

COWES TANDOORI

STARTERS (served with salad and mint sauce)

Prawn Cocktail <i>An original classic with cocktail sauce.</i>	3.95
Meat Somosa <i>Pastry filled spicy minced lamb.</i>	4.75
Chicken Tikka <i>Very tender diced chicken marinated with mild spices and cooked in the tandoori.</i>	4.75
Sheek Kebab <i>Spicy minced lamb, barbecued on skewer, cooked in the tandoori.</i>	4.75
Tandoori Chicken <i>Pieces of chicken marinated in yoghurt and cooked in the tandoori.</i>	4.75
Chicken Pakora <i>Deep fried chicken dipped in mild sauce.</i>	4.95
Chicken Chat <i>Small juicy pieces of chicken with chick peas spiced with a hot and sour taste.</i>	4.95
Mixed Kebab <i>Sheek kebab, shami kebab and onion bhajee.</i>	5.50
Lamb Tikka <i>Very tender diced lamb marinated with mild spices and cooked in the tandoori.</i>	5.60
Prawn Puri <i>Bhuna prawn served on homemade bread.</i>	5.60
Batak Tikka <i>Pieces of duck breast marinated then cooked in the tandoori.</i>	5.95
Tandoori Mixed Kebab <i>Chicken tikka, lamb tikka and sheek kebab cooked in the tandoori.</i>	5.95
King Prawn Butterfly <i>King prawns marinated with exotic spices and fried in breadcrumbs.</i>	5.95
King Prawn Pokora <i>Deep fried king prawns dipped in mild sauce.</i>	6.50
Tandoori King Prawn <i>Mildly spiced succulent pieces of king prawns cooked in the tandoori.</i>	6.50
Garlic King Prawn <i>King prawn cooked with garlic sauce.</i>	6.50

TANDOORI DISHES (SIZZLER SPECIALTIES - All dishes served sizzling in a korai (iron pot) and served with salad and mint sauce)

Tandoori Chicken <i>Chicken marinated in yoghurt and spices, cooked in the tandoori.</i>	8.95
Chicken Tikka <i>Diced chicken marinated with medium spices, cooked in the tandoori.</i>	8.95
Lamb Tikka <i>Very tender diced lamb marinated with medium spices, cooked in the tandoori.</i>	9.95
Chicken Shashlic <i>Cooked with tomatoes, capsicum and onions in the tandoori.</i>	11.50
Tandoori Mixed Grill <i>Pieces of chicken tikka, lamb tikka, tandoori chicken, sheek kebab, cooked in the tandoori.</i>	12.50
Lamb Shashlic <i>Cooked with tomatoes, capsicum and onions in the tandoori.</i>	12.50
Batak Tikka <i>Pieces of duck breast marinated then cooked in the tandoori.</i>	12.95
Tandoori King Prawn <i>Mild spiced succulent king prawns with capsicum and onions, cooked in the tandoori.</i>	13.95
King Prawn Shashlic <i>Cooked with tomatoes, capsicum and onions in the tandoori.</i>	14.95

NAGA DISHES *This dish is cooked with naga paste, one of the hottest chillies around. This dish is served vindaloo hot, but with flavours of bhuna sauce. (very hot)*

Chicken	8.95
Prawn	8.95
Lamb	9.95
Chicken Tikka	10.50
Lamb Tikka	11.95
King Prawn	12.95

VEGETARIAN STARTERS (served with salad and mint sauce)

Lentil Soup	3.50
Onion Bhajee <i>Deep fried chopped onions blended with herbs and spiced.</i>	3.95
Chat Pot <i>Chick peas mixed with coriander and garnished with salad.</i>	3.95
Vegetable Somosa <i>Fresh vegetables spiced in crispy pastry.</i>	3.95
Vegetable Pokora <i>Deep fried vegetable balls dipped in mild sauce.</i>	3.95
Garlic Mushroom <i>Mushroom stir fried with garlic sauce.</i>	3.95
Aloo Puri <i>Fresh potatoes cooked in a light spicy sauce served on thin bread.</i>	4.50

