



TASTE OF MALABAR



Authentic South Indian Food

www.tasteofmalabar.co.uk

At Taste of Malabar we prepare our own spice mixes with raw ingredients, and prepare each dish freshly when you make your order, so that you get the most Authentic South Indian experience. Therefore, we ask of our customers a little patience for the time it takes to prepare the food. As the saying goes... "Good things come to those who wait."

Veg : Starters

Onion Bhaji (VG, GF)£3.50

Spicy, crisp Indian fritters, made with onions and gram flour (a big plus for gluten-free eaters!) are the ultimate Indian snacks, served with tomato chutney

Vegetable Samosa (V, VG)£3.50

Contains mixed vegetables, triangular shaped stuffed pastry snacks that are deep fried

Plain Vada (VG, GF) £3.50

Spicy donuts made with white lentils, onion, ginger and green chilli, served with coconut chutney

Rasa Vada (VG, GF) £4.95

Spicy donuts soaked in rasam

Thair Vada (V, GF)..... £4.50

Spicy donuts soaked in a spicy yoghurt

Sambar Vada (VG, GF) £4.95

Spicy donut soaked in sambar

Aubergine Pakora (V, VG)..... £4.50

Deep-fried aubergine slices in an aromatic batter and served with tomato chutney

Rasam (VG, GF) £2.95

Warming spicy soup, traditionally served as a digestive between courses

Lentil Soup (VG, GF)..... £3.95

A fresh flavour of lentils cooked with chillies, garlic, tomatoes and black pepper

Mushroom 65 (VG)..... £5.50

Deep-fried with an aromatic batter, served with our fresh salad & chutney

Paneer Pakora (V, GF) £4.95

Marinated paneer (Indian cheese) dipped in a batter and deep fried. Makes a nice crispy outside and soft inside - these pakoras are addictive

Mushroom Fry (VG, GF)..... £4.95

Fresh mushroom marinated in a spicy paste made from cornflour, green chillies and coriander. It is shallow fried and served with tomato chutney

Mysore Bonda (VG, GF)..... £3.95

Potato balls laced with fresh ginger, curry leaves, coriander and black mustard seeds, in chick pea flour batter, crispy fried and served with creamy coconut chutney

Poppodom (VG, GF)..... £1.00

Served with mango chutney, mint sauce and onion salad

Non Veg : Starters

Chicken 65 (GF) £5.95

Deep-fried with an aromatic batter, served with our fresh salad and chutney

Chicken Fry (GF) £4.95

Specially marinated chicken drumstick, deep-fried with Malabar spices

Chicken Tikka (GF) £5.95

Baked in a clay oven, using yoghurt, red chilli, ginger paste, garlic paste and lemon juice

Chicken Butter Fry (GF)..... £4.95

Boneless chicken pieces marinated in refreshing spiced yoghurt and fried in the traditional fashion with Indian shallots

King Prawn Fry (GF) £5.95

Crunchy battered fried king prawn with cornflour, egg, chilli powder, ginger and garlic. This prawn dish takes on an unusually enticing flavour

Fish Fry (GF) £5.95

Shallow fried Kingfish marinated and deep-fried with Malabar spices

Squid Fry (GF) £5.50

Fresh Squid dipped in a batter of garlic paste, cornflour, chilli powder and black pepper

Lamb Cutlet £5.95

Wheat, egg, lamb, onion, potato and ginger, fried in breadcrumbs



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Biryani Specialities

Aromatic basmati rice prepared as a main dish with exotic spices. Served with mixed vegetable curry

| | | | |
|---|--------------|-------------------------------------|--------------|
| Chicken Biryani (GF) | £8.95 | King Fish Biryani (GF) | £9.95 |
| King Prawn Biryani (GF) | £9.95 | Egg Biryani (GF) | £7.95 |
| Vegetable Biryani (GF, VG) | £7.95 | Mix Biryani (GF) | £9.50 |
| Lamb Biryani (GF) | £9.50 | <i>(Lamb & Chicken)</i> | |

