



Truro Tandoori

**Good meat, Good vegetables
Quality spices, Freshly cooked**

Opening times: Open Daily. Lunch 12:00pm till 13:30pm. Evenings 17:00pm till 22:30pm

Gift Vouchers are available. The perfect gift for someone who loves good food.

Major credit cards accepted. We cannot accept cheques, American Express or Diner's Club.

Children are welcome over 2 years old. Menu and offers can be changed at any time without prior notice. Management reserve the right to refuse any person or persons.

Food Allergies and Intolerances

Please ask a member of staff if you require information on the ingredients in the food we serve.

For Table Reservation

email trurotandoori@hotmail.com
phone 01872 262694

For Take Aways

Please order online at trurotandoori.co.uk
Pay with card or cash when you collect
32 Lemon Street, Truro TR1 2NR



Issue date February 2024



10% off
all take
away orders

Truro Tandoori

TAKEAWAY MENU

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| | | |
|-----------------------------|--|-----------|
| Plain Pappadum | Indian crisp made with lentil and rice flour (gluten free) | 1 |
| Spicy Pappadum | Tandoori-baked lentil flour crisp with black pepper (gluten free) | 1 |
| Chutneys and Pickles | | per pot 1 |
| | Lime Pickle, Chili Pickle, Mango Chutney, Yogurt, Mint Sauce, Onion Salad | |
| | How to eat Pappadum: Put pickles and chutneys on a side plate, break a small piece of pappadum, scoop the pickle and chutney with a knife onto the pappadum and drop it in the mouth. | |

Chicken

Light Spiced

| | | |
|------------------------------|--|----|
| Chicken Chat | Cubes of chicken and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. | 12 |
| Chicken Samosa | Crisps triangular pastries with minced chicken filling. | 12 |
| Chicken Tikka | Cutlets of tender chicken breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven and served with mint chutney sauce. | 12 |
| Hot Tikka Chicken | Pieces of chicken breast grilled in the tandoor, stir fried with chopped green chillies, garlic and chopped onions. Nice and spicy. | 12 |
| Tandoori Chicken | A quarter of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor and served with mint chutney sauce. | 12 |
| Tandoori Thigh | Boneless chicken thigh marinated in spices and grilled in tandoor, sizzling. Served with lettuce and mint sauce. | 12 |
| Chicken Chat-paratha | Thin slices of chicken breast and juicy cherry tomatoes with red chili, seasoned with chat masala, and simmered in light spices and herbs. Served with paratha bread. | 14 |
| Chicken Rainbow Salad | Finely chopped squares of chicken tikka breast meat, with potato, onions, garlic, light spices and herbs, stuffed in small crisp lettuce leaves. | 14 |
| Chicken Roti Roll | Small pieces of chicken and potato cooked with light spice and herbs and half rolled with finely ground rice flour thin bread. | 14 |
| Indian Style Cucumber | Finely chopped squares of chicken tikka breast meat, with potato, onions, garlic, light spices and herbs, stuffed in small cucumber cubes. | 14 |
| Palak Paneer Chicken | Cubes of paneer Indian cheese, cooked with palak spinach, garlic, onions and ginger, lightly spiced. Tandoori roasted marinated breast chicken pieces served on top. | 21 |
| Chicken Tikka Bhaza | Sliced chicken tikka, onion, and green and red pepper sizzled with gentle spices then flamed at your table with a shot of brandy. | 19 |
| Chicken Khurchan | Marinated tandoori chicken, roasted in the tandoori oven and off the bone, succulent tender chicken cooked with light spices and herbs. Served with crisp lettuce leaves. How to eat: Roll the chicken in the lettuce and eat with your fingers | 21 |

