

# THE CAPITAL

INDIAN RESTAURANT

# MENU

 **New Dish**     **Vegetarian Dish**    **N Contains Nuts**

[WWW.CAPITALINDIAN.CO.UK](http://WWW.CAPITALINDIAN.CO.UK)

# STARTER MENU

**New** Hariali Chicken Tikka ..... £4.95

Green chicken with organic flavours, green chilli, coriander, spinach & cooked in charcoal.

**New** V Aloo Tikka ..... £3.95

Tandoori spiced potatoes served with puree.

**New** V Vegetable Momo ..... £4.45

Spring onion, coriander, chilli, turmeric and green pepper.

King Prawn Suka ..... £6.95

Tamarind, garlic, honey, chilli, salt and turmeric.

Xenuk (Mussels) ..... £4.65

Cooked with spices in shell.

Chicken Momo ..... £4.95

Spring onion, coriander, chilli, turmeric and green pepper.

Fish Momo ..... £4.95

Spring onion, coriander, chilli, turmeric and green pepper.

Boti Kebab Tandoori ..... £5.50

Lamb cubes, stir fried with spices, onions, green peppers and herbs.

Liver Tikka ..... £4.75

Liver barbecued in charcoal, peppers onion and chilli, medium spiced delicacy.

Sheek Kebab ..... £3.95

King Prawn Butterfly ..... £5.50

King Prawns Bhaji ..... £6.95

Grilled Garlic King Prawn ..... £7.45

Chicken Chat Masala ..... £4.45

V Onion Bhaji ..... £2.95

Garlic Mushroom Chicken ..... £4.45

Soup Lentil or Mulagatani ..... £2.95

Tikka Chicken Paneer ..... £4.85

Cooked in tandoor and served with cheese.

V Palak Pakora ..... £3.45

Lightly spiced spinach and onion savoury.

V Dahi Begun ..... £4.45

Lightly spiced mixed veg, in a boat of aubergines, garnished in yoghurt.

Chicken Mirch ..... £4.45

Lightly spiced chicken served in baked green pepper.

Baja Mach ..... £4.75

Lightly spiced fish pan-fried and served with spicy onion sauce.

Chingri Mirch ..... £4.95

Lightly spiced prawns served in baked green pepper.

Tandoori Mach ..... £4.95

Tandoori spiced fish fillet.

V Samosa ..... £4.45

Minced lamb or veg, spiced strudel pastry.

Crab Bhaji On Puree ..... £4.95

Bhuna Prawn On Puree ..... £4.45

Bhuna Chicken On Puree ..... £4.45

Chef's Special Kebab ..... £4.95

Tandoori Mix Kebab ..... £4.95

Tandoori Chicken ..... £4.95

Tandoori King Prawn ..... £7.45

Chicken Tikka ..... £3.95

Lamb Tikka ..... £5.25

Lamb Chops ..... £6.95

## MAIN COURSE POULTRY DISHES

Chicken Madras ..... £8.25

Pieces of chicken cooked in strong spices.

Chicken Vindaloo ..... £8.35

Cooked in strong spices - very hot.

Chicken Bhuna ..... £8.50

(medium dry) chicken with garlic, tomatoes, onion and freshly ground spices.

Chicken Dansak ..... £8.50

(sweet & sour texture & taste) a Dansak is prepared with aromatic spices from the Indian sub-continent & is laced with lemon juice and prepared with lentils.

Chicken Dupiaza ..... £8.50

A medium strength dish where onions and spices are briskly fried.

N Chicken Korma ..... £8.50

A preparation of mild spices, cream and coconut are used to create the delicacy of its flavour & creamy texture.

N Malayan Chicken ..... £8.50

Mild spices in which cream, banana & pineapple are used to create a unique flavour.

Methi Chicken ..... £8.95

Dried chicken in freshly ground fenugreek seeds & dried methi leaves. Medium dry, cooked with herbs & spices.

Chicken Zahl Roshun ..... £9.50

Cubes of spring chicken cooked with garlic and fresh green chillies.

Chicken Sabsi Bahar ..... £9.50

Pieces of chicken stir fried with capsicum, tomato and bindi in a mixture of aromatic Indian spices.

N Chicken Badami ..... £9.50

Breast of spring chicken cooked in a creamy sauce with ground cashew nuts & almonds.

Chicken Achar ..... £9.50

Tender cuts of chicken simmered with pickles, chutney and mango slices. A rich, sweet and sour taste.

Chicken Patil ..... £9.50

Tender cuts of chicken cooked in a mixture of spices and prepared to our chef's own special recipe.

