



Mild



Hot



Very Hot



Contains Nuts



Suitable for Vegetarians



Healthy Option

APPETISERS

PAPADOMS (LENTIL CRISP)	£0.85
SPICY PAPADOMS	£0.85

STARTERS

All starters are served with fresh green salad & mint/sweet chilli sauce

TANDOORI FISH (may contain small bones) 	£3.95
TIFFIN'S SPECIAL GRILLED CHICKEN 	£3.95
TIFFIN'S SPECIAL CRISPY DUCK 	£4.75
TANDOORI MIX KEBAB 	£4.75
TANDOORI CHICKEN 	£3.50
TANDOORI KING PRAWNS 	£4.95
CHICKEN TIKKA 	£3.50
LAMB TIKKA 	£3.75
SHEEK KEBAB 	£3.25
NARGIS KEBAB	£4.25
SHAMI KEBAB	£3.95
CHICKEN OR LAMB TIKKA SHASHLIK 	£4.25
GARLIC FRIED KING PRAWN	£4.50
GARLIC MUSHROOM 	£2.75
KING PRAWN PUREE	£4.95
CHICKEN TIKKA CHAAT ON PUREE	£4.25
CHICKEN OR MEAT PUREE.....	£3.95
MUSHROOM PUREE 	£3.75
ONION BHAJEE 	£2.75
MUSHROOM PAKORA 	£2.75
CHICKEN TIKKA PAKORA.....	£3.95
PRAWN COCKTAIL	£2.95
CRISPY MEAT OR VEG SAMOSA	£2.75
PRAWN PUREE.....	£3.95
GRILLED SALMON 	£4.75
STUFFED PEPPER (CHICKEN OR MEAT).....	£3.95
KING PRAWN BUTTERFLY.....	£4.75
SCAMPI	£2.95
CHICKEN NUGGETS	£2.50
KATIA KEBAB	£3.95
SPICY CHICKEN WINGS	£3.50
TANDOORI LAMB CHOPS.....	£4.75
TANDOORI PANEER 	£3.50

TIFFIN'S SPECIALITIES

- LAMB SHANK NEW** £9.95
Lamb shank pot roasted with chef's special sauce with various herbs & spices. Served with pilau rice.
- CHICKEN OR LAMB REZELLA NEW** £7.75
Chicken or lamb cooked with aromatic herbs and spices and green beans.
- ACHARI CHICKEN OR LAMB NEW** £7.75
Diced chicken or lamb in a thick medium, slightly tangy sauce with pickle.
- CHICKEN TIKKA JAIPURI NEW** £7.75
Chicken tikka cooked with almond and coconut and a selection of mixed fruit to create an intriguing sweet and mild dish.
- ORANGE SPECIAL CHICKEN NEW** £7.75
A unique dish cooked with peppers, onions, tomatoes, fresh coriander and a slice of orange!
- KURSI MURGHI NEW** £9.95
Breast of chicken filled with minced lamb then cooked in a bhuna style sauce.
- ZINGA NAGA NEW** 🌶️🌶️ £9.95
King prawns cooked in a deliciously hot and spicy naga chilli sauce.
- CHICKEN SHAGORIKA** £8.25
Spring chicken marinated with spices then grilled in the tandoor with onions, green pepper and tomatoes and served in a spicy sauce.
- CHICKEN MAKANI** 🍋🌶️ £7.50
Tandoori chicken cooked in butter and cream with garlic, cinnamon, ginger and kurma sauce (very mild).
- MANGO CHICKEN** 🍋 £7.75
Chicken cooked in a rich mild sauce garnished with fresh mango fruit.
- CHICKEN PASSANDA** 🍋🌶️ £7.50
Similar to korma, but drier sauce with a generous helping of almonds.
- TIFFIN'S SPECIAL CHICKEN DELIGHT** 🍋🌶️ £7.50
Marinated chicken in a special Bengali style creamy sauce. Garnished with almonds and coconut.
- SYLHETI CHICKEN OR LAMB TIKKA** 🌶️ £7.50
Spiced chicken or lamb tikka, cooked in aromatic spices with yoghurt, fresh chillies, green peppers and chopped onions, with a slightly hot sauce.
- KARAHI CHICKEN OR LAMB TIKKA** £7.50
Chicken or lamb tikka cooked with chunky onions, peppers, tomatoes and green chillies.
- TIFFIN'S SPECIAL KARAHI** £8.25
Tandoori chicken, lamb, king prawn in a thick sauce (medium).
- GARLIC CHILLI CHICKEN TIKKA (HOT)** 🌶️ £7.50
- TIFFIN'S SPECIAL BALTI MIX** £7.95
Chicken, lamb, prawns, king prawn with chopped onions, capsicum, mushroom & chillies blended with chef's special massala.
- MURGI TIKKA MATTER** £7.50
Tandoori chicken, delicately spiced and cooked with mince lamb and green peas (medium).
- CHICKEN OR LAMB TIKKA NAGA** 🌶️🌶️ £7.95
Deliciously very hot and spicy dish cooked with Bangladeshi hot chilli, Naga and garnished with tomatoes, lemon, chillies.
- BENGALI LAMB CHOP** £9.95
Tandoori Lamb Chop cooked in a thick spicy sauce with potatoes.
- TIFFIN'S GARLIC SPECIAL** £7.95
Tandoori chicken, chicken tikka, prawn & king prawn cooked in a spicy sauce with extra garlic and green chillies.
- KHAIRABADI CHICKEN OR LAMB** £7.95
Tandoori chicken or lamb marinated & cooked with spicy potato, garlic, onions and coriander. A juicy dish.
- TIFFIN'S GARLIC CHILLI KARAHI** 🌶️ £8.25
Chicken tikka, lamb & prawn, cooked in a thick spicy sauce with green chillies and extra garlic.
- TANDOORI KING PRAWN KARAHI** £9.95
Tandoori king prawn cooked in a thick sauce (medium).
- CHICKEN CHEESE & ONION BALTI (MEDIUM)** £7.50
- BUTTER CHICKEN TIKKA** 🍋🌶️ £7.50
Cooked in a butter and creamy sauce (very mild).
- BENGAL SPECIAL BATTERA** £7.75
Deliciously cooked whole breast chicken off the bone, delicately cooked with onion, tomatoes, peppers with a blend of medium strength aromatic spices and herbs.
- SHATKORA CHICKEN OR LAMB TIKKA** £7.50
Pieces of chicken or lamb tikka cooked with an exotic citrus fruit to achieve a very rich and distinctive flavour.
- CHICKEN OR LAMB TIKKA KHOLA PUREE** 🍋🌶️ £7.50
A stunning, hot yet richly flavoured dish cooked with almonds, coconut and Bangladeshi spices and a healthy serving of fresh green chillies. A very unique taste!