- Hot and Spicy Chicken** 21
Slices of succulent chicken breast, green chili, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves.
How to eat: Roll the chicken in the lettuce and eat with your fingers
- Chilli Kebab** 14
Minced lamb and chicken, slivers of fresh green chili, fresh ginger and aromatic spices, fired in the tandoori oven. Served on crisp lettuce leaves.
- Lamb**
- Light Spiced**
- Lamb Chat** 14
Cubes of lamb and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaves.
- Lamb Chat-paratha** 16
Thin slices of lamb and juicy cherry tomatoes with red chili, seasoned with chat masala, and simmered in light spices and herbs. Served with paratha bread.
- Lamb Tikka** 14
Lamb cutlets marinated overnight with homemade yogurt and light-spice masala. Roasted in the tandoori oven. Served with mint chutney sauce.
- Hot Tikka Lamb** 14
Pieces of lamb grilled in tandoor, stir fried with chopped green chillies, garlic and chopped onions. Nice and spicy.
- Shammi Kebab** 14
A succulent kebab of minced lamb and finely chopped capsicum spiced with tamarind and cumin, bound with egg yolk and cooked on the flat pan. Served with mint chutney sauce.
- Sheek Kebab** 14
The traditional tandoor-roasted skewer of minced lamb, delicately flavoured with fresh garlic and ginger, coriander, mint and spring onions. Served with mint chutney sauce.
- Lamb Somosa** 12
Crisp triangular pastries with minced lamb filling.
- Palak Paneer Lamb** 24
Cubes of paneer Indian cheese, cooked with palak spinach, garlic, onions and ginger, lightly spiced. Tandoori roasted marinated lamb pieces served on top.

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Quality spices, Freshly cooked**



Truro Tandoori

Vegetables

Starters

Light Spiced

Aloo Chat ✔ **12**
Potato cubes and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaves.

Paneer Chat ✔ **12**
Peneer cubs and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaves.

Vegetable Chat-paratha ✔ **14**
Multiple mixed vegetables and juicy cherry tomatoes with red chili, seasoned with chat masala, and simmered in light spices and herbs. Served with paratha bread.

Vegetable Somosa ✔ **12**
Crisp triangular pastries with spicy mixed vegetable filling. Served with mint chutney sauce.

Onion Bhaji ✔ ✔ **12**
Crisp balls of sliced onion, with potato, lentils and ground spices. Served with mint chutney sauce.

Potato Balls ✔ **14**
Potato balls, stuffed with carrot, long bean, green peas, onion, turmeric, ginger, garlic, cumin. Served with creamy coconut sauce. Allergy advice: it has wheat, soya oil, egg, bread crumb, corn flour.

Daal Soup ✔ **12**
Red lentils and split peas with sliced garlic and fresh coriander.

Cheese

Goat Cheese Roti ✔ **19**
Finely chopped in squares of potato with peppers, onions, garlic, light spices and herbs, made in to a round ball and served with rice roti, crisp lettuce leaves and goat's cheese. Allergy advice: it has wheat, soya oil, egg, bread crumb, corn flour.

Platters

Light Spiced

Tandoori Meat Platter **26**
A selection of our most popular tandoori dishes - chicken tikka, lamb tikka and sheek kebab. Served on a platter.

Vegetable Platter ✔ **21**
A selection of our most popular vegetable dishes. Vegetable chat, Onion Bhaji, Vegetable Samosa and potato balls.

Fish Platter **35**
A selection of our most popular fish dishes, salmon, mackerel, sea bass and king prawns. Lightly spiced, served on a platter.

Bortha
grilled, shredded into small pieces and mixed with crushed red chillies, onions, garlic and fresh coriander.

| | | | | | | | |
|-----------------|-----------|-----------------|-----------|--------------|-----------|---------------|-----------|
| Chicken Bortha | 14 | Lamb Bortha | 14 | Prawn Bortha | 14 | Salmon Bortha | 14 |
| Sea bass Bortha | 14 | Mackerel Bortha | 14 | Aloo Bortha | 14 | | |

Fish

Starters

Light Spiced

Hot and Spicy Salmon 21
Thin slices of salmon, green chili, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves.
How to eat: Roll the chicken in the lettuce and eat with your fingers.

Hot and Spicy Sea Bass 21
Thin slices of sea bass, green chili, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves.
How to eat: Roll the chicken in the lettuce and eat with your fingers.

Hot and Spicy Mackerel 21
Thin slices of mackerel, green chili, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves.
How to eat: Roll the chicken in the lettuce and eat with your fingers.

Palak Paneer Salmon 21
Salmon marinated with spices and herbs, yogurt. Pan-Fried with light spices and garam masala. Served on palak paneer Indian cheese.

Palak Paneer Sea Bass 21
Sea Bass marinated with spices and herbs, yogurt. Pan-Fried with light spices and garam masala. Served on palak paneer Indian cheese.