VEGETARIAN DISHES

Shabzi Balti (medium hot) <i>Mixed vegetables with freshly blended spices and herbs.</i>	7.25
Shabzi Curry <i>Medium traditional sauce cooked with mixed vegetables.</i>	7.25
Shabzi Madras (fairly hot)	7.25
Shabzi Vindaloo (very hot)	7.25
Shabzi Korma (very mild) <i>Very mild, sweet and creamy sauce cooked with coconut. (very mild)</i>	7.25
Shabzi Dansak <i>Sweet, sour and hot, cooked with lentils.</i>	7.25
Shabzi Malaya (medium) <i>Cooked with pineapple.</i>	7.25
Shabzi Kashmir (medium) <i>Cooked with fruit.</i>	7.25
Shabzi Bhuna <i>Medium spice.</i>	7.25
Shabzi Pathia (fairly hot) <i>Sweet, sour and hot.</i>	7.25
Shabzi Duplaza (medium) <i>Diced onions cooked with tomatoes and green peppers. Medium spiced.</i>	7.50
Shabzi Jalfrezi (hot) <i>Diced onions, green peppers, cooked with ginger and green chillies.</i>	7.60
Shabzi Korai (hot) <i>Highly spiced mixed vegetables cooked in korai with fresh ginger, garlic and capsicum.</i>	7.95
Shabzi Rogan (medium) <i>Cooked with tomatoes.</i>	7.95
Shabzi Biryani (medium) <i>Mixed vegetables and basmati rice cooked in authentic style, served with vegetable curry.</i>	9.50
Mushroom Biryani (medium) <i>Mushrooms and basmati rice cooked in authentic style, served with vegetable curry.</i>	9.50
Chana Biryani (medium) <i>Chick peas and basmati rice cooked in authentic style, served with vegetable curry.</i>	9.50

SET MEAL A (2 persons)

2 Papadoms and Chutney	
1 Aloo Chat	
1 Onion Bhajee	
1 Shabzi Bhuna	
1 Shabzi Korma	
1 Sag Bhajee	
1 Tarka Dhall	
2 Pilau Rice, 1 Nan	
35.95	

SET MEAL B (4 persons)

4 Papadoms and Chutney	
1 Vegetable Samosa	
1 Onion Bhajee, 1 Aloo Puri	
1 Dhall Soup	
1 Shabzi Jalfrezi, 1 Shabzi Bhuna	
1 Shabzi Rogan, 1 Shabzi Korma	
1 Sag Bhajee	
1 Tarka Dhall, 1 Raitha	
2 Pilau Rice, 2 Nan of choice	
69.95	

ORIENTAL BIRYANIS
Prepared with basmati rice blended with different spices and served medium vegetable curry sauce. (medium)

Chicken/Prawn Biryani	10.95
Lamb Biryani	11.95
Chicken Tikka Biryani	12.50
Lamb Tikka Biryani	12.95
Cowes Mixed Biryani <i>Chicken, lamb and prawn, served with omelette on top</i>	12.95
King Prawn Biryani	13.95
Tandoori King Prawn Biryani	14.95

BALTI DISHES
Balti dishes are cooked with special Balti sauce known as a Balti. With freshly blended spices, fresh tomatoes, green peppers, onion and flavour with herbs. The strength of these dishes can be prepared to suit your taste. Pilau rice or plain nan included. (fairly hot)

Chicken/Prawn Balti	11.50
Lamb Balti	11.95
Chicken Tikka Balti	12.95
Lamb Tikka Balti	13.50
Batak Balti (Duck)	13.95
King Prawn Balti	14.50

SET MEAL A (2 persons)

2 Papadoms and Chutney	
1 Chicken Tikka	
1 Sheek Kebab	
1 Chicken Tikka Massala	
1 Lamb Bhuna	
1 Vegetable Curry	
1 Bombay Potato	
2 Pilau Rice, 1 Nan	
38.95	

