Starters

Samosa (Meat or Vegetable) £3.25
Traditional all time favourites triangular pancake made of fine wheat flour. C E

Onion Bhaji £3.25
Traditional all time favourites spicy Indian snack consisting of fried onions, similar to potato fritters, with several variants. Perfection of molded sliced onion with gram flour.

Vegetable Pakora E V £3.95
Mixed vegetables fried in a mild spice by and dipping them in a batter of special flour and then deep-frying them.

Aloo Chaat Chopped potatoes cooked in chaat masala sauce with a tangy flavour. £3.95

Papdi Chaat D C M SP £4.50
Papdi, crispy fried dough wafers made from refined white flour seasoned with boiled potato, chopped onion, tomato, sweet yogurt finished with sev, coriander, tamarind and special sauce.

Mulligatawny Soup C 4.50
This aromatic Anglo-Indian soup is a curry house staple. Chicken pieces, fresh pepper and chicken gravy, thickened with rice and garnished with lemon grass and dried thyme.

Chicken Chaat £4.50
Pieces of chicken cooked in chaat masala sauce with a tangy flavour.

Fish Kebab F £3.95
Minced fish lightly spiced and fried, mild herbs and spices are used.

Chicken Pakora E £4.75
Diced chicken fried in a mild spice by dipping them in a batter of special flour and then deep-frying them.

Chicken or Lamb Tikka D M £4.50
Tender cubes of chicken or lamb marinated in Tandoori sauce, yogurt, saffron and cooked in a Clay Oven (Served on a sizzler).

Tandoori Chicken D M £4.25
Quarter Spring chicken on the bone is marinated with Tandoori sauce and cooked in a Clay Oven (Served on a sizzler).

Chicken Sheek Kebab £4.25
Minced chicken gently spiced, fresh coriander, garlic and spices thinly wrapped around a skewer and grilled in a Tandoor (Served on a sizzler).

Sheek Kebab M £4.25
Minced lamb gently spiced, fresh coriander, garlic and spices thinly wrapped around a skewer and grilled in a Tandoor (Served on a sizzler).

Mixed Starter D M Onion Bhaji, Sheek Kebab and Chicken Tikka served with salad. £4.50

Vegetable or Mushroom Puri C £4.25
Portion of lightly spiced mixed vegetables or mushrooms bhaji is wrapped in a puffed puri, a deep fried bread base.

Prawn Puri C C £4.25
A puri, unleavened bread which is deep fried in oil causing it to expand. This is then used as a bread base on which to serve a small portion of light spiced prawn curry.

Courgette Delight C C £5.50
Portion of lightly spiced Courgette bhuna is pan fried with prawns. Served wrapped in puffed puri, a deep fried bread base.

King Prawn Puri C C £5.50
Portion of lightly spiced King prawn curry is wrapped in puffed puri, a deep fried bread base.

King Prawn Sukka C King prawns served in a sweet & sour special sauce. £5.50

King Prawn Butterfly C C £5.50
These large prawns are split down the back and flattened out into a vague butterfly shape! The prawn is coated in a mildly spiced batter and then deep fried.

Tandoori Chops D £5.50
Lamb chops marinated in fresh herbs than barbecued in a tandoori charcoal clay oven.

Anokha's Wings D £5.50
Wings marinated in fresh herbs than barbecued in a tandoori charcoal clay oven.

Chilli Paneer D £4.95
Cubed marinated curd cheese, cooked in special chilli sauce with peppers, onions and tomatoes (Served on a sizzler)

Anokha's Calamari C £5.50
Battered Squid sautéed with crushed garlic flakes and a special indian seasoning, garnished with a wedge of lime.

Anokha's Keema Chips D Chips served with keema and garnished with cheese £5.50

Samosa Chaat D E C SP £5.50
Veg samosa served with chana, garnished with yogurt and sauce

Tandoori Specialities

Most Tandoori dishes are served on a sizzler with salad.

Whole Tandoori Chicken D M £12.50
Spring chicken on the bone marinated in Tandoori sauce with special spices cooked in a clay oven.

Half Tandoori Chicken D M £7.25
Spring chicken on the bone marinated in Tandoori sauce with special spices cooked in a clay oven.

Chicken / Lamb Tikka D M £7.95
Tender pieces of boneless chicken or Lamb marinated yogurt, special spices and herbs, skewered and grilled in a Tandoor oven.

Paneer Shashlik D M £8.50
Cubed marinated curd cheese with barbecued peppers, onions and tomatoes are is skewered and grilled in a Tandoor oven.

