






Indulge in our diverse menu, featuring internationally sourced steaks. Choose from a variety of Halal meat cuts, including ribeye, sirloin, filet mignon and tomahawk, infused with our distinct flavour.

STEAK TEMPERATURE CHART				
		Remove from heat at this temperature:	Final cooked temperature:	
RARE		48°C / 118°F	50°C / 120°F	
MEDIUM RARE		52°C / 125°F	54°C / 130°F	
MEDIUM		58°C / 136°F	60°C / 140°F	
MEDIUM WELL		62°C / 143°F	65°C / 150°F	
WELL DONE		68°C / 154°F	70°C / 160°F	





TAMARIND

Fine Indian & Bangladeshi Cuisine

STEAK MENU

01582 563 636

2 Archway Parade
Marsh Road, Luton, LU3 2RW
www.tamarindluton.co.uk

 tamarindrestaurant_  Tamarind 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.



APPETISERS

CHICKEN LOLLIPOP Pan Asian infused chicken cooked with chilli and garlic.	£8.95
CALAMARI CHILLI FRY Calamari coated in crispy breadcrumbs then tossed with chilli & coriander.	£8.95
LAMB CHOPS (3 pieces) Flame grilled lamb chops, seasoned with maldon sea salt and cracked black pepper.	£9.95
DYNAMITE PRAWNS A pan Asian starter made with a batter in a spicy sriracha sauce.	£8.95
LAMB SKEWERS Marinated lamb, flame grilled with peppers, tomatoes and onions.	£8.95

STEAKS

Grilled to perfection using our unique basting, tender stem broccoli, asparagus, tomato & mushroom, served with any 2 sides and sauce.

SIRLOIN (300g) Lean with a strip of fat for full flavour.	£23.95
RIBEYE (300g) Rich, juicy and marbled to perfection.	£26.95
FILET MIGNON (250g) Lamb fillet beautifully delicate and tender.	£28.95
CHICKEN BUTTERFLY Juicy chicken breast fillet, flame grilled to perfection.	£16.95
RUMP (300g) A firm texture & rich flavour.	£16.95
T-BONE (600g) On one side a tender fillet & on the other side, a flavoursome sirloin.	£29.95
TOMAHAWK (1000g) A tender bone-in steak from the rib with a long bone and marbling, adding to the flavour. Great for sharing and comes with extra sides.	£59.95

SIDES

CREAMY MASH	£3.95
STEAK CHIPS	£3.95
HOUSE SALAD	£3.95
MAC & CHEESE	£3.95
FRIES	£3.95
ROAST POTATOES	£3.95
CORN ON THE COB	£3.95
MIXED VEGETABLES	£3.95
SPICY RICE	£3.95

SAUCES

PEPPERCORN	£2.50
CREAMY MUSHROOM	£2.50
CHIMICHURRI	£2.50
GRAVY	£1.95

CHILDREN'S MENU

12 year olds and under

CHICKEN NUGGETS (Served with chips & salad)	£7.95
FISH FINGERS (Served with chips & salad)	£7.95
STEAK & CHIPS	£10.95
CHICKEN STRIPS (Served with chips & salad)	£7.95

