

Appetisers

Halloumi Tikka Shashlik Pieces of halloumi cheese marinated and grilled in the tandoor.	£7.95
Jhinga Garlic <i>(2 Pieces)</i> Skewered king prawns grilled in the tandoor with garlic, herbs and house spices.	£10.95
Tandoori King Prawns <i>(2 Pieces)</i> Skewered king prawns grilled in the tandoor with a blend of herbs and house spices.	£10.95
Tandoori Lamb Chops <i>(3 Pieces)</i> Lamb chops delicately spiced then grilled in the tandoor.	£9.95
Grill from the Sea A Selection of king prawn, salmon and monkfish grilled in the tandoor.	£11.95
Salmon Tikka Salmon marinated in a special blend of spices and grilled in the tandoor.	£10.95
Monkfish Tikka Monkfish marinated with a blend of spices and grilled in the tandoor.	£10.95
Nazakat Delicately spiced succulent chicken skewered and grilled in the tandoor.	£6.95
Tandoori Mix Selection Delicious pieces of paneer tikka, chicken tikka, lamb tikka and lamb chop.	£10.95
Chicken or Lamb Tikka Marinated in a special blend of spices and grilled in the tandoor.	£7.50 / £7.95
Chicken Chat Puree Cooked in a unique chat masala paste and mixed spices. Served on a puree bread.	£8.50
Bahari Kebab Puree bread stuffed with delicious shredded spicy lamb, potatoes and onions.	£8.95
King Prawn Butterfly A selected king prawn butterflied, coated with herbs and spices then dipped in breadcrumbs and fried.	£8.95
Paneer Tikka Shashlick Marinated cubes of Indian cheese skewered together with onion, peppers, tomato then cooked in the tandoor.	£7.95
Prawn Pathia Puree Prawns in sweet, sour and slightly hot sauce served on a puree bread.	£8.95
King Prawn Pathia Puree King prawns in a sweet, sour and slightly hot sauce served on a puree bread.	£9.95
Tandoori Chicken 1/4 Quarter chicken on the bone marinated and grilled in the tandoor.	£7.50
Chicken or Lamb Shashlick A mix of onions, peppers, tomatoes skewered & grilled in the tandoor.	£8.50 / £8.95
Sheek Kebab Minced lamb bursting with flavours of coriander, cumin and onions.	£7.50
Onion Bhajee <i>(3 Pieces)</i> World famous snack of onions deep fried in a coating of gram flour batter cooked until golden brown.	£5.50
Samosa Lamb or Veg <i>(2 Pieces)</i> Filo pastry pockets, filled with either lightly spiced minced lamb or vegetables then deep fried.	£5.50