Egg Dishes

| | | | |
|---|--------------|--|--------------|
| Egg Masala (GF) | £6.95 | Egg Curry (GF) | £5.95 |
| <i>Boiled egg cooked with onions, tomato, ginger and curry leaves in a medium thick gravy</i> | | <i>Boiled egg cooked in tomato and onion based gravy with spices</i> | |

Traditional Curry Dishes

The following traditional curry dishes are available in:

| | | | | | |
|-------------------------|--------------|-------------------|--------------|------------------------|--------------|
| Chicken | £7.95 | Fish | £8.95 | Vegetable | £6.95 |
| King Prawn | £9.95 | Lamb | £8.95 | | |

Nadan Curry (GF) *Roasted coconut, aromatic spices, turmeric, red chilli, tomato and onions*

Chilli (GF) *Boneless meat cooked with onions, green pepper, green chilli and tomato sauce*

Rogan Josh (GF) *Cooked with garnished tomatoes, spices and a touch of garlic*

Balti (GF) *Balti is the tradition for cooking in the flavour of fresh spices, herbs, ginger and garlic, giving out a wonderfully exotic aroma with a fantastic taste*

Jalfrezi (GF) *Contains capsicum, tomatoes, onion and coriander and served in a thick, spicy sauce*

Madras (GF) *Cooked in a rich, spicy gravy.*

Spinach (GF) *Cooked with freshly chopped spinach in a medium spicy, thick sauce*

Kadai (GF) *Medium dish with garlic, onions, capsicum and coriander*

Vindaloo (GF) *Cooked with spices and potatoes in a rich gravy*

Pathia (GF) *It is a hot sweet and sour dish, cooked with a thick onion sauce*

Korma (GF) *Cooked with almond and fresh cream in a very mild flavoured sauce*

Specialities

Chicken Roast (South Indian style) (GF).... **£8.50**
Onions, tomatoes, green chilli etc., cooked in a fairly dry style

Butter Chicken Masala (GF)
 £7.95 |

Marinated in tikka spices and made in a creamy gravy

Lamb Pepper Masala (GF)
 £9.50 |

Onion, black pepper, turmeric, garlic, ginger, cooked with Malabar spices

Chicken Tikka Masala (GF)
 £8.50 |

Mild diced boneless barbecued meat, cooked with a specially prepared, delicately flavoured sauce with cream

Spicy Lamb Fry (GF)
 £8.95 |

Lamb with Indian shallots, black pepper, curry leaves and coconut



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Prawn Dishes

Prawn and Mango Curry (GF) £9.50

A typical Kerala dish: turmeric, chillies, onion, mango, coconut with Malabar spices

Prawn Masala (GF) £9.50

Prepared in a Spicy Masala gravy with a delightful blend of herbs and spices !!

Cochin Prawn Curry (GF) £8.95

Prawns cooked with spices, tomatoes, onions and fresh coconut

Fish Dishes

Alleppey Fish Curry (GF) £8.95

A popular Kerala dish: kingfish cooked in tomato, onion, fried chillies, turmeric, ginger and kokum (fish tamarind)

Fish Masala (GF) £8.95

Marinated fish cooked with onion, tomato, ginger and curry leaves, served with medium thick gravy

Fish Mollie (GF) £8.95

Kingfish cooked in fresh coconut milk with onions, tomato, fried chillies, turmeric and ginger

Fish Mango Curry (GF) £9.50

A tangy preparation of kingfish with green mango and herbs

Vegetable Main Dishes

Aubergine Masala (VG, GF) £7.95

Baby aubergine cooked with ginger, garlic, tomato and other spices

Paneer Butter Masala (V, GF) £7.95

The regular Indian herbs-spices, has a slightly sweet taste and very mildly spiced

