

## APPETIZERS

Poppadoms with Assorted Dips (per person) £1.25

## STARTERS

### MIXED PLATTERS

- (S-1) Tandoori Khazana (NON VEG for two)   £13.95  
Mixed Platter of Hyderbadi Seekh Kebab, Lamb put, Mahi Salmon, Makhmali Tikka served with mint chutney.
- (S-10) Hari Bhari Thal (VEG for two)  £10.95  
Mixed vegetarian platter of Paneer Achari Tikka, Tandoori Khuley, Subz pakora & tandoori gobhi..

### CHICKEN STARTERS

- (S-3) Murg Gulafe Seekh £6.25  
Skewered minced Chicken marinated with cheese, green chilly and home made spices cooked in clay oven.
- (S-4) Murgh Joshila Tikka   £6.25  
Succulent pieces of chicken thigh marinated with yogurt and freshly chopped coriander, green chilly, crushed peppercorn spiced and finished in tandoor.
- (S-9) Angari Murg Tikka   £6.25  
Boneless Chicken breast cooked in clay oven, marinated in yogurt, Chilly, garlic and seasoned with herb and home made spices.
- (S-28) Tandoori Murg Amritsari Starter Portion   £6.95  
(available as mains as well) Tandoori Baby Chicken on the bone cooked in clay oven, marinated in yogurt, Chilly, garlic and seasoned with herb and home made spices.







### LAMB STARTERS

- (S-5) Mass Ke Sule  £6.25  
Beaten lamb tikka yogurt marinated mixed with homemade spices cooked in tandoor served with mint chutney.
- (S-7) Hyderabadi Seekh  £6.25  
Skewered minced lamb marinated with mint, green chilly and home made spices cooked in clay oven.
- (S-8) Adraki Chapen Starter Portion   £6.95  
(available as mains as well) Selected rack of lamb ginger flavoured soaked and marinated overnight in yoghurt, spiced up with crushed ginger garlic, kashmiri chilly, nutmeg, cinnamon, mace, cloves, cooked in clay oven served with green chutney.

### SEAFOOD STARTERS

- (S-6) Ajwani Machli  £6.25  
Fillet of tilapia fish marinated with carom seeds and exotic spices, deep-fried in gram flour batter served with mint chutney.
- (S-2) Dariya-E-Noor Jhinga £7.95  
Tiger prawns marinated with yoghurt, ginger, garlic and five spices mix finished in clay oven with mint chutney.
- (S-19) Mahi Salmon Tikka Starter Portion £7.95  
(available as mains as well) Chunks of salmon marinated in yoghurt, garlic, home made spices & grilled in tandoor, served with mint chutney.

## VEGETARIAN STARTERS

- (S-11) Paneer Achari Tikka  £6.95  
Chunk of cottage cheese stuffed with pickle and cooked in clay oven.
- (S-12) Tandoori Khuley  £5.95  
Tandoor cooked potato stuffed with nuts and vegetable mix.
- (S-13) Subz Pakore  £4.50  
Mixture of garden fresh vegetables dipped in spiced gram flour batter and golden fried.
- (S-14) Purani Dilli ke Samose  £4.50  
A deep-fried Indian pastry very much popular in Delhi, stuffed with spiced potatoes and peas tempered with green chilly and cumin seeds.
- (S-15) Onion and Spinach Bhaji £4.50  
The onion bhaji is a deep fried Indian snack of which the main ingredient is fried onions and spinach.
- (S-16) Aloo ki Tikki   £4.50  
Shallow fried potato patties served with tamarind & mint chutney.
- (S-17) Tandoori Gobhi £4.50  
Grilled cauliflower florets marinated with yogurt and gram flour.
- (S-18) Subz Guldasta £6.95  
Assorted vegetables cooked in clay oven, marinated with yogurt and chef special spices, served with mint chutney.



## MAIN COURSE Rasoi Ghar Se

- (M-30) Chef's Special Curry   £10.95  
Each day the chef creates a tantalizing combination of flavors with lamb or chicken or fish on the bone, it changes every day please check with your waiter for the dish of the day.

## CHICKEN MAIN COURSES

- (M-23) Makhmali Tikka (GRILLED) £10.95  
Chunks of chicken marinated in mild yogurt, cheese and cream with green cardamom, mace, green coriander cooked in tandoor.
- (M-25) Tandoori Murg Amritsari (GRILLED)   £12.95  
Tandoori Baby Chicken on the bone cooked in clay oven, marinated in yogurt, Chilly, garlic and seasoned with herb and home made spices.
- (M-32) Avadhi Murgh £10.95  
Lakhnawi delicacy, boneless chicken in classic rich gravy of nuts.
- (M-34) Doodhiya Murg £10.95  
A north Indian chicken specialty, chicken thigh cooked with yogurt and cream garnished with nuts and coriander.
- (M-35) Butter Chicken £10.95  
Tandoori grilled chicken pieces in creamy fresh tomato gravy flavoured with butter and cream.
- (M-39) Methi Murg   £10.95  
Boneless thigh chicken cooked in spicy gravy of fenugreek leaves & fresh coriander tempered with garlic and kasoori methi.
- (M-41) Kadahi Murgh   £10.95  
Chunks of chicken cooked in spicy gravy with tomatoes, bell peppers and fresh coriander flavoured with crushed coriander and black pepper.
- (M-42) Murg Tikka Lababdar  £10.95  
Tandoori grilled chicken pieces in creamy fresh tomato, onion gravy flavoured with ginger and garlic.
- (M-43) Nariyal Ka Murg    £10.95  
Chicken thighs cooked with coconut in tangy spicy gravy, tempered with mustard seeds and curry leaves.