SET MEAL B (4 persons)

4 Papadoms and Chutney	
1 Meat Somosa, 1 Chicken Tikka	
1 Mixed Kebab, 1 Tandoori Chicken	
1 Chicken Tikka Massala	
1 Lamb Jalfrezi, 1 Chicken Dansak	
1 Sag Ghust, 1 Sag Aloo	
1 Chana Bhajee, 1 Tarka Dhall	
2 Pilau Rice	
1 Keema Nan, 1 Garlic Nan	
78.95	

SEA FOOD DISHES

Prawn Korma <i>Very mild, thick, sweet and creamy coconut sauce.</i>	8.25
Prawn Madras <i>Fairly hot, thick spicy sauce</i>	8.25
Prawn Dansak <i>Sweet, sour and hot, cooked with lentil sauce.</i>	8.25
Prawn Pathia <i>Sweet, sour and hot</i>	8.25
Prawn Vindaloo <i>Very hot and spicy</i>	8.50
Prawn Duplaza <i>Cooked with diced onion, green peppers and tomatoes. Medium spice.</i>	8.50
Prawn Bhuna <i>Dry medium spiced</i>	8.50
Prawn Rogan <i>Bhuna prawn served with tomatoes and spicy sauce.</i>	8.90
Prawn Sag <i>Cooked with spinach</i>	9.25
King Prawn Duplaza <i>Cooked with diced onion, green peppers and tomatoes. Medium spice.</i>	11.95
King Prawn Korma <i>Very mild, thick, sweet and creamy coconut sauce.</i>	11.95
King Prawn Madras <i>Fairly hot, thick spicy sauce</i>	11.95
King Prawn Vindaloo <i>Very hot and spicy</i>	11.95
King Prawn Dansak <i>Sweet, sour and hot, cooked with lentil sauce.</i>	11.95
King Prawn Pathia <i>Sweet, sour and hot</i>	11.95
King Prawn Bhuna <i>Dry medium spiced</i>	11.95
King Prawn Rogan <i>Bhuna king prawn served with tomatoes and spicy sauce.</i>	12.50
King Prawn Sag <i>Cooked with Spinach.</i>	12.95

CHICKEN / LAMB DISHES

Chicken/Lamb Korma <i>Very mild, thick, sweet and creamy coconut sauce.</i>	7.95 / 8.50
Chicken/Lamb Madras <i>Fairly hot, thick spicy sauce.</i>	7.95 / 8.50
Chicken/Lamb Dansak <i>Sweet, sour and hot, cooked with lentil sauce.</i>	7.95 / 8.50
Chicken/Lamb Pathia <i>Sweet, sour and hot.</i>	7.95 / 8.50
Chicken/Lamb Vindaloo <i>Very hot and spicy.</i>	7.95 / 8.50
Chicken/Lamb Duplaza <i>Cooked with diced onion, green peppers and tomatoes. Medium spice.</i>	7.95 / 8.50
Chicken/Lamb Bhuna <i>Dry medium spiced.</i>	7.95 / 8.60
Chicken/Lamb Rogan <i>Bhuna chicken or lamb served with tomatoes and spicy sauce.</i>	8.50 / 8.95
Chicken/Lamb Sag <i>Cooked with spinach.</i>	8.95 / 9.50

SIDE DISHES

Onion Bhajee	3.75
Aloo Jeera Jal <i>Potatoes cooked with green chillies and cumin seed (hot)</i>	4.25
Mushroom Bhajee	4.25
Cauliflower Bhajee	4.25
Bhindi Bhajee (Okra)	4.25
Brijol Bhajee (Aubergine)	4.25
Chana Bhajee (Chick peas)	4.25
Bombay Potato Bhajee	4.25
Sag Bhajee (Spinach)	4.25
Tarka Dhall (lentil)	4.25
Vegetable Curry	4.25
Sag Aloo Bhajee (Spinach and potato)	4.85
Aloo Gobi Bhajee (Potatoes and cauliflower)	4.95
Raita <i>Home made yoghurt with cucumber and/or onion</i>	2.25

