

Zaalsha

Fine Indian Cuisine

0121 429 7043

**22 - 24 Abbey Road,
Bearwood, B67 5RD**

OPEN 7 DAYS A WEEK

5.30pm till 11.00pm

FREE DELIVERY

with in a 3 mile radius, minimum order £15

Fully Licenced Bar

**You are welcome to bring your own
alcoholic beverages in moderation**

www.zaalsha.com

10% DISCOUNT ON COLLECTIONS
On Orders Over £15

Traditional Classic Starters

ONION BHAJEE (V)	4.50	NARGIS KOFTA	5.50
SOMOSA MEDLEY	4.50	Spicy minced lamb pasted over a hard-boiled egg, dressed with an omelette, for the discerning diner who prefers the original Indian Scotch egg!	
Choice or selection of mixed vegetables, mince lamb or diced chicken.		CHINGREE BHAJEE	4.95
CHICKEN TIKKA OR LAMB TIKKA	4.75	(Norwegian prawns) Prawns cooked with onions, garlic and mild spices served in a puri (unleavened shallow fried bread – almost pancake consistency).	
Pieces of chicken spiced and marinated overnight to achieve the harmony of spices and flavours, cooked in the tandoor. A must for any menu.		CHICKEN SHASHLICK	4.95
TRADITIONAL TANDOORI CHICKEN	4.75	Chicken cooked on a skewer with capsicum, onions and tomatoes, served in a spicy tomato based tangy tamarind sauce.	
A quarter piece of spring chicken, marinated with the full flavours of the musky tandoor massalla. Baked in the tandoor.		MIRCHEE KA MASSALLA	4.95
SHEEK KEBAB	4.75	A whole baby sweet bell pepper tandoori grilled and stuffed with spring chicken & coriander, spicy lamb and methi (fenugreek leaves) or spicy mixed vegetables.	
Minced lamb blended in coriander, fresh herbs and aromatic ground spices, char-grilled in the tandoor.		CHAAT	4.95
ASSAMESE ALOO PURI (V)	4.95	Chicken, lamb or potatoes cooked with tangy chat masala and slices of cucumber.	
Baby potatoes cooked in a spicy garlic, onion and peppery sauce with fresh cauliflower florets, baby potatoes & young spinach leaves, served in a puri (unleavened shallow fried bread – almost pancake consistency).		ZAALSHA MIXED TARA	6.00
CHILLI PANEER KA TIKHI (V)	4.95	A mixed selection of starters including sheek kebab, chicken tikka, lamb tikka, onion bhajee and lamb somosa.	
Pieces of marinated vegetable paneer, tandoori grilled & served sizzling with roasted onions & mixed bell peppers. A light refresher.			

Zaalsha Signature Starters

GARLIC MUSHROOMS SHASHLICK (V)	4.95	GARAM ISSA PURI	6.50
Fresh mushrooms pan-fried with fresh garlic, sweet bell peppers & shallots, simmered in a tangy plum tomato reduction. An excellent light appetiser.		King size fresh water prawns cooked in a Bangladeshi style sauce with tamarind and sliced green chillies.	
CHAR-GRILLED SPICY SALMON	6.50	ISSA PALAK PURI	6.50
A prime cut of filleted salmon, marinated with fennel, garlic, lime juice, ajwain and a hint of mustard. Char-grilled in the tandoori to give it a natural smoky flavour.		King size fresh water prawns lightly spiced with spinach, paneer and garlic.	
CHAR-GRILLED LAMB CHOPS	6.50	GARLIC & SCALLOPS SIZZLER	8.95
Tender pieces of lamb chops marinated in mild yoghurt with garlic, ginger, fenugreek leaves spiced with turmeric, dhania, shahi zeera and a hint of chilli. Tandoori grilled. A well recommended unique starter for those who love the taste of tender Lamb! A Zaalsha house favourite.		Arctic scallops flash fried in olive oil with garlic, coriander, curry leaves and mix light spice. A unique method of serving scallops, highly recommended.	
NEPALESE STYLE FISH PAKORAS	5.50	LOBSTER PRAWN	9.95
Diced cubes of fresh tilapia coated in a spicy tangy light batter. Deep fried with a hint of chilli. An excellent light appetiser, well recommended.		A whole lobster size king-prawn spiced with light, dry spices and marinated in live yoghurt with fennel, ginger, lime juice, ajwain and a hint of mustard. Char-grilled in the tandoori to give it a natural smoky flavour. An excellent starter for lovers of seafood, highly recommended.	
GOOL KEBAB	6.50	TASTING PLATTER	13.00
Mince meat balls in a bhuna style sauce with a hint of tamarind. A true flavour of Bangladesh.		(for two persons) A selection of starters to include jeera chicken tikka, lamb tikka, sheek kebab, onion bhajee, samosas and paneer tikka.	
		ROYAL PLATTER	25.00
		(for four persons) A choice selection of starters to include jeera chicken tikka, lamb tikka, sheek kebab, onion bhajee, samosas and lamb chops.	

