

Chicken Tikka Masala (Mild, Medium or Hot)...\$18.50
A preparation of chicken, capsicum and onion, in a tomato and almond sauce.

Chicken Nilgiri (Mild, Medium or Hot)\$18.50
Chicken cooked with vegetables, green masala and spinach and a dash of cream.

Achari Chicken (Mild, Medium or Hot)\$18.50
Chicken cooked with pickle masala & a dash of cream.

Chicken Saagwala (Mild, Medium or Hot)\$18.50
Boneless chicken cooked with ginger and spinach.

Vegetable Curries

Lentil Curry (Mild, Medium or Hot).....\$13.75
Lentils, potatoes and peas, sautéed with tomatoes and onions, simmered in a coconut sauce.

Mixed Vegetable Khorma (Mild, Medium or Hot) .. \$13.75
An array of fresh garden vegetables cooked in a spicy yoghurt and almond curry.

Aloo Masala (Mild, Medium or Hot)\$13.75
A spicy dish of peas and potatoes, cooked in a tomato almond paste.

Dal Saagwala (Mild, Medium or Hot)\$13.75
A lentil curry cooked with tomatoes and onions, flavoured with spinach.

Vegetable Saagwala (Mild, Medium or Hot)....\$13.75
A combination of seasonal vegetables in a spinach curry, finished with methi leaves.

Vegetable Kofta (Mild, Medium or Hot).....\$13.75
Croquets of seasonal vegetables and cottage cheese, cooked in a creamy tomato and almond sauce with cashew nuts.

Vegetable Jal-Frezi (Mild, Medium or Hot)\$13.75
Pan fried vegetables with cumin seeds, onions, tomatoes, capsicum and fresh coriander.

Pumpkin & Eggplant Curry (Mild, Medium or Hot) .. \$13.75
Pumpkin cooked with eggplant, coriander and a dash of cream.

Palak Paneer (Mild, Medium or Hot)\$13.75
Cottage cheese cooked with spinach, spices, onion and capsicum.

Saag Aloo (Mild, Medium or Hot)\$13.75
A classic combination of potato & spinach, flavoured with cumin seeds, ginger & garlic.

Seafood Curries

Prawn Curry (Mild, Medium or Hot)\$22.50
A traditional Indian curry with spices and coconut milk.

Prawn Masala (Mild, Medium or Hot).....\$22.50
Prawns, onions and capsicum pan fried in a creamy tomato and almond sauce.

Prawn Vindaloo (Available *HOT* only!)\$22.50
Traditional hot prawn curry from Goa, marinated in vinegar, garlic, ginger and hot spices.

Butter Prawns (Mild, Medium or Hot)\$22.50
Prawns cooked with ground almonds, garlic and spinach, in a creamy tomato almond sauce.

Prawn Saag (Mild, Medium or Hot)\$22.50
Fresh prawns & spinach sautéed with tomatoes, onions & cooked in a creamy sauce.

Rice Dishes

Biryani (Mild, Medium or Hot)
Savoury basmati rice mixed with aromatic herbs & spices.

- **Beef, Lamb, Chicken**\$18.50
- **Goat**\$19.50
- **Prawn**\$22.50

Saffron Rice\$3.50

Desserts

Gulab Jamun.....\$7.50
Milk dumplings in a cardamom and rose flavoured syrup.

Kulfi.....\$7.50
Indian ice-cream flavoured with cardamom and almond.

Vanilla ice-cream\$7.50
Choice of strawberry or chocolate topping.

NOTE: Almonds and cashew nuts are used extensively in Indian cooking and traces may be found in all dishes on our menu.



The Curry Bowl

INDIAN RESTAURANT

Est. 1997

“Namaste”



MENU



Fried & Tandoori Starters

(All Fried Starters Served with Tamarind Chutney)

Pakora

A popular snack made with a spicy chickpea batter and deep fried. Your choice of: -

- Eggplant\$8.00
- Onion\$8.00
- Paneer (Cottage cheese)\$8.00
- Potato (Bhonda).....\$8.00
- Chicken\$9.50
- Prawn\$12.00

Samosa (2 pieces per serve)

A savoury pastry cone filled with a spicy filling of:-

- Beef mince\$8.00
- Vegetable\$8.00

Mixed Entree.....\$11.50

One piece each of onion pakora, eggplant pakora, paneer pakora, potato bhonda, chicken and prawn pakora.

Tandoori Starters

(Served with Mint Sauce)

Tandoori Chicken (Half chicken per serve)\$11.00

Tender chicken spiced and marinated in Tandoori masala.

Chicken Tikka\$10.50

Boneless pieces of chicken in a marinade of ginger, cumin and mint, grilled in the clay oven.

Barra Kebab.....\$12.00

Succulent lamb cutlets marinated overnight in ginger and coriander and grilled in the clay oven until tender.

Tandoori Prawns.....\$12.00

Prawns in a red marinade of yoghurt, cumin and ginger, grilled in the clay oven.

Malai Chicken\$10.50

Boneless chicken marinated in cream, yoghurt, ginger, garlic and cardamom power, then grilled in the Tandoori.

Side Dishes

Pappadam (4 pieces per serve)\$3.00

Indian Salad.....\$3.00

Yoghurt and Cucumber Raita.....\$3.00

Mint Sauce\$3.00

Sweet Mango Chutney\$3.00

Chilli Pickle.....\$3.00

Lemon Pickle\$3.00

Indian Breads

Chappati\$3.50

Traditional thin flat bread (garlic optional).