Lamb or Chicken Shashlik D M £8.50
Cubed marinated chicken or lamb with barbecued peppers, onions and tomatoes are is skewered and grilled in a Tandoor oven.

King Prawn Shashlik Bhuna C D M £12.95
Marinated king prawns cooked with herbs, tomatoes, onions and green peppers in a special sauce. (Served on a sizzler)

Anokh's Jerked Lamb D M £11.50
4 French trimmed lamb chops, marinated in garlic and ginger paste, fresh Indian herbs then barbecued in a Tandoor charcoal clay oven. , garnished with corriander

Tandoori Mixed Grill D M £10.95
An imaginative and delightful selection of Tandoori specialities.

Tandoori King Prawn C D M £11.95
King prawns marinated in a light Tandoori sauce and cooked on the clay oven.

Tandoori Duck D M £7.95
Marinated duck in a masala sauce with special herbs cooked in charcoal oven.

Sheek Kebab M £7.95
Spiced mince lamb seasoned with coriander and onions, shaped into small sausages on a skewer and char grilled in the Tandoor.

Paneer Shashlik Bhuna D M £8.95
Cubed marinated curd cheese with barbecued peppers, onions and tomatoes are is skewered and grilled, then further cooked with special spices in a condensed sauce.

Tandoori Salmon D F M £9.95
Fillet of salmon fish marinated in a special Tandoori sauce and cooked in a charcoal oven.

Tandoori Trout D F M £7.95
Rainbow trout fish marinated in Tandoori sauce and cooked in a charcoal oven.

Anokha's Fish Platter D F M £10.95
Selection of aromatic flavour fish, salmon, king prawn and fish kebab garnished with salad. (Served on a sizzler).

Tandoori Lamb Chops D M £10.95
Lamb chops marinated in fresh herbs then barbecued in a Tandoor charcoal clay oven.

King Prawn Sukka Special C D M £12.50
Marinated king prawns cooked in sweet and sour sauce with special spices. (Served on a sizzler)

House Specials

Anokha's Special £7.95
Tender pieces of breast chicken cooked with fresh onion, capsicum and tomatoes (Served on a sizzler).

Chicken Shashlik Bhuna D M £9.25
Diced marinated chicken cooked with herbs, tomatoes, onions and green pepper in a special sauce (Served on a sizzler).

Lamb or Chicken Tikka Bhuna D M £7.95
Tender pieces of chicken or lamb tikka cooked with special spices in a condensed sauce.

Tandoori King Prawn Bhuna C D M £12.95
Marinated king prawns cooked with special spices in a thick sauce.

Green Masala £7.95
Choose from Vegetable, Chicken or Lamb. All green masala dishes are cooked with pureed coriander, tamarind, mint, capsicum, green chillies, with a hint of ginger and garlic –fairly hot.

Lamb Shank £10.95
A fashionable bony cut Lamb Shank, from the end of the lamb leg.
Deliciously tender and flavoursome with special spices.

Murgh Masala E £10.95
An exceptional boneless chicken fillet cooked in a blend of Bengal spices. This dish is prepared home-style with lots of special spices accompanied with boiled egg, rice and salad.

Mirchwaali M £7.95
Chicken is cooked with fenugreek leaves in a dry thick sauce with an essence of hot bonnetpepper, Bangladeshi chilli pickle, blended with green and red peppers, cooked in high flame.

Duck Flambe £9.95
A popular Bengali dish cooked in medium spices with a blend of cayenne pepper and hint of ground cinnamon and fresh lemon juice (Served on a sizzler).

Chicken or Lamb Rezala D Tender pieces of chicken or lamb £7.95
Cooked in an aromatic blend of spices, garnished with corriander.

Special Garlic Chicken C F G M S £8.95
Fresh garlic is fried to give a very strong essence of garlic.Tender breast of chicken cooked with garlic and spices (Served on a sizzler).

Chicken Chilli Masala D M £7.95
Tender breast of chicken cooked in a green chilli sauce with herbs.

Chicken Makhani D M £8.50
(Butter Chicken) is cooked in mild spices. Marinated in a blend of spices & yogurt. Partially baked in an oven and cooked on a low flame with butter, cream and nut sauce.

Chicken or Lamb Pasanda D N £8.25
Tender pieces of chicken or lamb marinated and cooked in a very rich cream sauce, with coconut milk, cashew nuts and other spices.