## LAMB MAIN COURSES

- (M-21) Adraki Chapen (GRILLED)   £13.95  
Selected rack of lamb ginger flavoured soaked and marinated overnight in yoghurt, spiced up with crushed ginger garlic, kashmiri chilly, nutmeg, cinnamon, mace, cloves, cooked in clay oven served with green chutney.
- (M-33) Lall Maas    £10.95  
A classic Rajasthan delicacy diced lamb cooked in ground spices, tomato, onion, kashmiri chilly and yoghurt.
- (M-36) Elaichi Gosht £10.95  
Succulent lamb cooked in a rich and creamy yogurt gravy spiced with saffron, cardamom in mughlai korma sauce.
- (M-37) Saag Gosth  £10.95  
Diced lamb cooked with fresh spinach, fenugreek and mint flavoured with aromatic spices.
- (M-38) Kashmiri Rogan Josh  £10.95  
A classic kashmiri dish, diced lamb cooked in an enriched sauce of tomato, onion and flavoured with ratanjog and cardamom.
- (M-40) Gosth Kaliyan  £10.95  
Chunk of lamb tossed with onion, tomatoes, black pepper and aromatic masala.
- (M-44) Achari Gosht    £10.95  
An Indian delicacy diced lamb cooked in ground spices, tomato, onion and chilly pickle.
- (M-45) Hari Mirch Ka Keema   £10.95  
Minced lamb cooked with onion, tomato gravy and tempered with green chillies, ginger and garlic.

## SEAFOOD MAIN COURSES

- (M-20) Tawa Seabass  £13.95  
Pan fried Seabass fish is all about the Indian condiments and spices that make your fish real delicious, Savor the subtle flavor and juicy taste of the fish marinated in traditional Indian spices.
- (M-24) Mahi Salmon Tikka (GRILLED) £13.95  
Chunks of salmon marinated in yoghurt, garlic, home made spices & grilled in tandoor, served with mint chutney.
- (M-50) Luft-E-Dariya   £18.95  
Jumbo King Prawns, matured in creamed hung yoghurt marinated, aromatized with Saffron cooked in tandoor and finished in golden sauce and fresh coriander.
- (M-51) Kadahi Jhinga   £14.95  
King Prawns cooked in spicy gravy with tomatoes, bell peppers and fresh coriander flavoured with crushed coriander and black pepper.
- (M-52) Jhinga Pyaz Masala  £14.95  
Pan fried king prawns marinated with ground spices tossed with Spring onion and tomato.
- (M-53) Punjabi Machali Masala   £11.95  
Tilapia fish cooked with onion and tomato gravy, flavored with ground roasted spices.
- (M-54) Malabar Chemmeen Curry £14.95  
King Prawns simmered in coconut sauce flavored with ground spices mustard seeds and curry leaves.
- (M-55) Monk Fish Tikka £13.95  
Succulent pieces of monk fish marinated with yoghurt and cheese, finished with home made spice and grilled to perfection.
- Extra Curry Sauce £2.45

## DUCK MAIN COURSES

- (M-31) Hyderbadi Masala Batak   £12.95  
Roasted spring duck flavoured with mint and kastoori methi, South Indian delicacy.
- (M-46) Malai Duck Roasted spring duck cooked with nuts in fresh creamy gravy. £12.95

 Mild Spicy   Medium Spicy    Very Spicy



## BIRYANI

Biryani is famous as a ceremonial cuisine on the Indian subcontinent. Chicken, lamb, shellfish exotically spiced and cooked in Ghee (butter oil) mixed with saffron rice flavoured by cloves, cinnamon, cardamom and many rare spices and garnished with mint, coriander and fried onions served with a small helping of specially made biryani gravy.

- (M-80) Samundri Biryani £14.95  
A layered combination of fragrant basmati with king prawns, fresh herbs and spices.
- (M-81) Murg Dum Biryani £12.95  
A layered combination of aromatic basmati rice with curried chicken, fresh herbs and spices.
- (M-82) Gosht Dum Biryani £12.95  
A layered combination of aromatic basmati rice with lamb, fresh herbs and spices.
- (M-83) Hari Subziya Ki Biryani £9.95  
Fresh seasonal vegetables in a curry sauce layered with saffron basmati rice and fresh herbs and spices.

