



## MONDAY NIGHT SPECIAL

### 1/2 PRICE MEALS

(Except King Prawn)  
£2.00 PER HEAD COVER CHARGE

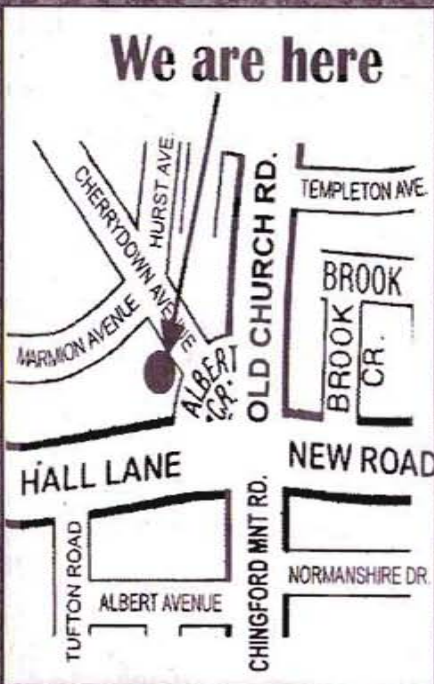
## BUFFET

SUNDAY 12 - 3PM  
Adults **£7.95**  
Children (under 12) **£3.95**  
FOR EAT IN ONLY

Eat as much as you like from our wide range of dishes

All major credit cards accepted cheques must be accompanied by a cheque card

**Parties Welcome**  
please ring



For a Special Dining Experience

020 8529 1516/4749

# The Spice Bar

INDIAN CUISINE

FULLY LICENSED & AIR CONDITIONED

LONDON'S PREMIER BALTI HOUSE - SERVING SIZZLING BALTI & TANDOORI DISHES



## FREE BOTTLE OF COKE

WITH ORDERS OVER £20

## FREE DELIVERY

WITHIN 2 1/2 MILE RADIUS (ORDERS OVER £10)

10% DISCOUNT ON COLLECTION (ORDERS OVER £10.00)

For reservations and take away, please ring

020 8529 4749 / 020 8529 1516

7 Cherrydown Avenue, Chingford, London E4

Open seven days a week

Lunch - Sunday Buffet: 12 Noon to 3.00pm

Dinner Sunday - Thursday: 6pm to Midnight

Friday & Saturday: 6pm to 1am



### STARTERS

PRAWN COCKTAIL	£2.30
ONION BHAJI	£2.20
MEAT OR VEGETABLE SAMOSA	£2.30
CHICKEN CHATT	£2.95
ALOO CHATT	£2.30
PRAWN BHUNA PURI	£3.25
KING PRAWN BHUNA PURI	£5.25
KING PRAWN BUTTERFLY	£3.75
TANDOORI KING PRAWN	£5.25
CHICKEN OR LAMB TIKKA	£2.95
SHAMI KEBAB	£2.70
SHEEK KEBAB	£2.70
RESHMI KEBAB	£2.95
TANDOORI CHICKEN	£2.70
TANDOORI FISH	£3.95
NARGIS KEBAB	£2.95
HARYALI KEBAB	£3.25

*Chicken marinated in a green paste of spinach and fresh coriander, skewered and baked in the tandoor*

### TANDOORI MAIN COURSE

These dishes are marinated in a blend of yoghurt and exotic herbs and spices, grilled to order in our clay oven. Served sizzling hot with mint yoghurt and salad

HARYALI CHICKEN	£5.95
<i>Chicken pieces marinated in a green paste of spinach and fresh coriander, skewered and baked in the tandoor</i>	
TANDOORI CHICKEN (HALF)	£5.30
CHICKEN TIKKA	£5.75
LAMB TIKKA	£5.75
CHICKEN SHASLICK	£6.95
TANDOORI KING PRAWN	£9.95
TANDOORI MIXED GRILL	£8.50