Traditional Popular Dishes

A selection of popular dishes recognised by everyone, which have been enjoyed by generations of curry lovers. Each and every individual chef has their own interpretation of how these dishes are prepared. From the golden age of British Indian Cuisine nearly all Curry Chefs have stayed with the same formula. Although the taste may vary from chef to chef the old favourites remain the same!

CHICKEN	8.95
LAMB	9.95
MIXED FRESH VEGETABLES	8.95
PANEER	8.95
NORWEGIAN PRAWNS	9.95
KEEMA (mince lean lamb)	9.95
CHICKEN OR LAMB TIKKA	9.95
FRESHWATER KING PRAWNS	13.50

BALTI

Basic medium spiced sauce.

MADRAS

Hot.

BHUNA

Cooked with garlic, onions, tomatoes and green herbs with selected spices. Medium.

DOPIAZA

Cooked with generous portions of onions and capsicum. Medium spiced.

DHANSAK

A delicious combination of spices, pineapple and lentils. Slightly sweet and sour.

SAAGWALA

Cooked with fresh spinach and spices. Medium.

PATHIA

Cooked with tomato concentrate and spices. Fairly hot and sour.

ROGON

Cooked with fresh herbs and ground spices, garnished with pan fried onions and tomatoes.

JALFREZI

Cooked with fresh green chillies, onions and capsicum. A dish full of flavour.

KORMA

Cooked with almond, coconut and fresh cream. A sweet mild curry.

MALAYA

Cooked with mild spices and pineapple.

CEYLON

Cooked with slightly hot spices and a hint of fresh lemon.

GARLIC CHILLI

An alternative to the popular bhuna, this dish is cooked with onions, mixed peppers, achar, fresh herbs and spices. Garnished with fried chillies and garlic. A bhuna style dish with generous amounts of garlic.

VARIATION AND ADDITIONS MAY BE AVAILABLE TO THE ABOVE DISHES, PLEASE ASK WHEN YOU ORDER

Allergen Advice:

We make every effort to provide allergen free food on request, however this cannot be guaranteed as we handle allergens on the premises. Our dishes may contain: gluten, crustaceans, molluscs, eggs, fish, peanuts, nuts, soybeans, milk, celery, mustard, sesame seeds, lupin and sulphur dioxide. If you are allergic to certain ingredients please notify our staff before ordering.

Zaalsha Signature Presentation

TIKKA MASSALA Mild and creamy, the traditional mild favourite.	9.95
MURGH MASSALLAM Spring braised premium chicken breast off the bone, marinated in live yoghurt with dry spices and fresh herbs, seared in the tandoor. It is then pan cooked in a sauce made of garlic, ginger, turmeric, plum tomatoes, fresh chillies and mince lamb with the addition of a boiled egg. A wonderful slightly hot house presentation.	9.95
ZEERA METHI MURGHI Spring braised premium chicken breast, marinated with mixed herbs and spices simmered in olive oil with generous amounts of fenugreek leaves and coriander. A hearty and healthy chicken presentation.	9.95
CHICKEN PISTA PASANDA Spring braised premium chicken breast, marinated with mixed herbs and spices, then simmered in coconut oil, roasted ground almonds and pistachios in a creamy and mild and slightly sweet sauce, garnished with a boiled egg. An excellent creamy & mild moghul presentation.	9.95
CHICKEN GINGER SIZZLER Spring braised chicken juliennes, cooked with mixed bell peppers and onions, with curry leaves. Reduced in a tomato based onion stock. Served sizzling with a generous portion of ginger.	9.95
TIKKA TAWA Succulent pieces of chicken tikka or tender pieces of lamb tikka medium strength dish cooked with minced lamb, onions, tomatoes and lightly spiced & dressed with grated cheese.	9.95
PODINA-MINT A classic Bangladeshi favourite. Succulent pieces of chicken or tender pieces of lamb in a medium strength yoghurt and podina sauce, producing a minty flavour.	12.95
KHYBERI LAMB KARI Diced slices of spring lamb simmered in olive oil with young onions, cayenne, fresh garlic, root ginger and cumin. It is then cooked with spiced mince lamb in a tomato and coriander based stock. Dressed with fresh ginger and fresh chillies. A slightly warm dish full of flavour.	12.95
LAMB KAALIA A South Indian presentation of lamb cooked with fresh ginger, peppercorns and black chilli, reduced in onion stock with curry leaves and split mustard. An award winning well recommended hot lamb dish full of flavour.	12.95
ZAALSHA LAMB TARKARI (Dine in only) An excellent presentation of a whole lamb shank slow cooked with shallots, fresh root ginger, fresh herbs and spices, cooked in a slightly hot onion and tomato sauce with baby potatoes & minced lamb. Garnished with fried chillies and garlic. An exquisite lamb dish full of rich flavour.	14.95
LAMB PATISTA (Dine in only) Our House presentation of slow cooked whole lamb shank cooked with fresh ginger, garlic, dry chillies and cayenne pepper. Reduced in lamb stock with butternut squash and curry leaves. A signature lamb dish.	14.95
PASPURAN KHYBERI KARI Chicken, lamb, prawn and king prawn cooked with young onions, mixed bell peppers and coriander. A textured and balanced curry full of rich flavour, highly recommended.	14.95
MACHLI JHOLL KARI Premium diced cubes of Tilapia and slightly tangy vegetable stock with garlic, curry leaves, new potatoes and sugar snaps. It is then reduced with a hint of turmeric and coconut milk. An excellent seafood in sauce presentation.	13.95
CHINGREE MUNCHARIAN King size freshwater prawns cooked in the tandoor with a special garlic & mustard marinade, served sizzling in a dish of spicy garlic and coriander sauce, with juliennes of mixed bell peppers. A must for king prawn connoisseurs.	14.95