SUNDRIES

Boiled Rice	2.50
Pilau Rice	2.80
Fried Rice	3.20
Mixed Fried Rice (with vegetables, egg & prawn)	3.60
Egg Rice	3.60
Keema Rice (Minced meat)	3.60
Mushroom Rice	3.60
Vegetable Rice	3.60
Lemon Rice	3.60
Narkel Rice (Coconut)	3.60

TANDOORI BREAD

Plain Nan	2.60
Keema Nan (Minced meat)	3.30
Garlic Nan	3.30
Peshwari Nan (Almond, coconut powder and sultana)	3.30
Chapati	3.80
Paratha	2.60
Stuffed Paratha	3.20
Papadam	0.75
Massala Papadam	0.80
Chutney (per portion)	0.80

TANDOORI SPECIALITIES

Chicken/Lamb Tikka Massala (mild) <i>Medium curry dish, cooked twice, first in the tandoori and then in the frying pan in a rich tandoori sauce.</i>	8.95 / 9.95
Chicken or Lamb Passanda (mild) <i>Thin fillet of lamb or chicken marinated in spices and cooked with herbs, fairly mild.</i>	9.95 / 10.95
Chicken or Lamb Chilli Massala (hot) <i>Chicken or lamb tikka cooked with fresh green chillies.</i>	9.95 / 10.95
Cowes Mixed Massala (mild) <i>Chicken, lamb and king prawn cooked in the tandoori and then in the frying pan in a rich tandoori sauce.</i>	11.95
Batak Tikka Massala (mild) <i>Diced pieces of duck marinated overnight, barbecued in the tandoori then finished in an enriched massala sauce for a dazzling flavour.</i>	12.95
Tandoori King Prawn Massala (mild) <i>Medium dry curry dish, cooked twice, first in the tandoori and then in the frying pan in a rich tandoori sauce.</i>	13.95

SPECIAL CURRY DISHES

Chicken Korai (fairly hot) <i>Tender pieces of boneless chicken, tossed in the korai and cooked in dry sauce.</i>	9.95
Chicken Muqlai (mild) <i>A luxurious Indian delicacy cooked with cream and dried fruit. Mild and full of flavour.</i>	9.95
Chicken/Lamb Jalfrezi (hot) <i>An exceptional and spicy combination of chicken or lamb, garlic, ginger and fresh green chillies with diced onions.</i>	9.95 / 10.95
Achhari Chicken Ka-Salon (hot) <i>Chicken marinated in spicy pickle, grilled in tandoori, then cooked in frying pan.</i>	10.50
Garlic Chicken/Lamb (medium) <i>Medium dry curry cooked with fresh garlic and coriander.</i>	10.50 / 10.95
Mughl Sat Kora (medium) <i>Chicken cooked with medium spice and Bangladeshi wild lemon.</i>	10.95
Patina Ghost (medium) <i>A lightly spiced dish of lamb flavoured with mint, cooked in ghee. (clarified butter)</i>	10.95
Lamb Korai (fairly hot) <i>Tender pieces of boneless lamb, tossed in the korai and cooked in dry sauce.</i>	10.95
Akbori Chicken (medium) <i>Chicken tikka cooked with tomatoes, lots of coriander.</i>	11.25
Achhari Gusht Ka-Salon (hot) <i>Lamb marinated in spicy pickle, grilled in tandoori, then cooked in frying pan.</i>	11.95
Mangsho Sat Kora (medium) <i>Lamb cooked with medium spice and Bangladeshi wild lemon.</i>	11.95
Nizami Chicken (fairly hot) <i>Chicken tikka cooked with fresh ginger, garlic, green chillies, mustard seed and yoghurt.</i>	12.50
Sughanda Chicken (mild) <i>Chicken tikka massala cooked with Tia Maria liqueur.</i>	12.95
Batak Jalfrezi (hot) <i>An exceptional and spicy combination of diced lean duck in a sauce of garlic, ginger and fresh green chillies with diced onions.</i>	13.50
King Prawn Jalfrezi (hot) <i>An exceptional and spicy combination of king prawns, garlic, ginger and fresh green chillies with diced onions.</i>	13.50
King Prawn Korai (fairly hot) <i>Pieces of king prawn tossed in the korai and cooked in dry sauce.</i>	13.50
King Prawn Sat Kora (medium) <i>King prawn cooked with medium spice and Bangladeshi wild lemon.</i>	14.95
Cowes Tandoori Special (medium) <i>A piece of tandoori chicken, chicken tikka, lamb bhuna, vegetable curry, pilau rice and side salad.</i>	14.95

