



*Curry* LOUNGE

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MAIN MENU

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# STARTERS

## Seafood Starters

### **Steamed Jumbo Prawns** £9.50

Jumbo prawns in shell marinated in low fat soft cheese, saffron, ginger, lemon juice and red chilli flakes, steamed and then grilled in a clay oven served with mint and yoghurt chutney.

### **Tandoori Machli** £6.95

Salmon cubes infused with a marinade made from low fat yoghurt, fennel, turmeric, cumin powder, and lime and grilled in the Tandoori oven.

### **Prawn Puri** £4.50

Fresh water prawns tossed with onion puree, ground spices, garlic, fresh coriander and missed masala, served on a wheat pancake topped with green peppers and spring onions.

### **Amritsari Fish** £5.75

Sea bass fillets coated with crushed coriander, paprika, ginger, fenugreek leaves, lime juice, smothered with gram flour and lightly fried in olive oil.

### **Pan Fried Tilapia** £4.95

Originating from the Indian Ocean, this firm white fish has a distinct flavour. Coated in ginger, lime, bay leaves and sesame seeds, cooked in the oven, served on a bed of tomato and basil chutney.

## Vegetarian Starters

### **Vegetable Somosa** £3.50

Homemade somosa filled with potatoes, peas, and sautéed onions, ground pepper, coriander and mixed mild spices.

### **Somosa and Chick Pea Chaat** £3.95

Vegetable somosa topped with a traditional mix of spicy chick peas, cucumber, diced potato, tomato, mint chutney and sweet tamarind sauce.

### **Goan Stuffed Mushrooms** £4.50

Locally produced mushroom (varieties vary depending on seasons) sandwiched with spiced grated Paneer cheese, onions, cumin and coriander, dipped in a rice flour batter and fried in vegetable oil.

### **Aloo Tikki** £3.95

Mashed sweet potato mixed with coriander, spring onions and ground herbs, layered with low fat yoghurt, cucumber, carrots, pomegranate seeds, drizzled with tamarind sauce.

### **Onion Bhaji** £3.50

Shredded onions and white cabbage coated in a medium spiced gram flour batter spiced with turmeric, garlic and ginger paste, mace, mustard powder and fresh coriander.

### **Bombay Chilli Paneer** £4.95

Homemade Paneer cheese, tossed with chopped chillies, mixed spices, tomato and caramelised red onion, served with an onion and dill yoghurt sauce.

### **Veggie Mix Platter** £5.50

Onion bhaji, vegetable somosa, potato cakes and grilled paneer cheese.

## Chicken Starters

### **Tandoori Murgh Tikka** £4.50

Chicken fillet strips marinated overnight in hung yoghurt, turmeric, nutmeg, garlic and mint grilled over hot coals.

### **Tandoori Chicken (on the bone)** £4.75

Chicken drumsticks flavoured with Tandoori spices and steamed before being grilled in Tandoori oven.

### **Murgh Malai** £4.50

Chicken supreme flavoured with a low fat soft cheese seasoned with ginger, garlic, green chilli, ground mace and steamed for the perfect healthy option.

### **Chicken Pakora** £4.50

Juliennes of chicken breast coated with pepper, coriander, methi leaves, dipped in an aromatic spiced batter deep fried in olive oil.

### **Mixed Platter** £5.95

Tandoori tikka, seekh kebab, vegetable somosa and an onion bhaji.

## Lamb Starters

### **Lamb Boti** £5.50

Slow grilled cubes of lamb coated with garlic, ginger, ground coriander and fennel served on a bed of roasted peppers.

### **Tandoori Shish kebab** £4.75

Ground lamb seasoned with onions, cinnamon, finely chopped chilli and mixed ground herbs, flamed in Tandoori oven.

### **Mogul Lamb Chops** £5.95

Lamb back chops steamed in a paste made from lime juice, ground coriander, mace, ginger, papaya, ground mustard seeds, yoghurt and red chilli flakes, then grilled for that charcoal flavour.

### **Lamb Somosa** £3.75

A classic Kashmiri pastry filled with ground lamb, potatoes, and peas, curry leaves and seasoned with 8 different herbs.

