



Truro Tandoori

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

Opening times: Daily 5pm - 11pm

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

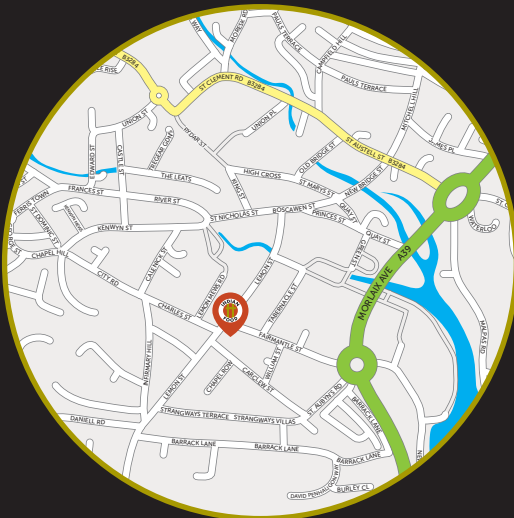
Please ask a member of staff if you require information on the ingredients in the food we serve.

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 December 2021



Truro Tandoori TAKEAWAY MENU

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



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

10% off
all take
away orders

Appetisers

- Plain Pappadum** Indian crisp made with lentil and rice flour (gluten free) **.80**
Spicy Pappadum Tandoori-baked lentil flour crisp with black pepper (gluten free) **.90**
Chutneys and Pickles Lime Pickle, Chili Pickle, Mango Chutney, Yogurt Mint Sauce, Onion Salad **per pot .80**
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** **10**
 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.
- Chicken Samosa** **10**
 Crips triangular pastries with minced chicken filling
- Chicken Tikka** **10**
 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.
- Tandoori Chicken** **10**
 A quarter of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor and served with mint chutney sauce.
- Chicken Chat-paratha** **12**
 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.
- Chicken Rainbow Salad** **12**
 Finely chopped squares of chicken tikka breast meat, with potato, onions, garlic, light spices and herbs, stuffed in small crisp lettuce leaves.
- Chicken Roti Roll** **12**
 Small pieces of chicken and potato cooked with light spice and herbs and half rolled with finely ground rice flour thin bread.
- Indian Style Cucumber** **12**
 Finely chopped squares of chicken tikka breast meat, with potato, onions, garlic, light spices and herbs, stuffed in small cucumber cubes.
- Palak Paneer Chicken** **16**
 Cubes of paneer Indian cheese, cooked with palak spinach, garlic, onions and ginger, lightly spiced. Tandoori roasted marinated breast chicken pieces served on top.
- Chicken Tikka Bhaza** **15**
 Sliced chicken tikka, onion, and green and red pepper sizzled with gentle spices then flamed at your table with a shot of brandy.
- Chicken Khurchan** **18**
 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

Starters

A Little Spicy

- Hot and Spicy Chicken** **16**
 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
- Chicken & Lamb Kebab** **12**
 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** **12**
 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** **14**
 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** **12**
 Lamb cutlets marinated overnight with homemade yogurt and light-spice masala. Roasted in the tandoori oven. Served with mint chutney sauce.
- Shammi Kebab** **12**
 A succulent kebab of minced lamb and finely chopped capsicum spiced with turmeric and cumin, bound with egg yolk and cooked on the flat pan. Served with mint chutney sauce.
- Sheek Kebab** **12**
 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** **10**
 Crisp triangular pastries with minced lamb filling
- Palak Paneer Lamb** **18**
 Cubes or paneer Indian cheese, cooked with palak spinach, garlic, onions and ginger, lightly spiced. Tandoori roasted marinated lamb pieces served on top.

