fresh onions, greens chillies, coriander, coconut milk and lime leaves.	
Goan Fish curry	£10.95
Traditional Goan speciality where lean fillet of fish (Telapia) is fire cooked in green herb sauce with tamarind, coconut, onions, fresh tomatoes and curry leaves.	
Monk Fish Shashlik (d)	£14.95
Chunks of succulent wild monkfish, peppers, charlottes, lemon grass, tomatoes and mushrooms, marinated in a special tandoori sauce barbecued over charcoal, served on a hot sizzling skillet with roasted coriander and lime.	
Lobster Masala Special	£16.95
Tender marinated wild lobster pan fried with zest of lime, turmeric, cinnamon, special sauce, chunks of roasted charlottes and peppers.	

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The following dishes are available with King Prawns (£4), Lamb (£1), Chicken (50p) or spiced vegetables

Desi Style Egg Noodle (d)	£8.95
Arakanese dish consisting of char grilled treated meat, fish or vegetables marinade stir fried and tossed in olive oil with fresh herbs, spices, noodles garnished with lemongrass, sweet chilli and coriander.	
South Indian Garlic Chilli	£8.95
A south Indian classic cooked in an exotic sauce consisting of a rich melange of fresh garlic, ginger, green chillies and coriander.	
West Bengal Jalfrezi	£8.95
Much loved all over the Indian sub continent, this dish has a thick rich fiery sauce of mixed peppers, cloves, pepper corn, fresh coriander and plenty of green chillies.	
MirpurTikka Balti (d)	£8.95
Not much to say about the Balti, which originates from Northern Pakistan. Freshly smoked tikka is tossed in sour yoghurt, fresh garlic, ginger, tomatoes, coriander and fresh mint.	
Sagwala	£8.95
This north Indian dish popular amongst the Mughal elite is dedicated to the spinach lovers of the world. A delectable bhuna style stir fry of fresh spices, garlic, fenugreek, mint and baby spinach.	
Shassle (d)	£8.95
Originating from the northern borders, tender chicken or lamb fillet marinated in home-made yoghurt with fresh herbs and spices is braised and then gently slow cooked in a delicate sauce of fresh garden mint, fenugreek and single cream.	
Naga	£8.95
A traditional Bangladeshi favourite for the adventurous originating from the region of Sylhet comprising of a fiery tantalising dish of perfumed chilli, ginger, garlic, kafir lime and fresh coriander.	
Hyderabadi (d)	£8.95
A very rich dish full of distinctive flavour favoured by the Mughal emperors of India. Stir fried with tangy spices, green coriander, fresh sour yoghurt, tomatoes, garlic and ginger puree in juices of bay leaves, cardamons and cloves.	
Biryani (d)	£10.50
A much talked about dish splendid in taste and in a way an articulation of the Hyderabadi ethos and personality. Biryanis are the perfect marriage of basmati rice, saffron, green chillies, herbs and spices. Served with dall and raita.	

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North Indian Tandoori Specialities

An ancient style of cooking which originated in the rugged north west frontier of India, the natural, healthy and earthy tones of our tandoori dishes are achieved by smoking the marinated meat over charcoal, resulting in maybe.... not the most colourful... but definitely the most delicious and succulent kebabs. Served with rice, fresh salad and mild curry sauce.

Malai Chicken Tikka (d)	£11.50
Tandoori Chicken (on the bone) (d)	£11.50
Green Herb Lamb Tikka (d)	£12.50
Tandoori King Prawn (d)	£13.50
Tandoori Platter (d) A sizzling combination of malai chicken tikka, tandoori chicken, green herb lamb tikka and tandoori king prawn	£15.50

**We are more than happy to cook for you, your favourite dishes if they are not on the menu.
Please ask our friendly staff for any enquires you may have.**

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Vegetarian

	Main	Side
Fine Lentil Tarka Dall Pureed lentils soaked in spices cooked with mild herbs garnished with roast garlic and cumin	£7.50	£4.50
Stir Fried Baigan Fresh Baby aubergines pan fried with mild spices, fresh garlic, chillies and tomato.	£7.50	£4.50
Khumb Aloo Stir fried wild mushrooms and potato in herbs and spices with pureed tomatoes.	£7.50	£4.50
Sag Aloo Fresh Baby spinach and potato tossed with cumin, turmeric and tomatoes.	£7.50	£4.50
Okra Stir fried okra with mixed spice and caramelised onions in a rich sauce.	£7.50	£4.50
Sweet Gobi Butter nut squash and cauliflower stir fried and tossed fired with perfume chilli and coriander.	£7.50	£4.50
Sag Paneer (d) Fresh baby spinach pan fried with Indian cheese in an aromatic sauce.	£8.50	£5.00
Bombay Aloo Chunks of spicy potatoes fired with tomatoes, turmeric, coriander and lime .	£7.50	£4.50
Thakar Dalna Cauliflower, potato and aubergines cooked with tarka lentil in a medium to hot sauce.	£8.50	£5.00
Mixed Vegetable Achari Fresh assortment of vegetables stir fried in herbs and spices with turmeric, and zesty lemon and lime pickle garnished with coriander.	£8.50	£5.00
Raita (d) Cumin flavoured yoghurt with cucumber.		£1.95

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Rice

Saffron Pilau Rice (v)	£2.55	Lemon Cashew Nut Rice (v) (n)	£3.55
Steamed Basmati Rice (v)	£2.55	Mushroom Rice (v)	£3.55
Special Rice	£4.50	Herb Fried Rice (v)	£3.25
Chips	£2.55		

Bread

Plain Nan (d) (v)	£2.55	Cheese Nan (d) (v)	£2.95
Sweet Apricot Nan (d) (v)	£2.95	Raisin and Coconut Nan (d) (v) (n)	£2.95
Garlic and Tomato Nan (d) (v)	£2.95	Date and Ginger Nan (d)	£2.95
Keema Nan (d)	£3.15	Paratha (v)	£2.55
Tandoori Roti (v)	£1.95	Chapati (v)	£1.20

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Look, how a strange bird flits in and out of a cage!
Oh brother, I wish that I could bind it with my mind's fetters.
Have you seen a house of eight rooms with nine doors
Closed and Open, with windows in between, mirrored?
O mind, you are a bird encaged! And of green sticks
Is your cage made, but will be broken one day.
Lalon says: Open the cage, and look the bird wings away!
Lalon Fakir Shah. 1771-1890.

We hope you enjoy your meal.



Lalon can cater for corporate events and extravagant dinner parties designing menu's to suit your needs. Set menu's are available on request. Please enquire within.

Lalon does not use artificial colours, preservatives or GM products knowingly in our food.

All prices include VAT. £12 minimum charge per person applies.

Please look out for our website on www.lalon.co.uk.