Dal Rasili (VG, GF) £6.95

A blend of lentils, cooked with herbs and spices. Prepared with cumin seeds and a touch of garlic

Okra Bhaji (VG, GF) £6.95

Okra cooked with onions and tomatoes in mild Malabar spices

Mattar Paneer (V, GF) £6.95

Peas and paneer in a tomato based sauce, spiced with garam masala

Gobi Manchurian (VG, GF) £6.95

Gobi Manchurian is coated in a chilli garlic sauce and deep-fried, spicy and crispy cauliflower florets

Chilli Gobi (VG) £6.95

Cauliflower cooked with onions, green pepper, green chilli and tomato sauce

Vegetable Side Dishes

Tarka Dal (VG, GF) £3.95

Yellow split peas cooked with turmeric, ginger and plenty of garlic

Sambar (VG, GF) £3.95

Lentils, potato, drumstick, carrot etc. cooked in a mild gravy

Malabar Potatoes (VG, GF) £3.95

Potatoes marinated in a special blend of herbs and spices, creating an authentic taste

Sag Aloo (V, GF) £3.95

Spinach and potatoes cooked with fresh cream and spices

Dal and Spinach (VG, GF) £3.95

Spinach & lentils cooked with garlic and onions, flavoured with spices

Sag Paneer (V, GF) £3.95

Fresh cheese, spiced and cooked in spinach gravy

Chana Masala (VG, GF) £3.95

Chick peas cooked in thick onion and tomato gravy with spices

Mushroom Bhaji (VG, GF) £3.95

Cooked with onions, tomatoes and fresh coriander

Cabbage Thoran (VG, GF) £3.95

Stir fried with onion, fresh coconut, cumin and green chillies

Sag Bhaji (VG, GF) £3.95

Is a comforting and flavourful spinach curry

Avial (V, GF) £3.95

Traditional Keralan dish cooked with tropical vegetables, coconut and spices

Cauliflower Bhaji (VG, GF) £3.95

Cauliflower cooked with onion gravy and Indian spices



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Malabar Specials

Marinated with spices, onion, tomatoes, fresh coconut milk and curry leaves

| | | | |
|----------------------------|-------|--|-------|
| Prawn Malabar (GF) | £9.95 | Fish Malabar | £9.75 |
| Chicken Malabar (GF) | £8.50 | <i>Delicious blend of aromatic Southern spices combined with tamarind extract, red chilli powder, ginger, salt, green chilli and fried coconut paste</i> | |
| Lamb Malabar (GF) | £9.50 | | |
| Vegetable Malabar | £7.95 | | |

Dosa Specialities

*A thin pancake made with a batter of rice flour and urid flour.
Served with chutney and sambar*

| | | | |
|---|--------|----------------------------|-------|
| Masala Dosa (VG, GF) | £8.95 | Panner Dosa (V, GF) | £9.50 |
| Ghee Roast Masala Dosa (V, GF)..... | £9.50 | Iddly (VG,GF)..... | £6.95 |
| Mysore Masala Dosa (VG, GF) | £9.50 | Thattu Dosa (VG, GF) | £6.95 |
| Chicken Dosa (GF) | £9.50 | Meat Dosa (GF) | £9.95 |
| Plain Dosa (VG,GF)..... | £7.95 | Egg Dosa (GF)..... | £8.50 |
| Taste of Malabar Spi-Dosa (V, GF) | £10.50 | Cheese Dosa (V, GF) | £9.50 |
| <i>Grated paneer, coconut, sultanas and cashew nuts</i> | | | |

Rice

| | | | |
|-----------------------------|-------|----------------------------|-------|
| Plain Rice (V, GF) | £2.50 | Pilau Rice (V, GF)..... | £2.95 |
| Lemon Rice (VG,GF)..... | £2.95 | Coconut Rice (V, GF) | £2.95 |
| Mushroom Rice (V, GF) | £2.95 | Fried Rice (V, GF)..... | £3.75 |
| Tomato Rice (VG, GF) | £2.95 | Egg Fried Rice (GF) | £4.75 |