Chicken Biryani ..... £9.95

# MAIN COURSE

## POULTRY TIKKA DISHES

<b>Chicken Tikka Madras</b> .....	<b>£9.35</b>	<b>N Makhoni</b> .....	<b>£9.50</b>
<i>Cubes of chicken cooked in strong spices.</i>		<i>Tikka chicken in a rich creamy sauce – preparation of the sauce consists of butter, fresh cream, ground almond &amp; coconut, mango flavour &amp; a mixture of mild spices.</i>	
<b>Chicken Tikka Vindaloo</b> .....	<b>£9.45</b>	<b>Chicken Tikka Karahi</b> .....	<b>£9.50</b>
<i>Very hot.</i>		<i>Medium hot chicken dish cooked with crispy onion, green chilli, tomato and green peppers tossed in butter.</i>	
<b>Chicken Tikka Bhuna</b> .....	<b>£9.50</b>	<b>Chicken Tikka Shashlick</b> .....	<b>£9.50</b>
<i>Cubes of spring chicken with garlic, tomatoes, onion and fresh ground spices. Deliciously medium dry.</i>		<i>Special pieces of chicken barbecued on skewer with tomatoes, capsicum and onion.</i>	
<b>Chicken Tikka Dansak</b> .....	<b>£9.50</b>	<b>Lanka Piazza Chicken Tikka</b> .....	<b>£9.50</b>
<i>Cubes of chicken prepared with lentils which together create a sharp, sweet and sour texture and taste.</i>		<i>A delightful combination of fried green peppers, fried onions chilli, garlic and fresh coriander in a hot sauce.</i>	
<b>N Chicken Tikka Masala</b> .....	<b>£9.50</b>	<b>Mirchi Masala Chicken Tikka</b> .....	<b>£9.50</b>
<i>Special tikka chicken barbecued in tandoor then cooked with fresh coconut, almond and a mixture of medium spices giving a unique taste and rich flavour.</i>		<i>Our chef will specially prepare individually – very hot.</i>	
<b>Chicken Tikka Dupiaza</b> .....	<b>£9.50</b>	<b>Chicken Tikka</b> .....	<b>£9.50</b>
<i>Cubes of chicken cooked in medium strength sauce, where onion and spices are briskly fried.</i>		<i>Pieces of chicken breast marinated in yoghurt with mild spices. Barbecued in a charcoal oven served sizzling with green salad.</i>	
<b>N Chicken Tikka Korma</b> .....	<b>£9.50</b>	<b>Tandoori Chicken</b> .....	<b>£9.50</b>
<i>Cubes of chicken prepared with mild spices in which cream and coconut are used to create the delicacy of its flavour and creamy texture.</i>		<i>Tender half spring chicken marinated in yoghurt, ginger, garlic, lemon juice and spices, cooked in a charcoal tandoori oven, served sizzling with salad.</i>	
<b>Chicken Tikka Sri Lanka</b> .....	<b>£9.50</b>	<b>Chicken Tikka Jalfrezi</b> .....	<b>£9.50</b>
<i>Prepared with coconut and strong spices for a hot taste.</i>		<i>Pieces of tikka spring chicken cooked in a special sauce with capsicum, onions and tomatoes, served on a sizzler.</i>	
<b>Chicken Tikka Singapur</b> .....	<b>£9.50</b>	<b>Zeel Tikka</b> .....	<b>£9.50</b>
<i>Fairly hot, cooked with Okra.</i>		<i>Vindaloo hot, tikka chicken cooked with fresh green chillies and garlic.</i>	
<b>Chicken Tikka Rogan</b> .....	<b>£9.50</b>	<b>Chicken Tikka Biryani</b> .....	<b>£10.95</b>
<i>Medium hot cubes of chicken cooked with tomato, green peppers and garlic. Served in a special fresh tomato and onion sauce.</i>			
<b>Chicken Tikka Pathia</b> .....	<b>£9.50</b>		
<i>The characteristics of this dish is derived from the use of tomatoes and a mixture of hot spices.</i>			