Tandoori Grilled Main Dishes

The tandoori is a charcoal fired open flamed grill. This ancient style of cooking was used by the great Mogul chefs (popularly known for their excellent culinary skills) when it came to prepare banquets hosted by the superior emperors. The natural, healthy and earthy tones of these dishes are achieved by using fresh herbs and light natural spices without the use of any oils and butters, resulting in very succulent and flavoursome dishes. Please note some fish dishes are subject to seasonal availability.

CHICKEN TIKKA OR LAMB TIKKA 9.95

Pieces of chicken or lamb spiced and marinated overnight to achieve the harmony of spices and flavours, cooked in the tandoor. A must for any menu.

TANDOORI CHICKEN 9.95

A half portion of spring chicken, marinated with the full flavours of the musky tandoor massalla. Baked in the tandoor.

CHICKEN SHASHLICK 11.95

Tandoori grilled chicken tikka stir-fried in olive oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a naan bread.

MIXED SHASHLICK 13.50

A tandoori mix selection of chicken, lamb and king prawn stir-fried in olive oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a naan bread.

TANDOORI MIXED GRILL 13.50

A selection of tandoori grilled favourites including tandoori chicken, chicken tikka lamb tikka and sheek kebab.

PANEER SHASHLICK 11.95

Tandoori grilled paneer tikka stir-fried in olive oil with generous portion of shallots, bell peppers & garlic. Served sizzling with a naan bread. (Indian cheese)

CHAR-GRILLED SALMON 13.95

A prime cut of filleted salmon, marinated with fennel, garlic, lime juice, ajwain and a hint of mustard. Char-grilled in the tandoori to give it a natural smokey flavour. Served with pan-fried garlic vegetables in olive oil and pilau rice.

CHAR-GRILLED SEA-BASS 13.95

Fresh sea-bass fillet, marinated with fennel, garlic, lime juice, ajwain and a hint of mustard. Char-grilled in the tandoori to give it a natural smokey flavour. Served with pan-fried garlic vegetables in olive oil and pilau rice.

PAN-COOKED

TILAPIA-FILLETS 13.50

Fillets of Bangladeshi Tilapia fish, marinated with fennel, garlic, lime juice, ajwain and a hint of mustard, pan fried to give it crispy, yet soft texture. Served with pan-fried garlic vegetables in olive oil and pilau rice.

Fresh Vegetables

Zaalsha is proud to present to you our selection of vegetable dishes for you to enjoy. Each dish is unique and distinctive in flavour and cooked using fresh vegetables. Highly recommended for our vegetarian guests.

**These dishes can be served as a main course £8.95
or a side accompaniment to any main dish £4.75**

Please note no side order may be allowed to be served without a main course

DHUM ALOO GOBI

A traditional Chettinad recipe of tangy spiced potatoes, aubergines & cauliflower cooked semi-dry with shallots, tamarind, garlic, coriander & sweetened tomatoes. A wonderful spicy vegetable dish.

SARSON KA ROSHUNI SAAG

Fresh spinach cooked in olive oil with fried garlic and onions with turmeric and a hint of shallots. An age old traditional favourite. Can be modified to potatoes (saag aloo) or paneer (saag paneer).

PALAK PANEER & BAIGAN JHOOL

Fresh spinach, aubergine, sugar snap, paneer, peas and mushrooms cooked semi-dry in olive oil with pan-fried garlic and shallots, medium-hot & slightly spicy. Garnished with coriander. A well balanced vegetarian dish.

DHAL TARKA

The renowned popular yellow split lentils (Masoor dhal also known as ghar ka dhal) cooked in steamed pots, finished with a flash-fried tarka of sliced fried garlic, shallots and bay leaves in olive oil.