## Sampler Platters

**(Minimum of two people to share). Served with mint chutney**

### **Fish Platter** £13.95

Amritsari fish, Prawn puri, Tandoori Machli and pan fried Tilapia served with a tomato and basil chutney

### **Sigri Grill** £12.95

Lamb seekh kebab, Tandoori murgh tikka, , Lamb chops, and onion bhaji with chutney's.

### **Vegetarian Spread** £10.95

Vegetable somosa, onion bhaji, Aloo tikki cakes, Chilli Paneer.

# MAIN COURSES

## Lamb Main Courses

### Lamb Bhuna Curry (on the bone) £9.95

Lamb slow braised in a traditional Punjabi Handi to seal in all the natural flavours. Lamb slow cooked with Black cardomons, mixed spices, coriander, cinnamon, garlic, ginger and curry leaves. Simmered in a medium spiced velvety smooth caramelised onion and fresh coriander sauce.

### Lucknow Gosht £10.50

Baby lamb marinated overnight in our own blend of spices, yoghurt, ginger, mustard oil and mace. Slow cooked in a mild to medium heat sauce topped with toasted onions.

### Lamb Balti £9.50

Lamb seasoned with coarsely ground herbs and spices, mace and cumin seeds. Simmered with onions, cardomons powder, tomatoes and chopped garlic topped with red peppers.

### Achari Lamb £10.95

Lamb coked in a medium to hot sauce made from roasted aniseed, mustard seeds, cinnamon, bay leaves and fried onions in olive oil, tossed with limes juice, fennel and chilli powder, topped with chopped chilli.

### Keema Mutter £9.50

Minced lamb and peas cooked with onions, chopped green chilli, garam masala, pepper and curry powder.

### Nawabi Rogan Josh £10.50

A mild to medium heat dish cooked with onions, garlic, chilli powder and mace, topped with roasted garlic.

### Chef's Lamb Korma £9.50

An aromatic dish made from red chilli powder, browned onions, coriander powder, green cardomons, garlic and ginger paste, yoghurt and mace. Highly recommended for the fan of mild to medium curry.

## Chicken Main Courses

### Murgh Chettinand Balti £9.75

Chicken pieces slow cooked in a spicy medium to hot Kashmiri style sauce made from onion, chilli, tomato, coriander, fresh yoghurt and garlic topped with sliced tomato.

### Chicken Korma £9.50

Small pieces of chicken breast tossed with mild herbs and spices, simmered in a creamy almond nut, onion,, pepper and turmeric sauce. Sprinkled with toasted almonds and cream.

### Butter Chicken (desi style) £9.25

Chicken tikka simmered in medium to hot gravy, with ginger, garlic, olive oil and a hint of fenugreek.

### Chicken Tikka Masala £8.95

Without doubt the most famous western curry. Pieces of chicken cooked in the Tandoori oven then simmered in a sauce made tomato, cream and coconut, a hint of mint and paprika sauce.

### Karahi Chicken £9.50

Onions stirred fried with olive oil, garlic, ginger and our secret blend of spices tossed with chicken pieces, peppers and red onions in a sookha phuna sauce (very thick sauce), topped with fresh coriander.

### Mirch Murgh Jalfrezi £9.75

The hottest of our dishes. A sauce made from red and green chilli, onions and aromatic ground spices, tossed with sliced onions, capsicums, mustard and coriander seeds and roasted chilli flakes, topped with ginger. (Lamb Jalfrezi also made on request £11.25)

### Murgh Saagwala £10.50

Bite sized chicken breast cooked in a traditional method three generation's old. Secret blend of spices tossed in butter and finished with chopped spinach, coriander and fennel leaves, to produce an aromatic thick medium heat sauce. (Lamb Saagwala on request £11.95).

## Fish Main Courses

### Lobster Pepper Fry £15.95

Fresh lobster drizzled with lime, tempered with curry leaves, cumin, jamain, cracked pepper corns and simmered in a thick onion and tomato medium to hot masala sauce.

### Islamgarh Salmon £12.95

Salmon cubes tempered with mustard seeds, bay leaves, onions and garlic, simmered in a medium heat infused sauce made coconut milk, chopped red chilli, pepper, saffron and fresh coriander.

