

## NON VEGETARIAN STARTERS

The Itihaas Kebabs – fresh, boneless fish, or meat, charcoal grilled and served with salad and mint sauce.

### TANDOORI CHICKEN **D**

**£5.95**

Quarter spring chicken marinated in yoghurt with delicate herbs and spices, skewered and roasted in our clay oven.

### HAGGIS PAKORA **G**

**£5.95**

Lightly spiced lamb haggis, coated in traditional spiced batter.

### CHICKEN CUTLET **G**

**£5.95**

Sliced breast of chicken, coated in traditional spiced batter.

### SAMOSA **G**

**£4.95**

Light spiced minced lamb with vegetables cooked in a crisp pastry served with salad and mint sauce.

### CHICKEN PAKORA

**£5.95**

Lightly spiced minced chicken. Shallow fried and served with salad and mint sauce.

### CHICKEN KEBAB **D**

**£5.95**

Spice chicken cooked in tandoori.

## **SHEEK KEBAB (MINCED LAMB)**

**£5.95**

Spiced mince lamb cooked in tandoori.

## **LAMB KEBAB**

**£5.95**

Spiced lamb cooked in tandoori.

## **SALMON TIKKA**

**£6.95**

Finest Scottish Salmon marinated in spices, herbs and olive oil cooked in tandoori.

## **MURGHI CHATT**

**£5.75**

Small pieces of chicken cooked with tomatoes and cucumbers in a hot and spicy sour sauce.

## **CHICKEN PURI**

**£5.95**

Small pieces of chicken in a subtle sauce enhanced by fresh coriander on a bed of puffed fried bread and accompanied by green salad.

## **ASSORTED KEBAB SELECTION**

**£5.95**

Chicken tikka, lamb tikka and pakora.

## **KING PRAWN ON PURI**

**£7.95**

King prawns in a subtle sauce enhanced by fresh coriander on a bed of puffed fried bread and accompanied by green salad.

## **ITIHAAS JINGHA**

**£7.95**

King prawns prepared to a special house recipe. A guaranteed feast for the eyes and taste buds.

## **VEGETARIAN STARTERS**

### **SABZI PAKORA**

**£5.75**

Deep fried balls of gram flour, onions, mixed vegetables and a variety of spices, served with special sauce.

### **CHANA ON PURI**

**£5.75**

Chick peas cooked in fresh herbs and spices with a sweet and savoury sauce.

### **ONION BHAJI**

**£5.75**

Onion coated with ground flour, deep fried to a crispy texture.

### **MIXED VEGETABLE PURI**

**£5.75**

Mixed vegetables in a subtle sauce enhanced by fresh coriander on a bed of puffed fried bread and accompanied by green salad.

### **GARLIC MUSHROOM**

**£5.95**

Mushrooms with fresh garlic and coriander and herbs in a mild sauce.

### **STUFFED JALAPENO**

**£6.95**

Mild jalapenos stuffed cream cheese in a crispy breading.

## **TANDOORI DISHES**

The Tandoori is a beehive shaped top opening earthen oven, fired with charcoal. In it we roast or bake various marinated meat, seafood, vegetables and breads. All foods are marinated in mildly spiced yoghurt.

They are low in calories, nutritious, delicious and easily digested. All Tandoori dishes are served with mint sauce and salad.

### **TANDOORI MURGH D**

**£9.95**

Half spring chicken marinated in yoghurt with delicate herbs and spices, skewered and roasted in our clay oven.

### **CHICKEN OR LAMB TIKKA KEBAB D**

**£9.95**

Fresh lean chicken or lamb marinated and spiced with fresh herbs and spices, skewered and roasted in our clay oven.

### **CHICKEN OR LAMB SHASHLIK KEBAB D**

**£11.95**

Chicken or lamb marinated and spiced with fresh herbs and spices. Skewered and roasted, served on a sizzler with grilled green pepper and onions accompanied by salad and mint sauce.

### **TANDOORI RAJ CHINGREE D**

**£15.95**

King prawns marinated in a lemony sauce and natural yoghurt with an assortment of exotic spices, skewered and charcoal grilled.

### **SALMON TIKKA**

**£11.95**

Finest Scottish Salmon marinated in spices, herbs and olive oil cooked in tandoori.

### **THE ITIHAAS' ASSORTED TANDOORI D**

**£15.95**

Consists of Tandoori Chicken, Lamb Tikka, Chicken Tikka, Sheek Kebabs and Nan Bread. A must for all Tandoori Connoisseurs.

## **BALTI DISHES**

Wonderful combination of fresh herbs, garlic and onions cooked in a medium sauce with Chef's own special recipe.

