

~ BIRYANI ~	
Basmati rice cooked with nuts & sultanas. Garnished with omelette, tomato, cucumber & served with a vegetable curry sauce. <i>(N.B. no omelette with prawn or king prawn dish)</i>	
Chicken	£10.95
Lamb or Prawn	£11.95
King Prawn	£14.95
Chicken Tikka	£11.95
Tandoori King Prawn	£14.95
Spice 4 U Special Biryani	£12.95
<i>Prepared with pilau rice, fillet chicken, nuts & sultanas. Served with an omelette & mild sauce.</i>	
Persian Biryani	£12.95
<i>Basmati rice cooked with chicken tikka, pineapple, nuts & sultanas. Garnished with omelette, tomato & cucumber. Served with a vegetable curry sauce.</i>	
Mixed Special Biryani	£12.95
<i>Mixture of chicken tikka, lamb tikka & king prawns cooked with basmati rice in a traditional way. Served with a curry sauce.</i>	
Vegetarian Biryani	£9.95
<i>Cooked with pilau rice, nuts and sultanas. Served with a vegetable curry sauce.</i>	

Mixed Vegetable Curry	£7.95
Aloo Jeera <i>Specially prepared potatoes cooked with cumin seeds, tomato, onion and coriander in a medium strength sauce - a very savoury dish.</i>	£8.95
Shabji Massala <i>Fresh mixed veg prepared in a delicately flavoured creamy massala sauce.</i>	£8.95
Shabji Jalfrezi (hot) <i>A stir fried dish cooked with lightly braised onion, garlic, green chilli & herbs in a thick sauce.</i>	£8.95
Gujarati Sabzi <i>Mixed vegetable with sweetcorn.</i>	£8.95
Sabzi Bahar <i>Mixed vegetables with cheese.</i>	£8.95
Gaon Ki Sabzi <i>Mixed vegetable with spinach.</i>	£8.95
Chana Dall Massala <i>A special blend of spices with split chick peas.</i>	£8.95
Sabzi Ki Saat <i>Mixed vegetable with a special sour citrus fruit.</i>	£8.95

Madras, Bhuna, Rogan Josh, Pathia, Dupiaza, Vindaloo, Methi, Saag, Dansak, Kurma		Bhindi Bhaji <i>Okra</i>	£3.95
		Saag Bhaji <i>Spinach</i>	£3.95
Chicken	£8.95	Mixed Vegetable Bhaji	£3.95
Lamb or Prawn	£9.95	Cauliflower Bhaji	£3.95
King Prawn	£12.95	Mushroom Bhaji	£3.95
Chicken Tikka	£9.95	Aloo Gobi <i>Potato & cauliflower</i>	£3.95
King Prawn Tandoori	£14.95	Bombay Aloo <i>Spicy potato</i>	£3.95
Vegetable	£8.95	Saag Aloo <i>Spinach & potato</i>	£3.95

Spice 4 U Special Pilau Rice		Chana Saag Chick peas & spinach	£3.95
<i>Granny Smith apples & cashew nuts</i>	£3.95	Aloo Chana Potato & chick peas	£3.95
Kashmiri Pilau Mixed fruit & nuts	£3.95	Brinjal Bhaji Aubergine	£3.95
Keema Pilau Minced lamb	£3.95	Broccoli Bhaji	£3.95
Mushroom Pilau	£3.95	Broccoli & Cheese Bhaji	£3.95
Egg Pilau	£3.95		
Vegetable Pilau	£3.95		
Lemon Pilau	£3.95		
Garlic Fried Rice	£3.95		
Onion Fried Rice	£3.95		
Sweetcorn Rice	£3.95		
Boiled Rice	£3.50		
Pilau Rice	£3.50		

Chicken Tikka Nan	£3.95	Kulcha Garlic, Onion & Chilli	£1.00
Bakhri Nan Garnished with coriander	£3.50	Green Salad	£2.95
Cheese & Onion Nan	£3.50	Pickle Tray	£2.95
Keema Nan Stuffed with minced lamb	£3.50	Chips	£3.50
Peshwari Nan Stuffed with nuts & sultanas	£3.50	Mango Chutney	£0.95
Garlic Nan	£3.50	Onion Salad	£0.95
Plain Nan	£2.95	Lime Pickle	£0.95
		Mint Sauce	£0.95