SHAHI PANEER MASSALLA

Grilled marinated paneer cooked in a plum tomato stock reduced with fresh cream, coconut and almonds. A classic paneer dish, mild and rich in flavour.

CHILLI CHANA & MATTER PANEER

A traditional Chettinad recipe of tangy spiced chick peas & paneer cooked semi-dry with shallots, fresh peas, tamarind, garlic and coriander. Topped with flash-fried root ginger and fresh chillies, a hot and flavoursome dish.

PADINA & PALAK BHINDI SALAN

Okra (or commonly known as ladies fingers) cooked together with spinach and mushroom, pan-fried with shallots and a hint of fenugreek leaves & tamarind to give it a tangy flavour.

BUTTERNUT SQUASH, CAULIFLOWER & PANEER BHAJEE

Fresh butternut squash, cauliflower and paneer cooked semi-dry in olive oil with pan-fried garlic and shallots, medium-hot & slightly spicy. Garnished with coriander. A well balanced vegetarian dish.

SHAHAKARI MAKHANI

Potatoes, aubergines, courgettes, peas and cauliflower florets cooked together in a rich creamy mild and tangy sauce made of mango, tamarind, almond and fresh cream. A mild exquisite dish. Laced with soft vegetarian cheese.

MUSHROOM BHAJEE

Cooked with onions, fresh herbs and spices

Combination Dishes

CHICKEN TIKKA MASSALA & LAMB BHUNA	12.95
CHICKEN SAAGWALA & LAMB JALFREZI	12.95
CHICKEN DHANSAK & LAMB CEYLON	12.95
CHICKEN JALFREZI & LAMB PATHIA	12.95
CHICKEN KORMA & LAMB MALAYA	12.95

Recommended Biriani Dishes

Biriani is of ancient Persian origin. Flavoured rice dhum (steam) cooked with aromatic spices

MURGHI BIRIANI	10.95
Boneless pieces of chicken, cooked with basmati rice, served with vegetable sauce.	
SABZI BIRIANI	9.95
Prepared fresh mixed vegetables, cooked with basmati rice, served with vegetable sauce.	
LAMB BIRIANI	11.95
Boneless pieces of lamb, cooked with basmati rice, served with vegetable sauce.	
SEAFOOD BIRIANI	12.50
Prepared spiced mixed seafood, cooked with basmati rice, served with vegetable sauce.	

Rice Dishes

BOILED RICE	2.95	EGG FRIED RICE	3.50
Boiled aromatic basmati rice.		Plain boiled rice fried with shallots and salt with a generous a portion of egg.	
PILAU RICE	2.95	PEAS PILAO RICE	3.50
Aromatic kemel basmati rice cooked with a hint of jeera.		Aromatic basmati rice cooked with shallots, garden peas, coriander and a hint of turmeric.	
GARLIC & ONION FRIED RICE	3.50	GOAN STYLE RICE	3.50
Basmati rice fried with garlic and onions in sunflower oil.		Aromatic basmati rice cooked with shallots, green peas, egg and mixed vegetables.	
LEMON CHILLI RICE	3.50	THAI GREEN RICE	3.50
Aromatic basmati rice cooked with fresh lemon, chilli & onion juliennes.		Aromatic basmati rice cooked with crispy fried green cabbage, generous portions of garlic and coriander, finished with a hint of fresh chilli.	
MUSHROOM PILAO RICE	3.50	KEEMA PILAO RICE	3.50
Aromatic basmati rice cooked with fresh mushrooms and turmeric.		Aromatic basmati rice cooked with spicy minced lamb.	
PERSIAN FRUIT & NUT RICE	3.50		
Aromatic basmati rice cooked with the slightly sweet flavours of almonds, sultanas and dried fruit.			

Breads

NAAN	2.50	ROSHUNI PANEER NAAN	2.95
Classical Indian bread.		Naan infused with homemade soft cheese.	
GARLIC & ONION NAAN	2.50	CHIPS	3.50
Soft bread coated with an abundance of garlic and shallots.		TANDOORI ROTI	2.95
JAFRANI KEEMA NAAN	2.95	BUTTER PARATHA	2.95
Soft bread stuffed with spicy minced lamb.		WHOLEMEAL CHAPATI	1.95
PESHWARI FRUIT & NUT NAAN	2.95	POPADOMS	85p each
Soft bread stuffed with dried fruit, cherries and coconut.		Served with onion salad and mint yoghurt raita	
CHILLI & CORIANDER NAAN	2.50	MANGO CHUTNEY	1.00
Naan infused with fresh chillies, spring onions and coriander leaves.		PICKLE	1.00
STUFFED KULCHA NAAN	2.50	RAITHA (Plain, Mix Or Cucumber)	2.50
Naan stuffed with a spicy cauliflower and potato filling.			