



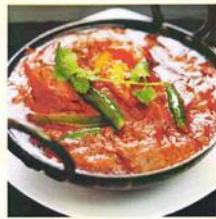
WELCOME TO...



We are delighted to welcome you to our extensive menu. We have included many of your firm favourites alongside a careful selection of dishes which are unique to Tiffins

The array of wonderful starters, the more familiar dishes as well as the many new dishes are all freshly prepared with only the finest ingredients and an authentic blend of spices, remaining true to the regional cuisines of India and Bangladesh.

We at Tiffins are committed to promoting healthy eating and have marked the healthier options in our menu. Please ask if there is any particular item you like and we will see if a healthy version of it can be created.



ANY DISH NOT ON THE MENU CAN BE PREPARED AT THE CUSTOMERS REQUEST  
PLEASE NOTE: NO EXTRA COLOURING IS ADDED TO OUR DISHES.  
PORTIONS ARE AVAILABLE FOR CHILDREN

42 DUDLEY ROAD, STOURBRIDGE DY9 8EA

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WWW.BALTITIFFINS.COM

All Major Credit Cards Accepted.



The management reserves the right to refuse admission/service to anyone without disclosing reasons.  
EMAIL: ADMIN@BALTITIFFINS.CO.UK

Mild   
 Hot   
 Very Hot  
 Contains Nuts   
 Suitable for Vegetarians  
 Healthy Option

## APPETISERS

PAPADOMS (LENTIL CRISP)	£0.75
SPICY PAPADOMS	£0.75

## STARTERS

ALL STARTERS ARE SERVED WITH FRESH GREEN SALAD & MINT/SWEET CHILLI SAUCE

TANDOORI FISH (may contain small bones)	£2.95
TIFFIN'S SPECIAL GRILLED CHICKEN	£3.95
TIFFIN'S SPECIAL CRISPY DUCK	£3.95
TANDOORI MIX KEBAB	£3.95
TANDOORI CHICKEN	£2.95
TANDOORI KING PRAWNS	£3.95
CHICKEN OR LAMB TIKKA	£2.95
SHEEK KEBAB	£2.50
NARGIS KEBAB	£3.50
SHAMI KEBAB	£2.50
CHICKEN OR LAMB TIKKA SHASHLIK	£3.95
GARLIC FRIED KING PRAWN	£3.95
GARLIC MUSHROOM	£2.25
KING PRAWN PUREE	£3.95
CHICKEN TIKKA ON CHAAT	£3.50
CHICKEN OR MEAT PUREE	£2.95
MUSHROOM PUREE	£2.75
ONION BHAJEE	£2.25
MUSHROOM PAKORA	£2.25
CHICKEN TIKKA PAKORA	£2.95
PRAWN COCKTAIL	£2.25
CRISPY MEAT OR VEG SAMOSA	£2.25
PRAWN PUREE	£2.95
GRILLED SALMON	£3.95
STUFFED PEPPER (CHICKEN OR MEAT)	£3.50
KING PRAWN BUTTERFLY	£3.95
SCAMPI	£2.25
CHICKEN NUGGETS	£2.10
KATIA KEBAB	£2.95