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



Truro Tandoori



Vegetables

Light Spiced

Aloo Chat

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. **10**

Vegetable Chat-paratha

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. **12**

Vegetable Somosa

Crisp triangular pastries with spicy mixed vegetable filling. Served with mint chutney sauce. **10**

Onion Bhaji

Crisp balls of sliced onion, with potato, lentils and ground spices. Served with mint chutney sauce. **10**

Vegetable Salad

Lettuce, carrot, cherry tomato, red peppers, green peppers, mushroom, paneer, sesame seed, flax seed, black peppers, garam masala, mustard oil and lemon juice. **14**

Potato Balls

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. **12**

Daal Soup

Red lentils and split peas with sliced garlic and fresh coriander. **10**

Cheese

Goat Cheese Roti

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. **15**

Platters

Light Spiced

Tandoori Meat Platter

A selection of our most popular tandoori dishes - chicken tikka, lamb tikka and sheek kebab. Served on a platter. **20**

Vegetable Platter

A selection of our most popular vegetable dishes. Goat Cheese Roti, Dal Pakora, Onion Bhaji, Vegetable Samosa. **18**

Fish Platter

A selection of our most popular fish dishes, salmon, mackerel, sea bass and king prawns. Lightly spiced, served on a platter. **26**

Bortha

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

Chicken Bortha **12** Lamb Bortha **12** Prawn Bortha **12** Salmon Bortha **12**
Sea bass Bortha **12** Mackerel Bortha **12** Aloo Bortha **12**

Starters

Fish

Light Spiced

Hot and Spicy Salmon

18

Hot and Spicy Sea Bass

18

Hot and Spicy Mackerel

18

Thin slices of fish, 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 fish in the lettuce and eat with your fingers

Palak Paneer Salmon

18

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

18

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

18

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

16

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

18

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

25

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

10

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

14

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

10

Prawns served on lettuce with creamy, tangy sauce.

 vegetarian

 vegan

Starters

Sazzadur Specials **unique to Truro Tandoori** Main

Chicken

Mild, creamy & sweet

Tamarind Chicken 16

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 16

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

Light Spiced

Coriander Chicken 17

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 16

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 16

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 16

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

Chicken Shatkorra 16

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

Balti Chicken Cheese 16

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

Chicken Garlic Shagorana 17

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

Garlic Chili Chicken 17

Thinly sliced chicken richly flavoured with garlic, red peppers, green peppers, onions, ginger, 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 17

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

Red Hot Chicken 17

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 17

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

Doiwalla Lamb 18

Slices of tender lamb poached in smooth, sweet, yogurt based sauce with almond, coconut, sultanas and chopped coriander.

Light Spiced

Coriander Lamb 20

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 18

Well done lamb, cooked with strong garam masala in a thick dry sauce.

Lamb Shatkorra 18

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

Lamb Garlic Shagorana 18

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

Fairly Hot

Lamb Lonka Pyaza 18

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

Red Hot Lamb 18

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 19

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 V V

15

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

30

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

32

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

Fish

Light Spiced

Coriander Salmon

20

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

Coriander Sea Bass

20

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

Coriander Mackerel

20

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

Seafood Sizzler

35

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

20

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

Chicken Murgi Masala

20

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

Nawabi Murug

20

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

Prince Special

45

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.

Thali Dishes

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

Meat Thali

35

A popular selection of meat dishes. Chicken tikka, lamb bhuna, chicken korma, pilau rice, paratha bread and homemade yogurt.

Vegetable Thali V

30

A popular selection of vegetable dishes. Bombay potato, sag bhaji, tarka dal, pilau rice, paratha bread and homemade yogurt.

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



Truro Tandoori

Traditional Main Dishes

Main

Chicken	14	Lamb	16	Salmon	16
Prawn	14	King Prawn	22	Sea Bass	16
Vegetable 	12	Paneer 	14	Mackerel	16

Six mixed item dish 22

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

Traditional Main Dishes

Main

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

Chicken	12	Lamb	14	Salmon	14
Prawn	12	King Prawn	20	Sea Bass	14
Vegetable 🌱🌱	11	Paneer 🌱	12	Mackerel	14

Six mixed item dish 22

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 16

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

Tandoori Chicken 16

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

Chicken Tikka Shashlik 18

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

Lamb Tikka Shashlik 20

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

Lamb Tikka 18

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

Tandoori Mixed Grill 22

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

Tandoori King Prawns 27

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

Vegetable Sizzler with Goat Cheese 🌱 18

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

Main



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

Chicken Tawa 16
chicken cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Lamb Tawa 18
lamb cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Prawn Tawa 16
prawns cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

King Prawn Tawa 24
king prawns cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Vegetable Tawa   15
vegetables cooked with onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Chicken Sagwala Tawa 18
chicken cooked with spinach, onion, tomato, garlic, ginger and fresh coriander, served sizzling on tawa dish. medium spiced.

