

FOOD ALLERGIES AND INTOLERANCES

Some of our dishes contain dairy, nuts, gluten, wheat, egg, fish and crustaceans. Before ordering please speak to our staff about your requirements.

APPETIZERS**NON VEGETARIAN**

- 101. TANDOORI CHICKEN** £3.50
¼ tandoori chicken marinated in spices and yoghurt.
- 102. CHICKEN OR LAMB TIKKA** £3.50
charcoal grilled cubes of boneless chicken or lamb, marinated in a rich blend of spices and yoghurt.
- 103. SHEEK KEBAB** £3.50
minced lamb lightly spiced and grilled on skewers.
- 104. SHAMI KEBAB** £3.50
a blend of spiced minced lamb and herbs, shallow fried.
- 105. MIXED KEBAB** £3.95
onion bhaji, sheek kebab and meat samosa.
- 106. CHICKEN TIKKA PAKORA** £3.50
chicken tikka encrusted in breadcrumbs, lightly spiced.
- 107. NAWABI CHICKEN CHAT** £3.50
thin slices of chicken cooked with cucumber in a specially prepared hot and sour sauce.
- 108. MEAT SAMOSA** £2.75
- 109. FISH BORA** £3.95
salmon encrusted with breadcrumbs, mixed with fresh coriander and onion, lightly spiced and deep fried.
- 110. PRAWN ON PUREE** £3.95
prawn served with lightly fried puree bread, sweet and hot.
- 111. KING PRAWN ON PUREE** £4.95
as above cooked with large prawns.
- 112. KING PRAWN BUTTERFLY** £4.95
king prawn mixed with herbs coated in breadcrumbs.
- 113. PRAWN COCKTAIL** £3.50
prawns mixed with fresh salad topped with cocktail sauce.

VEGETARIAN

- 114. GARLIC MUSHROOMS** £3.50
- 115. URIBEESI BAJA** £3.50
Bangladeshi beans cooked with onion and coriander.
- 116. VEGETABLE SAMOSA** £2.75
- 117. ONION BHAJI** £2.75
- 118. VEGETABLE PAKORA** £2.95
mixed vegetable coated in breadcrumbs.
- 119. DALL SOUP (Lentils)** £2.95
- 120. NAWABI ALOO CHAT** £2.95
thin sliced potatoes cooked with cucumber in a specially prepared hot and sour sauce.

MAIN COURSES**CHARCOAL GRILLED DISHES**

our grilled dishes served with fresh salad and mint yoghurt sauce.

- 121. CHICKEN OR LAMB TIKKA** £6.95
charcoal grilled cubes of boneless chicken or lamb, marinated in a rich blend of spices and yoghurt.
- 122. TANDOORI CHICKEN** £6.95
½ tandoori chicken marinated in spices and yoghurt.
- 123. TANDOORI MIXED GRILL** £8.95
tandoori chicken, sheek kebab, chicken and lamb tikka.
- 124. CHICKEN OR LAMB SHASHLICK** £7.95
marinated in our home made tandoori sauce then grilled with fresh onion, tomato and capsicum.
- 125. TANDOORI KING PRAWNS** £12.95
marinated with yoghurt, fresh herbs and spices and grilled with fresh tomato, onion and capsicum.
- 126. GRILLED FISH** £7.95
whole trout marinated in specially prepared garlic sauce and grilled on a skewer, served with fried onion and mushrooms.
- 127. TANDOORI LAMB CHOPS** £8.95
tandoori chef's own secret recipe.
- 128. PANEER TIKKA** £7.95
homemade cheese marinated and grilled.