Bread

| | | | |
|-------------------------------------|-------|---------------------------------|-------|
| Chappathi (VG) (2 pieces)..... | £2.95 | Appam (VG, GF) (2 pieces)..... | £2.95 |
| Poori (VG) (2 pieces)..... | £2.95 | Poori Masala (VG) | £6.95 |
| Kerala Porotta (VG) (2 pieces)..... | £2.95 | Cheese Paratha (V)..... | £2.95 |
| Chilli Paratha (V) | £2.95 | Aloo Paratha (V) | £2.95 |
| Garlic Paratha (V) | £2.95 | Sweet Coconut Paratha (V) | £2.95 |

Thali Meal..... £10.00

Chappathi, rice, sambar, avial, thoran, dal, rasam, chana masala, yoghurt, pachadi, pickle, poppodom and payasam

V = VEGETARIAN VG = VEGAN GF = GLUTEN FREE

DRINKS MENU

BEERS, ALE, CIDER

Half / Pint

 Kingfisher **£2.75 / £4.50**

 Cobra **£2.75 / £4.50**

 Bangla **£4.50**

 Tiger **£4.50**

 Adnams Bitter (pint) **£4.25**

 Aspall Suffolk Cider **£4.25**

LIQUEURS

 Sambuca [25ml] **£2.95**

 Cointreau [25ml] **£2.95**

 Benedictine [25ml] **£2.95**

 Tia Maria [25ml] **£2.95**

 Baileys [50ml] **£4.95**

 Drambuie [25ml] **£2.95**

SPIRITS (25 ml)

 Smirnoff Vodka **£3.25**

 Jamesons Irish Whisky **£3.25**

 Gordons Gin **£3.25**

 Malibu (Coconut Rum) **£3.25**

 Bacardi (White Rum) **£3.25**

 Captain Morgan **£3.25**

 Martell Cognac **£3.25**

 Jack Danials **£3.25**

 Chiveas Regal **£3.25**

 Southern Comfort **£3.25**

 Glenfiddich **£3.75**

 Glenlivet (Single Malt) **£3.75**

 Remy Martin VSOP **£3.75**

DRINKS MENU

SOFT DRINKS

 Sparkling/Still Water (330 ml) **£1.95**

 Schweppes Tonic Water (200 ml) **£1.95**

 Soda water (200 ml) **£1.95**

 Canada Dry Ginger Ale (200 ml) **£1.95**

 Schweppes Lemonade (200 ml) **£1.95**

 Coca-Cola (Small / Large) **£1.75 / £2.50**

 Diet Coke (Small / Large) **£1.75 / £2.50**

 Sprite (Small / Large) **£1.75 / £2.50**

FRESH JUICES (250 ml)

 Apple and Mango **£2.50**

 Orange **£2.50**

 Pineapple **£2.50**

 Apple & Elderflower **£2.50**

 Mango Juice **£2.50**

 Lime Soda **£2.95**

 J20 - Apple & Mango **£2.50**

 J20 - Orange & Passion Fruit **£2.50**

 J20 - Pear & Raspberry **£2.50**

HOT DRINKS

 Tea **£1.70**

 Three Mint Herb Tea **£1.70**

 Green Tea **£1.70**

 Coffee **£2.00**

 Hot Chocolate **£2.50**

 Cardamom Coffee / Tea **£2.50**

LASSI

 Mango Lassi **£3.95**

 Sweet Lassi **£3.75**

 Salt Lassi **£3.75**

 Spicy Lassi **£3.95**

WINE MENU

HOUSE WINE by the bottle - £ 14.95

Wine by the glass 125ml - £2.50 175ml - £4.00

House White *Valencia (Spain)*

House Red *Valencia (Spain)*

House Sweet White *Valencia (Spain)*

WHITE – by the bottle

Santa Rita 120 Viognier (Chile) £16.95

A lively and crisp wine that focuses on the flavours of apricot and pineapple, with delicate floral aromas and a refreshing finish.

