



COWES TANDOORI

BALTI DISHES

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

Chicken/Prawn Balti	9.95 / 10.20
Lamb Balti	10.95
Chicken/Lamb Tikka Balti	10.95 / 11.95
Batak Balti (Duck)	12.95
King Prawn Balti	12.95

SET MEAL A (2 persons)

(no discount available)

2 Papadoms and Chutney
1 Chicken Tikka
1 Sheek Kebab
1 Chicken Tikka Massala
1 Lamb Bhuna
1 Vegetable Curry
1 Bombay Furoto
2 Pilau Rice, 1 Nan
31.95

SET MEAL B (4 persons)

(no discount available)

4 Papadoms and Chutney
1 Meat Sormosa, 1 Sheek Kebab
1 Meat Kebab, 1 Prawn Puri
1 Chicken Tikka Massala
1 Lamb Jalfrezi, 1 Chicken Dansak
1 Sag Ghust, 1 Sag Aloo
1 Chana Bhajjee, 1 Tarka Dhall
3 Pilau Rice
1 Keema Nan, 1 Garlic Nan
64.95

CHICKEN / LAMB DISHES

Chicken/Lamb Korma	6.60 / 7.60
Very mild, thick, sweet and creamy coconut sauce.	
Chicken/Lamb Madras	6.60 / 7.60
Fairly hot, thick spicy sauce.	
Chicken/Lamb Vindaloo	6.60 / 7.60
Very hot and spicy.	
Chicken/Lamb Dansak	7.20 / 8.20
Sweet, sour and hot, cooked with lentil sauce.	
Chicken/Lamb Pathia	7.20 / 8.20
Sweet, sour and hot.	
Chicken/Lamb Duplaza	7.20 / 8.20
Cooked with dried onion, green peppers and tomatoes. Medium spice.	
Chicken/Lamb Bhuna	7.30 / 8.30
Dry medium spiced.	
Chicken/Lamb Rogan	7.50 / 8.50
Spicy chicken or lamb served with tomatoes and spicy sauce.	
Chicken/Lamb Sag	7.60 / 8.60
Cooked with spinach.	

SEA FOOD DISHES

Prawn Korma	7.50
Very mild, thick, sweet and creamy coconut sauce.	
Prawn Madras	7.50
Fairly hot, thick spicy sauce.	
Prawn Dansak	7.60
Sweet, sour and hot, cooked with lentil sauce.	
Prawn Pathia	7.60
Sweet, sour and hot.	
Prawn Vindaloo	7.60
Very hot and spicy.	
Prawn Duplaza, Bhuna or Rogan	7.80 / 7.95
Cooked with dried onion, green peppers and tomatoes. Medium spice.	
Prawn Sag	7.95
Cooked with spinach.	
King Prawn Duplaza	9.95
Cooked with dried onion, green peppers and tomatoes. Medium spice.	
King Prawn Korma	9.95
Very mild, thick, sweet and creamy coconut sauce.	
King Prawn Madras	9.95
Fairly hot, thick spicy sauce or Vindaloo (very hot).	
King Prawn Dansak	9.95
Sweet, sour and hot, cooked with lentil sauce.	
King Prawn Pathia	9.95
Sweet, sour and hot.	
King Prawn Bhuna	10.50
Dry medium spiced.	
King Prawn Rogan	10.50
Spicy king prawn served with tomatoes and spicy sauce.	
King Prawn Sag	10.50
Cooked with spinach.	