Palak Paneer Mackerel 21
Mackerel marinated with spices and herbs, yogurt. Pan-Fried with light spices and garam masala. Served on palak paneer Indian cheese.

King Prawns

Light Spiced

King Prawn Poori 18
Large king prawns cooked in mild sauce with onion, tomato and chat masala seasoning. Served on a puffed poori bread and crisp lettuce leaves.

King Prawn Chat-paratha 21
Succulent, large king prawns and juicy cherry tomatoes with red chili, seasoned with chat masala, and simmered in light spices and herbs. Served with paratha bread.

Palak Paneer King Prawn 26
Large king prawns and paneer Indian cheese, cooked with palak spinach, garlic, onions and ginger, lightly spiced. Marinated, pan fried king prawns served on top.

Prawns

Light Spiced

Prawn Poori 14
Prawns cooked in mild sauce with onion, tomato and chat masala seasoning. Served on a puffed poori bread and crisp lettuce leaves.

Prawn Chat-paratha 16
Small prawns and juicy cherry tomatoes with red chili, seasoned with chat masala, and simmered in light spices and herbs. Served with paratha bread.

Prawn Cocktail 12
Prawns served on lettuce with creamy, tangy sauce.

Chicken

Mild, creamy & sweet

Tamarind Chicken 18

Pieces of breast chicken, cooked in an aromatic blend of mild spices seasoned with tamarind in a thick creamy honey sauce, with an essence of (Bangladeshi thatul).

Doiwalla Chicken 18

Slices of marinated chicken cooked in smooth, sweet, yogurt sauce with almond, coconut, sultanas and coriander.

Light Spiced**Coriander Chicken 21**

Chunks of chicken marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on cardamom potato.

Chicken Jeera 18

Tender pieces of chicken marinated with garlic and ginger in special selection of spices, and roasted in the tandoor and cooked with tomato, onion and whole cumin seeds.

Chicken Cinnamon 18

Barbecued chicken tikka cooked with aromatic cinnamon, and spices with coconut and red chillies, garlic and ginger in a sauce of caramelized onion.

Chicken Cardamom 18

Grilled tikka of chicken simmered in smooth gravy, with honey, cream, powdered cardamom with coconut, mild, sweet and creamy.

Chicken Shatkorra 18

Pieces of chicken breast cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce.

Balti Chicken Cheese 18

Diced chicken cooked in a little sauce with light spices and herbs. Topped with mild cheddar cheese, tomato, cucumber and coriander leaves.

Chicken Garlic Sugandh 19

Garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with slices of breast chicken, tomatoes and spiced potato wedges.

Fairly Hot**Chicken Modhu Morris 21**

Smooth coconuty, creamy, spicy, sweet dish. Cooked with honey, green chilli and coconut. In a smooth creamy sweet sauce.

Garlic Chili Chicken 19

Thinly sliced chicken richly flavoured with garlic, red peppers, green peppers, onions, gingers, spices and fresh green chillies, cooked 'stir-fry' style, transforms into something really special, full of flavour. Fairly hot in the palate.

Chicken Lonka Pyaza 19

Fresh green chili halves and chunky onions with chicken tikka and tomatoes, cooked in onion based stock with garam masala.

Red Hot Chicken 19

A fiery treat for the palate. Chicken chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger.

Chicken Naga Morris 19

A saucy dish for fans of extreme spice. Slices of marinated chicken cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chili.

Lamb

Mild, creamy & sweet

Tamarind Lamb 21
Small chunks of lamb, cooked in an aromatic blend of mild spices seasoned with tamarind in a thick creamy honey sauce, with an essence of (Bangladeshi thatul).

Doiwalla Lamb 21
Small chunks of tender lamb poached in smooth, sweet, yogurt based sauce with almond, coconut, sultanas and chopped coriander.

Light Spiced

Coriander Lamb 26
Chunks of lamb marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on cardamom potato.

Lamb Kala Gost 21
Well done lamb, cooked with strong garam masala in a thick dry sauce.

Lamb Shatkorra 21
Small chunks of lamb cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce.

Lamb Garlic Sugandh 24
Garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with tender lamb, tomatoes and spiced potato wedges.

