

# EARLY BIRD MENU

From 5pm - 7:15pm

£9.95  
per person

- (1) Pick a Starter
- (2) Pick a Main Dish
- (3) Choose Spice Strength
- (4) Choose a Sundrie

## 2. Choose your style of dish.

All dishes can be cooked from Very Mild to Very Hot upon request.



If you have a food allergy please speak to a member of staff before placing your order.

## STARTERS



### MEAT

#### MEAT & VEG STARTER

A mix selection of starters chicken tikka (boneless), seekh kebab, onion bhaji & mushroom pakoras.

#### MIXED KEBAB

A selection of tandoori chicken, lamb chop and seekh kebab.

#### MURGH PAKORA

Tender chicken fillets marinated with green chillies, herbs and spices deep fried in batter.

#### SEEKH KEBAB

Minced meat barbecued with fresh herbs and spices on skewers over charcoal.

#### TANDOORI MURGH

Succulent boneless pieces of spring chicken marinated in yoghurt and spices then barbecued in a tandoor.

#### CHAPLI KEBAB

Minced meat, spring onions, tomatoes, herbs, spices and egg (a shallow pan fried chunky kebab).

#### SHASHLIK BOTI

Lightly spiced and grilled fillet of chicken breast served with peppers, onions drizzled with imli sauce (sweet tangy sauce).

#### MEAT SAMOSAS

Minced meat with peas in filo pastry and deep fried.

#### CHEESY MEAT SAMOSAS

Minced meat with peas and cheese in filo pastry.

### VEGETABLE

#### ALOO TIKKI

Spicy softened potatoes combined with cheese and fresh coriander deep fried in a egg batter.

#### GOBI VEG PAKORA

Lightly spiced fresh cauliflower florets and mixed veg dipped in a spicy batter & deep fried.

#### MUSHROOM PAKORA

Fresh mushrooms dipped in a spicy batter & deep fried.

#### ONION BHAJI

Sliced onions marinated in a spicy batter & deep fried until golden brown.

#### MIX VEG STARTER

Onion Bhaji, Aloo Tikki, Mushroom Pakora & Gobi Veg Pakora.

#### VEG SAMOSA

Spicy vegetables enclosed in deep fried triangular pastry.

### PURIS

#### CHANNA PURI

Spicy chick peas combined with onions and capsicums served on a pancake of lightly fried unleavened bread.

#### MURGH PURI

Small pieces of chicken cooked with onions and capsicums served on a pancake of lightly fried unleavened bread.

#### MURGH & CHANNA PURI

Small pieces of chicken & spicy chick peas cooked with onions and capsicums served on a pancake of lightly fried unleavened bread.

#### PANEER PURI

Small pieces of Indian cheese cooked with onions & capsicums served on a pancake of lightly fried unleavened bread.

#### MUSHROOM PURI

Mushroom slices combined with onions, peppers served on a puri bread.

#### CHICKEN CHAAT

Spiced pan cooked small pieces of breast. Served with chickpeas, potatoes and yogurt. Garnished with bits of crunchy pastry & tangy sauce.

### SIZZLERS

#### CHEF'S MEAT SIZZLER

Serves 2 people. Tandoori murgh, lamb chops, seekh kebabs, spicy shashlick boti, served sizzling with fried onions & green peppers.

#### CHEF'S VEG SIZZLER

Serves 2 people. Onion bhajis, aloo tikki, vegetable samosa, mushroom pakoras, gobi veg pakoras, served sizzling with onions & green peppers.

#### CHICKEN LIVERS

Fresh chicken liver marinated in selected spices and roasted in a tandoor oven, served sizzling.

#### KARRARA MAKKHI MURGH

Crunchy spicy chicken fillet with a trickle of honey served on a bed of sizzling onions peppers and tomatoes with a hint of lime.

#### LAMB CHOPS

Tender lamb chops marinated in yogurt and spices and then barbecued in the tandoor, served sizzling with vinegaretted onions.

#### PANEER TIKKA

Small chunks of Indian cottage cheese coated with lightly spiced marinade and grilled in a tandoor.

#### DESI NAMBALI CHICKEN

Lightly spiced chicken breast pieces garnished with melted cheese. Served sizzling with baby potatoes, onions & peppers.

Poppadom	£0.80
Pickle Tray	£1.70
Lime Pickle	£0.80
Mint Sauce & Onions	£0.80

## MAIN DISHES

### 1. Choose your Meat or Veg.

#### Chicken

Boneless breast pieces.

#### Chicken Tikka

Grilled chicken boneless breast pieces.

#### Keema

Minced meat.

#### Gosht

Boneless meat pieces.

#### Mixed Gosht

Chicken & meat.

#### Mixed Sabzi

Fresh mixed vegetables.