## VEGETARIAN CURRIES

- (M-59) Kadhai Paneer £8.95  
Cottage Cheese cooked in spicy gravy with tomatoes, bell peppers and fresh coriander flavoured with crushed coriander and black pepper.
- (M-60) Paneer Makhani £8.95  
Diced cottage cheese cooked in tomato-based gravy finished and flavored with cardamom, fresh cream & butter.
- (M-61) Palak Paneer £8.95  
Diced cottage cheese cooked with fresh spinach, fenugreek and mint, flavoured with aromatic spices.
- (M-62) Mattar Paneer £8.95  
Fresh Green peas and Indian Cheese (Cottage) cooked in onion and nuts gravy.
- (M-63) Chana Jaisalmer £7.95  
A Rajasthani specialty of chickpeas cooked with onion, tomato with curry masala.
- (M-64) Bhindi Masala £7.95  
Fresh Okra cooked with onion, tomatoes, green chilly and fresh coriander in Indian spices
- (M-65) Aloo Baigan £7.95  
Potato cubes & aubergine flavoured with garlic and cumin cooked in tomato and onion curry masala.
- (M-66) Khumb do Pyaza £7.95  
Fresh mushrooms and onion tossed in a cumin seeds and homemade spices, garnished with tomato & fresh coriander leaves.
- (M-67) Diwani Handi £7.95  
Seasonal mixed vegetables tossed with onion, tomato, and cumin in home made gravy.
- (M-68) Panjabi Rajmah Paneer £7.95  
Red kidney beans and paneer in a tangy tomato and onion gravy.
- (M-75) Palak Chana £7.95  
Chick peas cooked with fresh spinach, fenugreek and mint, flavoured with aromatic spices.

## KIDS MENU

- Chicken Tikka £4.50  
Chicken Nuggets £3.90  
Fish Fingers £3.90  
French Fries £2.50

## VEGETARIAN SIDE DISHES

- (M-69) Kali Dal Makhani £5.95  
Slow cooked black lentils, a speciality of the north-west frontier, finished with butter and cream.
- (M-70) Bhindi Karari £5.95  
Chef special tantalising crispy okra.
- (M-71) Masala Gobhi £5.95  
Stir fried cauliflower with home made spices
- (M-72) Aloo Jaipuri £5.95  
Chunk of potatoes tossed with crushed coriander, cumin seed and black pepper, garnished with fresh coriander leaves.
- (M-73) Dal Panchmel £5.95  
Blend of five mixed lentils tempered with roasted cumin, garlic, fresh coriander and tomatoes.
- (M-74) Saag Aloo £5.95  
Potatoes cooked with fresh spinach, flavoured with aromatic spices.
- (M-76) Sarso ka Saag £5.95  
Sarson ka Saag is a popular curry in the Punjab region of India made from mustard leaves tempered with butter.

## RICE

- (M-84) Sada Chawal £2.95  
Freshly cooked Steamed rice.
- (M-85) Jeera Pulao £3.25  
Braised rice with cumin seeds.
- (M-86) Vegetable Rice £4.50  
Freshly cooked rice with fresh vegetables.
- (M-87) Mushroom Pulao £4.50  
Freshly cooked rice with Mushrooms.

## BREADS

- (M-90) Plain Naan £1.95  
Nan bread is leavened bread traditionally baked in the tandoori Oven.
- (M-91) Paneer Naan £2.95  
Naan bread stuffed with cottage cheese
- (M-92) Garlic Naan £2.95  
Naan bread stuffed with fine chopped spicy garlic
- (M-93) Peshawari Naan £2.95  
Naan bread stuffed with coconut and nuts.
- (M-94) Kulcha £3.50  
Kulcha is tradition Punjabi stuffed bread with your choice of filling – minced lamb, paneer, spicy onions or spiced potatoes
- (M-95) Paratha £2.50  
Paratha are all time favorite Indian crispy flat bread made out of whole-wheat flour either plain or mint flavored.
- (M-96) Tandoori Roti £1.75  
Roti is the traditional Indian bread normally eaten with curries or cooked vegetables made out of whole-wheat flour
- (M-77) Butter Naan £2.50  
Freshly cooked nan bread with butter.

## SALAD

- (M-97) Raita £1.95  
(M-98) Green Salad £2.95  
(M-99) Kachumber Salad £1.95  
(M-101) Onion Salad £1.50  
(M-102) Extra Dips (chutneys, pickles etc) £0.50  
(M-103) Home made potato Wedges £2.50

\* All prices include VAT.

\* For any food intolerances, please inform the manager as our products may contain traces of nuts, dairy and gluten.

NEW  
2012 MENU

# Swadesh

Bowdon

fine Indian Dining  
[www.swadeshrestaurant.co.uk](http://www.swadeshrestaurant.co.uk)

3 Richmond Road | Bowdon | Altrincham | Cheshire | WA14 2TT

t: 0161 941 5337 | 0161 941 5311 | f: 0161 941 7588

e: [bowdon@swadeshrestaurants.com](mailto:bowdon@swadeshrestaurants.com)

### OPENING HOURS

Mon-Thurs 4.00pm - 11.00pm

Friday & Sat 4.00pm - 11.30pm

Sunday & Bank Holidays 1.00pm - 10.00pm

15% Discounts on all takeaways