Balti Lamb Cheese 21
Diced lamb cooked in a little sauce with light spices and herbs. Topped with mild cheddar cheese, tomato, cucumber and coriander leaves.

Lamb Jeera 21
Tender pieces of lamb marinated with garlic and ginger in special selection of spices, and roasted in the tandoor and cooked with tomato, onion and whole cumin seeds.

Lamb Cinnamon 21
Barbecued lamb tikka cooked with aromatic cinnamon, and spices with coconut and red chillies, garlic and ginger in a sauce of caramelized onion.

Lamb Cardamom 21
Grilled tikka of lamb simmered in smooth gravy, with honey, cream, powdered cardamom with coconut, mild, sweet and creamy.

Fairly Hot

Lamb Modhu Morris 24
Smooth coconuty, creamy, spicy, sweet dish. Cooked with honey, green chilli and coconut. In a smooth creamy sweet sauce.

Lamb Lonka Pyaza 24
Fresh green chili halves and chunky onions with lamb tikka and tomatoes, cooked in onion based stock with garam masala.

Red Hot Lamb 24
A fiery treat for the palate. Lamb chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger.

Lamb Naga Morris 24
A saucy dish for fans of extreme spice. Slices of lamb cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chili.

Vegetable**Light Spiced****Shobjee Torkaree**  **21**

Aubergine, potato and a selection of vegetables slow cooked in onion, tomato and garlic sauce with a tempering of fresh ginger.

King Prawns**Spicy Tiger Prawns****40**

Large butterfly-shaped jumbo king prawns, steamed with a pinch of turmeric, then tossed with onion, green chili and capsicum slices, subtle spices and lemon juice. Served with crisp lettuce leaves.

How to eat: Roll the prawns in the lettuce and eat with your fingers

Coriander King Prawns**45**

Large King prawns, marinated with fresh ground spices, crisped and tossed with onions, green and red peppers, finished with lots of fresh coriander. Served on a bed of cardimom potato

Mr Prawn**40**

Big Prawns marinated with light spice and herbs, served on a bed of stir fry masala lettuce and orange zest.

Fish**Light Spiced****Coriander Salmon****35**

Fillet of salmon brushed with yogurt and gentle spice emulsion, grilled and served on a bed of cardamom potato.

Coriander Sea Bass**35**

Fillet of sea bass brushed with yogurt and gentle spice emulsion, grilled and served on a bed of cardamom potato.

Coriander Mackerel**35**

Fillet of mackerel brushed with yogurt and gentle spice emulsion, grilled and served on a bed of cardamom potato.

Seafood Sizzler**49**

A selection of our most popular fish dishes, salmon, mackerel, sea bass, prawn and king prawns. Aromatic spice cooked medium hot, served on sizzler.

Mixed Dishes

Light Spiced

House Special Curry **35**
Large king prawns, diced chicken tikka and a boiled egg simmered in a medium spiced tomato, onion and coriander sauce.

Chicken Murgi Masala **32**
Off the bone tandoori chicken, cooked with minced lamb, selection of mixed spices and a hint of masala sauce.

Nawabi Murug **30**
Minced lamb, marinated chicken and peas in authentic spiced onion and tomato sauce. medium to hot.

Tandoori Selection (for one person) **55**
A selection of our most popular tandoori dishes - Chicken tikka, Lamb tikka, Seekh kebab, Tandoori thigh, Tandoori king prawns and aromatic shatkorra sauce. Served sizzling with lettuce and mint chutney sauce. (flamed at your table with a shot of brandy, brandy is optional).


Moharani Special (for one person) **55**
A selection of our most popular curry dishes - Chicken tikka masala, Chicken korma, Chicken madras, Corriander lamb, Pilau rice and Paratha bread.

Prince Special (for one person) **80**
The finest dish in the house. Large king prawns, slices of succulent chicken, tender lamb and spiced potato wedges simmered with myriad aromatic spices in a sauce of green and red pepper, onion, fresh garlic and ginger. It is the dish that is very elegant and princely.

Thali Dishes

If you are finding it difficult to choose between dishes, try one of our Thalis. A thali is a large dinner plate used by families across the Indian subcontinent to serve a variety of dishes at once.

Meat Thali (for one person) **59**
A popular selection of meat dishes. Chicken tikka, lamb bhuna, chicken korma, pilau rice, naan bread and homemade yogurt.