*Served with nan and green salad*

### OUR HOUSE SPECIAL

CHICKEN REZALA	£6.75
<i>Pieces of chicken tikka are cooked in a hot sauce made with fresh green chillies, capsicum &amp; tomatoes, onions finished in a fairly dry sauce</i>	
CHICKEN PESHWARI	£6.75
<i>Chicken marinated with tandoori spices &amp; cooked with capsicum, tomatoes and onion, medium hot</i>	
CHICKEN OR LAMB TIKKA MOSSALLA	£6.50
MURGI MOSSALLA	£7.50
CHICKEN OR LAMB PACHANDA	£6.50
BUTTER CHICKEN (MILD)	£6.50
TANDOORI KING PRAWN MOSSALLA	£9.95
KORAI CHICKEN OR LAMB	£6.75
KORAI PRAWN	£7.25
KORAI KING PRAWN	£9.25

### VEGETABLE THALI £10.95

VEGETABLE CURRY, ALOO GOBI, TARKA DALL, SAG PONEER, CUCUMBER RAITHA, PILAU RICE & NAN

### NON VEGETABLE THALI £11.95

ROGON JOSH, PRAWN BHUNA, CHICKEN BHUNA, TANDOORI CHICKEN, NAN, PILAU RICE & CUCUMBER RAITHA

### "BALTI DISHES"

BALTI CHICKEN OR LAMB	£5.25
BALTI CHICKEN OR LAMB DUPIAZA	£5.50
BALTI CHICKEN OR LAMB BHUNA	£5.50
BALTI CHICKEN OR LAMB JALFREZI	£6.95
BALTI GARLIC CHICKEN	£6.95
BALTI CHILLI CHICKEN	£6.95
BALTI SPICE SPECIAL	£8.95
<i>Served with special fried rice</i>	
BALTI PRAWN	£5.65
BALTI PRAWN ROGON	£5.70
BALTI SAG PRAWN	£5.70
BALTI PRAWN BHUNA	£5.70
BALTI KING PRAWN	£6.75
BALTI KING PRAWN ROGHON	£7.40
BALTI KING PRAWN BHUNA	£7.40

### POULTRY DISHES

CHICKEN CURRY (medium)	£4.15
CHICKEN MADRAS (fairly hot and sour)	£4.25
CHICKEN VINDALOO (very hot with potato)	£4.35
CHICKEN SALLY	£5.25
<i>Chicken with shredded potatoes and cream</i>	
CHICKEN BHUNA (cooked in heavy sauce)	£4.75
CHICKEN DUPIAZA (cooked with fresh onion)	£4.75
CHICKEN KORMA (mild, cooked with cream)	£4.75
CHICKEN MASALA	£5.25
<i>A hot dish of chicken cooked in a madras sauce with fresh green chillies</i>	
CHICKEN ACHARI	£5.25
<i>A fiery dish of hot and sour chicken with mix pickle, dry red chillies and vinegar</i>	
SAG CHICKEN	£5.25
BOMBAY CHICKEN	£4.75
CHICKEN DANSAK	£6.50
<i>Sour, sweet, fairly hot served with pilau rice</i>	
CHICKEN PATHIA	£6.50
<i>Sour, sweet, fairly hot, served with pilau rice</i>	
CHICKEN TIKKA DANSAK	£8.30

### SET MEAL FOR ONE

ONION BHAJI, BALTI CHICKEN, BOMBAY ALOO, PILAU RICE AND NAN ..... £13.00

### SET MEAL FOR TWO

CHICKEN TIKKA, ALOO CHATT (starter), BALTI CHICKEN, BALTI ROGHON, ALOO GOBI, SABJI BHAJI, PILAU RICE, PESHWARI NAN ..... £26.00