ENGLISH DISHES (served with salad and chips)

Plain Omelette	7.50
Mushroom Omelette	8.95
Chicken Omelette	8.95

SIDE DISHES

Onion Bhajee	3.50
Aloo Jeera Jal (Potatoes cooked with green chilies and cumin seed (hot))	3.60
Mushroom Bhajee	3.60
Caulliflower Bhajee	3.60
Bhindi Bhajee (Crisp)	3.60
Brijishi Bhajee (Rudergina)	3.60
Chana Bhajee (Crisp & tasty)	3.60
Bombay Potato Bhajee	3.60
Sag Bhajee (Spinach)	3.60
Tarka Dhall (lentil)	3.60
Vegetable Curry	3.60
Sag Aloo Bhajee (Spinach and potato)	4.50
Aloo Gobi Bhajee (Potatoes and Cauliflower)	4.50
Raita (Home-made yoghurt with cucumber and/or onion)	1.95

SUNDRIES

Boiled Rice	2.10
Pilau Rice	2.40
Fried Rice	2.75
Mixed Fried Rice (with vegetables, egg & prawn)	3.10
Egg Rice	3.10
Keema Rice (Minced meat)	3.10
Mushroom Rice	3.10
Vegetable Rice	3.10
Lemon Rice	3.10
Narkel Rice (Coconut)	3.10

TANDOORI BREAD

Plain Nan	2.20
Keema Nan (Minced meat)	2.70
Garlic Nan	2.70
Peshwani Nan (Almond, coconut powder and saffron)	2.70
Chapati	1.60
Paratha	2.50
Stuffed Paratha	2.90
Papadom	0.65
Massala Papadom	0.70
Chutney (per portion)	0.65

Cowes Tandoori presents:
An Exclusive Curry Night Special!
Every Tuesday
3 Course Meal - Starter, Main Course, Nan/Rice, Coffee
All for £10.95
£1 extra for prawn/dhall starters - £2 extra main dishes
Reservations Recommended

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

An 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 (delivery may not be available during special events)

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

www.cowestandoori.co.uk



CLASSIC INDIAN CUISINE & BALTI RESTAURANT
TAKE-AWAY MENU
FREE HOME DELIVERY
Cowes, Gurnard, Northwood & Newport
on all orders over £20 - 6pm - 10pm
10% discount on takeaway orders collected

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40 High Street, Cowes, Isle of Wight, PO31 7RS

STARTERS (served with salad and mint sauce)

Prawn Cocktail	3.70
An original classic with cocktail sauce.	
Meat Sormosa	3.95
Fruity filled spicy minced lamb.	
Chicken Tikka	3.95
Very tender diced chicken marinated with mild spices and cooked in the tandoor.	
Sheek Kebab	3.95
Spicy minced lamb, barbecued on skewer, cooked in the tandoor.	
Tandoori Chicken	3.95
Pieces of chicken marinated in yoghurt and cooked in the tandoor.	
Chicken Pakora	4.50
Deep fried chicken dipped in mild sauce.	
Chicken Chat	4.50
Small juicy pieces of chicken with chick peas, spiced with a hot and sour taste.	
Lamb Tikka	4.50
Very tender diced lamb marinated with mild spices and cooked in the tandoor.	
Prawn Puri	4.50
Bhuna prawn served on homemade bread.	
Mixed Kebab	4.75
Sheek kebab, sham kebab and onion bhajee.	
Tandoori Mixed Kebab	4.95
Chicken tikka, lamb tikka and sheek kebab cooked in the tandoor.	
Batak Tikka	4.95
Pieces of duck breast marinated then cooked in the tandoor.	
King Prawn Butterfry	5.50
King prawns marinated with exotic spices and fried in breadcrumb.	
King Prawn Pakora	5.50
Deep fried king prawns dipped in mild sauce.	
Tandoori King Prawn	5.50
Mildly spiced succulent pieces of king prawns cooked in the tandoor.	
Garlic King Prawn	5.50
King prawn cooked with garlic sauce.	