## TANDOORI MAIN COURSE

MAIN SIZZLING DISHES, SERVED WITH SALAD & VEGETABLE CURRY SAUCE

TANDOORI FISH (may contain small bones)	£6.95
<small>Fish chunks marinated in mustard oil, yoghurt and spices cooked in the tandoor, topped with fried onions and garlic.</small>	
TIFFIN'S SPECIAL GRILL CHICKEN	£6.95
<small>Breast chicken marinated in peri-peri and South African spices and then grilled.</small>	
TIFFIN'S SPECIAL CRISPY DUCK	£7.75
<small>Breast duck spiced with Bengal special spices similarly like barbecue then grilled.</small>	
TANDOORI CHICKEN (HALF)	£6.75
CHICKEN OR LAMB TIKKA	£6.50
CHICKEN OR LAMB TIKKA MUSHROOM	£6.75
TANDOORI MIX GRILL	£8.25
<small>Mix of tandoori chicken, king prawn, sheek kebab, chicken &amp; lamb tikka, fish.</small>	
SIZZLING JULIET	£6.95
<small>with chicken tikka and fried mushrooms, onions and garlic.</small>	
CHICKEN OR LAMB TIKKA SHASHLIK	£6.95
<small>Chicken or lamb marinated in chef's special massala, cooked in the clay oven with tomato, onion and capsicum.</small>	
GARLIC FRIED KING PRAWN (no vegetable curry sauce)	£7.95
MURUGH ALOO ROAST	£6.95
<small>Roasted chicken pieces and potato topped with spiced minced meat and cheddar cheese.</small>	
TANDOORI KING PRAWN	£7.95

## TIFFIN'S SPECIALITIES

<b>PUMPKIN SPECIAL NEW</b> .....	£6.95
<small>Lamb cooked with butternut squash in a medium sauce. A slightly sweet yet pleasing taste!</small>	
<b>CHICKEN OR LAMB REZELLA NEW</b> .....	£6.95
<small>Chicken or lamb cooked with aromatic herbs and spices and green beans.</small>	
<b>ACHARI CHICKEN OR LAMB NEW</b> .....	£6.95
<small>Diced chicken or lamb in a thick medium, slightly tangy sauce with pickle.</small>	
<b>CHICKEN TIKKA JAIPURI NEW</b> .....	£6.95
<small>Chicken tikka cooked with almond and coconut and a selection of mixed fruit to create an intriguing sweet and mild dish.</small>	
<b>ORANGE SPECIAL CHICKEN NEW</b> .....	£6.95
<small>A unique dish cooked with peppers, onions, tomatoes, fresh coriander and a slice of orange!</small>	
<b>CHICKEN SHAGRIKA</b> .....	£7.50
<small>Spring chicken marinated with spices then grilled in the tandoor with onions, green pepper and tomatoes and served in a spicy sauce.</small>	
<b>CHICKEN MAKANI</b> .....	£6.50
<small>Tandoori chicken cooked in butter and cream with garlic, cinnamon, ginger and kurma sauce (very mild).</small>	
<b>MANGO CHICKEN</b> .....	£6.95
<small>Chicken cooked in a rich mild sauce garnished with fresh mango fruit.</small>	
<b>CHICKEN PASSANDA</b> .....	£6.50
<small>Similar to korma, but drier sauce with a generous helping of almonds.</small>	
<b>TIFFIN'S SPECIAL CHICKEN DELIGHT</b> .....	£5.95
<small>Marinated chicken in a special Bengali style creamy sauce. Garnished with almonds and coconut.</small>	
<b>SYLHETI CHICKEN OR LAMB TIKKA</b> .....	£6.25
