

Seafood

Baja Mach | Updated Recipe **F** 8.95
Fish lightly spiced, pan fried fish topped with onions and peppers

Jhool Mach **F** 8.95
Fish lightly spiced then simmered in a fairly hot sauce with herbs and spices, garlic coriander and fresh chilli.

Chital Kofta **F** 9.95
Chittal fish minced and formed into kofta balls cooked with lightly spiced onions, tomatoes and green chillies

Tuk Tuk Mach **F** 9.95
Fish lightly spiced and minced cooked with onions, peppers, green chillies. Cooked to a dry consistency

Nawabi Jinga **E** 12.95
King prawns in shell cooked with herbs, spices, chopped onions, peppers, tomatoes, garlic, ginger and plenty of fresh chilli.

Roshuni Jinga **E** 12.95
King prawns with tail lightly spiced then stir fried with plenty of garlic, onions and coriander.

Vegetarian

	Side	Main
Sabji Bhaji Mixed Vegetables V	2.95	5.95
Kumbi Bhaji Mushrooms V	2.95	5.95
Bhindi Bhaji Okra (Lady Fingers) V	2.95	5.95
Brinjal Bhaji Aubergine V	2.95	5.95
Sag Bhaji Spinach V	2.95	5.95
Sag Aloo Spinach & Potato Updated Recipe V D	2.95	5.95
Bombay Aloo Potato Updated Recipe V D	2.95	5.95
Chana Aloo Chickpea & Potato Updated Recipe V D	2.95	5.95
Daal Turka Mixed Lentils V	2.95	5.95
Mater Paneer Chickpea & Indian Cheese V D	2.95	5.95
Sag Paneer Spinach & Indian Cheese V D	2.95	5.95

Rice

Boiled Rice V	2.50
Pilau Rice V	2.75
Egg Rice V E	2.95
Vegetable Rice V	2.95
Mushroom Rice V	2.95
Onion Rice V	2.95
Garlic Rice V	2.95
Coconut Rice V	2.95

Bread

Nan V D O E	2.20
Garlic Nan V D O E	2.50
Cheese Nan V D O E	2.50
Peshwari Nan V D O E	2.50
Keema Nan D O E	2.50
Special Nan D O E	2.95
Chapati V O	1.00
Puri V O	1.00

TERMS & CONDITIONS

Prices are subject to change without prior notice. Management reserves the right to refuse service at anytime.

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Allergy & Dietary Key

- E** Egg
- V** Vegetarian
- D** Dairy Milk, Cream, Cheese
- G** Gluten Wheat, Flour, Bread
- F** Fish Phangash, Chital, Salmon
- C** Crustaceans Prawn, King Prawn
- N** Nuts Peanuts, Almond, Mixed Nuts

Allergy Advice & Dietary Information

We have listed the Allergens which are contained in our dishes. You will see an easy to follow key guide which determine which dishes have certain allergens. We have been awarded the Maximum level 5 award for Health & Hygiene. We follow good practice and staff are trained to avoid cross contamination.

Vegetarian Advice

We understand that there are different degrees of vegetarianism, most of our vegetarian dishes are suitable for Vegans.

Gluten Free Advice

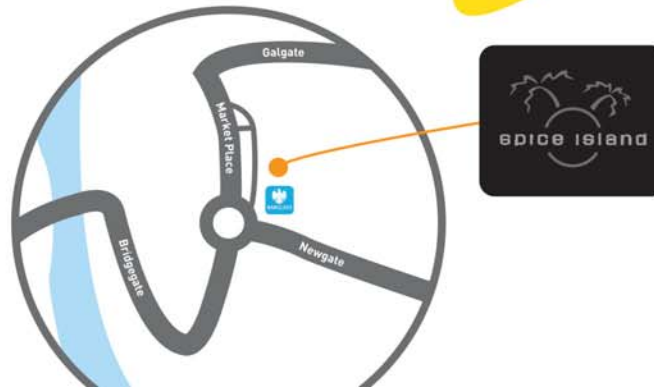
We do not use any flour or any thickening agents in any of our curries. Popadoms are made with Urid Flour (Black Lentils) and are deep fried in pure vegetable oil. Onion Bhajis & Vegetable Pakoras are made using Gram Flour (Chick Peas). However they are fried in the same oil as other items that contain Wheat Flour, which deems them unsuitable for coeliacs.