Vegetable Thali (for one person)  **49**
A popular selection of vegetable dishes. Bombay potato, sag bhaji, tarka dal, pilau rice, naan bread and homemade yogurt.

Mixed Thali (for one person) **80**
Chicken Korma, Lamb Bhuna, Prawn Pathia, Spicy Tiger Prawns, Paneer Dansak, Dry mix vegetable, Cucumber Raitha, Pilau rice, Plain Poratha.

**Good meat, Good vegetables
Quality spices, Freshly cooked**



Truro Tandoori

Traditional Main Dishes

Main

Select the dish of your choice and inform the waiter either vegetable, chicken, lamb, prawn, king prawn, paneer, salmon, sea bass, mackerel, tandoori thigh or six mixed.

If you are vegetarian, vegan, gluten intolerant or lactose intolerant, please inform the waiter before ordering.

| | | | |
|--|-----------|---|-----------|
| Chicken | 16 | Lamb | 18 |
| Prawn | 16 | King Prawn | 24 |
| Vegetable   | 14 | Paneer  | 16 |
| Salmon | 18 | Tandoori Thigh | 18 |
| Sea Bass | 18 | Six mixed item dish | 28 |
| Mackerel | 18 | Chicken, lamb, prawn, king prawn, paneer and potato | |

Mild, creamy & sweet

Tikka Masala Very mild, the nation's favourite, we present our exclusive recipe of succulent tikka in a smooth yogurt red sauce, mild, sweet & creamy.

Korma Very mild, sweet, creamy texture and rich flavor in white sauce, this popular dish cooked with coconut, and fresh cream. It is ideal for those who like milder spices and subtle taste. Often a good choice as an introduction to Indian food.

Muglai Very mild, cooked with egg, coconut and treated with light spice and thick creamy sweet sauce.

Passanda A mild dish cooked in a very rich sauce, ground almonds, coconut milk and fresh garlic & gingers paste in a light spice creamy sauce. It has a delicate flavour in which the spices can still be discerned and so it is ideal for anyone trying Indian food for the first time. It was the favourite dish of the Mogul emperors.

Makahani Tandoori-grilled tikka simmered in smooth tomato gravy makhon sauce, with honey, cream, powered almond and coconut with butter.

Light spiced

Butter Dish Marinated in a blend of spices and yogurt. Partially baked in the oven and cooked in a tomato and onion sauce in low flame with butter, slightly mild, buttery flavour and taste.

Shai Akbary Marinated tikka, treated with light spice, slightly sweet tomato and onion sauce, with a drop of fresh cream and lemon juice.

Medium spiced

Curry The original. Tender bite-sized cubes, in a golden-brown medium spicy smooth gravy sauce, not too hot, not too mild.

Balti Dish Birmingham favourite, suited to every palate, cooked in medium spiced sauce of diced onion, green and red peppers, with garam masala and ground coriander.

Bhuna Medium-strength dish with fresh herbs, spices, onions and tomatoes in a dry thick sauce.

Rogan Josh Originated in Kashmir at the time of the Moghul emperors. Cooked in a colourful glazed tomatoes, garlic and herbs, and delicately flavoured with aromatic whole spices, medium-strength.

Mix Veg Dish Medium dish cooked with multiple vegetable in a thick tomato sauce.

Saag Dish The combination of tastes of spinach (saag) – with savoury spices creates a typically authentic dish. Delicious and one of the most effective uses of spinach dish.

Dupiaza Abundance of onions are added to the medium spiced thick sauce with fresh tomato to create a very savory dish tempered by a hint of mix medium spices.

Kashmir Mild to medium dish cooked with banana and light spicy sauce.

Malaya Mild to medium dish cooked with light spices and Pineapple sauce.

Bombay Medium dish cooked with potato, boiled egg and light spice sauce.

Brinjal Dish Aubergine cooked with tomato in a medium spice sauce.

Methi Dish Medium dish cooked with fenugreek leaves.

Mushroom Dish Mushroom cooked with medium spiced in a tomato sauce.

Chana Dish Chick peas cooked with medium spiced in a tomato sauce.

Korahi Cooked deep pan style with cubed onions, green and red peppers, tomatoes and medium strength garam masala with garlic in a dry thick sauce. Served in the korahi (a round-bottomed, wok-like, iron dish).

