



## Vegetarian Dishes

	Main	Side
<b>Fine Lentil Tarka Dall</b> Pureed lentils soaked in spices cooked with mild herbs garnished with roast garlic and cumin	£6.50	£3.50
<b>Stir Fried Balgan</b> Fresh Baby aubergines pan fried with mild spices, fresh garlic, chillies and tomato.	£6.50	£3.50
<b>Khumb Aloo</b> Stir fried wild mushrooms and potato in herbs and spices with pureed tomatoes.	£6.50	£3.50
<b>Sag Aloo</b> Fresh Baby spinach and potato tossed with cumin, turmeric and tomatoes.	£6.50	£3.50
<b>Okra</b> Stir fried okra with mixed spice and caramelised onions in a rich sauce.	£6.50	£3.50
<b>Sweet Gobi</b> Butter nut squash and cauliflower stir fried and tossed fired with perfume chilli and coriander.	£6.50	£3.50
<b>Sag Paneer (d)</b> Fresh baby spinach pan fried with Indian cheese in an aromatic sauce.	£6.50	£3.50
<b>Bombay Aloo</b> Chunks of spicy potatoes fired with tomatoes, turmeric, coriander and lime .	£6.50	£3.50
<b>Thakar Dalna</b> Cauliflower, potato and aubergines cooked with tarka lentil in a medium to hot sauce.	£7.50	£4.00
<b>Mixed Vegetable Achari</b> Fresh assortment of vegetables stir fried in herbs and spices with turmeric, and zesty lemon and lime pickle garnished with coriander.	£7.50	£4.00
<b>Raita (d)</b> Cumin flavoured yoghurt with cucumber.	£1.35	

## Rice

Saffron Pilau Rice (v)	£2.30
Lemon Cashew Nut Rice (v) (n)	£3.50
Steamed Basmati Rice (v)	£2.30
Mushroom Rice (v)	£3.00
Special Rice	£3.50
Herb Fried Rice (v)	£3.00
Chips	£2.10

## Bread

Plain Nan (d) (v)	£1.95	Date and Ginger Nan (d)	£2.10
Cheese Nan (d) (v)	£2.10	Keema Nan (d)	£2.55
Sweet Apricot Nan (d) (v)	£2.55	Paratha (v)	£1.95
Raisin and Coconut Nan (d) (v) (n)	£2.10	Tandoori Roti (v)	£1.10
Garlic and Tomato Nan (d) (v)	£2.55	Chapati (v)	£1.00



## welcome

Please may we take this opportunity to thank you for choosing to dine with us. We are fully confident that you have made the right choice and by the time you leave we hope that you will feel this too.

We have named our Restaurant after a mystical figure who roamed the Indian subcontinent in the late 17th century .He brought spiritual freedom and inspiration to many, teaching people to celebrate the freedom of the body in search for the mystical ecstasy of the soul.

Likewise, we too hope we can take you on a momentous journey, tantalising your senses through an adventure in taste.

Our signature menu, incorporating exclusive cuisine from all over the Indian sub-continent, has been carefully planned by our team of chefs, influenced by their industry wide experience over a number of years. This combined regional experience means that we have many more mouth watering dishes we could have introduced.

However, our intention is to keep the menu uncomplicated, with each dish having its own distinctive flavour faithful to its base ingredients. It is our intention to rotate some of these dishes seasonally.

Although we offer a wide collection of authentic dishes that vary in character from the mildly aromatic rich and creamy to the pungently spiced and fiery hot, we can cater for specific dining requirements if your favourite dishes are not on the menu.

Each member of our experienced, professional team works to ensure you and your colleagues enjoy an experience to savour. At Lalon our aim is to match your expectations, or even better, to exceed them. We fully value your comments and encourage you to help our continuous improvement philosophy by telling us where we can be even better.

Many thanks

*[Signatures]*  
Zak and the Staff

For Reservations & Collections call  
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web. www.Lalon.co.uk  
Open 7 days a week 5:30pm till 11.00pm.