**CHICKEN BALTI **

**£10.95**

**LAMB TIKKA BALTI **

**£10.95**

**KING PRAWN BALTI**

**£15.95**

## **BIRYANI DISHES**

Grand festive dishes prepared from Basmati rice, chicken, lamb, king prawns, cooked in Ghee (clarified butter) with delicate herbs and spices, served with a mixed vegetable curry sauce.

**SABZI/VEGETABLE BIRYANI**

**£9.95**

**CHICKEN BIRYANI**

**£12.95**

**LAMB BIRYANI**

**£12.95**

**CHICKEN TIKKA BIRYANI **

**£12.95**

**KING PRAWN**

**£15.95**

**THE ITIHAAS' CLASSICS**

Fresh lean chicken or lamb, prawns or king prawns served with a classic range of curry sauces.

**CHICKEN**

**£9.25**

**LAMB**

**£9.95**

**BEEF**

**£10.95**

**TIGER PRAWN**

**£10.95**

**BADAMI KORMA **DN****

A mild delicate sauce of natural yoghurt, cream, almonds, coconuts, fresh herbs and spices.

**KASHMIRI **DN****

A mild sauce prepared with fresh lychees in exotic tropical spices.

**MALAYAN **DN****

A mild delicate dish prepared with almonds, coconut, pineapple, fruit juices and cream to create a beautifully balanced flavour.

**BHUNA**

Medium strength traditional dish garnished with onions, herbs, tomatoes and selected spices.

## **JHAL BHUNA**

A fairly hot traditional dish garnished with onions, herbs, tomatoes and selected spices.

## **DUPIAZA**

Medium strength dish of cubed onions and green pepper producing a very distinctive taste.

## **ROGAN JOSH**

Fairly hot dish prepared with pimento, garlic, fresh coriander and spices and garnished with spicy fried tomatoes.

## **PATHIA**

A very tasty sweet, sour and hot dish prepared with garlic, onions and a variety of fresh herbs, garnished with a slice of lemon.

## **DANSAK**

A rare combination of herbs and spices prepared with lentils, fairly hot.

## **MADRAS**

A very popular dish derived from the Southern part of India, prepared with garlic, chilli and lemon juice.

## **VINDALOO**

A hot and moist classic curry to make your palate dance.

## **CEYLON D**

A rich combination of delicate tasting sauce consisting of coconut, spices and fresh herbs.

## **MACH (FISH) DISHES**

We use the finest quality fish.

## **FISH JALFREZIE**

**£10.95**

Traditional dish cooked with chilli and green pepper garnished with spring onions, herbs and garlic – fairly hot.

## **ROGON FISH**

**£10.95**

Prepared with pimento, garlic, fresh coriander and spices, garnished with spicy fried tomatoes – medium.

## **GARLIC FISH**

**£10.95**

Prepared with a generous helping of sliced garlic, lentils, fresh herbs and spices, and garnished with coriander and lemon – medium.

## **KARAI SALMON**

**£10.95**

Pieces of salmon cooked with green peppers and fresh green chillies.

## **VEGETARIAN MAIN DISHES**

### **SABZI JALFREZIE**

**£8.25**

Mixed vegetables cooked in a blend of fresh ingredients, in a medium hot savoury sauce.

### **SABZI SAMBAR**

**£8.25**

A hot, rich gathering of mixed vegetables prepared together with lentils.

### **SABZI KORMA**

**£8.25**

Mixed vegetables prepared in a rich delicate mild sauce of almonds and coconuts.

### **ALO BINDHI**

**£8.25**

Potatoes cooked in fresh okra, herbs and spices.



## **SAG PANIR**

**£8.25**

Fresh spinach combined in a delicate tasting surprise with home-made cottage cheese.

## **CHANA MASSALLAM**

**£8.25**

Chick peas with lentils, eggs, spring onions, fresh coriander, herbs and spices.

## **SABZI ROGAN JOSH**

**£8.25**

Medium hot dish prepared with garlic, fresh coriander and spices and garnished with spicy fried tomatoes.

## **SABZI MALAYAN**

**£8.25**

A mild delicate dish prepared with almonds, coconut, pineapple, fruit juices and cream to create a beautifully balanced flavour.

## **PANIR CHILLI MASSALLAM**

**£8.25**

Home-made cottage cheese cooked in mild flavoured sauce with fresh herbs and spices and chillies.

## **EUROPEAN DISHES**

### **80Z SIRLOIN STEAK**

**£17.95**

Served with mushrooms, tomato and chips.

### **CHICKEN NUGGET & CHIPS**

**£8.95**

## THE ITIHAAS' SPECIALITIES

### ITIHAAS MILLYJILLY

**£10.95**

Cooked with a combination of chicken and lamb in chef's special sauce. Medium spiced..