Bhindi Bhaji <i>Okra</i>	£3.95
Saag Bhaji <i>Spinach</i>	£3.95
Mixed Vegetable Bhaji	£3.95
Cauliflower Bhaji	£3.95
Mushroom Bhaji	£3.95
Aloo Gobi <i>Potato & cauliflower</i>	£3.95
Bombay Aloo <i>Spicy potato</i>	£3.95
Saag Aloo <i>Spinach & potato</i>	£3.95
Saag Paneer <i>Spinach & cheese</i>	£3.95
Tarka Dall <i>Spicy lentils</i>	£3.95
Chana Saag <i>Chick peas & spinach</i>	£3.95
Aloo Chana <i>Potato & chick peas</i>	£3.95
Brinjal Bhaji <i>Aubergine</i>	£3.95
Broccoli Bhaji	£3.95
Broccoli & Cheese Bhaji	£3.95

Keema Paratha	£3.50
Vegetable Paratha	£3.25
Plain Paratha	£2.95
Chapati	£1.25
Butter Chapati	£1.25
Puree	£1.25
Poppadoms	£0.75
Spiced Poppadoms	£0.85
Raitha <i>Cucumber, Onion or Mixed</i>	£2.50
Green Salad	£2.95
Pickle Tray	£2.95
Chips	£3.50
Mango Chutney	£0.95
Onion Salad	£0.95
Lime Pickle	£0.95
Mint Sauce	£0.95

All dishes are cooked to order. During busy periods there may be a small delay while we fulfill your order.

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www.spice4uhelmsley.co.uk

~ STARTERS ~			
Onion Bhaji	£3.95		
Garlic Mushroom	£3.95		
Samosa (meat or vegetable)	£3.95		
Aloo Chat	£3.95		
Paneer Pakora	£3.95		
Vegetable Pakora	£3.95		
Mushroom Pakora	£3.95		
Pakora Platter	For 2 £8.50		
Mushroom pakora, aubergine pakora, onion bhaji & vegetable samosa.			
Spice 4 U Sizzle Mix			
Sheek kebab, lamb tikka	For 1 £4.95		
& tandoori chicken wings.	For 2 £9.95		
Mix Kebab Special	£4.95		
Chicken tikka, shami kebab & onion bhaji.			
Spice 4 U Chef's Platter	For 2 £10.95		
Spicy wings, padina kebab & sylheti kebab.			
Sheek Kebab	£4.50		
Shami Kebab	£4.50		
Chicken Tikka	£4.50		
Chicken Tikka Chat	£4.95		
Chicken Pakora	£4.95		
Tandoori Chicken	£4.95		
Spicy Chicken Wings	£4.95		
Lamb Tikka	£5.50		
Lamb Chops	£5.95		
Padina Kebab	£5.95		
Chicken or lamb pieces marinated in fresh garden mint & coriander paste, skewered and cooked in the tandoor with fresh onion & green pepper.			
Paprika	£5.95		
Whole green pepper grilled and then filled with spicy minced meat or vegetables.			
Sylheti Kebab	£5.95		
Minced meat or veg, stuffed in mashed potato, deep fried in breadcrumbs.			

~ MACH (FISH) STARTERS ~			
Fish Pakora	£5.95		
Fish & Spinach Wrap	£5.95		
Prawn on Puree	£5.95		
Tandoori King Prawn	£6.95		
King Prawn Butterfly	£6.95		
King Prawn Puree	£6.95		
Garlic King Prawn	£6.95		

~ TANDOORI SPECIALITIES ~			
Tandoori dishes are marinated in yoghurt with special tandoori spices then cooked in the clay oven (tandoor).			
Tandoori Chicken (on the bone)	£8.95		
Chicken Tikka (off the bone)	£8.95		
Lamb Tikka	£9.95		
Tandoori King Prawn	£12.95		
Tandoori Mixed Grill	£13.95		
This dish includes all the above plus seek kebab.			
Shashlik Chicken or lamb	£11.95		
Tandoori Lamb Chops	£13.95		
Spice 4 U Special Tandoori	£11.95		
Tandoori chicken fillets stir fried with fresh onion, peppers & highly spiced. Served flaming with a touch of brandy.			

~ MASSALA DISHES ~			
The following dishes are firstly prepared in the tandoor then recooked in a special massala sauce with coconut & almond.			
Chicken Tikka Massala	£9.95		
Lamb Massala (Tender slow-cooked)	£10.95		
Tandoori King Prawn Massala	£14.95		
Tandoori Chicken Massala	£9.95		

~ BALTI DISHES ~ 'Punjabi Style'			
These dishes are cooked with freshly ground spices and enhanced with ginger, rosemary garlic, fried onions, fresh tomatoes. Garnished with coriander.			
Patan Balti	£9.95		
Cooked with chicken & spinach, topped with a cheese dressing.			
Chicken Tikka	£9.95		
Lamb (Tender slow-cooked)	£10.95		
Tandoori King Prawn	£14.95		
Additions	Mushroom, spinach, cauliflower, peas, chick peas	Each	£1.95

