

BOMBAY ALOO	£2.95
TARKA DAAL	£2.95
VEGETABLE MASALA	£3.00
NIRAMISH BHAJI	£3.00
MIXED VEGETABLE BHAJI	£2.95
BRINJAL BHAJI	£2.95
<i>(Fresh Aubergine)</i>	
BHINDI MASALEDAR	£2.95
<i>(Okra pan-fried with cumin, coriander & ginger)</i>	
SAAG BHAJI	£2.95
DAAL MASALA	£2.95
CHANA MASALA	£2.95
SAAG ALOO	£2.95
SAAG PANEER	£3.25
MOTOR PANEER	£3.25
<i>(Peas & Cheese)</i>	
VEGETABLE KORAHAI	£3.95
DAAL SAMBA	£2.95
ADRAKI ALOO GOBI	£2.95
<i>(Ginger & cauliflower with potatoes & coriander)</i>	
NIMBUWALA ALOO JEERA	£2.95
<i>(Sauté potato with cumin & lime)</i>	
MUSHROOM BHAJI	£2.95
CUCUMBER RAITA	£1.95
<i>Yoghurt with cucumber, mint and toasted cumin</i>	

SUNDRIES AND BREADS

BOILED RICE	£1.75
PILAU RICE	£1.95
MUSHROOM RICE	£2.50
KEEMA RICE	£2.65
EGG FRIED RICE	£2.50
SPRING RICE	£2.95
VEGETABLE RICE	£2.50
SHELZ SPECIAL RICE	£4.50
NAAN	£1.75
GARLIC NAAN	£1.95
KEEMA NAAN	£2.10
CHEESE NAAN	£2.25
PESHWARI NAAN	£1.95
CHILLI NAAN	£1.95
PARATHA	£1.95
PUDINA PARATHA	£2.25
<i>(Flaky whole wheat bread flavoured with mint leaves)</i>	
CHAPATI	£1.00
TANDOORI ROTI	£1.75
PLAIN PAPADOM	£0.50
SPICED PAPADOM	£0.60
CHUTNEY (PER ITEM)	£0.50

SET MEALS

(No other offer in conjunction with the set meals)

- SET MEAL FOR ONE** **£12.95**
 Starter: Papadom, Chutney, Chicken or Lamb Tikka.
 Main: Chicken Korahi
 Side: Bombay Aloo, Pilau Rice and Naan.
- SET MEAL FOR TWO** **£23.95**
 Starters: Two Papadoms, Chutney, Chicken Tikka, Sheek Kebab
 Main: Chicken Tikka Masala and Lamb Korahi.
 Side: Bombay Aloo, Sag Paneer, Boiled Rice, Pilau Rice and Naan.
- SET MEAL FOR FOUR** **£44.95**
 Starters: Four Papadoms, Chutney, Chicken Tikka, Lamb Tikka, Meat Samosa and Onion Bhaji.
 Main: Chicken Bhuna, Lamb Korahi, Chicken Korma and Chicken Tikka Masala.
 Side: Bombay Aloo, Sag Aloo, Veg curry, Chana Bhaji, Chapati, Boiled Rice, Pilau Rice, and Naan.



www.shelzrestaurant.com

Restaurant: to seat up to 68 with standing space for up to 110 for canapé events

Bar: the chic, stylish and comfortable bar offers a more relaxed place to meet, drink and dine

Private Dining Room: up to 42 seats, available for private fundtions and other events

We are open seven days a week including Bank Holidays

Mon-Thurs: 5.30pm - 11.00pm

Fri-Sat 5.30pm - 12.00am

Sun: 12.00pm - 4.00pm -- 5.30pm - 10.00pm

491 - 493 Hale End Road
 Highams Park
 London E4 9PT

email: reservations@shelzrestaurant.com

The management reserves the right to refuse service without reason



SHELZ
 RESTAURANT & BAR

FREE DELIVERY
 on orders over £15
 10% discount on collection

Sunday Lunch Buffet
 Adult £10.95
 Children £ 6.95



0208 523 5655 (TEL)

0208 527 7797 (BOOKINGS)

If the dish of your choice is not listed on this menu, please ask as it may be possible to provide it. All our chicken are breast meat with no extra charge.

The essence of good food is time, please allow our Chef sufficient time to serve you well.



Cheques are accepted with a valid bankers card

SAMOSA MEAT OR VEG	£2.30
ONION BHAJI	£2.30
GARLIC MUSHROOMS	£2.95
TANDOORI CHICKEN	£2.95
CHICKEN OR LAMB TIKKA	£2.95
CHICKEN CHAT	£2.95
<i>Diced chicken tikka cooked in our special chat masala</i>	
SHISH KEBAB	£2.95
<i>Skewered ground lamb with garlic, coriander, cheese and spices</i>	
SHAMI KEBAB	£2.95
<i>Ground lamb with cinnamon, red chillies and garlic, served on mint chutney</i>	
SHELZ SPECIAL STARTER	£5.50
<i>Kebab platter with combination of lamb chop, chicken tikka, shish kebab, onion bhaji and samosa with delicate spices</i>	
PANEER AUR KHUMBI	£4.95
<i>salad of tandoor grilled indian cottage cheese with portobello mushroom</i>	
ALOO CHAT	£2.85
<i>Cubes of potatoes tossed in a mixture of dry spices giving a piquant flavour</i>	
ANARI PALAK CHANA KASUNDI	£3.50
<i>Chickpeas, pomegranate, spinach & goats cheese salad in roasted garlic dressing</i>	
SHIMLA COCKTAIL PURI	£3.95
<i>Chicken and prawns cooked in a cocktail sauce and served on unleavened bread</i>	
SABJI BAHAR	£3.50
<i>Cumin scented pan fried potatoes, grilled broccoli, Indian cheese and tomatoes with oil and tamarind sauce</i>	