King Prawn Zafrani C D £12.95
King Prawn marinated and cooked in a very rich cream sauces garnished with fresh capsicum, tomatoes and ginger and finished with yogurt.

Chicken or Lamb Achar M £7.95
A very popular dish cooked in an aromatic blend of spices with green peppers in a dry thick sauce with an essence of special pickle.

King Prawn Achar C M £11.95
Pieces of jumbo prawn cooked in an aromatic blend of spices with green peppers in a dry thick sauce with an essence of special pickle.

Methi Chicken or Lamb £7.95
Tender pieces of chicken or lamb cooked with dry fenugreek leaves, garnished with herbs. Kasuri methi makes the greatest contribution to the characteristic flavour of the dish.

Lamb Chops Special Bhuna £11.95
Marinated & barbecued lamb chops cooked in a special sauce with herbs, onions & peppers (Served on a sizzler).

Anokha's Mango Chicken D £8.95
Tender pieces of chicken marinated and cooked in a very rich creamy mango sauce and garnished with slices of mango.

Butter Panner D M £8.95
Cubes of curd cheese partially grilled, marinated in a blend of spices and yogurt. cooked on a low flame with butter & cream

Anokha' s Tapali

(Tapali) Indian candle lit dish is freshly cooked with garlic, ginger, capsicum, onions, tomatoes and special spices garnished with fresh cream. Served on Sheghedi, a copper table top food warmer with copper serving dish (Handi). Recommended dish to eat at the restaurant due to the authenticity of the dish by setting up the candle under the Tapali.

Chicken Tapali D C S £7.95 — **Lamb Tapali** D C S £8.25
Vegetable Tapali D C S V £7.75 — **King Prawn Tapali** C D C S £11.95

Anokha' s Balti

The word balti means "bucket" in India and describes the vessel, actually a small, flat-bottomed, two-handled wok, in which the food is both cooked and served. Balti involves the fast cooking of curry and spices over a high flame, which gives the curry a rich and exotic taste. (Served in Indian copper bottom balti bucket). Served with Naan.

Balti Chicken M N £8.25 — **Balti Lamb** M N £8.50
Balti Vegetable M N V £7.75 — **Balti Prawn** C M N £8.95
Balti King Prawn C M N £11.95

Jalfrezi Dishes

This was originally a Raj dish and is now found on many restaurant menus. Fresh zesty and spicy flavour with red and green peppers, onions, ginger, spices and fresh green chillies, cooked in a 'stir-fry' style. Hence transforms into something special and vibrant in flavour.

Chicken Jalfrezi £7.75 — **Lamb Jalfrezi** £7.95
Duck Jalfrezi £8.25 — **King Prawn Jalfrezi** C £11.95

Karahi Dishes

Sizzling dish cooked in deep pan style with cubed onions, peppers, tomatoes and medium-strength special spices. The Karahi is actually a two handled cooking pot similar to a wok.

Chicken Karahi D M £7.75 — **Lamb Karahi** D M £7.95
Duck Karahi D M £8.95 — **Vegetable Karahi** D M V £7.50
King Prawn Karahi C D M £11.95

Plain Curry Dishes

Medium/Madras/Vindaloo
Cooked with herbs and spices in a golden brown pleasantly flavoured curry sauce. Madras is generally a standard medium to hot curry which contains tomato, almond and lemon juice along with hot chilli powder. Vindaloo is cooked with potatoes in a very hot sauce.

Chicken Curry £6.95 — **Lamb Curry** £7.25
Prawn Curry C £7.50 — **King Prawn Curry** C £11.95

Shahi Korma Dishes

Very mild, sweet, creamy texture and rich flavour characterises this popular dish cooked with creamed coconut, ground cashew nuts and fresh cream. It is ideal for those who like milder spices and a warming, subtle taste. Often a good choice as an introduction to Indian food.

Chicken Korma D £7.25 — **Lamb Korma** D £7.50
Prawn Korma C D £7.75 — **King Prawn Korma** C D £11.95

Rogan Josh Dishes

A specially prepared dish Rogan josh is an aromatic curry dish hailing from Kashmir. This curry is made with garlic and special spices, lots of tomatoes, chilli, and paprika. This is a spicy Indian curry. 'Rogan' means clarified butter and 'josh' means heat, therefore the name means 'cooked in butter over a high heat'.

Chicken Rogan Josh £7.25 — **Lamb Rogan Josh** £7.50
Prawn Rogan Josh C £7.75 — **King Prawn Rogan Josh** C £11.95

Dupiaza Dishes

Abundance of onions with special medium spices cooked in thick sauce and herbs, garnished with fresh coriander.