TANDOORI DISHES (SIZZLER SPECIALITIES - All dishes served with salad and mint sauce)

Tandoori Chicken	7.95
Chicken marinated in yoghurt and spices, cooked in the tandoor.	
Chicken/Lamb Tikka	7.95 / 8.50
Diced chicken or lamb marinated with medium spices, cooked in the tandoor.	
Chicken/Lamb Shashlik	9.95 / 10.95
Cooked with tomatoes, capsicum and onions in the tandoor.	
Tandoori Mixed Grill	10.95
Pieces of chicken tikka, lamb tikka, tandoori chicken, sheek kebab, cooked in the tandoor.	
Batak Tikka	11.50
Pieces of duck breast marinated then cooked in the tandoor.	
Tandoori King Prawn	12.50
Mildly spiced succulent king prawns with capsicum and onions, cooked in the tandoor.	
King Prawn Shashlik	13.95
Cooked with tomatoes, capsicum and onions in the tandoor.	

VEGETARIAN STARTERS (served with salad and mint sauce)

Lentil Soup	2.95
Onion Bhajee	3.60
Deep fried chopped onions blended with herbs and spiced.	
Chat Pot	3.60
Crick peas mixed with coriander and garnished with salad.	
Vegetable Sormosa	3.60
Fresh vegetables spiced in creamy gravy.	
Vegetable Pakora	3.60
Deep fried vegetable balls dipped in mild sauce.	
Garlic Mushroom	3.60
Mushroom stir fried with garlic sauce.	
Aloo Puri	3.95
Fresh potatoes cooked in a light spicy sauce served on thin bread.	

VEGETARIAN DISHES

Shabzi Curry	6.50
Medium traditional sauce cooked with mixed vegetables.	
Shabzi Madras (fairly hot) or Vindaloo (very hot)	6.50
Shabzi Korma (very mild)	6.50
Very mild, sweet and creamy sauce cooked with coconut, (very mild)	
Shabzi Malaya (medium)	6.60
Cooked with pineapples.	
Shabzi Kashmir (medium)	6.60
Cooked with fruit.	
Shabzi Bhuna	6.60
Medium spice.	
Shabzi Duplaza (medium)	6.60
Diced onions cooked with tomatoes and green peppers. Medium spiced.	
Shabzi Koral (hot)	6.95
Highly spiced mixed vegetables cooked in Koral with fresh ginger, garlic and capsicum.	
Shabzi Rogan (medium)	7.10
Cooked with tomatoes.	
Shabzi Jalfrezi (hot)	7.20
Diced onions, green peppers, cooked with ginger and green chilies.	
Shabzi Patia (fairly hot)	8.95
Sweet, sour and hot, with pilau rice.	
Shabzi Batti (medium hot)	8.95
Mixed vegetables with freshly blended spices and herbs, with rice or naan.	
Shabzi Dansak	8.95
Sweet, sour and hot, cooked with lentils, with pilau rice.	
Shabzi Biryani (medium)	8.95
Mixed vegetables and basmati rice, cooked in authentic style, served with vegetable curry.	
Mushroom Biryani (medium)	8.95
Mushrooms and basmati rice, cooked in authentic style, served with vegetable curry.	
Chana Biryani (medium)	8.95
Chick peas and basmati rice, cooked in authentic style, served with vegetable curry.	

SET MEAL A (2 persons)

(no discount available)

2 Papadoms and Chutney
1 Chat Pot
1 Onion Bhajee
1 Chicken Bhuna
1 Shabzi Korma
1 Sag Bhajee
1 Tarka Dhall
2 Pilau Rice, 1 Nan
24.95

SET MEAL B (4 persons)

(no discount available)

4 Papadoms and Chutney
1 Vegetable Sormosa
1 Onion Bhajee, 1 Chat Pot
1 Dhall Soup
1 Shabzi Jalfrezi, 1 Shabzi Bhuna
1 Shabzi Rogan, 1 Shabzi Korma
1 Sag Bhajee
1 Tarka Dhall, 1 Raita
3 Pilau Rice, 2 Nan of choice
56.95