Nut Allergy Advice

Some of our ingredients are brought in from outside suppliers, although they do not contain nuts sometimes the packaging warns that it has been made or stored in the same factory that produces ingredients with nuts. We store nuts in our kitchen therefore there is always a chance of cross contamination, unfortunately we cannot guarantee that any of our dishes are nut free. If you are unsure about anything, please ask a member of staff.

SPICE-O-METER

- Extra Hot**
Fiery and hot, for the few that dare. professionals only. proceed with care.
- Hot**
Starting to get rather hot, chillis will pop and hit the spot.
- Medium / Hot**
Things have started to become more intense. Perfect for those who are still on the fence.
- Medium**
Good balance of flavour and a little heat, great for beginners still finding their feet.
- Mild**
A mix of sugar & spice makes it creamy and nice.
- Very Mild**
Zero heat, yet creamy and sweet



Multi Award Winning Restaurant



TAKE AWAY MENU

9 Market Place, Barnard Castle. DL12 8NF

01833 630 575

www.spiceislandrestaurant.co.uk

5:00pm - 10:00pm | 7 Days A Week

Last tables 9:30pm

Nibbles

Popadom V	0.50	Raita V O	1.50
Pickle Tray V O	1.50	Cucumber or mint	
Mango chutney, lime pickle, mint sauce, onion chutney		Chips V O	2.50

Starters

Mixed Kebab V O E	4.95	Chicken Tikka or Lamb Tikka O	2.95
A mixture of kebab, chicken and onion bhaji		Cubed marinated chicken or lamb lightly grilled in the tandoor	
King Prawn Suka O	4.95	Chicken Pakora O E	2.95
King Prawns in shell cooked in tamarind, chilli and honey with peppers		Chicken strips marinated in a spicy batter and deep fried	
King Prawns on Puri O E	4.95	Shish Kebab E	2.95
Lightly spiced prawns served on puri		Minced meat with onion and spice, cooked on skewers over charcoal	
Tandoori Lamb Chops	4.95	Samosa O E	2.95
Lamb chops marinated in a special Tandoori spice and charcoal grilled in tandoor oven		Pastry filled with potato and minced meat, lightly spiced and deep fried	
Prawns on Puri O E	2.95	Spring Roll V O E	2.95
Lightly spiced prawns served on puri		Lightly spiced vegetables, wrapped in filo pastry and deep fried	
Chicken Chat on Puri O E	2.95	Onion Bhaji V O E	2.95
Chicken gently simmered in chat sauce served on puri		Onion mixed with gram flour and ground spice, deep fried	
Tandoori Chicken O	2.95		
Spring chicken marinated in herbs and spices on a charcoal grilled in the tandoor (on the bone)			

Grills

Traditional method of barbecuing and baking over flaming charcoal on skewers. Chicken, lamb and prawns individually marinated in sauce and delicate herbs and spices, hours before being cooked.

Tandoori Chicken Half O	7.95	Chicken Shaslik O	8.95
Chicken tikka served with grilled tomato, pepper and onion		Lamb shaslik served with grilled tomato, pepper and onion	
Chicken Tikka O	7.95	Lamb Shaslik O	9.95
Lamb Tikka O	8.95	Tandoori Mixed Grill O E	11.95
Tandoori Lamb Chops	9.95	Chicken tikka, lamb tikka, tandoori chicken, lamb chop and shish kebab	
Tandoori King Prawns O E	12.95		

Please note: Rice and Nan are NOT included with any dishes

Classic Dishes

Vegetable V	5.95	Prawn O	7.95
Chicken	6.95	King Prawn O	10.95
Chicken Tikka O	7.95	Tandoori King Prawn O	12.95
Lamb	8.95		

Korma O	Mild spices cooked with cream and coconut with a hint of sweetness.	Korahi	Herbs and spices with chunky onions and peppers, tomatoes with extra garlic and ginger.
Bhuna	Herbs and spices with finely chopped onions, peppers and tomatoes.	Sag	Herbs and spices with finely chopped onions, peppers, tomatoes, garlic and spinach.
Dupiaza Updated Recipe	Herbs and spices with chunky onions and tomatoes.	Dansak	Herbs and spices with finely chopped onions, peppers, garlic, chillis and lemon with a mixture of lentils and a hint of sweetness.
Madras	Herbs and spices, plenty of chilli with a hint of lemon.	Balti	Herbs and spices with chunky onions and pepper and the added tangy flavour of our special Balti sauce.
Rogan Josh Updated Recipe	Herbs and spices with finely chopped onions, peppers and plenty of tomatoes.	Biryani Add £2	Herbs and spices with finely chopped onions and peppers, stir fried with a fragrant basmati rice. Served with vegetable curry sauce
Jalfrezi Updated Recipe	Herbs and spices with finely chopped onions, peppers, tomatoes, garlic, ginger and fresh bullet chilli.		

