

WELCOME TO

JALALABAD 2

INDIAN CUISINE

www.jcuisine.co.uk

While deciding what to have, nibble on some.....

Pappadom £0.60, Masala Pappadom £0.60, Mango/Lime/Chilli Pickle £0.60

Mango Chutney £0.60, Onion Salad £0.60

STARTERS

SOUP (Daal (lentils) or Mulligatawny (Spicy Curry) our own special recipe) £2.25

SAMOSA (2 Per Portion) Thin, triangular light pastry with a lightly spiced filling and deep fried until golden brown **Meat Somosa or Vegetable** £2.75

ONION BHAJI (2 Per Portion) Spicy Patties of finely chopped onions, potatoes and deep fried £2.75

PRAWN COCKTAIL Prawns served on a salad bed with a seafood sauce £3.75

KING PRAWN BUTTERFLY

A whole large king prawn delicately spiced and deep fried £5.25

PAKORA Battered/Bread crumbed and deep fried

CHICKEN OR LAMB £3.25

MUSHROOM/CAULIFLOWER/AUBERGINE £2.95

CHAAT spiced with a specially prepared tangy sauce

ALOO (Potatoes) £2.75

PANEER (Cottage Cheese) / **PRAWN** £3.25

CHICKEN/LAMB (Tikka styled pieces) £3.25

CHAAT PUREE As above but rolled in a deep fried Indian bread

ALOO (Potatoes) £3.75

PANEER (Cottage Cheese) / **PRAWN/ CHICKEN/LAMB** (Tikka styled pieces) £4.25

KING PRAWN £5.95

TANDOORI DISHS

(Barbequed/Cooked in a Clay Oven) The following are marinated in yoghurt based slightly spiced with fresh herbs, ginger, and garlic and cooked to order. All served with salad and Jalalabad special mint sauce

SHEEK KEBAB (2 per portion) Minced Lamb **STARTER/MAIN**
£2.95/£5.50

SHAMI-KEBAB (2 per portion) Mince Lamb patties that are pan-fried £2.95

CHICKEN OR LAMB TIKKA (per portion) £3.25/£5.95

LAMB CHOPS (2 per portion) £4.25/£7.95

TANDOORI CHICKEN ¼ chicken on the bone £2.95

NARGIS-KEBAB Mince Lamb patties pan-fried and served with an omelette £3.95

TANDOORI CHICKEN

(Half/2 pieces) £4.95 (Whole 4 pieces) £9.95

TANDOORI MIX STARTER

Combination of Chicken Tikka, Lamb Tikka, Tandoori King Prawn and Sheek kebab

£5.25

TANDOORI KING PRAWNS

£9.95

TANDOORI MIXED GRILL Contains chicken Tikka, lamb Tikka, Sheek kebab,
Tandoori Chicken and lamb chop

£10.95

SHASHLIK (onions, tomatoes and green peppers skewered and char grilled)

PANEER

£6.95

CHICKEN OR LAMB

£6.95

KING PRAWN

£9.95

TANDOORI MASALA SECTION

A full bodied mild dish in a creamy thick sauce made to our chef's own recipe which is served with a portion of basmati Pilau Chawal