### PODINA MURGH MASSALLAM **D**

**£9.95**

Marinated chicken cutlets, charcoal grilled, cooked in a very aromatic medium sauce with fresh garden mint and spring onions.

### CHICKEN TIKKA KHUMBI DUPIAZA **D**

**£9.95**

A most wonderful dish consisting of charcoal grilled chicken cutlets and mushrooms, cooked in a medium strength sauce of onions and green peppers.

### CHICKEN TIKKA MASSALLAM **D N**

**£9.95**

Kebabs cooked in a mild flavoured sauce with fresh herbs and spices.

### BUTTER CHICKEN

**£9.95**

Succulent pieces of chicken tikka cooked with sliced almonds, yoghurt, ground herbs, mild, smooth to taste.

### LAMB OR CHICKEN PASANDA **D N**

**£9.95**

Fresh lean lamb or chicken, specially marinated and cooked in a subtle mild creamy almond sauce.

### SHAHI CHASNI **D**

**£9.95**

Chicken kebabs cooked in a delicate sweet and sour sauce with a touch of fresh herbs and spices.

### **GARLIC CHICKEN**

**£9.95**

Medium strength cooked with garlic, lentils, fresh herbs and spices. Garnished with coriander and lemon.

### **GREEN HERB CHICKEN OR LAMB**

**£9.95**

Medium strength in a spicy sauce of tomatoes, green pepper, fresh coriander, spring onions and fresh ginger.

### **KARAI GOSHT OR CHICKEN**

**£9.95**

Tender pieces of lamb or chicken cooked with green peppers, green herbs and spices, garnished with fresh green chillies.

### **ACHARI GOSHT**

**£9.95**

Pieces of marinated lamb cooked in a tantalising pickle massalla, garnished with whole green chillies and fresh coriander.

### **METHI GOSHT OR CHICKEN**

**£9.95**

Lamb or chicken cooked with fenugreek, fragrant herbs and spices to give a delicious medium hot flavour.

### **SAG GOSHT OR CHICKEN**

**£9.95**

Tender pieces of lamb or chicken with fresh spinach, herbs and spices – medium.

### **KATHMANDU MURGH**

**£9.95**

Chicken tikka kebabs deliciously cooked with fresh garlic, ginger, whole spring onions, cinnamon and lentils – medium hot.

### **MURGH MANGO D**

**£9.95**

Chicken tikka cooked with mango, onion, garlic, fresh coriander and mild spices. Finished with fresh cream and almonds.

### **GINGER MURGH D**

**£9.95**

A fairly hot chicken kebab dish cooked in a ginger sauce with lots of coriander.

### **SARISHA MURGH D**

**£9.95**

Diced chicken kebabs cooked with ground mustard and green herbs in a medium strength sauce.

### **CHICKEN OR LAMB JALFREZIE**

**£9.95**

A most popular dish cooked with fresh herbs and spices in a fairly hot sauce. Garnished with fried green pepper, diced onions and green chillies.

### **GARLIC CHILLI CHICKEN D**

**£9.95**

Chicken kebab cooked with fried green chillies, garlic and a variety of herbs and spices. Medium/hot.

### **TIGER SAG PRAWN**

**£10.95**

Prawn cooked with spinach, herbs and spices. Medium.

### **CHICKEN BADSHAHI D**

**£9.95**

Slices of tandoori chicken cooked with spring onions, green peppers and half cut tomatoes and a delicate tasting sauce. Medium strength.

**CHICKEN CHILLI MASSALLAM D**

**£9.95**

Cooked in a mild flavoured sauce with fresh herbs and spices.

**CHICKEN TIKKA JALFREZIE D**

**£9.95**

A popular dish cooked with fresh herbs and spices in a fairly hot sauce with green peppers, onions and green chillies.

**SHATKORA LAMB**

**£9.95**

Tender pieces of lamb cooked in a medium spiced sauce with rinds of special Bangladeshi citric fruit, with herb and coriander – medium.

**KARAI MAHA JINGAH**

**£15.95**

Maha Jingah is the proud name of king prawns. Pan fried in a traditional Indian wok (Karai) and marinated in deep thick massalla gravy that is unique to Karai cooking style.

**KING PRAWN JALFREZIE**

**£15.95**

A most popular dish cooked with fresh herbs and spices in a fairly hot sauce. Garnished with fried green pepper, diced onions and green chillies.

**KING PRAWN TIKKA MASSALLAM D N**

**£15.95**

Cooked in a mild flavoured sauce with fresh herbs and spices.

**BEEF SELECTIONS**

## **BEEF BENGAL D**

**£11.95**

Tender pieces of beef cooked in a medium spiced sauce with peppers, spring onions and herbs. A very popular Bengali dish served in karai.

