

Meal For One Person

180. Vegetarian Thali £10.95

Starter: Vegetable Samosa
Followed by: Vegetable Massala,
Mushroom Bhaji,
Naan and Rice

181. Non-Vegetarian Thali £11.95

Starter: Onion Bhaji
Followed by: Special Korai Chicken or
Chicken Tikka Massala
Bombay Potato, Pilau Rice
and Nan Bread

Desserts

- 182 **Kulfi** (Indian ice cream)£1.95
- 183 **Banoffee Torte**£2.50
- 184 **Trufito**£2.50
- 185 **Croquante**£2.50
- 186 **Orange/Lemon Surprise**£2.50
- 187 **Chocolate Mousse**£2.95
- 188 **Funky Pie**£2.95
- 189 **Mouchak**£2.95
- 190 **Coconut Surprise**£2.95

Free Delivery
on orders over £10.00

10% Discount
on collection orders over £11.00 cash only

Open 7 days a week

Including Bank holidays 5.00pm to 11.30pm

ALL OUR CHICKEN ARE BREAST OF CHICKEN

Our master chef can prepare any dish on request. Soft drinks are available
We serve the best quality of Halal foods at competitive prices.



All major credit / debit cards accepted.

Cheques must be accompanied by a cheques guarantee card.



The management reserve the right to refuse any service without giving any reason.

Printed by Langstaffs: 020 7547 8897 / 020 8471 6776

www.chingfordlife.co.uk



Indigo

Finest Indian Take Away

Free Bottle
of Coke
or
Orange Juice
On orders over
£20.00
(Delivery only)

Tel: 020 8523 8844

16 Station Road, Chingford E4 7BE

www.indigo-e4.com

Where Your Dream Food Becomes Reality . . .

Starters

1	Chicken Tikka	£2.75	14	Tikka Roll	£3.45
2	Lamb Tikka	£2.75	15	Kebab Roll	£3.45
3	Chicken Pakora.....	£2.45	16	Sheek Kebab	£2.75
4	Chicken Soup	£2.25	17	Shami Kebab	£2.75
5	Dall Soup (lentils)	£1.75	18	Reshmi Kebab	£2.75
6	Dall Puree	£2.45	19	Prawn Puri	£2.95
7	Prawn Cocktail	£2.95	20	King Prawn Puri	£3.95
8	Aloo Chat	£1.95	21	Chicken Tikka Puri.....	£3.25
9	Samosa (Meat)	£1.95	22	King Prawn Butterfly	£3.95
10	Samosa (Vegetable)	£1.95	23	Lamb Chop	£4.45
11	Onion Bhaji	£1.95	24	Mixed Kebab	£2.95
12	Tandoori Chicken	£2.75	25	Chicken Somosa	£1.95
13	Chicken Chat.....	£2.75			

www.chingfordlife.co.uk

Tandoori Specialities

29	Tandoori Chicken.....	Half £4.65 Full £7.95
	Tender chicken marinated in yoghurt with special spices, baked on charcoal in a clay oven	
30	Chicken Tikka	£4.95
	Diced spring chicken, marinated and grilled in a clay oven	
31	Chicken Shashlik	£5.95
	Diced chicken barbequed on skewers with tomatoes, capsicum and onions	
32	Lamb Tikka	£4.95
	Spiced and marinated pieces of lamb cooked in a clay oven	
33	Tandoori Mixed Grill	£8.95
	Tandoori chicken, chicken tikka, lamb tikka, sheek kebab and a nan bread	
34	Tandoori Trout Fish	£5.95
	Whole trout fish, marinated with a special sauce & cooked in a charcoal oven	
35	Tandoori King Prawn	£9.95
	Marinated king size prawn grilled over charcoal	

Indigo Complete Set Meals

26. For Two Person Anarkali £22.95

Chicken Tikka, Sheek Kebab (starter)

Followed by: Chicken Dupiaza, Lamb Rogon, Vegetable Curry, Aloo Gobi, 2 Pilau Rice, Nan and Papadum

27. For Two Person Maharnja £26.95

Tandoori King Prawn, Tandoori Chicken (starters)

Followed by: Chicken Tikka Massala,

Special Korai, Gusht,

Saag Aloo, Cauliflower Bhaji,

2 Special Fried Rice, One Nan and Papadum

28. Four Persons Nargis £39.95

Nargis Kebab, Onion Bhaji, Samosa, Lamb Tikka (starters)

