

## Tandoori Cuisine

Roasted in a charcoal lit Indian clay oven, the 'tandoor'. Our marinating technique and natural charcoal fired oven provides these signature dishes with their unique flavour and taste. All accompanied with a salad

Tandoori Chicken.....	£8.50
A half piece of Chicken marinated with the chefs tandoori spices (on the bone). Medium.	
Tikka Chicken or Lamb.....	£8.50
Marinated Chicken or Lamb pieces marinated in tikka spice mix (off the bone). Medium.	
Tandoori King Prawn.....	£13.50
King Prawn marinated with the chefs tandoori spices	
Seekh Kebab.....	£8.95
Minced lamb with shredded fine onion and mild tandoor spices. Medium.	
Tandoori Mixed Grill.....	£13.95
A Tandoori assortment of Chicken, Lamb, King Prawn and Seek Kebab. Medium.	
Shashlick Chicken or Lamb.....	£9.50
Tikka Chicken or Lamb with grilled peppers and tomatoes. Medium.	
Satay Chicken.....	£9.50
Chicken marinated in an aromatic blend of spices & modu grilled in the tandoor. Mild.	
Tandoori Trout.....	£12.50
A whole trout marinated in our chefs special tandoori sauce and skilfully cooked in the tandoor, served on an iron cast sizzler and a bed of onions. Mild.	

## Vegetarian Special Dishes

Sabji Tikka Masalla (N).....	£7.95
Barbecued selection of crushed vegetables cooked in selected herbs, spices and yoghurt. Mild.	
Sabji Makhani (N).....	£7.95
Special vegetables delicately spiced, carefully barbecued and then cooked in exotic mild sauce and cream.	
Sabji Jalfrazi.....	£7.95
Mixed vegetables cooked with green peppers, tomato and green chilli. Hot.	
Sabji or Mushroom Kurma.....	£7.95
Mixed vegetable or mushroom cooked with fresh cream in mild aromatic spices. Mild.	
Sabji Dansak.....	£7.95
Mixed vegetables cooked with lentils, garlic and herbs. Sweet and sour. Medium or Hot.	
Makhani Paneer.....	£8.25
Cubes of fresh home made cottage cheese, cooked in herbs, tomatoes and a cream sauce with a hint of saffron. Mild.	
Dahi Baigon.....	£7.95
Fresh aubergines roasted and simmered in a tangy yoghurt sauce tempered with panch poran. Medium.	
Cholay Masalla.....	£7.95
Chickpeas curry in spicy gravy with onion, tomato, ginger, garlic and tamarind. Medium.	

## Vegetable Side Dishes

Sabji Curry (Mixed vegetables in mild sauce).....	£4.50
Sabji Madras (Mixed vegetables in sauce - hot).....	£4.50
Mushroom Madras (hot).....	£4.50
Mushroom Bhaji.....	£4.50
Gobi Bhaji (Cauliflower).....	£4.50
Uri Bhaji (French beans).....	£4.50
Niramish (Mixed dry vegetables).....	£4.50
Bhindi Bhaji (Okra).....	£4.50
Brinjal Bhaji (Aubergine).....	£4.50
Bombay Aloo (Potatoes).....	£4.50
Aloo Gobi (Potatoes & cauliflower).....	£4.50
Aloo Saag (Potatoes & Spinach).....	£4.50
Tarka Dal (Lentils with fried onion and garlic).....	£4.50
Dal Masalla (Lentils with dry chilli - hot).....	£4.50
Chana Masalla (Chick peas).....	£4.50
Saag Bhaji (Spinach).....	£4.50
Saag Paneer (Spinach with homemade cheese).....	£5.95
Motor Paneer (Peas with homemade cheese).....	£5.95

## Tandoori or Tawa Breads

Freshly baked leavened bread made with kneaded flour or chapati flour and traditional kalungee seeds, filled with various stuffings according to your taste. Baked in the tandoor or on the tawa.