## **BEEF SHATKORA**

**£11.95**

Tender pieces of beef cooked with rinds of special Bangladesh citric fruits with herbs and coriander – medium.

## **BEEF JALFREZIE**

**£11.95**

A most popular dish cooked with fresh herbs and spices in a fairly hot sauce, with peppers, onions and green chillies.

## **BEEF ROGAN JOSH**

**£11.95**

Fairly hot dish prepared with pimento, garlic, fresh coriander and spices and garnished with spicy fried tomatoes.

## **SIDE DISHES**

### **SAG ALO**

**£5.95**

Spinach with spiced potatoes.

### **GARLIC MUSHROOM D**

**£5.95**

Fresh mushroom with fresh garlic, spring onion, fresh herbs and spices.

### **CAULIFLOWER BHAJI**

**£5.95**

Spiced cauliflower.

### **BHAJI SAG**

**£5.95**

Spiced spinach.

### **MIXED VEGETABLE BHAJI**

**£5.95**

Dry mixed vegetables.

### **MUSHROOM BHAJI**

**£5.95**

Mushroom with fresh herbs and spices.

### **ALO GOBI MASSALLAM**

**£5.95**

Spiced potatoes and cauliflower.

### **ALO MATER**

**£5.95**

Peas with potatoes.

### **BOMBAY ALO**

**£5.95**

Lightly spiced potatoes.

### **TARKA DAL**

**£5.95**

Stewed lentils and split peas.

### **BHANDI**

**£5.95**

Spiced okra.

**CHIPS**

**£3.50**

## **RICE DISHES**

**BOILED**

**£3.50**

Boiled Basmati rice.

**PILAU D**

**£3.95**

Saffron Basmati rice.

**SPECIAL D**

**£4.50**

Basmati rice stir-fried with egg and peas.

**MUSHROOM PILAU D**

**£4.50**

Basmati rice fried with mushrooms.

**GHEE BATT D**

**£4.50**

Basmati rice fried in purified butter with onions.

**EGG FRIED RICE**

**£4.50**

Basmati rice fried with egg.



## BREADS

### NAN **D G**

**£3.75**

Leavened bread baked in our clay oven.

### PESHWARI NAN **D G N**

**£4.25**

Leavened bread stuffed with ground almonds and sultanas.

### KEEMA NAN **D G**

**£4.25**

Leavened bread stuffed with spiced minced meat.

### GARLIC NAN **D G**

**£4.25**

Leavened bread coated with fresh garlic and coriander.

### PARATHA **D G**

**£4.25**

Fried layered whole wheat bread.

### TANDOORI ROTI **G**

**£2.95**

Unleavened wholemeal bread baked in our clay oven.

### CHAPATI **G**

**£1.85**

Thin unleavened wholemeal wheatbread.

## RAITHA

**CUCUMBER RAITHA **

**£2.50**

## **POPADUMS**

**PLAIN POPADUMS**

**£0.95**

## **CHUTNEYS**

**MANGO CHUTNEY**

**£0.95**

**ONION SALAD**

**£0.95**

**MIXED PICKLE CHUTNEY**

**£0.95**

**MINT & YOGHURT SAUCE **

**£0.95**

**SPICED ONION**

**£1.65**

## **SET DINNERS**

**NON VEGETARIAN SET DINNER FOR 2 PERSONS**

**£37.95**

• ASSORTED KEBABS

chicken tikka, lamb tikka, pakora.

• CHICKEN TIKKA MASSALAM

Kebabs cooked in a mild flavoured sauce with fresh herbs & spices.

- KARIA GOST (LAMB)

Tender pieces of lamb cooked with green peppers, herbs and spice. Garnished with spring onion (medium)

- SAG ALOO

Spiced spinach and potato.

- PILAU RICE

- PESHWARI NAN

## **KURZI LAMB DINNER FOR 4 PERSONS**

**£99.95**

A whole leg of lamb, butter filled and marinated in house with our secret recipes. A feast for your royals and mougals.

INCLUDES Starters – (Assorted kebabs), vegetables, rice and naan bread.

THIS IS A VERY SPECIAL FEAST THAT REQUIRES 48 HOURS NOTICE AND DEPOSIT.

## **BANQUET MEALS**

**From £18.95 per person**

Banquet meals available for 6 people or more. Consists of Starter, Main Course, Rice, Vegetables and Bread. [Contact us](#) for more details.

## **MEAT INFORMATION**

We do not use any processed beef, chicken or lamb. We only use 100% meats in all our dishes.

## **LEFTOVER FOOD**

If you wish to take home any left over food, there will be a small packaging charge.

## **SPECIAL DIET INFORMATION**

**D** Contains Dairy, **G** Contains Gluten, **N** Contains Nuts.