Followed by: Special Korai Chicken, Sag Gosht,

Chicken Kurma, Prawn Dansak, Aloo Gobi, Vegetable

Curry, Sag Bhaji, Mushroom Bhaji, 2 Special Fried Rice,

2 Nan and Papadums

Indigo Special Dishes

36	Indigo Haleem	£5.95
	Small pieces of chicken cooked with lentils, tumeric, and herbs.	
37	Tengra Duck (Medium)	£8.45
	This mouth-watering dish is cooked with fresh herbs.	
38	Honey Tengra Duck	£8.95
	Tengra duck grilled in a clay oven with honey sauce.	
39	Chilly Duck (Hot)	£8.45
	Duck with ginger and garlic cooked with green chilly in strong spices.	
40	Duck Massala	£8.95
	The breast of duck marinated in yoghurt and cooked in a clay oven topped with a whip of fresh cream.	
41	Methi Chicken/Lamb (Medium)	£5.95
	Chicken or Lamb cooked with fenugreek leaves.	
42	Zeera Chicken/Lamb	£5.95
	Chicken or Lamb cooked with lots of cumin and a touch of lemon	
43	Chicken Taba Gosh (Medium)	£6.95
	Cooked with fresh ginger, garlic and special herbs	
44	Shatkara Chicken or Lamb	£6.95

House Specialities www.chingfordlife.co.uk

45	Chicken Tikka Massala Tikka cooked in a special sauce	£6.95
46	Lamb Tikka Massala Tikka cooked in a special sauce	£6.95
47	Tandoori King Prawn Massala Tandoori grilled king prawn cooked with butter, yoghurt and cream	£9.95
48	Murgh Massala	£6.95
49	Chicken or Lamb Passanda A delightful murgh dish, specially cut pieces of chicken or lamb marinated with yoghurt based sauce & cooked in fresh cream, mixed ground nuts & almond powder	£6.95
50	Tandoori Mixed Curry Off the bone tandoori chicken with sheek kebab, cooked together in a specially prepared sauce	£7.95
51	Korai Chicken or Lamb Thin lamb or chicken fillet marinated with garlic, ginger and special spices cooked together with fried tomatoes, capsicum and onion	£6.95
52	Chicken Tikka Jalfrezi A fairly hot dish, prepared with fresh hot green chilli, onion, tomatoes & capsicum	£6.95
53	Peshwari Chicken or Lamb Chicken or lamb tikka specially cooked with special sauce (medium hot)	£6.95
54	King Prawn Korai Medium, hot dishes marinated with garlic, ginger and special spices cooked together with fried tomatoes, capsicum and onions	£9.95
55	King Prawn Jalfrezi A fairly hot dish prepared with fresh green chillies, capsicum, onions & tomatoes	£9.95
56	Murgh Makhani Butter chicken, mildly spiced chicken slices, baked in a clay oven and cooked in yoghurt and fresh cream	£6.95
57	Tandoori Chicken Massala Tandoori grilled spring chicken, off the bone, in a sauce cooked with fresh cream on top	£6.95
58	King Prawn Nawabi Medium strength, juicy dish laced with almond powder and garlic, topped with a touch of cream	£9.95
59	Sizzling Chicken or Lamb (sweet & sour) Cooked with soy sauce, worester sauce, green peppers and garlic, onion	£7.95
60	Chicken Tikka or Lamb Tikka Pathila (hot) Prepared with very special herbs and spices, including coriander, mint, garlic and yoghurt in a rich tangy sauce, this really is an exotic flavoured dish	£6.95
61	Chicken Chilly Massala (hot)	£6.95
62	Garlic Chicken (fairly hot)	£6.95
63	Chicken Tikka Rezala (fairly hot)	£6.95
64	King Prawn Rezala (fairly hot)	£9.95
65	King Prawn Delight (medium)	£9.95
66	Fish Curry	£7.95

Millennia Dishes

67	Chicken Al. Musriki (mild)	£6.95
68	Chicken Al. Akbari (hot)	£7.45
69	Arabian Night (fairly hot)	£6.95
70	Naga Chicken (very hot)	£6.95

Balti Specialities

This special dish cooked with fresh coriander, turmeric, garlic, ginger, and special spice. Served with Balti Nan

71	Chicken Balti	£7.95
72	Lamb Balti	£7.95
73	Prawn Batli	£8.95
74	King Prawn Balti	£9.95
75	Vegetable Balti	£6.95

Biryani Dishes

Biryani consist of special fried rice garnished with tomatoes and cucumber. Served with a vegetable curry

76	Chicken or Lamb Biryani	£6.45
77	Chicken or Lamb Tikka Biryani	£6.95
78	Prawn Biryani	£6.50
79	King Prawn Biryani	£8.95
80	Shahee Chicken Biryani	£7.95
81	Vegetable Biryani	£5.50
82	Mixed Biryani	£6.95