# MAIN COURSE

## LAMB DISHES

<b>Lamb Madras</b> .....	<b>£8.85</b>	<b>N Lamb Badami</b> .....	<b>£10.25</b>
<i>Diced lamb cooked in strong spices.</i>		<i>Diced lamb cooked in a creamy sauce with a ground cashew nuts &amp; almonds with couscous.</i>	
<b>Lamb Vindaloo</b> .....	<b>£8.95</b>	<b>Lamb Dupiaza</b> .....	<b>£9.50</b>
<i>Strong spices - very hot.</i>		<i>A medium spiced dish in which onions and various spices are briskly fried together.</i>	
<b>Lamb Bhuna</b> .....	<b>£9.50</b>	<b>Sag Gosht</b> .....	<b>£10.25</b>
<i>Diced lamb cooked with garlic, tomatoes, onion and freshly ground spices, deliciously medium dry.</i>		<i>Spring lamb cooked with fresh spinach, herbs and spices, garlic flavoured with fenugreek &amp; fresh coriander.</i>	
<b>Lamb Dansak</b> .....	<b>£9.50</b>	<b>Kumra Gosht</b> .....	<b>£10.25</b>
<i>Diced lamb cooked with lentils &amp; spices - sweet &amp; sour from the house of Dansak.</i>		<i>(Pumpkin)</i>	
<b>Lamb Rogan Josh</b> .....	<b>£9.50</b>	<b>Lamb Biryani</b> .....	<b>£10.25</b>
<i>Medium hot tender lamb, cooked with tomato, green peppers and garlic served in a special fresh tomato and onion sauce.</i>			

*Please note: Some of our dishes contains nuts, please inform us upon ordering if you are allergic to any ingredients.*

*\*Please Note: Everyone must have a main course*

# MAIN COURSE

## LAMB TIKKA DISHES

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**N Lamb Tikka Masala** ..... £10.25  
*Specially marinated lamb barbecued then cooked in a mildly spiced sauce.*

**N Lamb Pasanda** ..... £10.25  
*Fillet of lamb cooked in fresh cream, cultured yoghurt with couscous, almonds & cashew nuts in a delicate sauce.*

**Lamb Tikka Bhuna** ..... £10.25  
*Cubes of marinated lamb barbecued and cooked with garlic, tomatoes, onions and freshly ground spices, deliciously medium dry.*

**Lamb Tikka Chilli Masala** ..... £10.25  
*Cubes of marinated lamb barbecued and cooked in a special blend of hot spices with fresh green chillies.*

**Lamb Tikka Sabsi Bahar** ..... £10.25  
*Diced lamb, stir fried with capsicum, tomato and bindi in aromatic Indian spices.*

**Lamb Tikka Jalfrezi** ..... £10.25  
*Cubes of tikka lamb cooked in a special sauce with capsicum, onion and tomatoes served on a sizzler.*

**Lamb Tikka Biryani** ..... £10.95

# MAIN COURSE

## SEAFOOD DISHES

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**Madras Prawn** ..... £8.50  
*Prawns cooked in strong spices.*

**Prawn Bhuna** ..... £8.95  
*Prawns cooked with tomato and capsicum, medium spices and served in a special thick sauce.*

**Prawn Dupiaza** ..... £8.95  
*A medium strength dish with onion and spices briskly fried.*

**Chingri Sagwala** ..... £9.50  
*Prawns and fresh spinach mostly cooked with garlic, ginger, cumin and a mixture of herbs and spices, garnished in coriander.*

**King Prawn Bhuna** ..... £13.50  
*King prawns cooked with tomato and capsicum, medium spiced and served in a special thick sauce.*

**Tandoori King Prawn** ..... £14.95  
*King prawns marinated in yoghurt, fresh herbs and garlic flavour, grilled over charcoal and served with salad.*

**Tandoori Chilli Chingri Masala** ..... £14.95  
*Super king prawns first barbecued then cooked with a special blend of hot spices and fresh green chillies.*

**Tandoori King Prawn Shashlick** ..... £14.95  
*Super king prawns barbecued on a skewer with tomatoes, capsicum and onions.*

**N Shahjhani Chingri** ..... £14.95  
*King prawns cooked in fresh cream, yoghurt and almonds in a subtly spiced, mango flavour.*

**Chingri Sabji Bahar** ..... £14.95  
*King prawns stir fried with capsicum, tomato and bindi in a mixture of aromatic Indian spices.*

**N Tandoori King Prawn Masala** ..... £14.95  
*Charcoal grilled king prawns cooked in a special unique masala sauce.*

**Grill Garlic Tandoori King Prawn** ..... £14.95  
*Served with salad.*

**King Prawn Zinga** ..... £16.95  
*Tiger king prawn cooked with olive oil & garlic, peppers, raj naga pickle, mango, chutney, chefs own spices garnished with bean spout served with rice & vegetable dishes.*

**Prawn Biryani** ..... £9.95

**King Prawn Biryani** ..... £14.95

# FISH DISHES

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*The finest fish available, unless specified. Served as fillet to produce a unique choice of main courses.*