VEGETABLE MASALA

£6.95

CHICKEN OR LAMB TIKKA MASALA

£7.95

TANDOORI CHICKEN MASALA

£7.95

KING PRAWN MASALA

£9.95

FISH SPECIALITY

FISH BHUNA FISH FILLET cooked in a thick sauce, deliciously mild spicy dish

£7.95

FRIED FISH FILLET Pan Fried with onions, spice and herbs

£7.95

FISH MASALA FISH FILLET cooked with Jalalabad's Special Masala sauce

£7.95

CHEF'S SIGNATURE DISHES

JALALABAD CHICKEN MASALA Cooked with whole egg spices and lamb mince	£7.95
BUTTER CHICKEN Charcoal grilled chicken pieces in tomato gravy, butter and cream	£7.95
CHICKEN SUPREME A Breast of chicken marinated in chef's special sauce and charcoal grilled, served with dry fruits, garnished with chopped onions.	£7.95
TANDOORI MORISA chicken or lamb, marinated in our Tandoori Masala sauce, baked into a Tandoori oven with mushroom and chilies.	£7.95
CHICKEN PESHWARI Charcoal grilled in an exotic sauce, garnished with Indian herbs and spices.	£7.95
CHICKEN KEBULL Tender pieces of diced chicken, cooked with chick peas, sweet red peppers and garnished with roasted pistachio nuts.	£7.95
GHOSHT-E-LAZZEZ Barbecued Lamb pieces with tomatoes, green chilies and enhanced with thinly sliced potatoes in a thick sauce.	£8.95
LAL LAMB OR CHICKEN Pieces of Lamb or Chicken marinated in Masala sauce, with coriander, sweet red peppers and sliced red onions rings in a thick sauce.	£8.95
ROUSH-U-NOR CHILLI CHICKEN Tikka pieces with a hint of coriander, green chilies and fresh tomatoes presented in a rich Garlic sauce.	£8.95
TANDOORI MAKHANI Boneless Tandoori chicken in an indulgent ghee, coconut, almonds, honey, nut rich creamy sauce.	£8.95
PASSANDA A choice of Lamb or chicken fillet spiced and simmered in a green creamy yogurt sauce flavored with cardamom, nutmeg and mace.	£8.95
TANDOORI HOUSE SPECIAL Cooked in a traditional Tandoori oven, a mixture chicken, lamb tikka and King Prawn marinated in fresh spices, superbly decorated.	£9.95
SIZZLING KING PRAWN DELIGHT Whole King Prawns diced in a thick sauce of fresh garlic, ginger and sliced onions.	£9.95
KING PRAWN CHEF'S SPECIAL A delight for the senses..... size does matter.	£9.95

BIRIYANI DISHES

Basmati rice, cooked with exotic spices, herbs, almond and sultanas served with vegetable curry side dish.

MIXED VEGETABLE BIRYANI	£6.50
MUSHROOM BIRYANI	£6.50
CHICKEN OR LAMB BIRYANI	£7.20
CHICKEN TIKKA OR LAMB TIKKA BIRYANI	£7.95
PRAWN BIRYANI	£7.95
TANDOORI SPECIAL BIRYANI Chicken & Lamb Tikka and Tandoori King Prawn.	£9.95
KING PRAWN BIRYANI	£9.95
JALALABAD SPECIAL BIRYANI Chicken, Lamb, Prawns and Mushrooms.	£10.95

BALTI SPECIALTIES

A Balti is a small iron/steel with a handle on either side, which has been handed down by the tribesmen of the Khyber Pass who cooked their food this way upon an open fire.

Spices and green herbs such as coriander combine to make a different and special alternative to any other style of Oriental cooking. Balti dishes are enhanced with specially prepared Garam Masala, herbs and spices served with a plain Naan.

SABJEE BALTI MIX	£6.95
BALTI PRAWNS	£7.95
BALTI CHICKEN OR LAMB	£7.95
BALTI MASALA COCKTAIL (Chicken & Lamb Tikka and Kofta)	£9.95
JALALABAD SPECIAL BALTI (Piece of Tandoori Chicken, Kofta and a whole Egg)	£9.95
CHEFS SPECIAL BALTI LAMB CHOPS	£10.95
BALTI TANDOORI KING PRAWN	£10.95

VEGETARIAN SPECIALITIES

SABJEE PAPRI Chick peas and potatoes-mildly hot	£5.25
MUSHROOM CURRY Cooked in rich tomato gravy with homemade spices	£5.25
PANEER MAKHANI Cubes of Indian cheese cooked in a cream sauce with coconut, almond and honey.	£5.50
MUSHROOM DUPIAZA Mushrooms cooked with onions and traditional spices	£5.50
VEGETABLE KORAI Spicy Dish Cooked with finely diced onions and green peppers in a thick sauce with sliced cucumbers served in an iron/steel wok	£5.50

CLASSIC FAVORITES

They represent staple, traditional fare of Britain's Indian Restaurants and are sufficiently well known to merit inclusion in the recipe ranges most incorporate varying proportions of basic curry ingredients such as onion, ginger, garlic, chilli and coriander with ground spices of cumin, pepper, fennel, cinnamon, mustard and cardoman.

CHOOSE THE MAIN INGREDIENTS

CHICKEN OR LAMB £5.25

PRAWN / CHICKEN TIKKA OR LAMB TIKKA £5.95

KING PRAWN £7.95

NOW CHOOSE THE CURRY STYLE

CURRY

Medium spiced sauce, a home style cooking original and authentic.

KORMA

Cooked in a creamy sauce with almonds, coconut and cream. Deliciously mild and sweet.

BHUNA Fairly dry dish, cooked with onions, green peppers and fresh herbs.

ROGAN JOSH

Prepared with medium spices and cooked twice with tomatoes once in the sauce and topped with spiced pan fried tomatoes which are responsible for the red appearance from which this curry drives its title.

DUPIAZA

Relatively medium curry with extra quantity of sliced and cooked onions seasoned with a range of spices to produce a sensational taste.

SAAG

Delightful dry medium curry sauteed with fresh spinach leaves, topped with coriander.