Signature Dishes

Lamb Chop Nawabi <i>(Medium)</i> Lamb chops seared in the tandoor then cooked with garlic, bullet chillies and Bengali beans.	£19.95
Gunpowder Chicken <i>(Hot)</i> A fiery dish cooked with bullet chillies, crushed chillies & garam masala.	£12.95
Railway Lamb Curry <i>(Medium)</i> A dish made famous on India's railways, cooked with lamb, potatoes, house spices and yoghurt.	£13.95
Gosht Katta Massala <i>(Medium)</i> Slow roasted pulled lamb cooked with cumin and fenugreek and Kashmiri chillies in a traditional Hyderabadi style.	£16.95
Persian Lamb Shank <i>(Medium)</i> Whole lamb shank slow cooked with lentils, chickpeas and fresh tamarind.	£16.95
Makani Murgh <i>(Mild)</i> A dish originating in Delhi prepared with a mild blend of spices, almonds, coconut, butter and cream.	£12.95
Mango Malai <i>(Mild)</i> Prepared with tender pieces of chicken, fresh coconut milk, ground almonds and mango.	£12.95
Tamarind Rezzala <i>(Fairly hot)</i> A fairly hot dish cooked with chicken tikka, ground minced lamb, tamarind and special herbs and spices.	£13.95
Chicken Xacuti <i>(Fairly hot)</i> chicken tikka tossed with fresh herbs and spices in a fairly hot coconut sauce.	£12.95
Chicken Tikka Masala <i>(Mild)</i> Chicken breast pieces marinated in mild spices, grilled in tandoor then further cooked in masala sauce.	£12.95
Haraali <i>Chicken / Lamb (Hot)</i> A dish cooked in a green sauce made from fresh coriander, mint leaves, green peppers and green chilli finished with a garlic tarka.	£12.95 / £13.95
Naga <i>Chicken / Lamb (Hot)</i> Strips of marinated chicken cooked in a hot naga chilli paste with red onions, peppers, tomatoes and fresh coriander.	£12.95 / £13.95
Cumin King <i>(Medium)</i> Chicken or lamb cooked with freshly toasted cumin seeds, ground cumin, garam masala and coriander.	£12.95 / £13.95
Biryani <i>(Medium)</i> A complete dish cooked with either Vegetable, Chicken Tikka or Lamb layered with spices and rice, served with a side of vegetables.	£12.95 / £14.95 / £15.95
The Midlands Balti <i>(Medium)</i> A Modern classic made famous in the midlands cooked with our house balti paste, lemon and coriander. Served with chicken or lamb. <i>(Served with a Nan)</i>	£12.95 / £13.95
Passanda <i>(Mild)</i> Chicken or Lamb cooked with almond, coconut, yoghurt and fresh cream with a mixed blend of spices.	£12.95 / £13.95
Garlic Chilli <i>Chicken / Lamb (Hot)</i> Tender pieces of chicken or lamb cooked with fresh spices, peppers, green chilli and finished with garlic tarka.	£12.95 / £13.95

Specialities from the Sea

Monkfish Monsorion <i>(Medium)</i> Fresh monkfish grilled in the tandoor then slowly reduced with fresh tamarind, chili and coriander.	£21.95
Goan Fish Bhuna <i>(Medium)</i> Monkfish cooked in a traditional Goan style with Bengali beans, tamarind and coconut milk.	£21.95
King Prawn Rongiler <i>(Medium)</i> King prawns cooked with fresh tamarind, lemon, peppers and coriander.	£19.95
Special Seafood Bhuna <i>(Medium)</i> An infusion of specially selected seafood cooked in a medium sauce with green peppers, tomato and garnished with coriander.	£21.95
Salmon Adana <i>(Medium)</i> Salmon grilled in the tandoor then tossed with ginger, green peppers and house spices.	£21.95
Biryani from the Sea <i>(Medium)</i> A mixture of specially selected seafood tossed with basmati rice, served with vegetables.	£22.95
Tandoori King Prawn Masala <i>(Mild)</i> King prawns marinated in mild spices, grilled then cooked in a special masala sauce.	£21.95
King Prawn Malabar <i>(Mild)</i> King prawns cooked in a mild coconut sauce with a mixed blend of spices.	£21.95
King Prawn Zinga <i>(Fairly Hot)</i> King prawns cooked with onions, peppers, tomato, garlic and bullet chillies and then garnished with fresh coriander.	£21.95

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All our food is freshly prepared on the day, everyday

To maintain quality, authenticity and original taste



The Tandoor

All tandoori dishes are marinated in a selection of house spices & grilled in a clay oven known as a tandoor. They have a very distinctive taste and flavour. Served on a hot iron platter with a side salad and mint sauce.

