



Salt 'n' Pepper
Indian Restaurant

TAKE AWAY MENU

Saffron Jhinga.....£5.95
King prawn marinated with creamy saffron and chargrilled.

Boti Kebab.....£5.50
Honey and lemon marinated Lamb fillet crusted with crushed cumin and pepper.

MurghCoriander chilly Tikka.....£4.50
Bite sized garlic and cardamom flavoured creamy Chicken kebab.

GilafiSheek.....£3.50
Skewered ground lamb kebab with cheese, mint, coriander, chilly and finished with chopped peppers and red onion.

Onion Bhaji.....£2.50
Crispy spice coated onion fritters.

Hara Gobi Aloo Tikki.....£3.50
Potato Cake with filling of broccoli, spinach, garlic, ginger and dry fenugreek leaf.

SALT 'N' PEPPER, HAMPSHIRE COURT
53 BOURNE AVENUE, BOURNEMOUTH, BH2 6DW

07737629758
info@saltnpepperindianrestaurant.co.uk



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Malabar Lamb Curry.....£9.95

Lamb cooked in mint and red chilly flavoured coconut sauce.

Thalasseri Biryani- (Chicken-£9.95, Lamb-£10.95, Prawn-£11.95)

Chicken/Lamb/prawn/veg cooked with traditional Malabar spices in a sealed pot with basmati rice. Served with raita or vegetable curry.

ChettinaduKozhiVaruthaKulambu.....£9.75

Chicken cooked in roasted Chettinadu spices. One of the spiciest and most aromatic curries in India.

Kadai Chicken.....£9.75

Chicken tossed with green pepper in a traditional iron wok with medium spiced masala of garlic, onion, tomato and tempering of coarsely crushed red chili and coriander seeds.

MurghMakhanwala.....£9.75

The immensely popular butter chicken. Boneless pieces of tandoori chicken simmered in a rich scented with dry fenugreek leaves.

MurghKurma.....£9.75

Chicken in cashew and onion base creamy sauce.

Chicken Tikka Masala.....£9.75

Old favourite creamy mild sauce cooked with tomato, almond, onion, coconut and spices.

Chicken Tikka.....£10.95.

Chicken supreme skewered and broiled in clay oven.

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BagaraBaigan.....	£5.50
Aubergine cooked in a peanut, sesame seed and coconut base sweet and sour sauce.	
Madras Sambar.....	£5.50
A traditional south Indian curry made with lentil and vegetable.	
Bombay Aloo.....	£4.95
Cubed potato spiced and tempered with crushed cumin seed.	
Tadka Dal.....	£5.50
Masoor-toor lentils, tempered with garlic and dry red chillies.	
Paneer Tikka Makanwala.....	£5.50
Indian cottage cheese in simmered tomato cashew gravy, topped with milk cream.	
Aloo Gobi.....	£5.50
Cauliflower and potatoes tempred with traditional Indian spices.	



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Plain Naan.....	£1.60
Naan- (Peshwari/Garlic/Keema/Chilly & Garlic).....	£1.95
Chapatti.....	£1.75
Malabar Paratha.....	£1.95
Boiled Basmati rice.....	£2.00
Saffron Pulao/Coconut/Mushroom rice.....	£2.45
Masala Chips.....	£2.00
Poppadum.....	£0.60
Spicy Poppadum.....	£0.65
Chutney Tray.....	£1.50
Green Salad.....	£2.00
Raita.....	£1.95

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