Mild Tandoori

Chicken Tikka Massala O N	7.95	Salan Chicken O N	8.95
Chicken tikka cooked with coconut, ground nuts and our special tandoori sauce with yoghurt and cream.		Chicken tikka cooked with coriander and ginger with coconut, ground nuts, cream and our special tandoori sauce.	
Tandoori Chicken Massala O N	7.95	Passanda Lamb O N	8.95
Chicken tikka cooked with herbs and spices, finely chopped onions and peppers with coconut, ground nuts, and our special tandoori sauce with yoghurt and cream.		Thin lamb fillet cured in saffron and yoghurt, cooked with coconut, ground nuts, cream and a mixture of our special tandoori sauce and butter.	
Tandoori Butter Chicken O N	7.95	Tandoori King Prawn Massala O N E	12.95
Chicken tikka cooked with coconut, ground nuts and a rich creamy butter sauce.		Marinated and grilled king prawns cooked with coconut, ground nuts and our special tandoori sauce with yoghurt and cream.	

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Recommended

Shatkora	9.95	Hariali O	9.95
Tender chicken or lamb cooked in wild lemon and garlic chillies with diced onion and garlic. Creating a fairly hot and tangy taste.		Lean chicken marinated and barbecued over the tandoor, cooked with fresh garlic, ginger, chilli, cream and spinach.	
Chop Chop Updated Recipe O E	9.95	Oh Haseena O N	9.95
Our Tandoori lamb chops cooked in a homemade style curry with diced onions, potatoes, tomatoes, herbs and chillies.		Chicken tikka marinated in mild spices. Cooked in garden mint with a rich creamy butter sauce.	
Shaslik Balti O	9.95	Achari	9.95
Chicken tikka with charcoal grilled peppers, onions and tomato cooked in the traditional Balti style.		Chicken or lamb cooked in onions, peppers and tomatoes with the added flavour of chilli pickle.	
Bollywood Bad Boy	9.95	Methi	9.95
Tender chicken or lamb gently cooked with onions, peppers, green chilli and our house special 'naga' hot sauce.		Chicken or lamb cooked in fenugreek, diced onion and peppers with a distinct flavour.	
Devdasi O	9.95	Garlic Chilli	9.95
Lamb fillet cured in yoghurt and spices. Cooked in onion, peppers, garlic, ginger and unground garam massala.		Tender chicken or lamb cooked with herbs and spices, finely chopped onions, peppers, tomatoes, with plenty of garlic, and fresh chilli.	
Madhuri Updated Recipe O N	9.95	Podina	9.95
Tender chicken or lamb cooked in honey, ground nuts, garden mint and our special Tandoori sauce with spices.		Tender chicken or lamb cooked with herbs and spices, finely chopped onions, peppers, tomatoes, garlic, ginger and garden mint.	

Naughty but Nice

Multi award winning Chef Milon Miah has created some new fun and flavoursome dishes that are not for the faint hearted.

Now is your chance to try some really hot and spicy dishes, fittingly they are named after 5 of the hottest actresses in Bollywood.

Priyanka Chopra	10.95	Karishma Kapoor F	10.95
Fresh tender lamb simmered with onions, tomatoes and a hint of garlic. Lots and lots of fresh chillies, mixed spices and herbs are added with a touch of mango pickle.		Fish fillets diced and pan fried with onions, tomatoes and lots and lots of fresh chillies. Mixed herbs and spices are added with fresh spinach.	
Shilpa Shetty	10.95	Raveena Tandon O	10.95
Lean chicken marinated in garlic, coriander and ginger BBQ in the tandoor. Cooked with tomatoes, peppers and lots and lots of fresh chillies, mixed herbs and spices.		Thin lamb fillet cured in saffron and yoghurt cooked with finely chopped onions, tomatoes and lots and lots of chillies. Mixed herbs and spices are added with chick peas.	
Alia Bhatt O	10.95		
Thin slices of grilled chicken cooked with herbs and spices, finely chopped onions, peppers, tomatoes, garlic, ginger and lots and lots of chillies with our special Naga sauce.			

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