Chicken Dupiaza £7.25 — **Lamb Dupiaza** £7.50
Prawn Dupiaza C £7.75 — **King Prawn Dupiaza** C £11.95

Bhuna Dishes

A medium strength dish with fresh herbs, spices, onions, garlic, capsicums and tomatoes, in a dry sauce.

Chicken Bhuna £7.25 — **Lamb Bhuna** £7.50
Keema Bhuna £6.95 — **Prawn Bhuna** C £7.75
King Prawn Bhuna C £11.95 — **Duck Bhuna** £7.95
Paneer Bhuna D £7.75

Persian Dishes

The most popular Parsee recipe prepared in a sweet, sour and slightly hot sauce, thickened with creamy cooked pink-lentils.

Chicken Tikka Dhansak D M £8.25 — **Chicken Dhansak** £7.75
Lamb Dhansak £7.95 — **Prawn Dhansak** C £8.25
King Prawn Dhansak C £11.95

Saag (Spinach) with ...

A combination of tastes with savoury spices creates a typical authentic dish. By far delicious and one of the most effective uses of spinach.

Chicken Saag £7.25 — **Lamb Saag** £7.50
Prawn Saag C £7.95 — **King Prawn Saag** C £11.95

Pathia Dishes

All in one this dish is sweet, sour, hot and savoury, cooked with shredded onions, tomatoes and spices in a thick sauce, and fresh lemon juice for a distinctive flavour.

Chicken Tikka Pathia D M £8.25 — **Chicken Pathia** £7.25
Lamb Pathia £7.50 — **Prawn Pathia** C £7.75
King Prawn Pathia C £11.95

Masala Dishes D M N

A mild dish marinated and grilled over charcoal in the Tandoor until golden. Pan cooked in a blend of spices with coconut cream, nuts and fresh cream sauce. This Indian dish reputedly started life in British restaurants; it is the most popular dish in UK according to Food Service Intelligence.

Chicken Tikka Masala £7.75 — **Lamb Tikka Masala** £7.95
Tandoori Chicken Masala £8.25 — **Paneer Masala** £7.25
Tandoori King Prawn Masala C £11.95 — **Chichek Shashlik Masala** £8.25

Fish Specialities

Please note fish dishes may contain bones.

Fish Bhuna F £9.95
A medium strength dish, traditional Bengali fresh water fish cooked with fresh herbs, spices, onions, garlic, capsicums and tomatoes, in a thick sauce.

Fish Masala F £9.95
A popular Bengali fish mild/medium strength cooked with fresh onions, garlic and special herbs.

Sarson Ka Machli F M £9.95
Cooked very strong flavoured mustard sauce, fresh garlic, onions black onion seeds,carom seeds, bitter and pungent taste, topped with crushed brown mustard seed and coriander.

Fish Karahi F £9.95
A well known Scottish fish marinated in special Bengali spices, cooked with fresh garlic and coriander.

Sea Bass Bhuna F £13.95
Marinated in blend of special sauce and barbecued in a tandoor.
Garnished with red & green pepper. Served on a Sizzler

Biryanies

A very aromatic dish treated with light spices and stir-fried with basmati rice with twigs of coriander and mint leaves, coconut and almond powder. Served with vegetable curry.

Chicken Tikka Biryani D M £8.95 — **Lamb Tikka Biryani** D M £9.25
Tandoori Chicken Biryani D M £9.95 — **Chicken / Lamb Biryani** D £8.75
Vegetable Biryani V £7.50 — **Prawn Biryani** C £8.75
King Prawn Biryani C £11.95 — **Paneer Biryani** D £8.25

Anokha's Thali

SET MEAL
Served in a traditional way on Indian round shaped stainless steel thali.
Vegetarian £12.95 D G
Aloo Gobi, Mutter Paneer, Daal, Vegetable Curry, Raita, Rice & Tandoori Roti
Non Vegetarian £14.95 D G M
Tandoori Chicken, Chicken Tikka, Sheek Kebab, Vegetable Curry, Lamb Bhuna, Rice & Naan

F Fish | E Egg | V Vegetarian | G Gluten | N Contains Nuts | D Dairy | M Mustard | C Crustaceans | S Soya | SP Sulphur Dioxide

Vegetable Side Dishes

Can be served as a main dish for £7.50

Capsicum Bhaji V £4.25
Freshly cooked with onions, herbs and spical spices.