### Prawn Masala £12.95

Black tiger prawns tossed in garlic, curry leaves, turmeric and Chefs own blend of fish spices, simmered in a sauce made from coarsely chopped onions, capsicums and lime leaves.

### Mahi Makni £10.95

Sea bass spices teamed with peppercorns, shallots and ginger, simmered in a mild onion, ground almonds, coriander and turmeric sauce, topped with a hint of cream and coriander.

## Vegetarian Main Courses

### Baingan Ka Salan £7.95

Baby aubergine and green chillies simmered in spicy poppy seeds, cashew nut & tomato.

### Aloo Gobi Mutter £6.95

Cauliflower florets, potato and garden peas tossed with cumin and garlic, cooked in a traditional onion masala sauce.

### Vegetable Miloni £7.50

Mélange of seasonal vegetables tossed in garlic, chilly, herbs and ground spices simmered in a tangy onion and tomato masala.

### Palak Paneer £7.95

Indian cheese tossed with cumin, ginger, onions, butter, spices and fresh chopped spinach and coriander leaves, topped with sliced green peppers.

### Chana Masala £6.95

Chick peas cooked in a traditional Punjabi masala made from garlic, ginger, chilli and onion medium heat sauce topped with grilled onion slices.

### Paneer Mirch £8.95

Indian Paneer cheese cubes simmered in mild creamy tomato sauce flavoured with ginger, garlic and a hint of fenugreek.

## Biriyani Dishes

Cooked using traditional method of Dhum cooking (slow cooking using steam) for a complete meal. Fragrant Basmati rice from the Northern regions of Pakistan, flavoured with browned onions, spices, mint and coriander leaves, cardamon, saffron and layered with filling of choice below. Served with raita and masala sauce.

### Prawn Biriyani £14.95

### Lamb Biriyani £13.95

### Chicken Biriyani £12.95

### Vegetarian Biriyani £10.95



# HEALTHY OPTIONS

As part of our wider campaign for healthier Indian cuisine the following dishes are steamed, grilled, Tandoori or cooked using stir fry methods cooked with zero oil and a miniscule amount of olive oil or low fat butter, or the natural oils from the ingredients, herbs and spices to temper the flavour using lots of water. Each selection is plated for one person.

**All are served with steamed rice, house green salad and cucumber, tomato and black pepper raita.**

**Fish Platter** £14.95 (605 calories)

Salmon cubes infused with a marinade made from low fat yoghurt, turmeric, cumin powder, lime and grilled in the Tandoori oven.

**Chicken Platter** £13.95 (669 calories)

Chicken supreme marinated overnight in hung yoghurt, fennel, pepper, turmeric and steamed and seared in Tandoori oven.

**Lamb Boti Platter** £13.95 (732 calories)

Lamb marinated with bay leaves, cardamoms, garlic, ginger and mixed spices, tossed with sautéed onions, paprika and chopped chilli in a dry but moist sauce.

**Chicken Salan** £12.95 (697 calories)

A traditional curry sauce made from onions, garlic, ginger and cumin, with small pieces of chicken breast simmered in this light but aromatic gravy.

**Lamb Chilli Bhuna** £13.95 (774 calories)

Lamb cubes braised with a paste made from yoghurt, garlic, green chilli, coriander seeds, curry leaves, cinnamon, cardamoms, onions and tomato. Topped with chopped coriander.

**Miloni Subzi** £11.95 (488 calories)

Seasonal vegetable tossed in a traditional Punjabi tomato and onion sauce. Topped with spring onions and coriander leaves.

## SIDE DISHES

**Saag Aloo** £4.25

Potato tossed with cumin, ginger, onions, tomatoes and ground spices, finished with fresh chopped spinach and a hint of butter.

**Bhindi Bhaji** £4.50

Okra tossed with butter, cumin, red onions, ground garam masala and fresh coriander.

**Bombay Potato** £4.25

Baby potato tempered with mustard, green chillies, onions, tomatoes and spices.

**Dal Makni** £3.95

Slow-cooked overnight black lentils with ginger, garlic, finished with butter and cream. A classic dish once reserved for Royalty only.

**Tarka Dal** £3.95

Red & yellow lentils tempered with cumin, garlic and chillies, finished with fresh coriander and a hint of butter.