Nan.....	£2.50
Peshwari Nan (N) (Stuffed with coconut & ground almonds).....	£3.50
Chilli Dhania Garlic Nan (fresh chilli, garlic & corriander).....	£3.50
Keema Nan (Stuffed with spiced minced meat).....	£4.50
Garlic Nan (Stuffed with garlic).....	£3.50
Kulcha Nan (Stuffed with vegetables).....	£3.50
Cheese Nan.....	£3.50
Tandoori Roti.....	£2.50
Chapatti.....	£2.50
Paratha.....	£3.50
Stuffed Paratha (Stuffed with vegetables).....	£4.50

## Sundries

Plain Rice (Steamed plain basmati rice).....	£2.50
Pilau Rice (Basmati rice cooked in butter with hint of saffron).....	£2.95
Sabji Rice (Cooked with vegetables).....	£3.95
Egg Fried Rice.....	£3.95
Coconut Rice.....	£4.50
Special Fried Rice (Cooked with eggs, peas & carrots).....	£3.95
Mushroom Fried Rice (fresh sliced mushrooms & onions).....	£3.95
Shahi Pilau Rice (N) (Aromatic pilau rice with nuts).....	£3.95
Lemon Rice (Touch of lemon, curry leaves & fenugreek seeds).....	£3.95
Keema Rice (Minced meat & shredded coriander leaves).....	£4.95
Papadam (Plain or Spicy).....	£0.80
Chutney & Pickle.....	£0.80
Raitha (Cucumber or Onion).....	£2.50
Wild Potato Chips.....	£3.95

(N) Nuts Hot Very hot Super hot

## Thali

A brilliant way of tasting some of the old favourites

Tandoori Thali.....	£16.50
Assortment of Tandoori Chicken, Seekh Kebab, Chicken and Lamb Tikka, Lamb Samosa, Pilau Rice, Plain Nan & Salad	

Sabji Thali.....	£14.50
Assortment of Brinjal Bhaji, Bindi Bhaji, Mushroom Bhaji, Onion Bhaji, Niramish, Pilau Rice, Plain Nan & Salad	

## Easy Evening Ordering

Hand picked favourites chosen for you

<b>Set Meal for 2 Persons</b> .....	£39.95
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Starters: 2 Papadams, Chicken Tikka & Onion Bhaji  
Mains: Chicken Tikka Masala & Lamb Karahi  
Side & Sundries: Bombay Aloo, Pilau Rice & Peshwari Nan

<b>Set Meal for 4 Persons</b> .....	£75.95
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Starters: 4 Papadams, Chicken Tikka, Onion Bhaji, Seekh Kebab & Vegetable Samosa  
Mains: Chicken Tikka Masala, Lamb Rogan, Chicken Karahi & Lamb Kali Mircha  
Sides: Bombay Aloo & Bindi Bhaji  
Sundries: 2 Pilau Rice, a Peshwari Nan & Plain Nan

Allergy Awareness:

Some of our dishes may contain gluten, nuts or dairy products, if you suffer from an allergy, then please enquire when ordering for full details. We take this very seriously and will try our best to accommodate your request. Please be advised that we cannot guarantee a complete dairy, nut free or gluten free cooking environment.

Fish:

Where we use fish for our dishes, we cannot guarantee it to be boneless. Please take care to discard any fish bones from your dish

We are located a short minutes walk away from the main  
St Albans City train station on Victoria Street

145 Victoria Street

St Albans

AL1 3TA

www.AlbanTandoori.co.uk

01727 862111 / 830241

Open 7 days a week including Bank Holidays

5.30pm - Midnight everyday

Including Sunday Lunch 12pm - 3pm

All Major Credit cards are accepted  
The management reserves the right to refuse service  
Fully Licensed

# Alban

## TANDOORI RESTAURANT

Home Dining Menu

Great Indian food made with passion & heart



www.AlbanTandoori.co.uk

Our family has been involved in Indian cuisine at the heart of St Albans for many years. We are privileged to serve you & aspire to continue for many more with your support.

We believe that whilst keeping to the authentic and traditional recipes, we will keep searching, evolving and perfecting innovative cooking to bring new exciting dishes to you.