Lamb Sagwala Tawa 20
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  16

Chicken Biryani 18

Prawn Biryani 18

Chicken Tikka Biryani 19

Lamb Biryani 20

King Prawn Biryani 26

Salmon Biryani 20

Sea bass Biryani 20

Mackerel Biryani 20


Mixed Biryani 24
Chicken, lamb, prawn and king prawn

English Dishes

Steak and Chips Rare, Medium or Well-done 22

Fried Chicken and Chips 16

Scampi and Chips 16

Omelette and Chips  14

 vegetarian  vegan

Vegetable Side Dishes

Onion Bhaji

crisp balls of sliced onion, with potato, lentils and ground spices

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.

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

Mottor Paneer

green peas and Indian paneer cheese with a touch of homemade yogurt

Sag Paneer

spinach and Indian paneer cheese, onions and a touch of homemade yogurt

Chana Masala

chickpeas cooked with tomato and a little masala sauce

Saag Aloo

spinach and potato

Bombay Potato

spiced potato wedges and mustard seeds with garlic, onion and tomato sauce

Cheese Bombay Potato

spiced potato wedges topped with melted cheese and fresh coriander

Saag Bhaji

spinach and tomatoes with onion, garlic and cumin

Mushroom Bhaji

mushrooms with onion, tomatoes and light spices

Cauli Bhaji

cauliflower and sesame seeds with onions

Brinjal Bhaji

diced aubergine and tomato with onion and light spices

Aloo Gobi

potato and cauliflower

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £8 Large £12

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

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

Raitha

homemade yogurt

Chips

homemade french fries

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £7 Large £10

Regular £4.5 Large £6.5

Regular £4 Large £6

Bangladeshi Vegetables

Okra Bhaji

Stir fired with garlic, ginger and lightly spiced

Regular £8 Large £11

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



Truro Tandoori

V vegetarian

V vegan

Rice

Steamed Rice

Himalayan white rice.

Pilau Rice

Aromatic basmati rice, the perfect accompaniment to any dish.

Special Fried Rice

Aromatic rice, stir fried with egg, peas, onion.

Egg Fried Rice

Rice stir fried with egg.

Peas Pilau Rice

Rice with peas.

Mushroom Rice

Rice stir fried with mushroom and onion.

Sag Fried Rice

Spinach with rice.

Chilli Fried Rice

Rice fried with red chillies.

Garlic Fried Rice

Rice stir fried with garlic.

Lemon and Ginger Rice

Rice stir fried with lemon, ginger, crisped onion and coriander.

Vegetable Fried Rice

Mixed vegetables with pilau.

Potato Fried Rice

Potato with pilau rice.

Coconut Rice

Steamed rice sweet, coconut, a drop of fresh cream and sultana.

Keema Fried Rice

Light spiced minced lamb stir fried with onion and fresh coriander.

Prawn Fried Rice

Prawn stir fried with light spice, onion and fresh coriander.

Chicken Fried Rice

Chicken with pilau rice.

Naga Fried Rice

Hot naga chilli with pilau rice.

Paneer Fried Rice

Paneer cheese with pilau rice.

Indian Bread

3.5

Naan Bread

Soft leavened bread, freshly baked in tandoor.

4

Peshwari Naan

Sweet naan stuffed with almond, coconut and sultana.

6

Garlic Naan

Naan with garlic.

6

Keema Naan

Naan stuffed with thin layer of minced meat.

6

Stuff Veg Naan

Naan stuffed with thin layer of veg.

7

Chilli Naan

Naan with chillies.

7

Chicken Tikka Naan

Naan stuffed with chicken tikka.

6

Cheese Naan

Topped with cheese.

6

Keema Cheese Naan

Stuffed with minced lamb, topped with cheese.

6

Poratha

Flaky buttery layered Indian bread.

7

Tandoori Roti

Whole wheat Indian bread baked in tandoor.

7

Chapati

Thin unleavened Indian flat bread.

7

Poori

Small disc crisp puffed bread.

9

Rice Roti

Small disc rice flour bread (gluten free).

8

8

8

8

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



Truro Tandoori



vegetarian



vegan