THE TALE OF INDIA*Our Chef's Specialities*

- 129. NOORJAHANI** £6.95
chicken or lamb tikka marinated in spices and cooked in the clay oven then garnished with fresh tomato, onion, capsicum in a thick sauce. Medium strength.
- 130. MURGI MASSALA** £6.95
¼ tandoori chicken, off the bone, cooked in a minced lamb based sauce. Medium strength.
- 131. BAKHERA** £6.95
Lamb or chicken tikka cooked with fresh tomato, capsicum, onion, in thick spicy sauce, medium strength.
- 132. TALE OF INDIA SPECIAL** £10.95
a combination of king prawn, prawn, chicken and lamb tikka cooked in a specially prepared sauce.
- 133. GARLIC CHILLI** £6.95
chicken or lamb cooked in a special sauce, then garnished with fresh green chillies and garlic. Strong flavour (not for vampires!).
- 134. JALLASHARI** £6.95
chicken or lamb cooked with fresh capsicum, tomato, garlic, ginger and green chillies cook in a rich spicy marinated sauce hot strength.
- 135. LAU TARKARI** £6.95
chicken or lamb cooked with red pumpkin in a rich, thick, medium strength sauce blended with fresh onion, coriander and capsicum.
- 136. JEERA BAHAR** £6.95
slices of chicken or lamb tikka cooked in a thick, spicy flavoured sauce with blended fresh onion, capsicum, tomato and cumin seed. Medium strength.
- 137. MODHU BAHAR** £6.95
chicken or lamb cooked in cashew nuts, almonds, cream coconut and honey, strongly recommended. Mild strength.
- 138. MILLAWAT** £6.95
chicken and lamb cooked with fresh onion, tomato, capsicum and coriander with a aromatic flavour sauce. Medium strength.
- 139. SHAJAHANI** £7.95
delicately flavoured and cooked with combination of tandoori chicken, minced lamb and egg. Medium strength.
- 140. COCKTAIL BAHAR** £7.95
tandoori chicken, sheek kebab, chicken and lamb tikka cooked with fresh onion and capsicum. Medium strength.
- 141. MUGLAI** £6.95
chicken or lamb cooked with almonds, cashew nuts, coconut, egg, cream and ground garam masala. Mild sweet.
- 142. MOJADAR** £6.95
chicken or lamb cooked in a slightly sour and medium hot sauce, blended with fresh capsicum, onion and coriander.
- 143. RAJOTHI** £7.95
slices of chicken or lamb tikka cooked in a medium spicy sauce, topped with fresh garlic and fried mushrooms. Medium strength.
- 144. PAKEEZA CHINGRI** £11.95
king prawns cooked with fresh onion and capsicum in a spicy sauce. Medium strength.
- 145. SILSILA CHINGRI** £12.95
charcoal grilled king prawn cooked with garlic, capsicum and onion with specially prepared sauce. Hot strength.
- 146. MANGO DELIGHT** £6.95
chicken or lamb cooked with almond, cream, coconut and mango pulp. Very mild & sweet.

UNIQUE BANGLADESHI DISHES

- 147. SHATKORA BHUNA** £6.95
chicken or lamb cooked with shatkora which comes from the Sylhet region of Bangladesh, slightly sour. Medium strength.
- 148. URI BEESI GATTA** £6.95
chicken or lamb cooked with beans, flavoured with fresh green chillies, coriander & other spices. Hot strength.
- 149. BIRAN MASS GATTA** £7.95
telapia fish cooked with Bangladeshi beans. Medium.
- 150. REZALLA** £6.95
chicken or lamb tikka cooked in an exotic sauce, flavoured with yoghurt and green chillies. Fairly strength.
- 151. CHITAL KOFTA** £8.95
minced fish ball, shallow fried cooked in an exotic sauce, a true taste of Bangladeshi cuisine. Medium strength.
- 152. FISH BHUNA** £7.95
telapia fish cooked with garlic, green chillies and coriander, an unusual but satisfying dish. Medium strength.
- 153. BEGUN BUJHON** £7.95
chicken or lamb cooked with fresh aubergine, tomato, potato, coriander & spring onion in a fairly thick sauce. Hot strength.