FISH APPETISERS

TANDOORI SALMON	£4.50
<i>Grilled Salmon fillets served with smoked Tomato and Garlic Salsa</i>	
KING PRAWN GULFY	£4.50
<i>King Prawn pan-fried with garlic, ginger and red wine</i>	
TANDOORI JHINGA	£5.45
<i>King prawn marinated in special herbs spices cooked in the tandoor</i>	
KING PRAWN BUTTERFLY	£4.95
<i>King prawns dipped in butter and shallow fried</i>	
JHINGA MONI PURI	£4.50
<i>Succulent tiger prawn spiced and served on fried unleavened bread</i>	
PRAWN PURI	£3.30
<i>Spiced prawns served on fried unleavened bread</i>	
MACHCHLI KEBAB	£3.95
<i>Fish fillets coated in besan, cardamom pod & ground turmeric</i>	
MACHCHLI SAMOSA	£2.95
<i>Parcels of fish fried in a crisp light golden pastry</i>	
PRAWN COCKTAIL	£2.95
<i>Succulent prawns in our own mayonnaise sauce</i>	
JHINGA AUR ANNANAS TIKKA	£5.75
<i>Grilled Tiger prawns and pineapple tikka marinated with fenugreek & cumin seeds</i>	
KEKDA TIKKI	£5.50
<i>Cocktail crab cakes</i>	
JAL TARANG	£6.20
<i>Salad of scallops & grilled prawns with grapes-ginger dressing</i>	
SHELZ RATTAN	£3.95
<i>Squid tossed with onions, garlic & tamarind sauce</i>	

GOURMET CHOICE

TANDOORI MURG AKBARI	£7.65
<i>Diced tender pieces of chicken or lamb cooked in a masala sauce with fresh cream, mint, and mango pulp and topped with cashew nuts.</i>	
MAKHANI	£7.50
<i>Simmered in a mild tomato-fenugreek sauce, choice of chicken, lamb or prawn.</i>	
MURG BENGAL	£6.95
<i>spicy chicken curry with cassia, cardamom, cloves and bay leaf.</i>	
SHELZ CHAAMPEN	£10.00
<i>Grilled lamb chops marinated in cardamom-fennel, served with tamarind sauce & salad</i>	
KOHE ROGAN JOSH	£6.95
<i>Boneless lamb or chicken with browned onions, whole spices, ginger & kashmiri chillies</i>	
TAWAE KE MIRCH	£8.00
<i>Chicken or lamb fried in a pan with fresh chillies, garlic and ginger with a spicy sauce</i>	
ACHARI MURG	£7.45
<i>Corn fed chicken supreme cooked in pickling spices</i>	
SHELZ KING PRAWN	£11.95
<i>Shelled tiger king prawns cooked with the chef's special home made sauce</i>	
PUDINA PRAWN OR LAMB	£7.25
<i>Grilled prawn or lamb marinated in fresh mint sauce and garlic served with red onion dressing</i>	
NARIYAL KA GOSHT	£7.50
<i>Diced lamb cooked slowly in coconut milk tempered with mustard seeds & curry leaves</i>	
TANDOORI MURG MAKHANWALA (BUTTER CHICKEN)	£7.75
<i>Tandoori chicken breast cooked with a buttery tomato sauce & flavoured with fenugreek</i>	
NARIYAL JHINGA	£9.95
<i>Tiger prawns poached in coconut and lime leaf sauce, served with steamed rice</i>	
GARLIC CHICKEN OR LAMB	£7.25
<i>Chef's own recipe with extra garlic</i>	
SUKA KING PRAWN	£9.95
<i>Cooked in a mild authentic sauce and garnished with fresh orange</i>	
MUSHROOM PIAZZA	£7.95
<i>Lamb or chicken marinated in authentic spices and cooked in the tandoori oven garnished with roast onion, capsicum & mushroom served on a sizzler with white or red wine</i>	
TAWAE KE MURG	£7.75
<i>French corn-fed chicken in a spicy clove and garlic sauce served with white wine & cheese</i>	
KASHMIRI BAHARI	£7.50
<i>Chicken or lamb cooked in Kashmiri spice with tropical fruits</i>	
CHILLI MASALA	£7.25
<i>Diced chicken or lamb with fresh ginger, a touch of garlic and green chillies</i>	
PASSANDA	£6.95
<i>Sliced chicken or lamb cooked with fresh cream and yogurt topped with ground cashew nuts and almonds</i>	
CHICKEN OR LAMB KORAHU	£6.75
<i>Cooked with green peppers, tomatoes and onions served in a sizzling dish with herbs</i>	
DAKSHINI MURG	£7.75
<i>Chicken cooked in sweet and sour creamy sauce - House speciality</i>	
SHELZ SPECIAL	£11.95
<i>Chicken, lamb & king prawn cooked with chef's very own recipe served with jumbo chapati</i>	
NIMBUWALI MACHCHI	£10.95
<i>pan-fried salmon fillet in a garlic, ginger and lime zest paste with seasonal salad</i>	
LAGOSTA MASALA	£16.50
<i>Goan style Lobster & prawn masala served with a salad of herbs, fennel & baby corn</i>	
MURG MASALA	£8.50
<i>Tandoori chicken with minced meat cooked with tomatoes, onions & green pepper</i>	
BHARWAN BAINGAN TAMATTARI	£5.80
<i>South Indian aubergine stuffed with grated tomatoes, onions & red chillie</i>	
MAUSUM KE KHUMBI	£4.95
<i>Seasonal mushrooms stir-fried with crumbled paneer in garlic tomatoe sauce</i>	