See you soon,  
The Alban family

### Starters

<b>Onion Bhaji</b> .....	£3.50
Mildly spiced shredded onions bound with gram flour and deep-fried	
<b>Tandoori Chicken</b> .....	£4.25
A quarter piece of Chicken marinated with the chefs tandoori spices	
<b>Tikka Chicken or Lamb</b> .....	£4.25
Marinated Chicken or Lamb pieces marinated in tikka mix grilled in Tandoor	
<b>Seekh Kebab</b> .....	£4.95
Minced lamb with shredded fine onion and mild tandoor spices	
<b>Mix Kebab</b> .....	£6.95
A mixture of Chicken tikka, Lamb tikka & Seekh kebab	
<b>Prawn Puri</b> .....	£4.95
Prawns in medium hot spices placed on a delicate shallow fried bread	
<b>King Prawn Puri</b> .....	£6.25
King Prawns in medium hot spices placed on a delicate shallow fried bread	
<b>Piri Piri King Prawn</b> .....	£6.25
King Prawns marinated in the chefs piri piri sauce, charcoal grilled to perfection	
<b>Samosa</b> (Lamb or Vegetable) .....	£3.50
Lightly spiced minced Lamb or mixed Vegetables in a flaky pastry case and golden fried	
<b>Aloo Chat or Chicken Chat</b> .....	£4.25
Diced Potato or Chicken cooked with green peppers, tomatoes and special chat masala	
<b>Pakora Chicken or Sabji</b> .....	£5.95
A popular Indian family crispy snack made with gram flour, lightly spiced chicken or mixed vegetables	
<b>Crunchy Full-jhuree</b> (lentil based pakora's) .....	£4.25
Pureed fresh lentils with shredded onions, tomatoes, green chilli and mild spices	

**Chicken or Lamb Tikka Masalla (N)** ..... £10.95  
Perhaps the most well know dish in Great Britain, now perfected by our chef. Marinated boneless spring chicken or lamb cooked in the tandoor, then added to a sauce of ground almonds, coconut, the chef's cauldron of exotic herbs, spices and yoghurt. Sweet and Mild.

**Pasanda Lamb or Chicken (N)**..... £10.50  
A Nawab dish, thin tender fillet of lamb or spring chicken marinated with crushed herbs & spices and then cooked with yoghurt, fresh cream, ground almonds and coconut flour. Mild.

**Suka Tawa King Prawn (N)**.....£13.95  
King Prawn cooked in spicy masala added with our chef's special tamarind sauce, extra fresh ginger, a dash of flaked red chilli and lime juice. Medium.

**King Prawn Delight (N)** .....£13.95  
Marinated grilled king prawns cooked in special spices, ground almond, herbs and fresh cream. Mild.

**Mughlai Murgh or Lamb (N)** ..... £10.95  
Chicken or lamb cooked with ground almonds, coconut, almond flakes, sultanas, lychees, pineapple, tomato and fresh cream with selected spices and herbs. Fruity and Mild.

**Muli Murgh (N)** ..... £10.95  
Marinated boneless grilled spring chicken cooked with ground almond, coconut, fresh cream in selected spices, herbs and butter. Medium or Mild.

**Lamb Kufra Lazeez**..... £12.95  
Lightly spiced mince lamb meatballs simmered in creamy yoghurt and brown garlic gravy, tempered with crushed green and black peppercorns. Medium with black pepper kick.

**Butter Murgh (N)**.....£10.95  
Marinated chicken cooked in special spices, ground almond, herbs and fresh cream. Mild.

**Achari Chicken or Lamb**..... £10.50  
A chicken or lamb dish cooked in fine spices & herbs, in a medium sauce with a tangy pickled flavour. Medium or Hot.

**Dansak**.....  
The ever popular sweet, hot & sour dish cooked with lentils in a medium thick sauce. Medium or Hot.

Chicken or Lamb.....£10.95  
Tandoori King Prawn.....£12.95

**Hundi Murgh**..... £10.95  
Tender pieces of chicken cooked in a tempered medium thick masala sauce with green peppers, tomatoes and long strips on onion and selected spices and herbs. Medium or Hot.

**Jalfrazi Chicken or Lamb**..... £10.95  
Marinated, boneless grilled spring chicken or lamb cooked with onions, tomatoes, green pepper & green chillies in selected spices and herbs. Hot

**Sindhi**.....  
A regional variation of the traditional Jalfrazi with mixed peppers, green chilli & dried fenugreek. Hot.  
Chicken or Lamb.....£11.95  
King Prawn.....£13.95

### Alban Special Dishes

**Alban Lamb Shank**.....£13.95  
Bengali cooking at its best! Tender lamb shank falling off the bone, marinated in a mixture of rich aromatic spices and natural yoghurt. Slow cooked to perfection with a hint of lemon and saffron. Served with a pan gravy. Medium.

**Chilli Masalla**.....  
Your choice of Chicken, Lamb or medallions of king prawn cooked slowly with sliced green chillies, green peppers, ginger, tomatoes and shredded onions in special Bengal spices. Very Hot.