Jhinga Garlic <i>(4 Pieces)</i> Delicately spiced skewered king prawns grilled in the tandoor with garlic and herbs.	£19.95
Salmon Tikka Scottish salmon marinated in a special blend of spices and grilled in the tandoor.	£19.95
Monkfish Tikka Monkfish marinated with a blend of spices and grilled in the tandoor.	£19.95
Tandoori Mixed Grill <i>(Served with a Nan)</i> A feast of chicken tikka, lamb tikka, sheek kebab, tandoori chicken and lamb chop.	£19.95
Grill from the Sea <i>(Served with a Nan)</i> A feast of salmon tikka, tandoori king prawns and monkfish tikka.	£19.95
Halloumi Tikka Shashlik	£13.95
Paneer Tikka Shashlick	£13.95
Tandoori King Prawns	£19.95
King Prawn Shashlick	£21.95
Chicken or Lamb Tikka	£12.95 / £13.95
Chicken or Lamb Shashlick	£14.95 / £15.95
Tandoori Lamb Chops <i>(6 Pieces)</i>	£18.95
Tandoori Chicken 1/2	£12.95

The Classics

These all time favourites can be made using:

Chicken	£10.95
Lamb	£11.95
Chicken Tikka	£11.95
Prawn	£12.95
King Prawn	£16.95
Vegetable	£9.95

Madras Hot. A dish cooked a blend of hot spices.	Korma Mild. Creamy dish cooked with almond and coconut.
Vindaloo Very hot dish cooked with potatoes.	Karahi Medium. Cooked with onions, peppers, & fresh ginger.
Bhuna Medium. Cooked with green peppers, tomato & coriander.	Sagwala Medium. With spinach in a fairly dry sauce.
Dopiaza Medium. Cooked with onions, garnished with coriander.	Jalfrezi Hot. cooked with peppers, onions, tomatoes and green chillies then slowly reduced.
Rogon Josh Medium. Bhuna style topped with tomatoes.	Methi Medium. Cooked with ground fenugreek leaves and mixed spices.
Pathia Fairly hot. Sweet and sour flavours in a fairly hot sauce.	Chilli Masala Hot. Prepared with fresh green chillies, onions, peppers and yogurt.
Dhansak Fairly hot. Cooked with lentils in a thick sweet & sour sauce.	

Vegetarian Selection

These dishes are very palatable and appropriate as an addition to main dishes or as mains in their own right. Vegetable dishes are either cooked dry, in little sauce or with natural juices.

	Side	Main
Chana Sag Spinach cooked with chick peas.	£6.50	£8.50
Jeera Aloo Shim Lightly spiced potato and green beans with tempered cumin seeds.	£6.50	£8.50
Chilli Paneer Indian cheese cooked with green chilli, peppers and onions.	£6.95	£8.95
Matar Paneer Indian cheese cooked with peas in a creamy sauce.	£6.95	£8.95
Sag Paneer Indian cheese cooked with spinach.	£6.95	£8.95
Paneer Tikka Masala Indian cheese cooked in the tandoor then added to a mild masala sauce.	£6.95	£8.95
Betchi Sag Spinach cooked with Bengail Beans.	£6.50	£8.50
Sag Bhajee Lightly spiced spinach tossed with coriander.	£6.50	£8.50
Nira Mish Mixed vegetables cooked in a lightly spiced sauce.	£6.50	£8.50
Aloo Gobi Cooked with potatoes and cauliflower.	£6.50	£8.50
Mushroom Bhajee Fresh mushrooms finely chopped and lightly spiced.	£6.50	£8.50
Bombay Aloo Lightly spiced potatoes.	£6.50	£8.50
Sag Aloo Potatoes cooked with spinach.	£6.50	£8.50
Dall Samber Lentils cooked with spinach and mixed vegetables.	£6.50	£8.50
Cauliflower Bhajee Fresh cauliflower lightly spiced.	£6.50	£8.50
Bindi Bhajee Fresh okra finely chopped with a little sauce.	£6.50	£8.50
Tarka Dall A traditional lentil soup finished with garlic and coriander.	£6.50	£8.50
Begun Biran Strips of aubergines cooked with light spices and herbs.	£6.50	£8.50
Channa Masala Spicy chick peas cooked in a medium sauce.	£6.50	£8.50