BENGAL SPECIAL

Cooked with egg, potatoes and tomatoes. Rich in flavour with a medium sauce.

KASHMIR A mildly spiced dish prepared with bananas to create a beautiful balanced flavour.

MADRAS

Fairly hot sauce and spices that includes a touch of Lemon juice, red chillies and pureed

VINDALOO

Very hot dish cooked with potatoes this fiery, rich curry is for unshockable palates only.

PHAL Extremely hot curry cooked with Naga chillies, a spicy dish which we doubt that your taste buds have tasted anything hotter.

KARAI

Spicy Dish Cooked with Finely Diced Onions and Green Peppers in A Thick Sauce with sliced cucumbers served in an iron/steel wok

JALFERZI

Cooked with fresh green chillies that are sliced to enrich the aroma of the seeds within to the sauce. This dish is highly spiced and flavoured with fresh herbs

CEYLON

Fairly hot and slightly sour dish with prepared with Coconut.

MALAYA

A mildly spiced dish prepared with pineapple chunks to create a medium balanced flavor.

SABJEE (VEGETABLE SIDE DISHES)

All vegetables are cooked with fresh herbs and the right amount of spices to give you great, simple and honest food.

SIDE £3.10 | MAIN £4.95

MIXED DRY VEGETABLE CURRY A range of vegetables stir fried or cooked in a sauce

BOMBAY ALOO Potatoes cooked with tomatoes, heavily spiced slightly sour hot dish

ALOO GOBI Potato and cauliflower

SAAG ALOO Spinach and potato

GOBI BHAJI Cauliflower

MUSHROOM BHAJI Fresh mushrooms

BINDI BHAJI Okra (Ladies Fingers)

BRINJAL BHAJI Aubergine, lightly spiced

CHANA MASALA Chick peas

TARKA DALL Yellow lentils tempered with cumin, chopped onions and garlic

VEGETABLE SAMBA Vegetable with lentils

CHANA SAAG Chick peas with spinach

MATAAR PANEER Peas with Indian cheese

SAAG PANEER Spinach lightly spiced and cooked with Indian cheese

PERSIAN DISHES

Pathia dishes are marinated pieces cooked in special spices, slightly sweet, hot and sour.

Dansak dishes are delicately cooked with various lentils in butter, a curry which is sweet, sour and hot and hearty.

PATHIA

VEGETABLE £5.25

CHICKEN/LAMB £5.95

CHICKEN/LAMB TIKKA £6.95

PRAWN £6.95

KING PRAWN £8.95

DANSAK

VEGETABLE £5.25

CHICKEN/LAMB £5.95

CHICKEN/LAMB TIKKA £6.95

PRAWN £6.95

KING PRAWN £8.95

CHAWAL (RICE)

PLAIN RICE Plain steamed Basmati rice	£1.95
PILAU RICE Very specially cooked with saffron	£1.95
GARLIC RICE Basmati rice cooked with sliced garlic	£2.25
LEMON RICE Rice with a lemon juice	£2.25
COCONUT RICE Sweet rice enriched with coconut	£2.25
SPECIAL FRIED RICE Peas, sultanas with coconut and egg	£2.95
MUSHROOMS PILAU RICE Pilau rice cooked with mushrooms	£2.95
KEEMA RICE Basmati rice cooked with mince lamb	£2.95
EGG FRIED RICE Plain rice with an egg	£2.95

BREAD

TANDOORI ROTI	£1.60
PLAIN NAAN	£1.80
KEEMA NAAN Mince meat layer in the Naan	£2.20
PESHAWARI NAAN Stuffed with, almond, coconut and sultanas	£2.20
CHILLI NAAN Cooked with green chilies	£2.20
VEGETABLE NAAN Cooked with fresh mixed vegetables	£2.20
GARLIC NAAN Made with freshly sliced garlic	£2.20
CHAPATTI Thin bread	£1.10
BUTTER CHAPATTI	£1.20
PUREE Deep fried thin puffs	£1.20
PLAIN PARATHA Buttered rich bread	£1.80
KEEMA PARATHA Stuffed with mincemeat	£2.25
STUFFED PARATHA Stuffed with bountiful fresh mixed vegetables	£2.25
PESHAWARI PARATHA Stuffed with, almond, coconut and sultanas	£2.25

SUNDRIES

GREEN SALAD A mixture of onions, tomato, and cucumber, lemon and green chilies	£1.50
PLAIN RAITA Yogurt mix	£1.00
CUCUMBER, ONION OR TOMATO OR MIXED RAITA When accompanied by this with hot or oily foods it makes it easier to digest and also lends their own flavours as well as enhancing the flavours of the main dish.	£1.50