Sarson Ka Saag M V £4.25
Fresh spinach cooked in mustard seeds & butter.

Saag Gobi V £4.25
Combination of spinach and cauliflower cooked with medium spices.

Brinjal Bhaji V £4.25
Aubergine cooked with onions and garlic with medium spices.

Bhindi Bhaji V £4.25
Okra stir fried in light spices with onions and capsicums.

Cauliflower Bhaji V £4.25
Cooked in light spices with tomatoes and coriander.

Mushroom Bhaji V £4.25
Cooked in medium spices with onion and coriander.

Courgette Bhaji V £4.25
Cooked in medium spices with onion and coriander.

Saag Bhaji V £3.95
Spinach cooked with mustard and crushed garlic in medium spices.

Chana Masala V £3.95
Chick peas cooked in medium spices and herbs. The chickpeas used in this dish retain their shape and texture making it a more substantial option.

Mutter Paneer D £4.50
Peas and curd cheese cooked with cream in a sweet and spicy sauce.

Saag Paneer D £4.50
Spinach and curd cheese cooked with cream in a medium sauce.

Saag Aloo V £4.25
Spinach and potato stir fried with onions and light spices.

Bombay Aloo V £3.95
Steamed potato cooked with garlic, fresh herbs and spices.

Aloo Gobi V £4.25
Potato and cauliflower cooked in a medium spiced sauce.

Vegetable Curry V £3.95
Mixed vegetables cooked with herbs and spices.

Daal Sambar V £4.25
Lentils cooked with vegetables in a sweet and sour sauce.

Tarka Daal V £3.95
Lentils cooked with fresh fried garlic and coriander and further garnished with extra garlic on top.

Anokha's Spicy Chips V £2.95
Portion of chips lightly spiced served with Anokha's sauce.

Rice & Bread

Plain Rice £2.75
Steamed Basmati rice.

Pilau Rice £2.95
Basmati rice cooked with black cumin, saffron, butter and given an aromatic appeal. Finished with nutmeg powder, cinnamon cloves, dried green cassia leaf and aniseed.

Kashmiri Pilau Rice £3.50
Basmati rice stir fried with fruits to give a sweet taste.

Mushroom Rice £3.50
Rice stir fried with steamed mushrooms blended lightly with herbs and spices.

Special Fried Rice E £3.50
Rice stir fried with steamed green peas and scrambled egg blended lightly with herbs and spices.

Vegetable Rice £3.50
Rice stir fried with steamed mixed vegetables blended lightly with herbs and spices.

Keema Rice £3.50
Rice stir fried with minced meat blended lightly with herbs and spices.

Lemon Rice £3.50
Rice stir fried with fresh lemon blended lightly with herbs and spices.

Plain Naan D E G £2.50
Nan is a leavened, Tandoor-baked flatbread made from refined flour.
It is one of the most popular varieties of South Asian breads.

Peshwari Naan D E G N £2.95
Almonds, coconut & raisins stuffed in leavened bread.

Keema Naan D E G £2.95
Leavened bread stuffed with minced lamb.

Special Tikka Naan D E G £2.95
Leavened bread stuffed carefully with chicken tikka with spice and herbs.

Garlic Naan D E G £2.95
Leavened bread stuffed with finely chopped fresh garlic, coriander and green chilli.

Cheese Naan D E G £2.95
Leavened bread stuffed with cheese.

Stuffed Naan D E G £2.95
Leavened bread stuffed with vegetables, chilli, onion & coriander.

Paratha G £2.95
Pan-fried flatbread. It is one of the most popular unleavened flat-breads in Indian cuisine.
The paratha dough usually contains ghee, which is also layered on the freshly prepared paratha.

Tandoori Roti G £2.50
Unleavened bread made with wheat flour.

Chapati G £2.25
Chapati is a form of roti (bread). Chapati is a roti made of whole wheat flour and cooked on a tava (flat skillet).

Puri G £1.95
Unleavened Indian bread is prepared with refined wheat flour, which is rolled in circles and deep fried in oil.

Accompaniments

Papadum (plain or spicy) £0.60
Chutney Sauces (Lime, mango, mint, tamarind sauce, onion salad) (pp) M £0.60
Mixed Green Salad £2.50
Raita (plain or cucumber) D £2.95

Allergy awareness: Please note some of our dishes may contain traces of nuts. If you have any dietary restrictions e.g. nuts, dairy products, etc. Please inform us.
All prices include VAT. The management reserves the right to refuse admission and service.