Traditional Main Dishes

Main

Select the dish of your choice and inform the waiter either vegetable, chicken, lamb, prawn, king prawn, paneer, salmon, sea bass, mackerel, tandoori thigh or six mixed.

If you are vegetarian, vegan, gluten intolerant or lactose intolerant, please inform the waiter before ordering.

| | | | |
|--|-----------|--|-----------|
| Chicken | 16 | Lamb | 18 |
| Prawn | 16 | King Prawn | 24 |
| Vegetable ✓ ✓ | 14 | Paneer ✓ | 16 |
| Salmon | 18 | Tandoori Thigh | 18 |
| Sea Bass | 18 | Six mixed item dish | 28 |
| Mackerel | 18 | Chicken, lamb, prawn, king prawn, paneer and potato | |

A Little Hot

Dansak One of the all-time favorites prepared in a sweet, sour and slightly hot sauce, with lemon juice and thickened with lentils.

Ceylon Simmered in medium to fairly hot spicy sweet & sour sauce made of coconut and red chillies.

Pathia This dish is sweet, hot and savoury all at the same time. It was created centuries ago by India's Parsee community. Cooked with shredded onions, tomatoes and spices in a thick sauce, and fresh lemon juice for a distinctive flavour.

Madras Fairly hot cooked with red chillies, but not too hot, contains interesting flavour, with lemon juice, Ranks number one, amongst British spicy eaters favourite.

Jalfrezi Cooked with fresh green chillies, red peppers, green peppers, onions, gingers, and garlic in a spicy dry sauce. Remarkably very tasty dish.

Chili Masala chopped green chillies, cooked with onion, tomato, garlic and hot spices, in a thick dry sauce. It's hot but not too hot, and it is very tasty dish.

Mustard Masala Fairly hot, cooked with garam masala and crushed seeds of mustard, but not too hot, contains interesting flavour of mustard. One of the Bangladeshi home favourites.

Orange Komla Labu Fairly hot and fruity dish, made with fresh orange, garam masala, turmeric, kalonjee, garlic & ginger, sweet, hot and sour, cooked with orange skin for maximum orange flavour

Pickle Achari A dish made from pickle olives, hot and sour. It is extremely aromatic, spicy and delicious.

Dal Pakhtooni Black lentils cooked with smooth tomato puree, red chili, fresh cream, butter and garam masala. Fairly spicy dish. One of India's most famous lentil dishes.

Very Hot

Vindaloo Diced and, chunk of potato and copious amounts of hot spices and red chillies combine to create a hot but tasty dish. Ranks amongst British, very hot eaters favourites.

Extremely Hot

Phall Extremely hot dish, cooked with the maximum full strength of red hot chillies, with touch of tomato paste and lemon juice and hot spices to create the powerful dish, This dish is only for the brave hot eaters!

The Sizzlers **Tandoori dishes**

Main

Tandoori dishes are dry so we advise you take accompanying vegetable side dishes. Cooked at a moderate temperature to ensure the best flavour, these dishes take longer to prepare. All these dishes are spiced but not hot and served with sizzling onions.

Chicken Tikka 18

Cutlets of tender chicken breast marinated overnight with homemade yogurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions.

Hot Tikka Chicken 18

Pieces of chicken breast grilled in the tandoor, stir fried with chopped green chillies, garlic and chopped onions. Nice and spicy.

Tandoori Chicken 18

Two quarters of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor and served with sizzling onions.

Tandoori Thigh 18

Boneless chicken thigh marinated in spices and grilled in tandoor, sizzling. Served with lettuce and mint sauce.

Chicken Tikka Shashlik 21

Chicken tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions.

Lamb Tikka Shashlik 26

Lamb tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions.

Lamb Tikka 21

Lamb cutlets marinated overnight with homemade yogurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions.

Hot Tikka Lamb 21

Pieces of lamb grilled in tandoor, stir fried with chopped green chillies, garlic and chopped onions. Nice and spicy.

Tandoori Mixed Grill 28

A combination of our most popular tandoori dishes – chicken tikka, lamb tikka, tandoori chicken and sheek kebab, served with sizzling onions.

Tandoori King Prawns 40

King prawns coated in light spiced yogurt marinade, then roasted until pink. Served with sizzling onions.