Chablis Jean Bourguignon (France) £22.95

This is a lively and fresh Chablis with clean citrus aromas. Crisp and fruity on the palate with a good steely character. The finish is long and lean, perfect for accompanying meaty white fish.

Carrasco Sauvignon Blanc (Chile) £17.95

Youthful, lively and fresh, this Sauvignon Blanc has herbal tropical notes on the nose, followed by a zesty citrus palate.

Five Foot Chardonnay (Australia) £18.95

A combination of citrus fruits and ripe apples with underlying notes of vanilla, suited for drinking with white meats and fish.

Pinot Grigio Superiore (Breganze) £19.95

A vibrant Pinot Grigio that offers much more character and class than some. Good acidity helps create a refreshing wine.

Bantry Bay Chenin Blanc £20.95

(South Africa)

A soft aromatic wine with hints of tropical and citrus fruits, goes perfectly with seafood.

WHITE / ROSE – by the bottle

Marques Calado - white (Spain) £15.95

Refreshing and juicy, this is a great 'anytime' wine, which will be fantastic on its own.

Marques Calado - Rosé (Spain) £15.95

An intense pink wine with plenty of juicy berry fruit coming from a province northwest of Zaragoza that enjoys an excellent climate for viticulture. Strawberry and raspberry flavours are complimented by a creamy texture and crisp refreshing acidity.

RED – by the bottle

Silver Ghost – Sauvignon (Chile) £15.95

A medium-bodied, fruit-driven style of Cabernet that offers rounded, ripe red-berry fruit with a plummy and easy-going feel. Hints of green pepper and subtle oak notes on the nose.

Montepulciano - Grifone (Italy) £16.95

Offers great value for money. This perfect example is a full and fruity wine with hints of black cherry and damson.

Vina Carrasco (Chile) £17.95

On the nose rich notes of plum and blackberries lifted by Chocolate and Mocha. Silky yet structured with concentrated fruit flavours.

Olivier Dubois - Pinot Noir (France) £19.95

This vegan wine is about fresh red fruit flavours, with a soft easy drinking style. While flavourful it has a lightness of touch that allows it to be matched with white meats.

Rioja Reserva (Rioja, Spain) £19.95

Deep ruby red, with delicious vanilla overtones backed up by juicy soft strawberry and Morello cherry flavours. Round and full, well balanced, long and elegant.

Five Foot Track Shiraz (Australia) £20.95

A medium weight red, with a pleasing balance between ripe fruit and savoury, with lashings of red berry and brambles, suited for drinking with spiced red meat dishes.

Vieux Ramparts, Lussac St-Emilion £22.95

(France)

A lively and crisp wine that focuses on the flavours of apricot and pineapple, with delicate floral aromas and a refreshing finish.

Châteauneuf-du-Pape (France) £36.95

Famous cellars of Ogier Caves des Papes in the heart of Châteauneuf-du-Pape, this wine is dark ruby with a complex nose of spices and pear with a smooth and lingering finish.

CHAMPAGNE / SPARKLING WINE

Bouvet Saumur Rose Brut (France) £21.95

A delicate and inviting salmon pink, this is a light and immediately welcoming sparkling rose, with a raspberry and peach fruit character, a fine mousse and a clean and uplifting floral nose.

Graham Beck Brut NV (South Africa) £28.95

An inviting nose full of lightly yeasty aromas. The palate offers fresh, gentle lime fruit delivered with a fine mousse, giving the wine a creamy texture on the finish. (Chardonnay, Pinot Noir)

Lanson Black Label (France) £37.95

This elegant and delicate wine which is fresh and dry on the palate. It is ideal as an aperitif or with any appetiser.