ENGLISH DISHES (served with salad and chips)

Plain Omelette	8.95
Mushroom Omelette	9.95
Chicken Omelette	9.95

HOUSE WINE

Red or White	13.95
Wine by Glass	3.50

FRENCH RED OR WHITE

Beaujolais	19.95
Chablis	27.95
Macon Village	26.95
Muscadet	18.95
St. Emilion	25.95
Chateaufeuf du Pape	29.95
Cotes du Rhone	18.95

GERMAN WINE

Liebfraumilch	17.95
Piesporter Michelsberg	17.95
Black Tower	19.95

ROSE WINE

Rose d'Anjou	18.95
Mateus Rose	19.95

ITALIAN WINE

Soave (white)	18.95
Chianti Classico (red)	18.95

CHILEAN WINE

Merlot Central Valley (red)	21.95
Chardonnay Central Valley (white)	21.95

SOUTH AFRICAN

Chenin Blanc - Robertson	16.95
Pinotage	18.95

AUSTRALIAN

Semillion Chardonnay	26.95
Shiraz Cabernet	26.95

CHAMPAGNE & SPARKLING WINE

Moet Chandon	59.95
Vintage Dom Perignon	155.95
Asti Spumante	21.95

BEERS

Cobra Indian Large (660ml)	4.50
Cobra Indian Small (330ml)	2.50
Carlsberg Can (pint)	3.80
Carlsberg Can (half pint)	2.00
Cider Can (pint)	3.80
Cider Can (half pint)	2.00
Bitter Can (pint)	3.80
Bitter Can (half pint)	2.00

MINERALS

Coke (glass)	1.95
Lemonade (glass)	1.95
Orange Juice (glass)	1.95
Sparkling Water (bottle)	4.95
Still Water (bottle)	4.50

APERITIFS

Port	2.50
Martini (dry and sweet)	2.50
Cinzano Bianco	2.50
Dubbonet	2.50
Campari	2.50
Sherry (medium sweet and dry)	2.50

SPIRITS

Gin	2.95
Vodka	2.95
Rum	2.95
Bacardi	2.95
Whisky	2.95
Malibu	2.95
Brandy	2.95
Remy Martin	2.95
Southern Comfort	2.95

LIQUEURS

Cointreau	3.10
Tia Maria	3.10
Drambuie	3.10
Benedictine	3.10
Sambuca	3.10

All our meals may contain traces of nuts. All our meals may contain traces of GM foods.

The Management reserves the right to refuse service without giving any reasons.

All sundries and side dishes to be ordered as part of a main meal.

Please let us know if you have any special dietary requirements.

You are welcome to bring your own alcohol, except for during Cowes Week, Round the Island Race, Powerboat Race & Little Britain Cup

Air Conditioned Restaurant - Fully Licensed
Opening hours, 7 days a week, 12 noon - 2pm, 6pm - Midnight

All major credit/debit cards accepted

Free home delivery, discount if collected

WE HAVE SEATING AVAILABLE FOR SPECIAL EVENTS, FUNCTIONS AND PARTIES

<http://www.facebook.com/pages/Cowes-Tandoori/130719620340779>

www.cowestandoori.co.uk