Vegetable Sizzler with Goat Cheese 26

Multiple mixed vegetables, cooked with light spices and herbs, served with sizzling onions and goat cheese.

Good meat, Good vegetables
Quality spices, Freshly cooked



Truro Tandoori

 vegetarian

 vegan

Tawa dishes are cooked and served on a flat pan, aromatic sizzling dish, cooked with fresh herbs and spices.



Chicken Tawa 19
Chicken cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Tandoori Thigh Tawa 19
Tandoori thigh cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Lamb Tawa 21
Lamb cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Prawn Tawa 19
Prawns cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

King Prawn Tawa 28
King prawns cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Vegetable Tawa   17
Vegetables cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Paneer Tawa 19
Cubes of paneer Indian cheese, with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Chicken Sagwala Tawa 21
Chicken cooked with spinach, onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Lamb Sagwala Tawa 24
Lamb cooked with spinach, onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

***Good meat, Good vegetables
Quality spices, Freshly cooked***



Truro Tandoori

Biryani Dishes

Main

Himalayan basmati rice tossed with onions and light spices, with almond, coconut and sultanas. Served with vegetable curry.

| | |
|--|-----------|
| Vegetable Biryani  | 18 |
| Chicken Biryani | 19 |
| Prawn Biryani | 19 |
| Chicken Tikka Biryani | 20 |
| Lamb Biryani | 21 |
| King Prawn Biryani | 28 |
| Salmon Biryani | 22 |
| Sea bass Biryani | 22 |
| Mackerel Biryani | 22 |
| Mixed Biryani | 28 |

Chicken, lamb, prawn and king prawn.

English Dishes

| | |
|---|-----------|
| Fried Chicken and Chips | 18 |
| Omelette and Chips  | 18 |

Vegetable Side Dishes

If you are vegetarian, vegan, gluten intolerant or lactose intolerant, please inform the waiter before ordering.

Onion Bhaji

Crisp balls of sliced onion, with potato, lentils and ground spices.

Regular 9 Large 12

Dal Makhani

Urad dal (Black lentil) cooked with smooth tomato puree, red chili, fresh cream, butter and garam masala, fairly spicy dish. One of India's most famous home favourite lentil dishes.

Regular 9 Large 12

Tarka Dall

A popular side dish at every mealtime in the Indian subcontinent. Crisp, browned garlic poured over lentils as they cook gives this dish its rich and distinctive flavour.

Regular 9 Large 12

Mottor Paneer

Green peas and Indian paneer cheese with a touch of homemade yogurt.

Regular 9 Large 12

Saag Paneer

Spinach and Indian paneer cheese, onions and a touch of homemade yogurt.

Regular 9 Large 12

Chana Masala

Chickpeas cooked with tomato and a little masala sauce.

Regular 9 Large 12

Saag Aloo

Spinach and potato.

Regular 9 Large 12

Bombay Potato

Spiced potato wedges and mustard seeds with garlic, onion and tomato sauce.

Regular 9 Large 12

Cheese Bombay Potato

Spiced potato wedges topped with melted cheese and fresh coriander.

Regular 10 Large 13

Saag Bhaji

Spinach and tomatoes with onion, garlic and cumin.

Regular 9 Large 12

Mushroom Bhaji

Mushrooms with onion, tomatoes and light spices.

Regular 9 Large 12

Cauli Bhaji

Cauliflower and sesame seeds with onions.

Regular 9 Large 12

Brinjal Bhaji

Diced aubergine and tomato with onion and light spices.

Regular 9 Large 12

Paneer Dall

Paneer with lentils.

Regular 9 Large 12

Aloo Paneer

Potato with paneer.

Regular 9 Large 12

Chana Paneer

Chickpeas with paneer.

Regular 9 Large 12

Paneer Brinjal

Indian paneer cheese with aubergine.

Regular 9 Large 12

Aloo Gobi  

Potato and cauliflower.

Saag and Cauliflower  

Spinach and cauliflower.

Saag and Mushroom  

Spinach and mushroom.

Chana Saag  

Spinach and chickpeas.

Dry Mix Veg  

Dry mixed vegetables tossed with garlic, onions and fresh coriander.

Dim Saag 

Spinach cooked with egg and cumin spice.