TANDOORI SPECIALITIES

Chicken/Lamb Tikka Massala (mild)	8.50 / 8.95
Medium curry dish, cooked twice, first in the tandoor and then in the frying pan in a rich tandoori sauce.	
Chicken or Lamb Passanda (mild)	8.95 / 9.50
Thin slices of lamb or chicken marinated in spices and cooked with herbs, fairly mild.	
Chicken or Lamb Chili Massala (hot)	8.95 / 9.50
Chicken or lamb tikka cooked with fresh green chilies.	
Cowes Mixed Massala (mild)	9.95
Chicken, lamb and king prawn cooked in the tandoor and then in the frying pan in a rich tandoori sauce.	
Batak Tikka Massala (mild)	11.95
Diced pieces of duck marinated overnight, barbecued in the tandoor then finished in an enriched massala sauce for a doubling flavour.	
Tandoori King Prawn Massala (mild)	11.95
Medium curry dish, cooked twice, first in the tandoor and then in the frying pan in a rich tandoori sauce.	

SPECIAL CURRY DISHES

Murgh Sat Kora (medium)	8.95
Chicken cooked with medium spice and Bangladeshi wild lemon.	
Chicken Koral (fairly hot)	9.50
Tender pieces of boneless chicken, tossed in the koral and cooked in dry sauce.	
Akburi Chicken (medium)	9.50
Chicken tikka cooked with tomatoes, lots of coriander.	
Mangsho Sat Kora (medium)	9.50
Lamb cooked with medium spice and Bangladeshi wild lemon.	
Garlic Chicken/Lamb (fairly hot)	9.50 / 9.95
Medium dry curry cooked with fresh garlic and coriander.	
Chicken/Lamb Jalfrezi (hot)	9.50 / 9.95
An exceptional and spicy combination of chicken or lamb, garlic, ginger and fresh green chilies with dried onions.	
Chicken Mughai (mild)	9.95
A luscious Indian delicacy cooked with cream and dried fruit. Mild and full of flavour.	
Achhari Chicken Ka-Salon (hot)	9.95
Chicken marinated in spicy pickle, grilled in tandoor, then cooked in frying pan.	
Patina Ghost (medium)	9.95
A lightly spiced dish of lamb flavoured with mint, cooked in ghee (clarified butter).	
Lamb Koral (fairly hot)	9.95
Tender pieces of boneless lamb, tossed in the koral and cooked in dry sauce.	
Achhari Gusht Ka-Salon (hot)	10.50
Lamb marinated in spicy pickle, grilled in tandoor, then cooked in frying pan.	
Nizami Chicken (fairly hot)	10.95
Chicken tikka cooked with fresh ginger, garlic, green chilies, mustard seed and yoghurt.	
Sughanda Chicken (mild)	10.95
Chicken tikka massala cooked with Tika Mino liqueur.	
Batak Jalfrezi (hot)	11.95
An exceptional and spicy combination of diced lean duck in a sauce of garlic, ginger and fresh green chilies with dried onions.	
King Prawn Jalfrezi (hot)	11.95
An exceptional and spicy combination of king prawns, garlic, ginger and fresh green chilies with dried onions.	
King Prawn Koral (fairly hot)	11.95
Pieces of king prawn tossed in the koral and cooked in dry sauce.	
King Prawn Sat Kora (medium)	11.95
King prawn cooked with medium spice and Bangladeshi wild lemon.	
Cowes Tandoori Special (medium)	13.50
A piece of tandoori chicken, chicken tikka, lamb bhuna, vegetable curry, pilau rice and side salad.	

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

ORIENTAL BIRYANIS

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

Chicken/Prawn Biryani	10.50 / 11.50
Lamb Biryani	10.95
Chicken Tikka Biryani	10.95
Lamb Tikka Biryani	11.95
Cowes Mixed Biryani (Chicken, lamb and prawn, served with omelette on top)	11.95
King Prawn Biryani	12.50
Tandoori King Prawn Biryani	13.50