FISH SPECIALITIES

- TELAPIA STEAK** £9.50
Fillet steaks of delicious telapia fish grilled then cooked with fresh herbs and spices and garnished with onions and green salad. Served with boiled rice and garlic mushrooms.
- PANGASH SPECIAL** £9.50
Pangash fillet lightly fried then served in a tasty garlic bhunas style sauce. Served with boiled rice and mixed vegetables.
- SALMON SPECIAL DUPIAZA** £9.95
Marinated fillets of salmon cooked in a special dupiaza sauce with plenty of onions and accompanied with boiled rice and mixed vegetables.

TANDOORI MAIN COURSE

Main sizzling dishes, served with salad and vegetable curry sauce

- TANDOORI FISH** (may contain small bones)  £7.75
Fish chunks marinated in mustard oil, yoghurt and spices cooked in the tandoor, topped with fried onions and garlic.
- TIFFIN'S SPECIAL GRILL CHICKEN**  £7.75
Breast chicken marinated in peri-peri and South African spices and then grilled.
- TIFFIN'S SPECIAL CRISPY DUCK**  £9.25
Breast duck spiced with Bengal special spices similarly like barbecue then grilled.
- TANDOORI CHICKEN (HALF)**  £7.50
- TANDOORI LAMB CHOPS**  £8.75
- CHICKEN OR LAMB TIKKA**  £7.50
- CHICKEN OR LAMB TIKKA MUSHROOM**  £7.95
- TANDOORI MIX GRILL**  £9.95
Mix of tandoori chicken, king prawn, sheek kebab, chicken & lamb tikka, fish.
- SIZZLING JULIET**  £7.95
With chicken tikka and fried mushrooms, onions and garlic.
- CHICKEN OR LAMB TIKKA SHASHLIK**  £8.95
Chicken or lamb marinated in chef's special massala, cooked in the clay oven with tomato, onion and capsicum.
- GARLIC FRIED KING PRAWN** (no vegetable curry sauce) £9.25
- MURUGH ALOO ROAST** £8.25
Roasted chicken pieces and potato topped with spiced minced meat and cheddar cheese.
- TANDOORI KING PRAWN**  £9.25
- GOLDEN CHICKEN SPECIAL** £9.95
Half chicken marinated in tandoori spices then grilled in the tandoori oven over charcoals, garnished with a rich mild sauce then served with pilau rice and vegetables.