**Mushroom Triangi** £4.25

Mushrooms stir fried with light spices, spring onions, cumin and knob of butter.

**Paneer Makni** £4.95

Homemade paneer cheese, simmered in a sauce made from tomato, cream, ginger, garlic and mild spices.

## Rice

Sada Chawal £2.50 — Simple steamed rice with a hint of lemongrass

Pillau Rice £2.95 — Basmati rice cooked with whole spices, cumin and browned onions.

Vegetable rice £3.50 — Pillau rice with seasonal vegetables

Egg Rice £3.50 — Pillau rice stir fried with a scrambled egg and coriander leaves.

Mushrooms rice £3.50 — Pillau rice tossed with sliced mushrooms and garam masala

Keema rice £3.95 — Steamed rice tossed with mixed herbs and minced lamb

## Breads

Tandoori Roti £1.50 — Unleavened whole wheat bread

Naan £2.50 — Leavened freshly baked in a Tandoori oven, served plain or with butter

Paratha £2.75 — Rolled dough mixed with butter to produce flaky bread cooked in Tandoori oven

Garlic and Coriander Naan £3.50 — Naan bread with garlic and fresh coriander stems

Peshawari Naan £3.50 — Sweet Naan bread with grated coconut, raisins and fennel seeds

Chilly Cheese Naan £3.50 — Naan bread stuffed with cheese and covered in red chilli paste

Keema Naan £3.50 — Plain naan bread stuffed with minced lamb

Family Naan £4.50 — Large leavened bread freshly baked in a clay oven

## Accompaniments

Poppadoms (per portion) £0.95

Curry Lounge pickle tray £1.50 (Lime pickle, Mint sauce, Mango chutney and Onion chutney)

Cucumber raita £1.95

Plain yoghurt £1.75

Curry Lounge side salad £3.50

Onion and tomato salad £2.75

Additional pickles 75p each (Mango chutney, Lime pickle, Onion pickle, Hot chilli sauce)

Bowl of fresh chopped chillies £0.95

Bowl of sliced lemons £1.75

French fries £2.75

# SET MENU'S

## 2 course Set Menu A (minimum of 2 people) £15.95 per person

**Starter Platter to share served with mint, coriander and chutney.**

- 1 Vegetable somosa
- 2 onion bhaji
- 2 pieces of seekh kebab
- 2 pieces of Tandoori chicken

### Mains

- 1 portion Chicken tikka masala
  - 1 portion Lamb Rogan josh
  - 1 portion Tarka dal
- Served with one portion of sada chawal and naan bread.

## 3 course Set Menu B (minimum of 4 people) £19.95 per person

**Starter Platter to share served with mint, coriander and yoghurt chutney.**

- 2 meat somosa
- 4 pieces Tandoori murgh tikka
- 4 pieces of seekh kebab
- 4 pieces Amritsari fish
- 2 onion bhaji

### Mains

- 1 portion Karahi chicken
  - 1 portion Lamb balti
  - 1 portion Prawn masala
  - 1 portion Chicken Jalfrezi
- Side dishes Dal Makni and Bombay aloo
- 1 plain and 1 garlic coriander naan bread with a 2 portions of pillau rice.

### Desserts

- Vanilla Ice Cream or Mango Kulfi

## 2 Course Vegetarian Set Menu (minimum 2 people) £15.95 per person

**Starter Platter to share with mint, coriander and chutney.**

- 1 Aloo tikki
- 1 Samosa chick pea chat

### Mains

- 1 Palak Paneer
  - 1 Chana Masala
  - 1 Tarka dal
- Served with one portion of sada chawal and naan bread.

### NOTE

All tables of 8 or more will incur a 10% service charge added to your bill.

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THE CURRY LOUNGE  
110 Upper Parliament Street  
Nottingham  
NG1 6LN

Tel: 0115 941 8844  
Email: [bookings@currylounge.co.uk](mailto:bookings@currylounge.co.uk)

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The logo for Curry Lounge features the word "Curry" in a red, cursive script font, with a green swoosh underline that starts under the 'C' and ends under the 'y'. To the right of "Curry", the word "LOUNGE" is written in a white, bold, sans-serif font.

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