~ FISH DISHES ~			
Fish dishes may contain small traces of bone.			
Morich Mach (Hot)	£10.95		
White fish cooked in a spicy sauce with garlic, ginger, green chillies, garnished with coriander.			
Naga Chilli Mach (Hot)	£10.95		
White fish cooked with naga chillies in a thick sauce with selected herbs & spices.			
Garlic Chilli Mach (Hot)	£10.95		
White fish cooked with garlic, green chillies and herbs in a thick sauce.			
Mach Jalfrezi	£10.95		
A stir-fried white fish dish with lightly braised onions, garlic, ginger, tomato & fresh green chilli.			
Spice4U Signature Fish	£10.95		
Tender fish pieces cooked in a rich, medium-spiced garlic sauce with bold spices and a touch of flair. Packed with flavour in every bite!			

~ EUROPEAN DISHES ~			
All dishes include chips and salad.			
Fried Chicken Nuggets	£9.95		
Prawn Omelette	£9.95		
Mushroom Omelette	£9.95		
Plain Omelette	£9.95		
Fried Scampi	£9.95		
Fried Chicken	£9.95		

~ CHEF'S SPECIALITIES ~			
Murgh Aampara	£10.95	Murgh Massala	£10.95
A mild tropical fruit dish, stir fried chicken fillets cooked with mango slices, mild spices & almonds.			
Badami Murgh	£10.95	Garlic Chilli Chicken	£10.95
Stir fried chicken fillets, cooked in a mild sauce with cashew nuts & pistachio nuts.			
Butter Chicken	£10.95	King Prawn Chatack	£14.95
Chicken tikka cooked with Indian and traditional English butter, almonds, fresh cream & yoghurt. Medium dish.			
Makonchoor	£10.95	Jhinga Palak	£14.95
Thick creamy sauce with yoghurt and peeled plum tomato with a cheese dressing.			
Passanda	£10.95	Chingri Chaloo	£10.95
Marinated chicken or lamb cooked with pistachio and almonds, fresh herbs, spices, cream & a touch of yoghurt.			
Bindiya Chicken	£10.95	Karahi Mint	£10.95
Stir fried chicken cubes cooked with mango chutney, garden mint, lemon juice, garlic, ginger, a blend of exotic spices.			
Anokha Chicken	£10.95	Shashlik Karahi	£11.95
Chicken breast marinated with a fresh blend of herbs, spices, yoghurt, egg & corn flour then cooked in the deep fryer. Seasoned with fresh garlic, ginger, tomato sauce, bay leaf & more spices.			
Chicken Darjeeling	£10.95	Zeera	£10.95
Tender pieces of chicken tikka delicately marinated in spices & cooked in a creamy mild sauce with almonds & coconut.			
Tandoori Murgh Bhuna	£10.95		
Tandoori chicken off the bone mixed with tomato & chopped onion in a medium spicy sauce.			

~ HOUSE SPECIALITIES ~			
Nawabi Khana		Agan Jali	
Cooked with a mixture of our own herbs & spices.			
Chicken Tikka	£10.95	Chicken Tikka	£10.95
Lamb (Tender slow-cooked)	£11.95	Lamb (Tender slow-cooked)	£11.95
Tandoori King Prawns	£14.95	Tandoori King Prawns	£14.95

Preet Piazza	Jalfrezi
Marinated chicken, lamb or king prawn cooked in the tandoor, then cooked with onion & pepper. Garnished with a cheese topping.	
Chicken Tikka	£10.95
Lamb (Tender slow-cooked)	£11.95
Tandoori King Prawns	£14.95

Karahi	Naga Chilli (hot)
Served sizzling in a karahi (wok) Specially prepared in the tandoor with cubed onion & green pepper.	
Chicken Tikka	£10.95
Lamb (Tender slow-cooked)	£11.95
Tandoori King Prawns	£14.95

Maska	Shatari
Marinated chicken, lamb or king prawn cooked in the tandoor, then cooked again with minced meat, garlic, green chilli & pepper.	
Chicken Tikka	£10.95
Lamb (Tender slow-cooked)	£11.95
Tandoori King Prawns	£14.95

Rezella	Deshi Special
Marinated first, then cooked in the tandoor & then in a special tamarind sauce, slightly hot & sour. Garnished with battered onion rings.	
Chicken Tikka	£10.95
Lamb (Tender slow-cooked)	£11.95
Tandoori King Prawns	£14.95

PLEASE NOTE: While we can let you know which items contain nuts and which do not, all our food is prepared in a kitchen where nuts are used - therefore we cannot guarantee any items are nut free.

If you enjoyed your meal, please tell your friends. If you have a complaint, please tell us.