

Appetisers

Chicken or Lamb Tikka <i>Pieces of spring chicken lightly spiced and grilled on charcoal</i>	£3.75
Murgh Malaai <i>Delicately spiced, succulent chicken, skewered and grilled in the tandoori with garlic ghee and mint.</i>	£4.50
Tandoori Chicken <i>Tendered chicken prepared with mild spices and cooked in clay oven</i>	£3.75
Seekh Kebab <i>Minced lamb spiced and grilled in the clay oven</i>	£4.50
Lamb Chop <i>Pieces of lamb lightly spiced and grilled on charcoal</i>	£4.50
King Prawn Butterfly <i>Fried with breadcrumb</i>	£5.95
Tandoori King Prawn <i>Flavoured with various spices and tenderly cooked in tandoori</i>	£6.50
Jhinga-e-Garlic <i>King prawn grilled in the tandoori oven with a hint of garlic and mint</i>	£6.50
Garlic Mushroom	£3.50
Onion Bhaji	£3.50
Samosa <i>Meat or vegetables</i>	£3.50
Murgh 65 <i>Lightly spiced chicken deep-fried, then tempered with curry leaves and fresh spices a famous south Indian style, sweet and sour</i>	£4.50
Tandoori Salmon <i>Fresh Scottish salmon chargrilled in the tandoor with chefs special spice</i>	£4.95
Forest platter <i>1 portion of chicken tikka, Lamb Tikka, samosa & onion bhajee</i>	£12.95

ALLERGIES & INTOLERANCES

Please be advised some of our dishes may contain the following allergens:

Gluten, Milk, Soya, Egg, Fish, Lupin, Celery, Peanut, Tree Nuts, Sesame, Mustard, Sulphites, Molluscs, Crustaceans. Fish dishes may contain bones. Please speak to a member of staff when ordering if you have an allergy.

Tandoori Dishes

Chicken or Lamb Tikka <i>Pieces of spring chicken lightly spiced and grilled on charcoal</i>	£7.95
Tandoori Chicken <i>Half of a tender chicken prepared with mild spices and cooked in the clay oven</i>	£8.50
Chicken or Lamb Shashlik <i>Flavoured with special spices and cooked with onions, capsicum and tomatoes</i>	£8.95
Paneer Shashlick <i>Tender pieces of paneer cooked in clay oven served with dip</i>	£8.95
Tandoori Mixed Grill <i>Pieces of chicken tikka, lamb tikka and tandoori chicken with shish kebab</i>	£9.95
Lamb Chop <i>Pieces of lamb lightly spiced, cooked in charcoal grilled</i>	£9.95
Lamb Chop Shashlik <i>Flavoured with spice and cooked with onion, capsicum and tomatoes</i>	£9.95
Tandoori King Prawn <i>Flavoured with various spices and tenderly cooked in the tandoori oven</i>	£12.95
King Prawn Shashlik <i>Flavoured with special spices and cooked with onions, capsicums and tomatoes</i>	£12.95
Vegetable Shashlik <i>Mixed seasonal fresh vegetables grilled on charcoal</i>	£8.95
Tandoori Salmon <i>Fresh Scottish salmon chargrilled in the tandoor with chefs special spice</i>	£9.95

King Prawn Dishes

Curry / Madras / Vindaloo	£11.95
Bhuna / Dansak / Pathia / Rogan	
Korma / Dupiaza / Sag / Balti	
Tandoori King Prawn Masala <i>Special masala sauce</i>	£13.95

Traditional Chicken or Lamb

Chicken or Lamb Tikka Masala <i>Special masala sauce</i>	£8.50
Curry / Madras / Vindaloo <i>Cooked in mild / hot / very hot sauce</i>	£7.95
Chicken & Mushroom Curry <i>Chicken cooked in mild curry sauce with mushroom</i>	£7.95
Dansak / Pathia <i>Medium, sweet and sour</i>	£7.95
Chicken or lamb Sag <i>with spinach</i>	£7.95
Korma / Bhuna / Dupiaza / Rogan	£7.95