**Ayre Mass Masala** ..... £11.95  
*Slices of King Bangladeshi fish known as Ayre, marinated overnight and served in a wonderful onion flavour sauce.*

**Ayre Jalfrezi** ..... £11.95  
*Fillet of Ayre in a terrific, hot spicy sauce of green chillies, turmeric, garlic & ginger.*

**Karai Ayre** ..... £11.95  
*Fillet of Ayre cooked in the karai with green chilli, fresh ginger, garlic, tomatoes, onion and capsicum.*

**Mach Beeran** ..... £13.95  
*Lightly spiced fish pan-fried, served with sweet and sour sauce, pilau rice and mixed vegetable bhaji.*

**Macher Shira** ..... £11.95  
*Very lightly spiced fish, cooked with onions, green chilli, mustard seed and herbs.*

# DUCK DISHES

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## Chot Poti Shally Hansh ..... £12.95

Medium hot dish, cooked with garlic, green chillies and potatoes.

## Jal-Jhool-Hansh ..... £12.95

Breast of duck cooked in a spicy sauce, very hot - a traditional Bengal curry.

## N Imlidar Misti Hansh ..... £12.95

Lean slices of duck breast, cooked with tamarind and honey in a mild cream sauce.

## Roshuni-Hansh ..... £12.95

Bhuna type of curry cooked with specially prepared spices with generous use of garlic, green pepper and fresh herbs.

# BALTI DISHES

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This genuine and authentic Balti is cooked with an exotic collection of herbs, spices and a touch of minced lamb, distinctively blended in the traditional way of the Punjab and Bengal. We carefully select freshly grind spices to give each dish its unique taste. Balti dishes are cooked and served in an Indian wok (Balti) which enhances the flavour and aroma of this type of cuisine.

## Mixed Balti ..... £14.95

## Balti Garlic Chicken Sag ..... £13.95

## Balti Chicken ..... £12.50

## Balti Special Garlic Chicken ..... £12.95

## Balti Chicken Tikka ..... £12.95

## Balti Special Garlic Chicken Tikka ..... £13.50

## Balti Chicken Chilli ..... £13.50

## Balti Lamb ..... £13.95

## Balti Lamb Tikka ..... £14.95

## Balti King Prawn ..... £15.95

## Balti Garlic Tandoori King Prawns ..... £16.95

## Balti Hansh ..... £13.95

# SPECIALS

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## Lamb Chop Special ..... £16.95

(With Plum Sauce and coriander) Lamb chop on the bone marinated overnight in chef's special spices then cooked in the tandoori oven served with pilau rice & onion bhaji.

## N Hariali ..... £9.95

Lean chicken breast, marinated and barbecued in the tandoor and cooked again with fresh crushed garlic, ginger, chilli, coriander, a pinch of sugar, cream and spinach. The dish is of distinctive colour, hence the name harali (green).

## N Nawabi ..... £9.95

Tender pieces of chicken breast, marinated and barbecued over flaming charcoal and then cooked again in a wonderful, subtle mango flavoured creamy sauce, mild into medium strength.

## Special Delight ..... £14.95

Chicken breast cooked in chef's style sauce, served with mince meat, rice and vegetable side dishes.

## Satkora Chicken/Lamb ..... £10.95

Bhuna style cooked with citrus fruit called satkora.

## Zaffron King Prawn ..... £17.95

King prawns cooked with special blend of appropriate spices, aromatic saffron and fresh herbs, served with pilau rice, brinjal bhaji and crispy okra.

## Capital Exclusive Lamb ..... £15.95

A special cut of spring lamb cooked in a method of a traditional manner to preserve the flavour and authenticity of the dish. It is a dish full of flavour and pleasantly aromatic and of medium strength. Served with basmati rice and all the trimmings.

## Exclusive Chicken Breast ..... £14.95

A special cut of spring chicken cooked in a method of a traditional manner to preserve the flavour and authenticity of the dish. It is a dish full of flavour and pleasantly aromatic and of medium strength. Served with basmati rice and all the trimmings.

## Fried Garlic King Prawn ..... £14.95

King prawns, cooked with garlic sauce. Served with salad.

## Mushoree (Chicken or Lamb) ..... £10.95

Bhuna style red lentils.

## Kaleji Karahi ..... £10.95

Marinated lamb liver cooked with crispy onion, fresh green chillies, tomato and green peppers finished finished in butter tarka.

## Special Delicacy ..... £17.95

King prawns cooked in medium special sauce, garnished with bean sprout served with rice and vegetable side dish.

