

This is the **Home- Dining wing** of Indian Zest restaurant.

The concept is simple – Regional Indian food cooked, packed and delivered to your doorstep.

Chef patron Manoj Vasaiakar and Director - Proprietor Bhanu Pratap have taken great care in designing the 'home dining' menu of Indian Zest. We have selected only those dishes, which when cooked and packed retain their aroma, flavour, texture and taste so that you can enjoy a great meal in the comfort of your home.

Delivery Hours

5.45 pm – 10.30pm

How to Order ?

- Call **01932 765 000**
- For your convenience and to reduce errors, **please use the numbers of the dishes** when ordering.
- We reserve the right to exclude certain areas for delivery.
- We serve a maximum of 30 deliveries each evening. We limit the number of deliveries to ensure all orders are delivered fast and retain optimum taste, flavour and texture. We do not pre cook the food or keep it half done. All your dishes are cooked on order and therefore delivery time will vary from 30 – 45 minutes or as advised by the order taker.
- Minimum waiting time for collection is 15 - 30 minutes.
- Errors and Omission Exempted; All major credit & debit cards accepted
- All prices are VAT inclusive in Pound Sterling.
- **Allergies:** We cannot guarantee that any of our foods are free from nuts or nut derivatives or dairy product's as we work in surrounding of these ingredients. Request the waiter for your dietary requirements .We do our best to maintain that our food is free from GM (genetically modified ingredients and MSG).

Take Away & Home Delivery Menu

Starters

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| 1. Pappadums – 65 p each | Set of three chutneys - £3.50 |
| 2. Peas and Potato Tikki with Sprouted Beans | £4.00 |
| Peas and potato patti with spices and fresh herbs drizzled with yoghurt, tamarind and sprouted beans, garnished with assorted baby cress leaves. | |
| 3 . Samosa with Chana Masala and Cottage Cheese | £4.00 |
| Samosa with peas and potatoes (Punjabi Samosa) served with cheese and chick pea curry. | |
| 4. Vegetable Bhanavla | £4.00 |
| Our version of the ubiquitous onion bhaji, first steamed and then griddled in the authentic Maharashtrian way. | |
| 5. 🍤 Prawn and Aubergine Kharphatla | £5.75 |
| A warm medley of jumbo prawns and aubergine finished off with a caramelised onion, tomato & pickle masala. | |
| 6. Patrani Macchi | £5.75 |
| Seasonal fish marinated in fresh green herbs and coconut. Rolled in banana leaves and steamed. | |

- 7. Scallops Lonche with Rocket Leaves and New Potatoes** **£7.00**
Scallops marinated in pickle masala with caramelised garlic and zest of tropical lime served with rocket leaves and new potatoes.
- 8. Shikampuri Kebab** **£5.25**
A delicate kebab of chicken mince, spices & fresh herbs from Nizam's of Hyderabad, stuffed with Indian cottage cheese and mint, served with hot and sour onion relish.
- 9. 🍴 Green Peppercorn Malai Tikka** **£4.75**
(Please ask the server for a main course portion)
Succulent pieces of chicken breast, marinated with fresh green peppercorns, cheese, cooked in a clay oven.
- 10. 🍴 Nawabi Lamb Salli** **£5.25**
Lean minced lamb with fresh fenugreek, mint, coriander, spices, stuffed with Paneer- Indian cottage cheese, served with spicy tomato and onion relish.