Vegetable Curry  

Mixed vegetables in medium-spiced curry sauce.

Vegetable Korma 

Mixed vegetables in creamy, sweet coconut sauce.

Cucumber Raita 

Homemade yogurt with cucumber.

Chips  

Regular 9 Large 12

Regular 9 Large 12

Regular 9 Large 12

Regular 9 Large 12

Regular 9 Large 12

Regular 9 Large 12

Regular 9 Large 12

Regular 9 Large 12

Regular 6 Large 8

Regular 6 Large 8

Bangladeshi Vegetables

Okra Bhaji  

Stir fired with garlic, ginger and lightly spiced.

Regular 9 Large 13

**Good meat, Good vegetables
Quality spices, Freshly cooked**



Truro Tandoori

If you are vegetarian, vegan, gluten intolerant or lactose intolerant, please inform the waiter before ordering.

Rice

| | |
|---|-----|
| Steamed Rice (V) (V) | 4.5 |
| Himalayan white rice. | |
| Pilau Rice (V) | 5 |
| Aromatic basmati rice, the perfect accompaniment to any dish. | |
| Special Fried Rice (V) | 7 |
| Aromatic rice, stir fried with egg, peas, onion. | |
| Egg Fried Rice (V) | 7 |
| Rice stir fried with egg. | |
| Peas Pilau Rice (V) | 7 |
| Rice with peas. | |
| Mushroom Rice (V) | 8 |
| Rice stir fried with mushroom and onion. | |
| Sag Fried Rice (V) | 8 |
| Spinach with rice. | |
| Chilli Fried Rice (V) | 8 |
| Rice fried with red chillies. | |
| Garlic Fried Rice (V) | 8 |
| Rice stir fried with garlic. | |
| Lemon and Ginger Rice (V) | 8 |
| Rice stir fried with lemon, ginger, crisped onion and coriander. | |
| Vegetable Fried Rice (V) | 8 |
| Mixed vegetables with pilau. | |
| Potato Fried Rice (V) | 8 |
| Potato with pilau rice. | |
| Coconut Rice (V) | 9 |
| Steamed rice sweet, coconut, a drop of fresh cream and sultana. | |
| Keema Fried Rice | 11 |
| Light spiced minced lamb stir fried with onion and fresh coriander. | |
| Prawn Fried Rice | 11 |
| Prawn stir fried with light spice, onion and fresh coriander. | |
| Chicken Fried Rice | 11 |
| Chicken with pilau rice. | |
| Naga Fried Rice (V) | 11 |
| Hot naga chilli with pilau rice. | |
| Paneer Fried Rice (V) | 11 |
| Paneer cheese with pilau rice. | |

Indian Bread

| | |
|--|----|
| Naan Bread ✓ | 5 |
| Soft leavened bread, freshly baked in tandoor. | |
| Peshwari Naan ✓ | 6 |
| Sweet naan stuffed with almond, coconut and sultana. | |
| Garlic Naan ✓ | 6 |
| Naan with garlic. | |
| Keema Naan | 7 |
| Naan stuffed with thin layer of minced meat. | |
| Stuff Veg Naan ✓ | 6 |
| Naan stuffed with thin layer of veg. | |
| Chilli Naan ✓ | 6 |
| Naan with chillies. | |
| Chicken Tikka Naan | 7 |
| Naan stuffed with chicken tikka. | |
| Cheese Naan ✓ | 7 |
| Topped with cheese. | |
| Garlic Chesse Naan | 9 |
| Topped with cheese and garlic | |
| Keema Cheese Naan | 10 |
| Stuffed with minced lamb, topped with cheese. | |
| Poratha ✓ | 6 |
| Flaky buttery layered Indian bread. | |
| Tandoori Roti ✓ | 5 |
| Whole wheat Indian bread baked in tandoor. | |
| Chapati ✓ | 4 |
| Thin unleavened Indian flat bread. | |
| Poori ✓ | 3 |
| Small disc crisp puffed bread. | |
| Rice Roti ✓ ✓ | 3 |
| Small disc rice flour bread (gluten free). | |
| Butter Naan ✓ | 5 |
| Egg Cheese Poratha ✓ | 7 |
| Aloo Poratha ✓ | 6 |

**Good meat, Good vegetables
Quality spices, Freshly cooked**



Truro Tandoori