OUR HOUSE SPECIALITIES

- 154. TIKKA MASSALA** £6.95
chicken or lamb tikka cooked in almond, cream, coconut and a special massala sauce. Mild sweet. Highly recommended!!!
- 155. TANDOORI KING PRAWN MASSALA** £11.95
as above with tandoori king prawn.
- 156. PASSANDA** £6.95
chicken or lamb tikka cooked with cream, almond, mixed ground cashew nut, coconut and yoghurt. Mild sweet.
- 157. MAKHONI** £6.95
chicken or lamb tikka cooked with almond, cream, coconut and a specially prepared buttered sauce. Mild sweet.
- 158. CHILLI MASSALA** £6.95
chicken or lamb cooked with fresh green chillies and rich spicy sauce. Hot strength.
- 159. ACHARI** £6.95
chicken or lamb sprinkled with fresh coriander and selection of spices cooked in a unique mixed pickle. Medium strength.
- 160. BUTTER-E-KHANA** £7.95
chicken or lamb tikka cooked with rich, creamy butter based sauce. Traditional Indian butter dish.

BALTI DISHES

our balti dishes served with a plain nan bread.

- 161. MASSALA BALTI** Chicken or Lamb Tikka £8.95
mild sweet.
- 162. JHALFIAZI BALTI** Chicken or Lamb Tikka £8.95
- 163. BALTI CHICKEN OR LAMB** £7.95
- 164. BALTI MIXED VEGETABLE** £7.50
- 165. BALTI KING PRAWN** £12.95
- 166. MILLAWAT BALTI** Chicken and Lamb £8.95

KORAI DISHES

cooked in a thick, spicy sauce with fresh capsicum, onion, tomato and coriander. Medium strength.

- 167. CHICKEN OR LAMB KORAI** £6.95
- 168. KOFTA SPECIAL KORAI** Minced lamb balls £7.95
- 169. KING PRAWN KORAI** £9.95
- 170. PRAWN KORAI** £7.95

JHALFIAZI DISHES

hot and spicy cooked with onion, capsicum, green chillies and coriander. Hot strength.

- 171. JHALFIAZI** Chicken or Lamb Tikka £6.95
- 172. KING PRAWN JHALFIAZI** £9.95
- 173. PRAWN JHALFIAZI** £7.95

OUR CHICKEN SPECIALITIES

- 174. CHICKEN CURRY** £5.50
- 175. CHICKEN MADRAS** £5.50
- 176. CHICKEN VINDALOO** £5.50
very hot strength with potatoes .
- 177. CHICKEN KURMA** £5.95
creamy, almond, coconut and very mild sweet.
- 178. CHICKEN BHUNA** £5.95
medium strength in a thick sauce.
- 179. CHICKEN ROGON** £5.95
medium strength with fresh tomato .
- 180. CHICKEN DUPIAZA** £5.95
medium strength with fresh onion.
- 181. CHICKEN MALAYA** £5.95
mild sweet cooked with almond, coconut and pineapple.
- 182. CHICKEN SAG** £5.95
cooked with spinach. Medium strength.
- 183. CHICKEN DHANSAK** £5.95
sweet and sour slightly hot flavoured with lentils.
- 184. CHICKEN PATHIA** £5.95
sweet and sour, hot and rich.

OUR LAMB SPECIALITIES

- 185. LAMB CURRY** £5.50
- 186. LAMB MADRAS** £5.50
fairly hot strength.
- 187. LAMB VINDALOO** £5.50
very hot strength with potatoes.
- 188. LAMB KURMA** £5.95
creamy, almond, coconut and very mild sweet.
- 189. LAMB BHUNA** £5.95
medium strength in a thick sauce.
- 190. LAMB ROGON** £5.95
medium strength with fresh tomato.
- 191. LAMB DUPIAZA** £5.95
medium strength with fresh onion.
- 192. LAMB MALAYA** £5.95
mild sweet cooked with almond, coconut and pineapple.
- 193. LAMB SAG** £5.95
cooked with spinach. Medium strength.
- 194. LAMB DHANSAK** £5.95
sweet and sour slightly hot flavoured with lentils.
- 195. LAMB PATHIA** £5.95
sweet and sour, hot and rich.

