

## Machu Pichu, Peru September



Sabbir(Sam) visited Peru and discovered mouth watering Dishes. Head Chef of Mantra restaurant in Lima shared ideas to develop CREAMY Jalfrazi & Rogan Josh dishes.

### Fusion taste of UK-PERU dishes

#### Creamy Jalfrazi

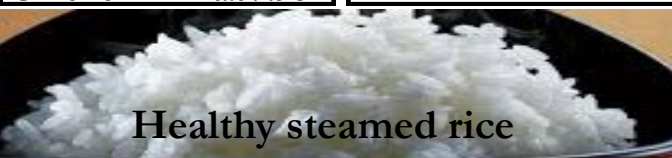
Cooked with green chillies & warm creamy spices in UK-PERU style

Vegetable	£6.95
Chicken	£7.95
Lamb	£7.95
King prawn	£8.95
Chicken Tikka	£7.95

#### Creamy Rogan Josh

Cooked with fresh garlic & medium creamy spices in UK-PERU style

Vegetable	£6.95
Chicken	£7.95
Lamb	£7.95
King prawn	£8.95
Chicken Tikka	£7.95



### Healthy steamed rice

#### ~~~~~ A few useful explanations ~~~~~

**Tarka Dall:** Red lentil making an exotic dish tempered with garlic

**Chicken Tikka Masala:** Barbecued chicken cooked in masala sauce.

**Sheek Kabab:** Spiced minced lamb cooked in tandoor on hot skewer.

**Onion Bhaji:** Gram flower coated onion deep fried to a crispy texture.

**Bombay Aloo:** Potatoes tossed with onions & spices in a cast iron dish.

**Balti** dishes are cooked with onions, tomatoes & chopped capsicums using special herbs & spices in a cast iron Balti dish to glow.

**Korma:** Mild spices & fresh cream coconut to create creamy dish.

Dairy free living and delicious recipes for a healthier lifestyle

## Pure Vegan



Many great products make it easy to replace dairy and eggs

### STARTERS

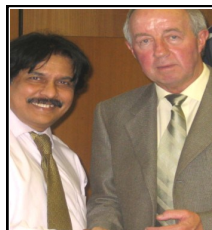
Vegetable Chapati Puree	£3.95	Spice Mushroom	£2.95
Aloo Pakora	£2.95	Vegan Mix starter	£3.95

### Vegan Main Courses

Channa Aloo Jalfrezi	£6.95	Channa Aloo Jalfrezi	£6.95
Vegetable Vegan Masala	£7.95	Vege Gobi Roganjosh	£6.95
Vegetable Madras	£6.95	Sag Curry (Spicy spinach)	£6.95
Mushroom Aloo Bhuna	£6.95	Vegetable Pilaw+sauce	£7.95
World Vege jalfrazi	£6.95	World Vege Vindaloo	£6.95
Palak Aloo Bhuna	£6.95	Aubergine Mushroom Balti	6.95

### Side Dishes

Bombay Potatoes	£3.95	Sag Bhaji (Spicy Spinach)	£3.95
Mixed Vegetable bhaji	£3.95	Bhindi bhaji	£3.95
Aloo Gobi (Cauliflower)	£3.95	Vegetable or mushroom Rice	£2.95
Aubergine Bhaji	£3.95	Chapati	£1.35
Sag Aloo (Spinach & potatoes)	£3.95	Green salad	£1.95



Sam & Forest Boss Frank Clark at a Cultural show sponsored by Balti House



Sam and Pakistan cricket star Azhar Mahmood at Balti House Restaurant



Sri Lankan cricket legend Sanath Jayasuriya and Sam at Balti House

#### ~~~~~ A few useful explanation ~~~~~

**Dupiaza** :Preparation of onions & medium spice create an onion dish

**Bhuna** :Medium tomato based medium spicy dish nicely thick sauce

**Jalfrazi** : Cooked with green chillies & warm spice like home cooking

**Dansak** : Lentils fresh spices & pineapple. A sweet sour mild dish

**Tandoori Chicken:** Marinated chicken barbecued in its own juices cooked in Tandoor (Clay oven)

**Chicken Tikka** is the off the bone choice

TAKE AWAY

# The Balti House

www.thebalthouse.com

حلال

Halal



**20% cash collection Discount before 9 Pm**

Minimum order £10 for discount and require approx 20 minutes for order

**Large order £25 call for delivery availability**

35 Heathcoat street    Out of hours Tel 07775993793  
Hockley Lace market    Tel 0115 9472871 (5.30- 11.30 pm)  
Nottingham NG1 3AG    Collection from outside Balti House

### Opening Hours

Sunday to Thursday 5.30 to 11.00 pm  
Friday to Saturday 5.30 to Midnight

## Balti Style Set Menu £8.95

Choose a starter & a Main course  
With Rice or Nan or a Tandoori Roti



### Starters

Spiced Mushroom  
Chick peas (Chat)  
Aloo Pakora (potato)

### Main Dishes

Balti chicken or Prawn  
Balti Salmon or Balti Veg  
Balti Meat (+ 75p)  
Balti Paneer (indian cheese)