### LAMB DISHES

LAMB CURRY	£4.15
LAMB MADRAS	£4.25
LAMB VINDALOO	£4.35
LAMB SALLY	£5.25
LAMB BHUNA	£4.75
LAMB DUPIAZA	£4.75
LAMB MASALA	£5.25
<i>A hot dish of lamb cooked in a madras sauce with fresh green chillies</i>	
LAMB ACHARI	£5.25
<i>A fiery dish of hot &amp; sour lamb with mix pickle, dry red chillies &amp; vinegar</i>	
LAMB KORMA	£4.75
LAMB BOMBAY	£4.75
SAG MEAT	£5.25
ROGHON JOSH	£4.75
LAMB DHANSAK	£6.50
LAMB PATHIA	£6.50

### BIRYANI DISHES

Served with vegetable curry

CHICKEN OR LAMB BIRYANI	£6.50
PRAWN BIRYANI	£6.95
CHICKEN TIKKA BIRYANI	£8.30
SPICES SPECIAL BIRYANI	£8.95
KING PRAWN BIRYANI	£8.95
TANDOORI KING PRAWN BIRYANI	£10.50

### SEA FOOD DISHES

PRAWN CURRY	£4.50
PRAWN MADRAS	£4.60
PRAWN VINDALOO	£4.70
PRAWN KORMA	£4.80
PRAWN BHUNA	£4.80
PRAWN ACHARI	£5.50
<i>A fiery dish of hot and sour prawn with mix pickle, dry red chillies and vinegar</i>	
PRAWN MASALA	£5.50
<i>A hot dish of prawn cooked in a madras sauce with fresh green chillies</i>	
SAG PRAWN	£5.50
PRAWN ROGHON	£5.50
PRAWN DHANSAK	£6.95
PRAWN PATHIA	£6.95

### KING PRAWN DISHES

KING PRAWN CURRY	£6.50
KING PRAWN MADRAS	£6.70
KING PRAWN VINDALOO	£6.80
KING PRAWN BHUNA	£6.95
KING PRAWN KORMA	£6.95
KING PRAWN ACHARI	£7.50
<i>A fiery dish of hot and sour king prawn with mix pickle, dry red chillies and vinegar</i>	
KING PRAWN MASALA	£7.50
<i>A hot dish of king prawn cooked in a madras sauce with fresh green chillies</i>	
KING PRAWN SAG	£7.50
KING PRAWN DHANSAK	£8.50
KING PRAWN PATHIA	£8.50

### VEGETABLE SIDE DISHES

SABJI BHAJI (DRY MIXED VEGETABLES)	£2.65
DALL SAMBA	£2.65
ALOO GOBI	£2.65
MUSHROOM BHAJI	£2.65
SAG BHAJI	£2.65
BINDI BHAJI	£2.65
CHANA MOSSALLA (CHICK PEAS)	£2.65
DALL OR TARKA DALL (LIQUID LENTILS)	£2.65
BOMBAY ALOO	£2.65
CAULIFLOWER BHAJI	£2.65
PALOCK PANEER Spinach with cottage cheese	£2.95
MOTAR PANEER Peas with cottage cheese	£2.95

### RICE AND BREADS

PILAU RICE	£1.90
PLAIN RICE	£1.60
MUSHROOM FRIED RICE	£2.50
SPECIAL FRIED RICE	£2.50
NAN	£1.70
KEEMA NAN	£1.95
PESHWARI NAN	£1.95
GARLIC NAN	£1.95
PARATHA	£1.70
STUFFED PARATHA	£1.95
CHAPATI (PLAIN OR BUTTERED)	£1.00
PURI	£1.25
DUHI OR RAITHA	£1.00
POPPADUM	£0.50
MOSALLA POPPADUM	£0.50
PICKLES/CHUTNEY (PER PORTION)	£0.50

### ENGLISH DISHES

ROAST CHICKEN	£4.75
PRAWN OMELETTE	£4.95
MUSHROOM OMELETTE	£4.30
PRAWN SALAD	£4.95
GREEN SALAD	£1.00