EXCLUSIVE ASSAMESE DISHES

- 196. SALAAM** £6.95
chicken or lamb cooked with chick peas, spinach, lime zest, garlic, ginger, spring onion, coriander, green chillies and blended with tomato, capsicum and onion. Hot strength.
- 197. SABZI BATTA** £6.95
chicken or lamb cooked with fresh mixed vegetable. Medium strength.
- 198. MIRCHI MASALLA** (Fish £8.95) £7.95
chicken or lamb cooked in our specially prepared masalla sauce using finest naga chilli. Hot and aromatic.
- 199. BALUCHORY** £6.95
chicken or lamb cooked with chick peas, potatoes, spring onion, tomato, capsicum and green chillies. Hot strength.
- 200. SHASHLI KHANA** £7.95
chicken or lamb tikka marinated in our specially prepared sauce, grilled with fresh onion, tomato and capsicum then cooked with thick sauce. Medium strength.
- 201. NAGA SHARI** £7.95
chicken or lamb tikka cooked in specially prepared sauce using finest naga chilli. Hot and aromatic.

OUR SEAFOOD SPECIALITIES

	PRAWN	KING PRAWN
202. CURRY	£6.75	£8.75
203. MADRAS	£6.75	£8.75
204. VINDALOO very hot strength with potatoes.	£6.75	£8.75
205. KURMA creamy, almond, coconut and very mild sweet.	£6.95	£8.95
206. BHUNA medium strength in a rich sauce.	£6.95	£8.95
207. ROGON medium strength with fresh tomato.	£6.95	£8.95
208. DUPIAZA medium strength with fresh onion.	£6.95	£8.95
209. MALAYA mild sweet cooked with almond, coconut and pineapple.	£6.95	£8.95
210. SAG cooked with spinach. Medium strength.	£6.95	£8.95
211. DHANSAK sweet and sour hot flavoured with lentils.	£6.95	£8.95
212. PATHIA sweet and sour, hot and rich.	£6.95	£8.95

BIRYANI DISHES

saffron flavoured basmati rice dishes, served with side mixed vegetable curry.

213. CHICKEN OR LAMB BIRYANI	£7.50
214. CHICKEN OR LAMB TIKKA BIRYANI	£7.95
215. KING PRAWN BIRYANI	£10.95
216. PRAWN BIRYANI	£7.95
217. MIXED VEGETABLE BIRYANI	£6.95
218. TALE OF INDIA SPECIAL BIRYANI king prawns, prawns, chicken and lamb tikka.	£10.95

VEGETARIAN MAIN DISHES

219. SAG URI BEESI GATTA spinach and Bangladeshi beans cooked with fried onion and garnished with fresh coriander. Medium strength.	£5.75
220. DALL SAMBER mixed vegetable and lentils lavishly flavoured with garlic. Medium strength.	£5.75
221. MIXED VEGETABLE MASSALA cooked in ground almond, cream, coconut and a special massala sauce. Mild sweet.	£5.75
222. PANEER NIRAMISH homemade cheese cooked with mixed vegetable. Hot strength.	£7.95
223. MIXED VEGETABLE JHALFIAZI hot and spicy cooked with onion, capsicum, green chillies and coriander. Hot strength.	£5.75
224. MIXED VEGETABLE CURRY	£5.75
225. PANEER JALPONA homemade cheese cooked with dice capsicum, onion, tomato, fresh coriander. Hot strength.	£7.95
226. ALOO JEERA potatoes cooked in a thick, spicy flavoured sauce with blended onion, capsicum, tomato and cumin seed. Medium strength.	£5.75
227. SHAHI SABZI potatoes, chick peas & spinach cooked with fresh garlic, green chillies, coriander and ginger. Hot strength.	£5.95
228. PALAK PANEER spinach and cheese cooked with green chillies, tomato and spring onion. Fairly hot.	£7.95
229. PANEER SULTAN peas and cheese cooked with onion, spring onion, tomato and green chillies. Traditional Indian dish. Fairly hot.	£7.95