#### Add extra veg

75p

## OLD CLASSICS

#### ACHAR DISH

Traditional mixed pickle fused into a masala sauce giving your taste buds a twist of flavours between the two combinations. Cooked with fresh garlic, ginger, achar masala (mixed pickle), yoghurt and fresh coriander.

#### BALTI DISH

Onions and capsicums briskly sauteed with ginger, garlic, tomato puree, yoghurt, a hint of lemon and aromatic spices served in a wok style dish with a sprinkling of fresh ginger and coriander.

#### BALTI CHILLI DISH

The chilli dishes are cooked with capsicums, fresh green chillies, tomatoes, onions, ginger and garlic. A hot fiery dish.

#### BHUNA DISH

Cooked with diced onions, capsicums and coriander fused with a mixture of spices.

#### BIRYANI DISH

Spicy basmati rice cooked together with onions and selected mild spices served with salad and a lightly spiced sauce with garden peas (extra 50p).

#### MADRAS DISH

Cooked with herbs, spices, ginger, garlic, in a special medium hot madras sauce.

#### DANSAK DISH

A Persian style curry of medium spice with lentils and pineapple. A sweet and sour taste.

#### DHAHI DISH

Cooked with yoghurt, mint and a selection of spices, tomatoes, coriander, creating a slightly fragrant and tangy taste to the curry.

#### DOPIAZA DISH

Cooked with an abundance of onions, green peppers, ginger, garlic, selected spices and coriander in a slightly thinner sauce.

#### JALFREZI DISH

A dish sautéed with onions, capsicums, ginger, fresh green chillies, tomatoes combined with egg creating a thick sauce. A hot fiery dish of madras strength.

#### KARAHI DISH

Pan fried with onions, ginger, garlic, cumin, coriander and dry methi with fresh tomatoes in a thick sauce.

#### MASALA DISH

Cooked with herbs, spices, ginger and garlic cooked in a special masala sauce.

#### MASALA DOPIAZA DISH

A dish with onions and capsicums in a thick masala sauce with a scattering of coriander.

#### PATHIA DISH

A sweet and sour dish served in medium hot sauce.

#### ROGAN JOSH DISH

A dish combining diced onions, capsicums, garlic and ginger served in a lemony tandoori sauce and garnished with fresh coriander and chopped tomatoes.

#### SAAG DISH

Tenderly cooked with spinach and a blend of herbs and spices.

#### TANDOORI MASALA DISH

Marinated in yoghurt and spices, barbecued then cooked in a tandoori masala sauce with fresh coriander. A tangy tasty dish.

## CREAMY DISH

#### KORMA DISH

A mild dish cooked with a touch of ginger, garlic, coconut cream and fresh cream.

#### SHAHI KORMA DISH

A mild dish cooked with a touch of ginger, garlic, coconut cream, fresh cream and a hint of honey (sweeter sauce).

#### MAKHANI DISH

A rich but mild dish cooked with ground cashew nuts, coconut cream, fresh cream, a few select spices, ginger, garlic, a hint of butter and the juice of bay leaves. (Can be spiced up on demand).

#### PASANDA DISH

Served with a creamy medium sauce, an abundance of spices with fresh green chillies, topped with flaked almonds.

#### CREAMY MASALA DISH

Cooked with herbs, spices, ginger and garlic cooked in a special masala sauce.

# CHEF'S SPECIALS

## CHICKEN AND KEEMA KARAH

Fresh chicken and meat mince pan fried with onions, ginger, garlic, cumin, coriander, dry methi and fresh tomatoes cooked in a dense sauce.

## CHICKEN SAAG KARAH

Fresh chicken fillets pan fried with onions, ginger, garlic, cumin, coriander, dry methi and fresh tomatoes in a thick sauce.

## CHEESY BALTI MURGH TIKKA AND KEEMA

(Lucys special Dish) A creation first requested by a loyal customer and which has tickled many taste buds thereafter. Marinated chicken tikka pieces cooked in a tandoor oven, added to a balti sauce along with minced meat cooked with onions, peppers, ginger, garlic, cumin seeds, fresh coriander in a well done thick saucy dish. Finished with a melted cheese topping.

## LAHORI MURGH KARAH

Boneless pieces of chicken cooked with onions, capsicums briskly sauteed with ginger, garlic, tomato puree, yoghurt and a hint of tamarind sauce (sweet and tangy sauce). Medium hot spiced dish.

## MURGH SHASHLIK SIZZLER

Fresh chicken fillets cooked in a tandoor oven and served with a bed of pan fried onions, capsicums and tomatoes infused with a hint of lemon. Accompanied by pilau rice and a lightly spiced sauce with fresh garden peas. A mild spiced Persian style dish. Another Kipling's award winning dish.