<small>Spiced chicken or lamb tikka, cooked in aromatic spices with yoghurt, fresh chillies, green peppers and chopped onions, with a slightly hot sauce.</small>	
<b>KARAHI CHICKEN OR LAMB TIKKA</b> .....	£6.50
<small>Chicken or lamb tikka cooked with chunky onions, peppers, tomatoes and green chillies.</small>	
<b>TIFFIN'S SPECIAL KARAHI</b> .....	£6.95
<small>Tandoori chicken, lamb, king prawn in a thick sauce (medium).</small>	
<b>GARLIC CHILLI CHICKEN TIKKA (HOT)</b> .....	£5.95
<b>TIFFIN'S SPECIAL BALTI MIX</b> .....	£6.95
<small>Chicken, lamb, prawns, king prawn with chopped onions, capsicum, mushroom &amp; chillies blended with chef's special massala.</small>	
<b>MURGI TIKKA MATTER</b> .....	£6.95
<small>Tandoori chicken, delicately spiced and cooked with mince lamb and green peas (medium).</small>	
<b>CHICKEN OR LAMB TIKKA NAGA</b> .....	£6.95
<small>Deliciously very hot and spicy dish cooked with Bangladeshi hot chilli, Naga and garnished with tomatoes, lemon, chillies.</small>	
<b>BENGALI LAMB CHOP</b> .....	£8.50
<small>Tandoori Lamb Chop cooked in a thick spicy sauce with potatoes.</small>	
<b>TIFFIN'S GARLIC SPECIAL</b> .....	£6.95
<small>Tandoori chicken, chicken tikka, prawn &amp; king prawn cooked in a spicy sauce with extra garlic and green chillies.</small>	
<b>KHAIRABADI CHICKEN OR LAMB</b> .....	£6.95
<small>Tandoori chicken or lamb marinated &amp; cooked with spicy potato, garlic, onions and coriander. A juicy dish.</small>	
<b>TIFFIN'S GARLIC CHILLI KARAHI</b> .....	£6.95
<small>Chicken tikka, lamb &amp; prawn, cooked in a thick spicy sauce with green chillies and extra garlic.</small>	
<b>TANDOORI KING PRAWN KARAHI</b> .....	£7.95
<small>Tandoori king prawn cooked in a thick sauce (medium).</small>	
<b>CHICKEN CHEESE &amp; ONION BALTI (MEDIUM)</b> .....	£6.50
<b>BUTTER CHICKEN TIKKA</b> .....	£6.50
<small>Cooked in a butter and creamy sauce (very mild).</small>	
<b>BENGAL SPECIAL BATTERA</b> .....	£6.95
<small>Deliciously cooked whole breast chicken off the bone, delicately cooked with onion, tomatoes, peppers with a blend of medium strength aromatic spices and herbs.</small>	
<b>TELAPIA STEAK</b> .....	£6.95
<small>Fillet steaks of delicious telapia fish grilled then cooked with fresh herbs and spices and garnished with onions and green salad.</small>	
<b>PANGASH SPECIAL</b> .....	£6.95
<small>Pangash fillet lightly fried then served in a tasty garlic bhunas style sauce.</small>	
<b>SHATKORA CHICKEN OR LAMB TIKKA</b> .....	£6.95
<small>Pieces of chicken or lamb tikka cooked with an exotic citrus fruit to achieve a very rich and distinctive flavour.</small>	
<b>CHICKEN TIKKA OR LAMB TIKKA KHOLA PUREE</b> .....	£6.95
<small>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!</small>	