VEGETARIAN SIDE DISHES

230. BOMBAY ALOO	£3.50
231. MUSHROOM BHAJI fresh mushroom medium spiced.	£3.50
232. MIXED VEGETABLE BHAJI fresh mixed vegetable medium spiced.	£3.50
233. CAULIFLOWER BHAJI fresh cauliflower medium spiced.	£3.50
234. BHINDI BHAJI fresh okra lightly spiced.	£3.50
235. BRINJAL BHAJI fresh aubergine medium spiced.	£3.50
236. SAG BHAJI fresh spinach cooked with garlic and onion.	£3.50
237. TARKA DALL mixed yellow lentils with fried garlic.	£3.50
238. DALL MAKHANI lentils cooked with almond, cream, coconut and a specially prepared buttered sauce. Mild sweet.	£3.50
239. CHANA MASSALA chick peas cooked with thick sauce, medium spiced.	£3.50
240. MATAR PANEER paneer cheese with peas. Mild and sweet.	£3.50
241. SAG PANEER as above with fresh spinach. Mild and sweet.	£3.50
242. ALOO GOBI potatoes and cauliflower, medium spiced.	£3.50
243. SAG ALOO spinach and potatoes, medium spiced.	£3.50
244. ALOO MATAR potatoes and peas, medium spiced.	£3.50
245. SAG CHANA spinach and chick peas medium spiced.	£3.50

RICE AND BREAD

246. PLAIN RICE	£2.25
247. PILAU RICE saffron flavoured basmati rice.	£2.50
248. MUSHROOM RICE pilau rice with mushroom.	£2.95
249. MIXED VEGETABLE RICE pilau rice with mixed vegetable.	£2.95
250. SPECIAL RICE pilau rice with egg and peas.	£2.95
251. GARLIC RICE pilau rice with garlic.	£2.95
252. JEERA RICE pilau rice with cumin seeds.	£2.95
253. LEMON RICE pilau rice with fresh lemon.	£2.95
254. TALE OF INDIA RICE basmati boiled rice fried with onion.	£3.25
255. NAN	£2.25
256. PESHWARI NAN nan stuffed with almond and coconut.	£2.50
257. KEEMA NAN nan stuffed with lightly spiced minced lamb.	£2.50
258. GARLIC NAN nan stuffed with fresh garlic and coriander.	£2.50
259. STUFFED NAN nan stuffed with mixed vegetable.	£2.50
260. TANDOORI ROTI	£2.50
261. PARATHA OR STUFFED PARATHA	£2.50
262. CHAPATI / PURI	£1.60

SUNDRIES AND OTHER EXTRAS

263. POPPADOM (Plain or Spicy) (each)	£0.50
264. CHUTNEY RELISHES (each) mango chutney, onion salad, mint sauce and mixed pickle.	£0.50
265. CHIPS	£2.50
266. CUCUMBER/MIXED RAITHA	£2.75

THE TALE OF INDIA

FINEST INDIAN & BANGLADESHI CUISINE*"Reputation built on quality"***THIS IS WHAT THEY SAY...***"Excellent Cuisine, Wonderful Service"*

David Leppard - The Sunday Times

"Very Good Value For Money"

Desmond Chin - Financial Service Authority

"The Best Curry in London"

Valerie Huggins - Daily Telegraph

*"Local Atmosphere, Local Venue, Local Hospitality..."**But Truly Excellent Indian Flavours"*

Mark Challinor - Evening Standard

"Excellent Food as Always Great Staff"

David Jones - The Times

"Terrific"

Nick Hurst - Daily Mail

"Very Nice Lunch Indeed"

Ian Davies - The Independent

"Very Friendly Environment, Good Food & Excellent Atmosphere"

Pulin Shah - Reuters

"Lovely And Excellent Food!!"

Hans Van Der Werf - BBC

"Superb"

Alex Williams - The Mirror

"Fantastic Flavours"

Graham Giffin - Sky News

"Excellent Food, Brilliant Service"

Jim Henderson - Docklands Recorder

AWARDED TO "The Tale of India" By the Good Eating Guide 2008-2009-2010-2011-2012**"Supreme Award of Distinction for Excellence"****GOLD AWARD WINNER FOR 'FOOD FOR HEALTH'****LBTH**

53 West india Dock Road, Docklands, London E14 8HN

www.thetaleofindia.com

Tel: 0207 537 2546