TANDOORI SELECTION

Cooked in the Tandoor, a charcoal-fired, beehive-shaped clay oven

TANDOORI TROUT	£8.95
<i>Fresh trout marinated with spices and cooked in a charcoal oven</i>	
TANDOORI TROUT MASALA	£9.50
<i>Fresh crispy red onions and capsicum in vinegar and tamarind sauce</i>	
TANDOORI CHICKEN	£5.95
<i>Half chicken, marinated in yoghurt with paprika and nutmeg</i>	
TANDOORI KING PRAWN	£9.95
<i>King prawn marinated in special herbs and spice cooked in the tandoor.</i>	
TANDOORI MIX GRILL	£9.50
<i>Marinated lamb, chicken tikka, tandoori chicken, kebab and king prawn served with naan bread</i>	
CHICKEN OR LAMB TIKKA	£6.75
<i>Marinated diced chicken or lamb cooked on skewers over charcoal grill.</i>	
TIKKA MASALA	£7.00
<i>Marinated pieces of chicken or lamb cooked in the tandoor oven and furnished with a mild, rich creamy sauce</i>	
KING PRAWN MASALA	£10.50
<i>King prawn cooked in a special masala sauce and spices</i>	
CHICKEN OR LAMB SHASLICK	£7.50
<i>Chicken cooked in exotic spices with peppers, tomatoes and onions</i>	

BALTI DISHES

All balti dishes are cooked in a cast iron kashmiri pan served with a choice of naan bread or chapati

CHICKEN OR LAMB BALTI	£6.50
PRAWN BALTI	£6.75
KING PRAWN BALTI	£9.95
MIXED VEGETABLES BALTI	£5.50
BALTI SPECIAL	£9.95

KORMA DISHES

Very mild, prepared with almonds, coconut and fresh cream

CHICKEN OR LAMB KORMA	£5.00
VEGETABLE KORMA	£4.00
PRAWN KORMA	£5.95
KING PRAWN KORMA	£7.50

BHUNA DISHES

Medium spiced with thick sauce

CHICKEN OR LAMB BHUNA	£5.25
CHICKEN TIKKA BHUNA	£6.25
PRAWN BHUNA	£5.75
KING PRAWN BHUNA	£7.25

DUPIAZA DISHES

Medium spiced with dices of spiced onion

CHICKEN DUPIAZA	£5.10
LAMB DUPIAZA	£5.10

CURRY DISHES

Medium, lightly spiced

CHICKEN OR LAMB CURRY	£4.75
PRAWN CURRY	£5.75
KING PRAWN CURRY	£6.75

MADRAS DISHES

Fairly hot

CHICKEN OR LAMB MADRAS	£4.95
PRAWN MADRAS	£5.75
KING PRAWN MADRAS	£6.50

VINDALOO DISHES

Very hot

CHICKEN OR LAMB VINDALOO	£4.95
PRAWN VINDALOO	£5.75
KING PRAWN VINDALOO	£6.75

DANSAK DISHES

Prepared with lentil based hot, sweet and sour sauce

CHICKEN OR LAMB DANSAK	£7.50
PRAWN DANSAK	£8.50
KING PRAWN DANSAK	£10.50
VEGETABLE DANSAK	£5.25

JALFREZI DISHES

Very hot with fresh green chillies, capsicum and diced onions

CHICKEN OR LAMB JALFREZI	£6.95
PRAWN JALFREZI	£7.75
KING PRAWN JALFREZI	£10.95
VEGETABLE JALFREZI	£4.95

BIRYANI DISHES

Cooked with basmati rice, served with vegetable curry

CHICKEN OR LAMB BIRYANI	£7.95
PRAWN BIRYANI	£8.95
KING PRAWN BIRYANI	£9.95
VEGETABLE BIRYANI	£5.95
SHELZ SPECIAL BIRYANI	£9.95