Rice

Boiled Rice	£3.95
Pilau Rice	£4.25
Mushroom Rice	£5.50
Egg Rice	£5.50
Garlic Rice Stir fried with slices of garlic.	£5.50
Jeera Rice Cooked with cumin.	£5.50
Persian Rice Cooked with saffron, almonds and sultanas.	£5.50
Coconut Rice	£5.50
Special Pilau Basmati rice with egg, shallot, peas and mushroom.	£5.50
Keema Rice Basmati rice cooked with minced lamb.	£5.50

Breads

Nan	£3.75
Garlic Nan Filled with freshly chopped garlic.	£4.50
Cheese Nan Filled with cheese.	£4.50
Peshwari Nan With almond, coconut cream and raisin filling.	£4.50
Keema Nan Filled with spiced minced meat.	£4.50
Special Nan Filled with chicken tikka, garlic and onion.	£5.50
Chapati A thin bread made of whole-wheat flour.	£2.95
Tandoori Roti A whole-wheat bread baked in the tandoor.	£3.75

Accompaniments

Popadom	(Each) £0.95
Spicy Popadom	(Each) £0.95
Raitha	£3.50
Chutney	(Each) £0.95
Choice of: Mango, Mixed Pickle, Mint or Onion	
Chips	£3.95
Bottle Drinks (1.5 Litre)	£3.95
Coke, Coke Zero, Sprite or Fanta	



Did you know?
" Studies show that coriander (very fragrant herb commonly used in our food) dates as far back as 1550 B.C "

Welcome to Tamarind...

At Tamarind we endeavour to maintain the original method of Indian cooking to bring you some of the mouth-watering dishes you'll want to taste again and again.

Our secret lies in the meticulous mix and blending of the spices and herbs we use to marinate our food. This can only be achieved through decades of experience which our Head Chef possesses.

Call us today to reserve a table or order a takeaway. Our staff are on standby to help and assist you



Opening Hours

We are open 7 days a week including bank holidays
Monday to Thursday: 5:30pm to 10:30pm
Friday & Saturday: 5:30pm to 11:00pm
Sunday: 5:30pm to 10:00pm

Delivery Areas

Barton Hills, Bushmead, Caddington, Houghton Regis, Leagrave, Stopsley, Sundon Park, Wigmore and all other areas of Luton

Allergies & Intolerances

Please be advised some of our dishes may contain the following Allergens:
Gluten, Milk, Soya, Egg, Fish, Lupin, Celery, Peanut, Tree Nuts, Sesame, Mustard, Sulphites, Molluscs, Crustaceans. Fish dishes may contain bones. Please speak to a member of staff when ordering if you have an allergy.

PLEASE NOTE:

- At very busy times your meal may take a little longer to serve simply because everything is made to order and the quality of our food will not be compromised.
- Parking available on Mostyn Road
- All major credit and debit cards are accepted, except for Amex.
- We do not accept cheques as a method of payment.
- All our food is Halal.
- We offer an outside catering service for up to 500 people, please enquire with the management team.
- The management team has the right to refuse service to anyone without explanation.
- All prices are inclusive of VAT.
- Tamarind reserves the right to withdraw, amend and change menu prices without prior notice.
- Delivery times can vary between 45 minutes to 1 hour 30 minutes at very busy times.

TAKEAWAY MENU



Fine Indian & Bangladeshi Restaurant

Free Home Delivery

On orders over £20 within a 5 mile radius

20% DISCOUNT

On all takeaway orders over £25

Special Banquet Nights

Every Monday & Tuesday, Dining in only.

Any Starter, any Main, any Side Dish with Rice or Nan

£19.95PP

Seafood starter £2.95 extra, Seafood mains £3.95 extra
Lamb shank, Mix Grill, lamb chops are 3.95 extra on mains

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tamarindrestaurant_ Tamarind Luton