- Detached Private Building
- Secure Car Parking with 30 spaces
- 24 hour CCTV Camera for Security
- Lake Side Views
- Fully Air Conditioned Premises
- Disabled Facilities
- Beautiful Ambience and Surroundings
- Fine and Rare Wine Menu
- Unique In House Specialities
- Smoked Tandoori Oven
- Dedicated, Experienced Staff
- Private Dining Facilities



# LALON RESTAURANT

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# starters

## Vegetarian

**Onion Bhaji** £3.00  
Crispy deep fried batter of onions, freshly ground chick peas, fenugreek herbs and spices.

**Mushroom Garlic Puri** £3.10  
Fresh field mushroom tossed in delicate spices, garlic, scented cumin and coriander, garnished in a puri.

**Paneer Shaslick** £3.10  
Deep fried homemade Indian cottage cheese tossed with perfumed chilli, sweet mango, garlic, peppers herbs and spices.

**Chana Puri** £3.20  
Treated fresh Chick Peas tossed in delicate spices, garlic, scented cumin and coriander, garnished in a puri.

**Samosa** £3.20  
Lightly spiced sautéed fresh vegetables or minced chicken enveloped in a crispy pastry shell.

**Dall Soup** £2.80  
Lemon grass stir fried with coriander and then fused with fine lentil in a hot soup.

## Chicken

**Malai Chicken Tikka (d)** £3.95  
Fire grilled fillet of chicken tikka soaked in mild spice and yoghurt marinade.

**Chicken Chat** £3.95  
Stir fried tender pieces of chicken roasted with sweet chilli, cucumber, and turmeric.

## Platters

**Sizzling Tandoori Platter (for 2 or more) (d)** £9.50  
An assortment of green herb lamb tikka, malai chicken tikka and salmon supreme tikka perfect for those looking to share.

**Sizzling Vegetarian Platter (for 2 or more) (v)** £8.95  
For those seeking a vegetarian alternative. A combination of paneer shaslick, onion bhaji and aloo chat.

(d) contains dairy products

(n) contains nuts

(v) suitable for vegetarians

## Lamb

**Tandoori Lamb Chops (d)** £3.95  
Smoked Green Herb Tikka smothered with garam masala, fresh garlic, onions and ginger.

**Green Herb Lamb Tikka (d)** £4.55  
Grilled spiced lamb seasoned with green herb, fused with fresh tamarind and organic sugarcane molasses.

**Lamb Boti Puri** £4.55  
Tender pieces of succulent stir fried lamb boti tossed with fresh mint, mango, crushed chillies and kaffir lime garnished in a puri.

**Lamb Kebab (d)** £3.95  
Tandoori baked minced lamb kebab crushed with fresh coriander and sesame seeds.

## Fish

**Tandoori King Prawns (d)** £4.95  
Charcoal smoked king prawns marinated in tandoori spices, tempered with turmeric, perfumed with chilli.

**Spicy Pan Seared Scallops (d)** £5.50  
Tossed king scallops in tandoori and sweet chilli marinade stir fried with herbs and spices.

**Salmon Supreme Tikka (d)** £5.25  
Grilled fillet salmon supreme marinated in a rich spicy sauce of dill, ginger and honey

## Peppadoms & Pickles

**Poppadoms (v)** £0.60  
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)** £2.00

# Main Courses

**Old Delhi Chicken Tikka Masala (d) (n)** £8.55  
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)** £8.50  
A traditional North Indian classic dish slowly cooked in a medium garam massala sauce fired with butter, fresh yoghurt, garlic, saffron, roast cardamom and lots of fresh tomato.

**Slow Cooked Lamb Shank** £10.95  
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)** £10.55  
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** £11.95  
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)** £12.95  
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** £13.95  
Tender marinated wild lobster pan fried with zest of lime, turmeric, cinnamon, special sauce, chunks of roasted charlottes and peppers.