## 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.

<b>SIZZLING CHICKEN OR LAMB TIKKA THAWAA</b> .....	£7.25
<small>Tandoori chicken or lamb tikka cooked in a thick sauce with chunky onions, peppers.</small>	
<b>SIZZLING DUCK THAWAA</b> .....	£7.50
<small>Duck cooked with onions, garlic, ginger in a thick sauce &amp; served sizzling on a thawaa dish.</small>	
<b>DUCK CHILLI BHUNA THAWAA</b> .....	£7.50
<small>Duck cooked with onions, garlic, ginger, green chilli in a thick sauce and served sizzling on a thawaa dish.</small>	
<b>TIFFIN'S SPECIAL CHICKEN OR LAMB PALAK</b> .....	£7.25
<small>Chicken or lamb cooked with onion, garlic, ginger, fresh spinach, lemon juice, medium spices.</small>	
<b>LOBSTER SPECIAL SIZZLING THAWAA</b> .....	£8.95
<small>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.</small>	

## MASSALA BALTI

SOME OF THE MOST POPULAR DISHES, PIECES MARINATED IN SPECIAL YOGHURT WITH HERBS & TANDOORI SPICES COOKED IN A RICH MASSALA SAUCE (MILD)

<b>TIFFIN'S SPECIAL MURGHI MASSALA</b> .....	£7.50
<small>Boneless chicken, minced lamb, boiled egg cooked in a delicate sauce with aromatic spices and herbs.</small>	
<b>TANDOORI KING PRAWN MASSALA</b> .....	£7.95
<b>CHICKEN TIKKA MASSALA</b> .....	£6.25
<b>LAMB TIKKA MASSALA</b> .....	£6.50
<b>CHICKEN CHAAT MASSALA</b> .....	£5.95
<b>TANDOORI CHICKEN MASSALA</b> .....	£6.25
<b>CHICKEN CHILLI MASSALA</b> .....	£5.95
<b>CHICKEN BHUNA MASSALA</b> .....	£5.95
<b>FISH MASSALA</b> .....	£6.95
<b>VEGETABLE MASSALA</b> .....	£5.75
<b>TIFFIN'S MASSALA SPECIAL</b> .....	£6.95
<small>Chicken, king prawn, mushrooms &amp; spinach cooked in a mild sauce.</small>	
<b>MILI JILLI MASSALA</b> .....	£7.95
<small>Chicken tikka, lamb tikka, tandoori king prawn, cooked in a mild sauce.</small>	

## 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.

<b>TIFFIN'S SPECIAL BIRYANI</b> .....	£7.95
<b>HOUSE SPECIAL BIRYANI</b> .....	£7.50
<b>CHICKEN MUSHROOM BIRYANI</b> .....	£6.75
<b>CHICKEN OR MEAT BIRYANI</b> .....	£6.50
<b>KING PRAWN BIRYANI</b> .....	£8.50
<b>CHICKEN OR LAMB TIKKA BIRYANI</b> .....	£6.95
<b>PRAWN BIRYANI</b> .....	£6.95
<b>TANDOORI CHICKEN BIRYANI</b> .....	£6.95
<b>VEGETABLE BIRYANI</b> .....	£5.95
<b>PERSIAN CHICKEN BIRYANI</b> .....	£7.50
<b>MALAYAN CHICKEN BIRYANI</b> .....	£7.50

## ENGLISH DISHES

<b>CHIPS</b> .....	£1.75
<b>CHEESE CHIPS</b> .....	£1.95
<b>STEAK &amp; CHIPS</b> .....	£8.95
<b>FRIED CHICKEN &amp; CHIPS</b> .....	£5.50
<b>CHICKEN SALAD</b> .....	£4.95
<b>PRAWN SALAD</b> .....	£4.95
<b>SCAMPI &amp; CHIPS</b> .....	£5.95
<b>MUSHROOM OR CHICKEN OMELETTE &amp; CHIPS</b> .....	£6.50
<b>NUGGETS &amp; CHIPS (CHILDREN ONLY)</b> .....	£3.25

## TRADITIONAL DISHES

	CHICKEN	MEAT	PRAWN	KING PRAWN	CHICKEN TIKKA	LAMB TIKKA	VEG
<b>BALTI</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>Cooked with fresh tomatoes, capsicum and spices with a rich, thick sauce.</i>							
<b>KURMA</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>Suitable for beginners - cooked with cream, nuts and mild spices.</i>							
<b>BHUNA</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>Garnished with onions and extensively treated to provide a dish of medium strength</i>							
<b>ROGAN</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>Prepared with garlic, garnished with tomatoes, rogan seeds and spices. A little dry.</i>							
<b>DUPIAZA</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>A maximum quantity of onions, oriental spices and green peppers. Medium taste</i>							
<b>PATHIA</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>A combination of chilli, lemon and sugar to create a sweet, sour and hot taste.</i>							
<b>DHANSAK</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>Cooked with lentils, pineapple and lemons to produce a sweet, sour and hot taste</i>							
<b>MADRAS</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>A popular dish of south indian origin, very rich hot taste. Not for children!</i>							
<b>KASHMIR</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>A mild to medium curry. A touch of garlic and a selection of herbs with bananas</i>							
<b>MALAYAN</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>A mild to medium curry with pineapple, mild spices and milk.</i>							
<b>JALFRAZI</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>Hot and spicy dish with plenty of capsicums, onions and fresh herbs and spices.</i>							
<b>VINDALOO</b>	£5.50	£5.75	£5.95	£7.50	£5.95	£5.95	£5.25
<i>A very hot dish cooked with plenty of chilli</i>							