Signature Dishes

Achhari Chicken	£8.50
Garlic Tikka Chicken <i>Fried in garlic and cooked with oriental herbs</i>	£8.50
Pineapple Chicken Tikka <i>Chicken tikka cooked in mild spice with pineapple</i>	£8.50
Zeera Chicken or Lamb <i>Marinated overnight and cooked in cumin spice, served in medium sauce</i>	£8.50
Keso Nut Chicken <i>Chicken cooked in cashew nut sauce and coconut milk very mild spice served in sauce</i>	£8.50
Methi Gosht <i>Tender lamb cooked with fenugreek and oriental herbs and spices, medium spice</i>	£8.50
Coconut Lamb <i>Tender lamb cooked in coconut with mild spice</i>	£8.50
Malai Murgh Masala <i>Delicately pieces of chicken, cooked with almond and freshly ground masala sauce garnished with layer of butter and cream.</i>	£10.95
Chicken Tikka Anwaka <i>Tender pieces of chicken tikka cooked with mushroom and capsicum, onion, medium spice with thick sauce</i>	£10.95
Fish Kaybury <i>Talapia Fish cooked in the grill flavoured with medium sauce</i>	£12.95
Old Dhali Chicken <i>Authentic south Indian butter chicken</i>	£13.95
Forest King Prawn <i>Whole king prawn cooked in the grilled with a selection of spices in thick sauce</i>	£13.95
King Prawn Lebu <i>Fresh spinach, fresh lemon cooked with coriander, light spices in a medium sauce</i>	£13.95
King Prawn Noorjahani <i>King prawn cooked to perfection with onions, peppers and a sauce consisting of yoghurt, tomato puree, crushed garlic, ginger and unique blend of spices.</i>	£13.95
Garlic King Prawn <i>Fried garlic cooked with oriental herbs in garlic sauce</i>	£13.95
Jasmine King Prawn <i>Succulent roasted king prawn cooked in coconut milk within cashew nuts. Mild sauces</i>	£13.95
Jingha Gulnahr <i>King prawn cooked with master seeds, yoghurt and lemon</i>	£13.95
Lamb Shank <i>Thick sauce with chefs special spice</i>	£15.95

Chef's Recommendation

Chicken or Lamb Jalfrezi £7.95

Prepared with fresh green chilli, onions and spicy sauce

Paneer Tikka Masala £8.95

Chilli Tikka Chicken or Lamb £8.95

Tender pieces of chicken or lamb tikka with capsicum, onion and fresh green chillies, hot

Naga Chicken or Lamb £7.95

Cooked with the hottest chilli in Bangladesh, served with sauce

Murghi Masala £8.95

Pieces of tandoori chicken, boneless cooked with mince meat, medium spice

Lamb Shatkora £8.50

Tender lamb or chicken with fresh herbs and shatkora (citrus) fruit from Bangladesh used in cooking to give a distinct aromatic flavour. Medium

Chicken or Lamb Karahi £7.95

Diced chicken or lamb cooked in curry sauce, delicately flavoured with oriental herbs and spices

King Prawn Karahi £12.95

Cooked in a curry sauce delicately flavoured with oriental herbs and spices

Bengal Fish Curry £12.95

Boneless fish cooked in clay oven with medium spice served in thick sauce

Jasmine Fish Curry £12.95

Almond and cashew nut sauce with coconut milk cooked in very mild sauce

Jhal Chicken £8.00

Thin fillets of chicken or lamb cooked with chef's unique very hot spices

Bengal fish £12.95

Fresh-water fish from the Bay of Bengal, pan-fried with onions, capsicum and coriander in a medium sauce.

Jinga Hara Jhul £12.95

Delicately spiced king prawn cooked in a rich sauce of yoghurt, garlic, fresh coriander and whole grain mustard with a touch of olive oil.

Vegetable Main Dishes

Dansak / Pathia / Bhuna / Dupiaza / Rogan / Karahi / Jalfrezi / Balti / Masala / Korma £7.95

Biryani

Served with medium mixed vegetable curry

Chicken or Lamb Biryani £9.50

Chicken or Lamb Tikka Biryani £9.95

Chicken & Mushroom Biryani £9.95

King Prawn Biryani £12.95

Vegetable Biryani £8.95

Vegetable Side Dishes

Cooked with olive oil

Vegetable Curry £3.50

Mushroom Bhajee / Cauliflower Bhajee £3.50

Sag Bhajee / Sag Aloo £3.50

Tarka Dall (*Lentils lightly spiced with garlic*) £3.50

Aloo Gobi / Bombay Aloo £3.50

Courgette Bhajee £3.50

Bindi Bhajee (*Okra*) / **Matar Paneer** (*Green peas*) £3.50

Onion Bhajee / Chana Masala (*Chick peas*) £3.50

Raitha (*Yoghurt*) £2.50

Tandoori Bread

Plain Nan £2.50

Peshwari Nan / Keema Nan / Kulcha Nan £2.50

Garlic Nan / Chilli Nan £2.50

Roti £2.50

Chapati £1.50

Sundries

Boiled Rice (basmati) £2.50

Pilau Rice (basmati) £2.50

Coconut / Garlic Rice £3.50

Special Egg Fried / Mushroom Rice £3.50

Plain Paratha / Vegetable Paratha £2.50

Papadom (Plain or spicy) £0.60

Chutney / Pickles (Per person) £0.60

Opening Hours

Mon-Thurs: 5.30pm to 11pm

Fri-Sat: 5.30pm to 12.00am

Sun: 5.30pm to 10.00pm



Forest Tandoori

Finest Indian - Bengali Cuisine

www.foresttandooriloughton.co.uk

FREE HOME DELIVERY
ON ORDER OVER £20

10% DISCOUNT

on collection order over £10 (cash only)

Open from 5.30pm to 11.00pm

Fri-Sat: 5.30pm to 12.00am

Sun: 5.30pm to 10.00pm

020 8508 7185 / 7535

We cater for all special occasions and parties



12 Forest Road, Loughton, Essex IG10 1DX
(Next to the Police Station)