Main Course

- 11. Sprouted Beans and Vegetable Rassa**  **£7.50**
A delicate broth of sprouted beans, vegetables and natural green herbs finished off with virgin extract of coconut milk.
- 12. 🍴 Tandoori Artichoke and Paneer with warm spicy roasted vegetable relish.** **£8.50**
Indian Cottage cheese & artichoke griddled in clay oven & served with rich spicy relish of cashew nut and roasted vegetables.
- 13. 🍴 Jumbo Prawns in Pomegranate seeds and Dill.** **£10.50**
Jumbo prawns marinated in yoghurt, pomegranate seeds and dill griddled and served with onion, ginger & tomato relish.
- 14. 🍴 Monkfish Tikka** **£10.50**
Chunks of monkfish marinated in a green masala of coriander and mint, griddled in a clay oven served with a roasted coconut relish and salad.
- 15. 🍴 Karwari Fish Curry** **£8.75**
Seasonal fish curry from the west coast of India with an unusual flavour of the spice (trifala) only native to that area.
- 16. 🍴 Duck Chettinad** **£9.50**
Breast of duck in a blend of Chettinad community spices, roasted coconut and tempered with mustard seeds and curry leaves.
- 17. Chicken makhani** **£7.75**
Succulent pieces of tandoori chicken tikka simmered in a tomato and fenugreek gravy.
- 18. Kerala Chicken Stew** **£7.75**
A delicate chicken stew from the Syrian Christian community from Kerala with vegetables, coconut milk and freshly tempered with mustard seeds and curry leaves.
- 19. 🍴 Chicken Miravna** **£7.75**
A classic dish from the earliest settled community of Mumbai (the pathare prabhu) with natural green fresh herbs and spices.

- 20. وؤ Malabar Chicken Curry £7.75**
 Chicken cooked in coconut oil tempered with mustard seeds whole crushed spices and roughly chopped onion, ginger garlic, curry leaves, tomatoes and finished with tamarind and coconut milk.
- 21. Saffron Chicken Korma. £7.75**
 Pieces of chicken cooked in a very delicate onion, cashew nut and saffron gravy.
- 22. وؤ Chicken Jhalfarezi £7.75**
 Succulent pieces of tandoori chicken tikka stir-fried with onion, peppers, tomatoes and green chillies simmered in light tomato gravy.
- 23. وؤ Mevaari Chicken £7.75**
 Chicken braised in a robust spinach fenugreek leaf and dill sauce finished with fresh Indian mustard.
- 24. Khyber Pass Raan £10.75**
 Shanks of lamb braised in a robust gravy of poppy seed, onions, ginger and spices, A northwest frontier dish.
- 25. Lamb Roganjosh £8.30**
 Lamb cooked in a traditional style originated from 'Awadh' region in North India with a unique flavour of rogan (tinged, flavoured and spiced oil) and josh - a strong punch of knuckle juice and marrow.
- 26. وؤ Nilgiri Lamb £8.30**
 A hill station lamb curry made using stone ground spices, coconut and fresh green herbs.
- 27. Lamb Dhansak £8.30**
 Lamb cooked with dill, pumpkin, aubergine, tamarind, fenugreek and lentils (A speciality of the Mumbai Parsee community)
- 28. وؤGhatti Lamb £8.30**
 A robust dish from the Sahyadri Ranges made with fresh, hand pounded herbs and black pepper.
- 29. Gymkhana Lamb Chops. £13.50**
 Lamb cutlets marinated in ginger, green chillies and mint, served with a smooth spicy lamb jus.

Side Dishes & Salads

(Side dishes can be served as a main course portion with a supplement of £2.50 added to it, please ask the order taker)

- 30. Local Organic seasonal **vegetable foogath** £5.75**
 (tempered with mustard seeds, coconut and curry leaves)
- 31. Bottle gourd and pumpkin cooked with lentils and tempered with mustard seeds £4.50**
(Dudhee Bhopla and Chana Bhaji)
- 32. Mixed vegetable and cottage cheese in tomato and fenugreek sauce £5.50**
(Subz Paneer Makhani)
- 33. وؤ Tropical vegetables with coconut, yoghurt and mustard seeds **(Avial)** £4.50**