## 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)** £10.50  
**Tandoori Chicken (on the bone) (d)** £10.50  
**Green Herb Lamb Tikka (d)** £11.50  
**Tandoori King Prawn (d)** £10.50  
**Tandoori Platter (d)** £13.50  
A sizzling combination of malai chicken tikka, tandoori chicken, green herb lamb tikka and tandoori king prawn

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

**Desi Style Egg Noodle (d)** £7.95  
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 lemon grass, sweet chilli and coriander.

**South Indian Garlic Chilli** £7.75  
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** £7.95  
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.

**Mirpur Tikka Balti (d)** £7.55  
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** £7.55  
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)** £7.10  
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.

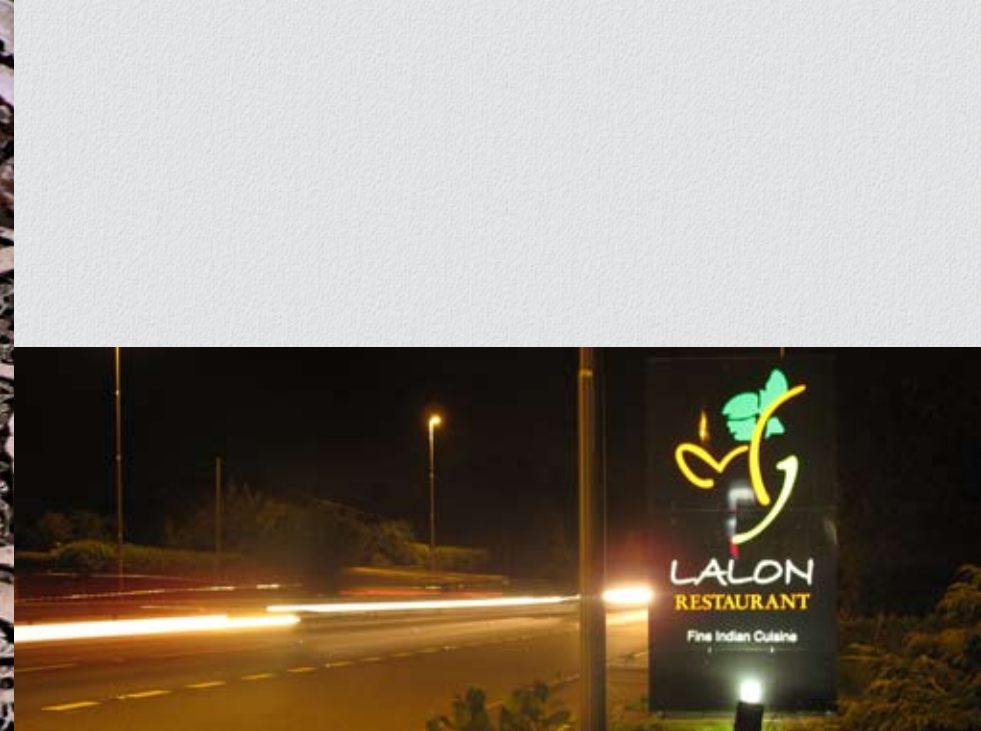
**Naga** £7.55  
A traditional Bangladeshi favourite for the adventurous originating from the region of Sylhet comprising of a fiery tantalising dish of perfumed chilli, ginger, garlic, kafir lime and fresh coriander.

**Hyderabadi (d)** £7.55  
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, cardamoms and cloves.

**Biryani (d)** £7.10  
A much talked about dish splendid in taste and in a way an articulation of the Hyderabadi ethos and personality. Biryani are the perfect marriage of basmati rice, saffron, green chillies, herbs and spices. Served with dall and raita.

We are more than happy to cook for you, your favourite dishes if they are not on the menu. These include **BHUNA, DHANSAK, MADRAS, VINDALOO, KORMA, DUPIAZA, MALAYA** and many more from £6.95. The following dishes are available with King Prawns (£2), Lamb (£1), Chicken (50p) or spiced vegetables.

Please ask our friendly staff for any enquires you may have.



*Relax in beautiful surroundings  
Smell the tantalising aroma's  
Hear the soothing but vibrant background music  
Feel the friendly, pleasant atmosphere  
Adventure in Taste!*