## KIPLING'S SPECIAL BIRYANI

Chicken, meat, and vegetables stir fried with onions, selected spices combined with pilau rice served with a garnish of egg & salad accompanied by a lightly spiced sauce with fresh garden peas.

## KIPLING'S SPECIAL KORMA

A mouth-watering dish with a hint of ginger, garlic, coconut cream, double cream, ground cashew nuts and the chefs special spices. Very rich but mild dish making this the King of Kormas, Cooked with either:

Chicken

Meat

Mix Veg

## GOSHT LAZIZ

Traditionally cooked boneless pieces of meat and blend of dry roasted Kashmiri spices with touch of coconut juice & fresh cream. Giving that subtle sweet and spicy flavour.

## KARAH FRY GOSHT

Marinated juicy tender pieces of meat pan cooked with ginger, garlic & red onions. A separate karahi fry sauce is added together to a handi & left to simmer on low heat.

## MURGH GARLIC CHILLI DISH

Boneless chicken cooked with roasted sliced garlic, ginger and fresh tomatoes in a spicy Kiplings sauce with fresh pieces of green chillies. A must for garlic & chilli lovers.

## DESI BUTTER CHICKEN

Special delicate blend of Kiplings finest spices in a creamy rich sauce with melted butter cooked together with boneless pieces of chicken & hint of coconut. A North Indian Dish. Favourite for cream/coconut lovers. (Can be spiced Mild to Hot upon request).

## MUGHALI MURGH HANDI

A traditional mughal dynasty dish. Hint of fruit - fresh mangoes pureed cooked with a spicy selection of Kiplings spices and fresh green chillies, ginger, garlic and green cardomons creating a spicy tantalising taste.

## ACHARI CHILLI PALAK GOSHT

Tender meat and spinach pan fried with crushed red chillies, fresh methi, tomatoes, ginger, garlic & a hint of tamarind juice combined with a mixture of Kiplings traditional pickle seeds & spices creating a firey kick of tasty tangling flavours.

# GRILLED MAINS

## MEAT SIZZLER

Tandoori murgh, lamb chops, seekh kebabs, spicy shashlik boti pieces, served sizzling with fried onions, green peppers and tomatoes. Served with salad (choice from naan bread, steamed rice or chips).

## GRILLED LAMB CHOPS

Tender lamb chops marinated in yogurt and spices and then barbecued in the tandoor, served sizzling with vinegarette onions. Served with salad (choice of naan bread, steamed rice or chips).

## GRILLED CHICKEN TIKKA

Succulent boneless pieces of spring chicken marinated in yoghurt and spices then barbecued in a tandoor (choice of naan bread, steamed rice or chips). Served with salad.

## CHAPLI KEBABS

Minced meat, spring onions, tomatoes, herbs, spices and egg, a shallow pan fried chunky kebab. (choice of naan bread, steamed rice or chips). Served with salad.

# VEGETABLE DISH

## ALOO CHANNA MASALA

Appetising spicy potatoes combined with chick peas, medium spiced and served in a masala sauce.

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## BOMBAY ALOO

Potatoes cooked with onions and fused with ginger and garlic in a spicy sauce.

## CHANNA MASALA

Chick peas sauteed with ginger, garlic, tomato puree and medium hot spices sprinkled with fresh coriander.

## KUMBI MASALA

Sliced mushrooms fused with spices cooked in a rich sauce.

## SAAG ALOO

Spinach and potatoes with a hint of garlic and ginger very lightly spiced.

## SAAG PANEER

Spinach and Indian cheese with a hint of garlic and ginger then very lightly spiced.

## TARKA DAL

Lentils cooked with garlic, ginger, very lightly spiced medium hot spices and fresh coriander.

## ZEERA ALOO

Seasoned potatoes fused with ginger, garlic, tomato puree, spiced with cumin seeds and sprinkled with fresh coriander.

## PANEER KARAH

Indian cottage cheese cooked in karahi style spices.

## MUTTER PANNER KARAH

Fresh garden peas and Indian cheese with a hint of yogurt, garlic and ginger (medium spiced).

# SUNDRIES

CHAPATTI £0.60

TANDOORI ROTI £0.90

Chapatti cooked in a tandoor oven.

PLAIN PARATHA £1.95

Flaky buttery chapatti.

KEEMA PARATHA £2.95

With lightly spiced minced meat.

ALOO & CHILLI PARATHA £2.25

With lightly spiced mashed potatoes & crushed red chillies.

TANDOORI NAAN £2.95

Plain naan.

GARLIC NAAN £2.95

PESHAWARI NAAN £2.95

A naan filled with a selection of crushed cashew nuts, a touch of cream, coconut, honey and sultanas (Kipling's Special Naan).