Chicken or Lamb.....£10.95  
King Prawn ..... £13.95

**Kali Mircha**.....  
Dices of your choice of chicken/lamb or medallions of king prawn cooked in a spiced sauce, tempered with crushed black pepper and garam masala paired with button mushrooms. Black pepper hot.

Chicken or Lamb.....£10.95  
King Prawn ..... £13.95

**Karahi**.....  
Tender medallions of chicken/ Lamb or King Prawn cooked with the chef's selected herbs, spices in a ginger base tossed with tomatoes and green peppers into a dry sauce infused in an iron cast Karahi. Medium or Hot.

Chicken or Lamb.....£10.95  
King Prawn ..... £13.95

**Garlic Roshani**.....  
Your choice of Chicken, Lamb or medallions of king prawn cooked slowly with ginger, tomatoes and shredded onions in special Bengal spices with plenty of garlic. Medium.

Chicken or Lamb.....£10.95  
King Prawn.....£13.95

**Bombay Blast**.....  
Marinated and tandoored chicken, Lamb or King Prawn cooked with Bengal spices, aromatic Bombay hot chillies finished in a medium thick sauce. Super Hot.

Chicken or Lamb.....£11.95  
King Prawn.....£13.95

**Cinnamon Chameli**.....  
Tender Lamb or Chicken cooked with fresh green chillies, curry leaves, cherry tomatoes, crushed spring onions with cinnamon. Simmered to perfection. Medium.

Chicken or Lamb.....£10.95

**Albani Tokhi**.....  
A fiery South Indian curry with a medium to dry sauce tempered with mortared chilli, lemongrass & fresh lime. Medium or Hot.

Chicken or Lamb..... £11.95  
King Prawn.....£13.95

**Khali Corriander**.....  
A medium dry curry dish with a simmering base of coriander, mint and a touch of parsley complimented with the Chefs special selection of spic-es. Medium.  
Chicken or Lamb.....£10.95  
King Prawn.....£13.95

**Goan Machlee Curry**.....£12.95  
An intriguing cultural crossover for all lovers of fish. Fresh Tilapia fillet tossed in a blend of green chillies, cumin, ginger paste, tamarind and coconut milk. Medium.

**Hara Machlee Masalla**.....£12.95  
Fillets of Tilapia fish marinated then pan-fried and served in medium spiced sauce tempered with mustard, garlic, ginger, & lime juice served on a bed of fresh baby spinach & cherry tomatoes. Medium

**King Prawn Pepperfry** ..... £13.95  
King prawns treated with lime and turmeric, tossed into stir fried peppery onions, cherry tomatoes, button mushrooms and bell peppers, tempered in a sauce. Medium to mild.

### Biriani

Prepared with the finest grain of basmati rice, medium hot spices and herbs pan fried together. Served with the traditional vegetable curry.

Chicken or Lamb .....£10.50  
Prawn ..... £11.50  
King Prawn ..... £13.50  
Tandoori King Prawn .....£13.95  
Sabji (mixed vegetables) .....£9.50

### Balti Dishes

Aromatic spiced curries, mild and exotic. Individually prepared with chunky onions slices, coriander and garlic thoroughly blended with authentic Balti spices and herbs. Medium.

Chicken or Lamb Balti .....£9.95  
Prawn Balti .....£9.95  
King Prawn Balti ..... £13.95  
Masoori Murgh Balti (with lentils).....£10.95  
Shashlick Bhuna Balti Murgh ..... £12.95  
Sabji Balti (mixed vegetables) .....£8.95

### Traditional Dishes

Much loved classics all in a medium, mild or hot sauce

Curry - Medium spiced and light.  
Madras - Slightly sour & hot with green peppers.  
Vindaloo - Slightly sour & very hot with green peppers and potatoes.  
Kurma (N) - Mild, cooked with fresh cream, almonds and coconut flour.  
Bhoona - Medium spiced, cooked with fresh tomato, green peppers and fairly dry moist sauce  
Dupiaza - Medium spiced, medium thick gravy with extra chunky onions  
Rogan - Medium spiced and garnished with tomatoes and green peppers  
Patia - Sweet and sour.  
Saag - Medium dry gravy cooked with fresh spinach  
Methi - Medium dry gravy cooked with fenugreek leaves

Chicken or Lamb .....£7.95  
Prawn ..... £8.50  
King Prawn ..... £11.95