Chicken or Lamb Dishes

83	Chicken or Lamb Kurma (mild)	£5.50
84	Chicken or Lamb Curry (medium)	£4.45
85	Chicken or Lamb Tikka Curry	£5.45
86	Chicken or Lamb Madras (fairly hot)	£4.50
87	Chicken or Lamb Vindaloo (very hot)	£4.50
88	Chicken or Lamb Mushroom	£5.50
89	Chicken or Lamb Bhuna (slightly dry)	£5.50
90	Chicken or Lamb Tikka Bhuna (slightly dry)	£6.50
91	Chicken or Lamb Malaya (with pineapple fairly mild)	£5.50
92	Chicken or Lamb Dupiaza (onion flavoured)	£5.50
93	Chicken or Lamb Rogon (tomato flavoured)	£5.50
94	Chicken or Lamb Kashmir (with banana)	£5.50
95	Bombay Chicken or Lamb (medium hot with egg)	£5.95
96	Saag Chicken or Lamb	£5.50
97	Chicken Ceylon	£4.95

Persian Dishes www.chingfordlife.co.uk Vegetarian Dishes

Served with pilau rice

98	Chicken Dansak (sweet, sour and hot)	£6.45
99	Chicken Tikka Dansak	£7.45
100	Chicken Pathia	£6.45
101	Lamb Dansak	£6.45
102	Lamb Tikka Dansak	£7.45
103	Lamb Pathia	£6.45
104	Prawn Dansak	£6.95
105	King Prawn Dansak	£8.75
106	King Prawn Pathia	£8.50

Prawn & King Prawn Dishes

107	Prawn Kurma (mild)	£4.95
108	Prawn Curry (medium)	£4.50
109	Prawn Madras (fairly hot)	£4.50
110	Prawn Vindaloo (very hot)	£4.50
111	Prawn Bhuna (slightly dry)	£4.95
112	Prawn Dupiaza (onion flavoured)	£4.95
113	Prawn & Mushroom	£4.95
114	Prawn & Saag	£4.95
115	King Prawn Kurma (mild)	£7.95
116	King Prawn Curry (medium)	£7.50
117	King Prawn Madras (fairly hot)	£7.75
118	King Prawn Vindaloo (very hot)	£7.95
119	King Prawn Bhuna (slightly dry)	£7.95
120	King Prawn Dupiaza (onion flavoured)	£7.95
121	King Prawn Saag	£7.95



Kids Meals

Served with rice

122	Chicken Tinky Winky (mild)	£4.95
123	Chicken Dipsy (mild)	£4.95
124	Chicken Iaa Iaa (mild)	£4.95
125	Chicken Po (mild)	£4.95
126	Chicken Aladdin (mild)	£4.95
127	Chicken Popeye (mild)	£4.95



128	Vegetable Kurma (mild)	£4.45	139	Bhindi Bhaji	£2.50
129	Vegetable Massala (mild)	£4.45	140	Begun Bhaji	£2.50
130	Vegetable Bhuna (medium)	£3.95	141	Beans Bhaji	£2.50
131	Vegetable Jalfrezi (fairly hot)	£4.45	142	Aloo Gobi	£2.50
132	Vegetable Dansak (sweet, sour and hot)	£4.45	143	Bombay Potato	£2.50
133	Mixed Vegetable Curry	£2.50	144	Motor Ponir (cottage cheese)	£2.75
134	Mixed Vegetable Bhaji	£2.50	145	Saag Ponir (cottage cheese)	£2.95
135	Mushroom Bhaji/ Curry	£2.50	146	Korai Ponir (Cooked with freshly made cottage cheese, fried onion and tomato) (medium)	£4.95
136	Cauliflower Bhaji	£2.50	147	Chana Massala	£2.50
137	Saag Bhaji	£2.50	148	Tarka Dall	£2.50
138	Aloo Peas Bhaji	£2.50	149	Dall Samba (fairly hot)	£2.50
			150	Saag Aloo	£2.50

Sundries

151	Plain Rice	£1.75	164	Paratha	£1.60
152	Pilau Rice	£1.95	165	Stuffed Paratha	£1.75
153	Special Fried Rice	£2.75	166	Keema Paratha	£1.75
154	Egg Fried Rice	£2.75	167	Chappati	£1.00
155	Mushroom Rice	£2.75	168	Tandoori Roti	£1.50
156	Shahee Rice	£2.75	169	Pappadam	£0.50
157	Eastern Rice	£2.75	170	Masala Poppadam	£0.50
158	Keema Rice	£2.75	171	Raitha Cucumber	£0.50
159	Nan	£1.60	172	Raitha Onion	£1.00
160	Stuffed Nan	£1.95	173	Chutney (per portion)	£0.50
161	Keema Nan	£1.95	174	Mint Sauce	£0.50
162	Peshwari Nan	£1.95	175	Red Sauce	£0.50
163	Garlic Nan	£1.95	176	Lime Pickle	£0.50

English Dishes

177	Fried Chicken & Chips	£5.95
178	Mushroom Omelette and Chips	£4.95
179	Chips	£1.00