CHILLI PESHAWARI NAAN £2.95

A naan filled with a selection of crushed cashew nuts, a touch of cream, coconut, honey, sultanas & chopped green chillies.

CHEESE NAAN £2.95

Naan with a cheese filling.

CHEESE & GARLIC NAAN £2.95

Naan with a cheese filling and a coating of garlic.

SPICY CHILLI NAAN £2.95

Spicy naan with fresh green chillies.

GARLIC & CHILLI NAAN £2.95

Spicy naan brushed with garlic.

CORIANDER & CHILLI NAAN £2.95

Spicy naan infused with fresh coriander and green chillies.

KEEMA NAAN £2.95

Naan stuffed with spiced minced meat.

FAMILY NAAN £4.00

Plain.

FAMILY NAAN £4.95

Light filling.

PILAU RICE £2.30

Lightly spiced basmati rice.

BOILED RICE £2.10

Plain rice.

MUSHROOM PILAU £2.85

Pilau rice with mushroom.

SPICY CHANNA PILAU £2.85

Basmati rice combined with spicy chick peas.

EGG FRIED RICE £2.85

Boiled rice stir fried with onions and egg.

LEMON RICE £2.50

Basmati pilau rice cooked with fresh lemon, (spicy tangy taste).

CASHEW NUT PILAU £2.95

Pilau rice cooked with roasted cashew nuts.

CHIPS £2.00

RAITHA £1.95

Cucumber, Onions and Yoghurt.

SIDE SALAD £1.95

# DESI HANDI'S

## Traditional slow cooked dishes.

## GOSHT LAZIZ

Traditionally cooked boneless pieces of meat and blend of dry roasted Kashmiri spices with touch of coconut juice & fresh cream. Giving that subtle sweet and spicy flavour.

# History of Dishes

## Vindaloo Dish

Speaking of curry, Vindaloo lamb or chicken is undoubtedly one of the hottest dishes in the world. Brought to Goa in the western state of India by the Portuguese, this recipe contained lamb or chicken preserved in red wine, peppers and garlic. It was later adopted by the Indians and became a spice-enriched curry. Whatever you do, don't drink a glass of water after downing this dish as it will only make it worse. When your mouth is on fire, lassi (milky drink) is your best option, failing that call your mum for help!!!

## Balti Dish

The Balti dishes, some would argue, are the most authentic curries known to all curry lovers. Balti dishes originated from the northern Pakistani region of Baltistan in Kashmir. All our Balti dishes are cooked in a glowing iron skillet with medium spices, fresh tomatoes, green peppers, coriander, garlic, root ginger and selected Northern Frontier herbs and spices. Only the freshest traditional spiced spices are used, all specially ground and blended to a unique Kiplings recipe.

## Jalfrezi Dish

Jalfrezi is not a traditional Indian dish as such but, like the bhuna, is actually a method of cooking. It literally means hol-fry but is probably better translated as stir-fry. The term Jalfrezi entered the English language at the time of the British Raj in India. The Jalfrezi method is to stir-fry green peppers, eggs, onions and plenty of green chillies as the basis for a curry with just a little sauce. The chillies and egg make the Jalfrezi taste very fresh and hot.

## Korma Dish

The word Korma derives from the Turkish verb for roasting and grilling. It is a characteristic Indian dish which can be traced back to the 16th century and to the Mughal incursions into present day Northern India, Pakistan and Bangladesh. Classically, a korma is defined as a dish where meat or vegetables are braised with water stock, and a creamy yogurt. This dish is cool and creamy, a hint of coconut was added to create refreshing taste. A must for the milder palate or for those seeking a smooth introduction to the indigenous delights of Indian cuisine.

## Masala Dish

The word Masala, typically means spice mix so recipes for Masala dishes can be as varied as the chefs that cook them. The most famous being the Chicken Tikka Masala, these dishes are cooked to perfection with a plethora of herbs and spices giving a thick delicious masala sauce. Also now Britains No.1 food dish. You can't beat it, just enjoy it here at Kiplings.

## Dopiazza Dish

The dopiazza is a true Indian dish dating back to Mughal times. The name "Dopiazza" literally means "2 Onions". The dish is freshly prepared with spices, herbs, garlic, ginger and the most important ingredient - onions, which are introduced into the dish twice during the cooking process; once at the start and also as a garnish. It is made medium hot and is usually served with an Indian flat bread like Naan or Roti.

## Rogan Josh Dish

Rogan Josh originates from hills of Kashmir. Rogan means "oil" in Persian, while Josh means heat, hot, boiling or passionate. Rogan Josh thus means cooked in oil at intense heat. Rogan Josh has a red colour which is characteristic to this dish and is achieved by using a Kashmiri ground red pepper which is not as hot as other Indian peppers. Rogan Josh was brought to Kashmir by the Mughals.