Naan

A soft bread made of plain flour and eggs and baked in the Tandoori oven.

• Plain\$3.50

• Garlic.....\$3.50

• Cheddar Cheese (Garlic optional)\$4.00

• Potato.....\$4.00

• Kheema (beef mince).....\$4.00

• Spicy\$4.00

• Onion\$4.00

• Peshwari (dried fruit)\$4.00

• Cottage Cheese & Spinach.....\$4.00

• Chicken.....\$4.00

Paratha

A layered flakey wholemeal bread.

• Plain\$4.00

• Aloo (potato).....\$4.00

• Kheema (beef mince).....\$4.00

Roti

A traditional Indian bread made of wholemeal flour.

• Plain\$3.50

• Pol Roti (Coconut & Onion)\$4.00

Beef Curries

Beef Khorma (Mild, Medium or Hot)\$18.50

Beef combined with yoghurt and ground cashew nuts to make a truly delightful curry.

Beef Madras (Mild, Medium or Hot)\$18.50

Beef marinated in aromatic spices and finished with coconut cream.

Beef Vindaloo (Available **HOT only!**)\$18.50

A traditional hot and spicy, tangy curry from Goa.

Beef Jal-Frezi (Mild, Medium or Hot)\$18.50

Pan-fried beef with cumin seeds, onions, tomatoes, capsicum and fresh coriander.

Beef Curry (Mild, Medium or Hot)\$18.50

Lightly spiced aromatic Sri Lankan curry.

Beef Pasanda (Mild, Medium or Hot)\$18.50

A tasty curry of beef, almonds in a tomato based curry, flavoured with green coriander and ginger.

Beef Hariyala (Mild, Medium or Hot)\$18.50

A tasty beef curry cooked with South Indian green masala and vegetables.

Beef Saagwala (Mild, Medium or Hot)\$18.50

This delicious curry combines tender pieces of beef with spinach, ginger and fresh herbs.

Beef Masala (Mild, Medium or Hot).....\$18.50

Juicy pieces of beef & potato simmered in a creamy onion & herb sauce.

Goat Curries

Goat Khorma (Mild, Medium or Hot)\$20.50

Goat combined with yoghurt and ground cashew nut to make a truly delightful curry.

Goat Madras (Mild, Medium or Hot).....\$20.50

Goat marinated in aromatic spices and finished with coconut cream.

Goat Jal-Frezi (Mild, Medium or Hot)\$20.50

Pan-fried goat with cumin seeds, onions, tomatoes, capsicum and fresh coriander.

Goat Rogan Josh (Mild, Medium or Hot)\$20.50

An enjoyable goat curry with fried ground onions, cashew nuts and coriander.

Goat Vindaloo (Available **HOT only!**)\$20.50

A traditional hot and spicy, tangy curry from Goa.

Lamb Curries

Lamb Khorma (Mild, Medium or Hot).....\$18.50

Lamb combined with yoghurt and ground cashew nut to make a truly delightful curry.

Lamb Madras (Mild, Medium or Hot)\$18.50

Lamb marinated in aromatic spices and finished with coconut cream.

Lamb Jal-Frezi (Mild, Medium or Hot).....\$18.50

Pan-fried lamb with cumin seeds, onions, tomatoes, capsicum and fresh coriander.

Lamb Rogan Josh (Mild, Medium or Hot)\$18.50

An enjoyable lamb curry with fried onions, coriander and cashew nuts.

Lamb Vindaloo (Available **HOT only!**)\$18.50

A traditional hot and spicy, tangy curry from Goa.

Lamb Curry (Mild, Medium or Hot)\$18.50

Lightly spiced aromatic Sri Lankan curry.

Lamb Masala (Mild, Medium or Hot)\$18.50

Juicy pieces of lamb & potato simmered in a creamy onion & herb sauce.

Dalcha Gosht (Mild, Medium or Hot)\$18.50

Tender pieces of lamb combined with lentils in a creamy sauce.

Lamb Pasanda (Mild, Medium or Hot)\$18.50

A tasty curry of lamb, almonds in a tomato based curry, flavoured with green coriander and ginger.

Lamb Saagwala (Mild, Medium or Hot).....\$18.50

This delicious curry combines lamb with spinach and is seasoned with ginger and spices.

Sabji Gosht (Mild, Medium or Hot).....\$18.50

Tender pieces of lamb cooked with vegetables.

Chicken Curries

(All chicken is boneless)

Chicken Khorma (Mild, Medium or Hot)\$18.50

Chicken cooked in yoghurt and cashew nut.

Chicken Madras (Mild, Medium or Hot)\$18.50

Chicken marinated in aromatic spices and finished with coconut cream.

Chicken Vindaloo (Available **HOT only!**)\$18.50

A traditional hot and spicy, tangy curry from Goa.

Chicken Jal-Frezi (Mild, Medium or Hot)\$18.50

Pan-fried chicken with cumin seeds, onions, tomatoes, capsicum and fresh coriander.

Chicken Curry (Mild, Medium or Hot)\$18.50

Lightly spiced aromatic Sri Lankan curry.

Butter Chicken (Mild, Medium or Hot)\$18.50

Chicken marinated in Tandoori spices, grilled and simmered in a creamy tomato and almond sauce.

Chicken Lahori (Mild, Medium or Hot).....\$18.50

Boneless chicken cooked with ground cashew nuts and ginger, finished with spinach and cream.

NOTE: Almonds and cashew nuts are used extensively in Indian cooking and traces may be found in all dishes on our menu.