# CHEF RECOMMENDATIONS

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## Thali Non-Vegetable ..... £15.95

Served with chicken tikka masala, bhuna meat, balti chicken, lamb madras, chicken tikka, pilau rice and nan bread.

## Thali Tandoori ..... £16.95

Sheek kebab, tandoori king prawn, tikka chicken, tikka lamb, tikka chicken masala, pilau rice and keema nan.

## Thali Vegetable ..... £13.95

With veg curry, bindi bhaji, dall tarka, aloo gobi, pilau rice and plain nan.

## Tandoori Mix Grill ..... £12.95

Cubes of chicken tikka, lamb tikka, sheek kebab, tandoori king prawn, tandoori chicken cooked on skewers served on a sizzler with fresh salad and mint dressing.

# VEGETABLE OPTION OR SIDES

Sides are only available with main courses or 2 sides are equivalent to a main course.

**New** Veg Sabzi Bahar ..... £8.95

Vegetable stir fried with capsicum, tomato and bindi in a mixture of aromatic Indian spices.

**New** Veg Malay Kufta ..... £8.95

Vegetable dumplings in medium bhuna sauce.

**New** Veg Jalfrezi ..... £8.75

**New** Veg Biryani ..... £9.50

Khodu Bhaji ..... £3.95/£7.95

Tender pumpkin, cooked with spices.

Bindi Bhaji ..... £3.95/£7.95

Tender orka, stir fried with herbs and spices.

Mushroom Bhaji ..... £3.95/£7.95

Fresh mushrooms moistly cooked with onions.

Bombay Aloo ..... £3.95/£7.95

Spicy hot potatoes.

Tarka Dall ..... £3.95/£7.95

Lentil flavoured with garlic.

Mator Paneer ..... £4.25/£8.50

Peas and cheese.

Sag Paneer ..... £4.25/£8.50

Spinach and cheese.

Aloo Gobi (Medium) ..... £4.25/£8.50

Fresh cauliflower & potatoes.

Sag Bhaji ..... £3.95/£7.95

Fresh spinach with garlic and onions.

Sag Aloo ..... £4.25/£8.50

Fresh Spinach cooked with potatoes.

Vegetable Curry ..... £3.95/£7.95

Mixed vegetables in a medium spicy sauce.

Raitha ..... £1.25

Cultured yoghurt & herbs with cucumber or banana.

# RICE DISHES

**New** Tikka Pilau ..... £4.25

**New** Nut Pilau ..... £3.95

**New** Coriander Pilau ..... £3.95

Special Egg Pilau ..... £3.95

Vegetable Pilau ..... £3.50

Mushroom Pilau ..... £3.50

Keema Pilau ..... £3.50

Garlic Pilau ..... £3.50

Pilau Rice ..... £3.45

Boiled Rice ..... £3.40

# SUNDRIES

**New** Balti Nan ..... £2.95

Stuffed with green chillies.

**New** Tikka Nan ..... £2.95

With spicy tikka chicken.

Keema Nan ..... £2.95

With spiced minced lamb.

Stuffed Paratha ..... £2.95

Leavened whole-wheat bread stuffed with vegetables and topped with butter.

Cheese Nan ..... £2.95

Cheese & Onion Nan ..... £2.95

Peshwari Nan ..... £2.95

With almonds and sultanas.

Garlic Nan ..... £2.95

With garlic.

Plain Nan ..... £2.50

Leavened bread made from fine flour.

Chapati ..... £1.25

Made with wholemeal flour.

Papadoms (plain or spiced) ..... £0.75

Assorted Pickle Per Person ..... £0.75

# SET MEALS

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## MEAL FOR TWO - £49.95

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### Starters

*Sheek Kebab, Bhuna Prawn Puree,  
Papadoms and Pickles.*

### Main Course & Sides

*Balti chicken, Lamb Sabsi Bahar,  
Mushroom Bhaji,  
Egg Pilau.*

### Sundries

*Plain Nan,  
Banana Raitha.*

### Dessert

*Ice Cream, Coffee and Mints.*

## MEAL FOR FOUR - £95.00

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### Starters

*Chicken Tikka, Pakora, Chicken Chat Masala,  
Lamb Tikka, Papadoms and Pickles.*

### Main Course & Sides

*Chicken Tikka Masala, Lamb Pasanda,  
Madras Chicken, Chingri Sabsi Bahar,  
Bindi Bhaji, Sag Aloo,  
Mixed Vegetable Pilau, Plain Pilau Rice.*

### Sundries

*Peshwari Nan, Stuffed Paratha,  
Cucumber Raitha.*

### Dessert

*Ice Cream, Coffee and Mints.*