THAWAA DISHES

Thawaa dishes are prepared with Chef's special recipe, using fresh traditional spices. These dishes are cooked and served in an iron skillet and served sizzling.

- SIZZLING CHICKEN OR LAMB TIKKA THAWAA** £8.25
Tandoori chicken or lamb tikka cooked in a thick sauce with chunky onions, peppers.
- SIZZLING DUCK THAWAA** £9.25
Duck cooked with onions, garlic, ginger in a thick sauce & served sizzling on a thawaa dish.
- DUCK CHILLI BHUNA THAWAA**  £9.75
Duck cooked with onions, garlic, ginger, green chilli in a thick sauce and served sizzling on a thawaa dish.
- TIFFIN'S SPECIAL CHICKEN OR LAMB PALAK** £8.75
Chicken or lamb cooked with onion, garlic, ginger, fresh spinach, lemon juice, medium spices.
- LOBSTER SPECIAL SIZZLING THAWA** £9.95
Jumbo king prawns deliciously cooked and roasted on shell and garnished with onions, tomatoes, green pepper, coriander, spices and special herbs. Served on a sizzling thawaa dish.

MASSALA BALTI

Some of the most popular dishes, pieces marinated in special yoghurt.
With herbs & tandoori spices cooked in a rich massala sauce (mild)

TIFFINS SPECIAL MURGHI MASSALA £9.25

Boneless chicken, minced lamb, boiled egg cooked in a delicate sauce with aromatic spices and herbs.

TANDOORI KING PRAWN MASSALA £9.95

CHICKEN TIKKA MASSALA £7.25

LAMB TIKKA MASSALA £7.95


CHICKEN CHAAT MASSALA £6.95

TANDOORI CHICKEN MASSALA £7.50

CHICKEN CHILLI MASSALA  £6.95

CHICKEN BHUNA MASSALA £6.95

FISH MASSALA £8.25

VEGETABLE MASSALA  £6.75

TIFFIN'S MASSALA SPECIAL £8.25

Chicken, king prawn, mushrooms & spinach cooked in a mild sauce.

MILI JILLI MASSALA £9.25

Chicken tikka, lamb tikka, tandoori king prawn, cooked in a mild sauce.

BIRYANI DISHES

Biryani originated in ancient Persia. The meat is mixed with pilau rice lightly spiced and cooked with sultanas and almonds. Served with a separate dish of mixed vegetable curry.

TIFFINS SPECIAL BIRYANI £9.75

HOUSE SPECIAL BIRYANI £9.25

CHICKEN MUSHROOM BIRYANI £7.95


CHICKEN OR MEAT BIRYANI £7.75

KING PRAWN BIRYANI £9.95

CHICKEN OR LAMB TIKKA BIRYANI £8.25

PRAWN BIRYANI £7.95


TANDOORI CHICKEN BIRYANI £7.95

VEGETABLE BIRYANI  £7.50

PERSIAN CHICKEN BIRYANI £8.50

MALAYAN CHICKEN BIRYANI £8.50

ENGLISH DISHES


CHIPS  £2.95

CHEESE CHIPS £3.25


STEAK & CHIPS £9.95

1/2 FRIED CHICKEN & CHIPS £7.95

CHICKEN SALAD  £5.95

PRAWN SALAD  £5.95





SCAMPI & CHIPS £7.95

MUSHROOM  OR CHICKEN OMELETTE & CHIPS £7.95

NUGGETS & CHIPS (CHILDREN ONLY) £4.50

FISH FINGERS & CHIPS (CHILDREN ONLY) £4.50

TRADITIONAL DISHES

	CHICKEN	MEAT	PRAWN	KING PRAWN	CHICKEN TIKKA	LAMB TIKKA	VEG 🌱
BALTI	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
Cooked with fresh tomatoes, capsicum and spices with a rich, thick sauce.							
 KURMA 🌱	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
Suitable for beginners - cooked with cream, nuts and mild spices.							
BHUNA	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
Garnished with onions and extensively treated to provide a dish of medium strength.							
ROGAN	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
Prepared with garlic, garnished with tomatoes, rogan seeds and spices. A little dry.							
DUPIAZA	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
A maximum quantity of onions, oriental spices and green peppers. Medium taste.							
PATHIA	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
A combination of chilli, lemon and sugar to create a sweet, sour and hot taste.							
DHANSAK	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
Cooked with lentils, pineapple and lemons to produce a sweet, sour and hot taste.							
 MADRAS	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
A popular dish of south Indian origin, very rich hot taste. Not for children!							
KASHMIR	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
A mild to medium curry. A touch of garlic and a selection of herbs with bananas.							
MALAYAN	£6.50	£6.95	£6.95	£8.95	£6.95	£7.25	£5.95
A mild to medium curry with pineapple, mild spices and milk.							
 JALFRAZI	£6.75	£7.25	£7.25	£9.25	£7.25	£7.50	£6.25
Hot and spicy dish with plenty of capsicums, onions and fresh herbs and spices.							
 VINDALOO	£6.75	£7.25	£7.25	£9.25	£7.25	£7.50	£6.25
A very hot dish cooked with plenty of chilli!							