## TIFFIN'S SPECIAL NEW MIX BALTIES

CHICKEN AND MUSHROOM	£5.75
CHICKEN ALOO	£5.75
CHICKEN VEGETABLES	£5.75
GARLIC CHICKEN	£5.75
GOST SPINACH	£5.95
KING PRAWN CHANA MUSHROOM SPINACH	£7.95
CHICKEN NIRMALA	£5.75
CHICKEN AND SPINACH	£5.75
GARLIC CHILLI CHICKEN	£5.75
TANDOORI CHICKEN NIRMALA	£5.95
KING PRAWN SPINACH	£7.75
CHANA MUSHROOM PANEER SPINACH	£5.95

## COMBINATION DISHES

ANY ALTERATION WILL INCUR A £1 CHARGE

1. BALTI CHICKEN BHUNA (MEDIUM)/	
BALTI MEAT ROGAN (MEDIUM)	£6.50
2. BALTI BUTTER CHICKEN /	
BALTI CHICKEN ROGAN (MEDIUM)	£6.50
3. BALTI KING PRAWN BHUNA (MEDIUM)/	
BALTI PRAWN DHANSAK	£6.95
4. BALTI CHICKEN JALFREZI /	
BALTI VEGETABLE DHANSAK	£6.50
5. BALTI CHICKEN DHANSAK /	
BALTI CHICKEN CHILLI	£6.50
6. BALTI CHICKEN JALFREZI /	
BALTI CHICKEN TIKKA MASSALA	£6.50

## VEGETARIAN SIDE DISHES

VEGETABLE BHAJEE	£2.95
MUSHROOM BHAJEE	£2.95
BANJAL BHAJEE	£2.95
BOMBAY ALOO	£2.95
SAG PANEER	£2.95
TARKA DAHL	£2.95
CAULIFLOWER BHAJEE	£2.95
SPINACH BHAJEE	£2.95
BHINDI BHAJEE	£2.95
SAG ALOO	£2.95
MATER PANEER	£2.95
CURRY SAUCE	£2.95

## SUNDRIES

BOILED RICE	£1.95	MUSHROOM NAAN	£2.10
PILAU RICE	£2.10	MUSHROOM AND	
FRIED RICE	£2.25	GARLIC NAAN	£2.25
GARLIC RICE	£2.25	ONION AND	
EGG FRIED RICE	£2.25	CORIANDER NAAN	£2.25
SPECIAL RICE	£2.50	KEEMA NAAN	£2.50
MUSHROOM		PESHWARI NAAN	£2.50
PILAU RICE	£2.50	CHI. TIKKA NAAN	£2.50
VEGETABLE		GARLIC CHEESE	
PILAU RICE	£2.25	CHILLI NAAN	£2.50
KEEMA PILAU RICE	£2.50	PARATHA	£1.75
FRUITY PILAU RICE	£2.50	STUFFED PARATHA	£1.95
CHICKEN RICE	£2.95	CHAPATI	£1.00
MEAT RICE	£2.95	TANDOORI ROTI	£1.30
NAAN BREAD	£1.60	RAITHA (YOGHURT)	£1.50
GARLIC NAAN	£2.10	PUREE	£1.00
CHEESE NAAN	£2.25	CHUTNEYS (PER ITEM)	£0.50
CORIANDER NAAN	£2.10	GREEN SALAD	£1.50

## DRINKS

COKE / DIET COKE / LEMONADE	£1.20
ORANGE JUICE / PINEAPPLE JUICE	£1.50
J20	£1.50
SPARKLING WATER	£1.50
LASSI JUG	£4.95
TEA OR COFFEE	£1.50
FLOATER COFFEE	£1.95