## Starters served with red Diamond chutney

**SHEEK KABAB**



**CHICKEN TIKKA**

### Chefs choice of mixed starters £3.95

**Samosa (Meat or Veg) £2.95 Onion Bhaji..... £2.95**

Chicken or Prawn Puree **£3.95** **Goan Fish Tikka...£3.95**

Chicken Tikka.....£3.50 **Hot meat or Chicken. £4.65**

Tandoori Chicken £3.95 Sheek Kabab £3.95

## Traditional Main Course

**Korma (very Mild) Dansak(sweet & Mild)**

Vegetable £6.95 Vegetable £6.95

Chicken £6.95 Chicken £6.95

Prawn £6.95 Prawn £6.95

Lamb £7.95 Lamb £7.95

King Prawn £8.95 King Prawn £8.95



## Madras (Hot curry)

Vegetable £6.95 Prawn £6.95

Chicken £6.95 Goan Fish £7.95

Lamb or KEEMA £7.95 King Prawn £8.95

## Ceylon (very hot juicy curry)

## Pall (Hottest curry)

Chicken or Prawn £7.95 Lamb £8.95 King Prawn £8.95

## Birani Dishes (Medium)

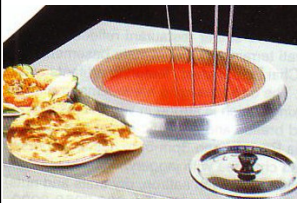
The following are mixed with Basmati Rice, Veg fried with butter and are covered with an omelette separate sauce is included

Vegetable Birani £7.95 Paneer Indian cheese Birani £7.95

Chicken Birani £7.95 Chicken tikka Birani £7.95

Lamb or Keema £8.95 King prawn Birani £8.95

## Tandoori Dishes served with salad & sauce



**Tandoori Mixed Grill** £7.95

Tandoori Chicken, Tikka and kebab

**Chicken Tikka**(off the bone) £7.95

**1/2 Tandoori Chicken** £7.95

Half barbecued chicken on the bone

## Tikka Specials

Chicken Tikka Masala £6.95 Chicken Tikka Jalfrazi £7.95

Chicken Tikka Bhuna £6.95 Chicken Tikka Pasanda £7.95

Chicken Tikka Balti £6.95 Chicken Tikka Roganjosh £7.95

Chicken Tikka Patia £6.95 Chicken Tikka sag (spinach) £7.95

## Chef's Specialties

**Patro Chicken** £7.95 **Balti House Special** £8.95

Cooked in cast with khaliber spice  
Only place in UK cooking Patro.

Lamb, chicken & prawn cooked an  
Omelet & specially spicy flavour

**Balti Chicken or Prawn** £6.95 **Garlic chilly chicken** £7.95

## Latest Sizzle Dishes Garlic, corinder & methi leaf combination

Vegetable £6.95 Sizzle Chicken £7.95

Paneer Indian cheese £6.95 Sizzle Lamb £8.95

Sizzle Prawn £7.95 Sizzle King Prawn £8.95

## Popular Dishes

Chicken Makhani £6.95 Chicken Dupiaja £6.95

Yogurt & butter speciality

Extra onion taste dish

Bhuna Chicken £6.95 Garlic Chicken £7.95

Above dishes with Lamb £7.95 or King prawn £8.95

## Popular side Dishes

Bombay Potatoes £3.95

Tarka Dall £3.95

Vegetable bhaji £3.95

Aloo Gobi cauliflower £3.95

Mushroom Bhaji £3.95

Sag Paneer Indian cheese £4.95

Matter Paneer £4.95

## Sundries

Nan Bread £1.95

Tandoori Roti £1.95

Chapati £1.35

Peshwari Nan £2.35

Garlic Nan £2.65

Keema Nan £2.95

Plain Paratha £2.95

Papadom £0.75

Steam rice £1.95

Pilaw Rice £1.95

Chips £2.35

Chutney (each) £0.35

Raitha £1.95

Plain Puree £1.95

Please allow adequate time for delivery as each meal is freshly prepared to the high standard you expect from The Balti House after your order is taken

## Pure Vegetarian Meal



## Starters served with red Diamond chutney

Chef's mixed Vegetable starters £3.95

Vegetable Samosa £2.95 Onion Bhaji £2.95

Vegetable puree £3.95 Spiced Mushroom £2.95

Chickpeas chat £2.95 Aloo Vegetable Pakroa £2.95

## Vegetarian Main Courses

Sag Paneer (Indian cheese) £6.95 Vegetable Balti £6.95

Paneer Jalfrazi warm £6.95 Paneer Balti £6.95

Paneer Tandoori masala £7.95 Vegetable patro Root spice £7.95

Channa sag Spinach & cck peas £6.95 Matter Paneer Grdn peas £6.95

Channa Tandoor mosala £7.95 Paneer Makhani £6.95

Channa jalfrazi Balti (warm) £6.95 Vegetable jalfrazi (warm) £6.95

## Vegetarian side dishes

Bombay Potatoes £3.95 Vegetable bhaji £3.95

Sag Paneer (Indian cheese) £4.95 Mushroom Bhaji £3.95

Matter Paneer £4.95 Aubergine Bhaji £3.95

Nan Bread £1.95 Papadom £0.75 Chips £2.35

Tandoori Roti £1.95 Steam or pilaw rice £1.95 Chutney (each) £0.35

Chapati £1.35 Garlic or Peshwari Nan £2.65 Raitha £1.95

## Goan Fish Specials

## Starter

Choice of Mild or Medium or Spicy Coated fish Tikka 3.95



## Main Courses

Goan Fish Masala £7.95 Goan Fish Korma £7.95

Goan Fish Bhuna £7.95 Goan Fish Jalfrazi £7.95

Goan Fish Balti £7.95 Goan Fish Grill +salad £7.95