TIFFIN'S SPECIAL NEW MIX BALTI

CHICKEN AND MUSHROOM	£6.95
CHICKEN ALOO	£6.95
CHICKEN AND SPINACH	£6.95
CHICKEN VEGETABLES	£6.95
GARLIC CHICKEN	£6.95
GARLIC CHILLI CHICKEN 🍌	£6.95
CHICKEN NIRMALA 🍌	£6.95
GOST SPINACH	£7.95
KING PRAWN CHANA MUSHROOM SPINACH	£9.95
TANDOORI CHICKEN NIRMALA 🍌	£7.50
KING PRAWN SPINACH	£9.25
CHANA MUSHROOM PANEER SPINACH 🌱	£6.95

COMBINATION DISHES

Served with Pilau Rice. Any alteration will incur a £1 charge.

1. BALTI CHICKEN BHUNA (MEDIUM)/
BALTI MEAT ROGAN (MEDIUM) £9.25
2. BALTI BUTTER CHICKEN 🍋🌶️ /
BALTI CHICKEN ROGAN (MEDIUM) £9.25
3. BALTI KING PRAWN BHUNA (MEDIUM)/
BALTI PRAWN DHANSAK 🌶️ £9.95
4. BALTI CHICKEN JALFREZI 🌶️ /
BALTI VEGETABLE DHANSAK £9.25
5. BALTI CHICKEN DHANSAK 🌶️ /
BALTI CHICKEN CHILLI 🌶️ £9.25
6. BALTI CHICKEN JALFREZI 🌶️ /
BALTI CHICKEN TIKKA MASSALA 🍋🌶️ £9.25

VEGETARIAN SIDE DISHES

- VEGETABLE BHAJEE 🍋 £3.50
MUSHROOM BHAJEE 🍋 £3.50
BANJAL BHAJEE 🍋 £3.50
BOMBAY ALOO 🍋 £3.50
SAG PANEER 🍋🌶️ £3.50
TARKA DAHL 🍋 £3.50
CAULIFLOWER BHAJEE 🍋 £3.50
SPINACH BHAJEE 🍋 £3.50
BHINDI BHAJEE 🍋 £3.50
SAG ALOO 🍋🌶️ £3.50
MATER PANEER 🍋🌶️ £3.50
CURRY SAUCE 🍋 £3.50

RICE

- BOILED RICE 🍋🌶️ £2.10
PILAU RICE 🍋 £2.25
FRIED RICE 🍋 £2.50
GARLIC RICE 🍋 £2.50
EGG FRIED RICE 🍋 £2.50
VEGETABLE PILAU RICE 🍋 £2.50
MUSHROOM PILAU RICE 🍋 £2.75
SPECIAL RICE £2.95
KEEMA PILAU RICE £2.95
FRUITY PILAU RICE £2.95
CHICKEN RICE £3.25
MEAT RICE £3.25

NAAN BREADS

NAAN BREAD H V	£1.95
GARLIC NAAN H V	£2.25
CHEESE NAAN V	£2.50
CORIANDER NAAN H V	£2.25
MUSHROOM NAAN H V	£2.25
MUSHROOM AND GARLIC NAAN H V	£2.35
ONION AND CORIANDER NAAN H V	£2.35
KEEMA NAAN	£2.65
PESHWARI NAAN V N	£2.65
CHICKEN TIKKA NAAN H	£2.65
GARLIC CHEESE CHILLI NAAN V 🌶️	£2.75
PARATHA V	£2.50
STUFFED PARATHA V	£2.75
CHAPATI H V	£1.50
TANDOORI ROTI H V	£1.75
RAITHA (YOGHURT) V	£1.95
PUREE V	£1.50
CHUTNEYS (PER ITEM) V	£0.95
MANGO CHUTNEY	£1.00
LIME PICKLE	£1.00
GREEN SALAD H V	£1.95

DRINKS

COKE / DIET COKE / LEMONADE	£1.85
ORANGE JUICE / PINEAPPLE JUICE H	£1.95
J20	£2.25
SPARKLING WATER H	£1.95
LASSI JUG	£7.95
TEA OR COFFEE	£1.75
FLOATER COFFEE	£2.50