34. Exotic Mushrooms with sharp Madras shallots and spices
(Sukka Mushroom Bhaji) £4.50
35. 🌱 New potatoes in a blend of tomatoes and onion gravy tempered with mustard seeds and asafoetida **(Goda Batata Rassa)** £4.00
36. Smoked aubergine, onion and corn **(Baingan and Makai Bharta)** £4.75
37. 🌱 Spinach, fenugreek and dill leaves **(Meloni Tarkari)** £4.50
38. 🌱 Lentils, garlic and red chillies **(Tadka Dal)** £4.00
39. **Ma Di Daal** (Available only on Saturday and Sunday) £5.25
Black lentils, ginger and spices.
40. Braised cauliflower with onions, spices and green peas **(Dum Gobi Matar)** £4.50
41. 🌱 Okra, Onion, tomatoes, peppers with black salt and roasted cumin. **(Bhindi Do pizza)**
£4.75
42. 🌱 Chickpeas with tomatoes, onions and dried mango powder.
(Chana Masala) £4.25
43. Indian Zest Salad: Seasonal salad leaves with cucumber, radish, tomatoes and sprouted beans. £3.25
44. Raita - smoked aubergine, onion tomato and cucumber or a combination of any. £3.25

Biryani

45. **Bhujung Biryani** £11.50
Lighter version of traveller's biryani made in the suburbs of Mumbai express highway (Vasai) with puffed or pulao rice with your choice of Prawns, Chicken, Lamb or Vegetable served with Raita, Vegetable sauce and Pappadam. (Add a £1.00 for Prawn Biryani)

Rice & Breads

46. Aromatic basmati rice £2.50
47. Jeera and saffron pulao £2.75
48. Lemon and Ginger rice. £2.75
49. Rice with roasted spices and vegetable. **(Masala Bhat)** £3.50
50. Leavened bread **(Naan)** £2.25
51. Organic whole wheat bread **(Roti)** £2.25
52. Leavened bread with Garlic **(Garlic Naan)** £2.50
53. Coconut and raisins stuffed in leavened bread. **(Peshwari Naan)** £3.25
54. Cottage cheese stuffed in leavened bread **(Paneer kulcha)** £3.25
55. Organic layered whole wheat bread **(Lachha paratha)** £2.75
56. Bread of the day (Please ask the waiter) £3.00

🔥 Spicy

🔥 Very Spicy

If you can not see any of your favourite dishes on our regional menu (for ex. Korma, Masala, Curry, Madras, Jhalfarezi, Do Peaza, Saag, Bhuna, Balti, Dhansak, Vindaloo or Rogan) just let us know and our chefs can prepare them for your delivery.

Desserts

57. Rasmalai **£3.75**

Casein of milk poached in saffron and caramelised milk.

58. Gulab jamun **£3.75**

Caramelised milk dumplings.

Beverages

Beers

59. Cobra (India)	330 ml	5%	£2.95
60. Tiger (Singapore)	330 ml	5%	£2.95
61. Brakspear Organic Beer (Oxfordshire)	500ml	4.6%	£5.50
62. Stella Artois (Belgium)	330 ml	5%	£2.95

Soft Drinks

63. Coke / Diet coke	330 ml glass bottles	£2.50
64. Lemonade / Sprite	330 ml glass bottles	£2.50
65. Still / Sparkling Water	750cl	£3.50

Red Wines

66. Cabernet Sauvignon, Les Templiers	13%	2008	£12.75
Vin de Pays- France - Blackcurrant and blackberry flavours with ripe balanced tannins			
67. Sula Shiraz - Sula Vineyard Nashik - India	13.5%	2008	£16.50
Full bodied red fruit flavours and a rich and smooth finish.			

White Wines

68. Chardonnay, Les Templiers	Vin de Pays, France	13%	2008	£12.75
A crisp white wine with refreshing citrus fruit flavours.				
69. Sauvignon Blanc	Sula Vineyards Nashik, India.	13.5%	2008	£16.50
Herbaceous, crisp, and dry, with hints of green pepper and a touch of spice at the finish.				