

Appetizers, Rice and Breads

- Onion Pakoras (v+) £3.50
North Indian style onions coated in gram flour with fresh coriander and spices.
- Vegetable Bhajis (v+) £3.50
South Indian style vegetables coated in gram flour with curry leaves and spices.
- Steamed Rice (v+) £2.50
Basmati rice steamed without salt for you to season as you prefer.
- Spiced Rice (v+) £3.00
Basmati rice steamed with cinnamon, cloves, cardamom and cumin seeds.
- Pea Pilau (v+) £3.50
Basmati rice fried with onions, cinnamon, cloves, cardamom and cumin seeds then steamed with peas.
- Plain Naan (v) £2.00
- Garlic & Coriander Naan (v) £2.50

How do you re-heat?

We provide re-heating instructions on all dishes which with the exception of some appetizers can be re-heated in either a microwave or conventional oven.

How hot are the dishes?

Our dishes are typically medium spiced unless otherwise specified. If you have a delicate palate and would like a milder dish let us know and we can guide you when ordering.

Healthy options?

Like many health conscious Indians we have replaced ghee with healthy alternatives, we use rapeseed and coconut oil in our dishes.

Please contact us should you require allergy advice.



Premium ingredients slow cooked from scratch

Re-heat in oven or microwave

Collect from our curry hut

Check our website or call us for delivery details and opening times.

www.thespiceroute.co.uk

info@thespiceroute.co.uk

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The Spice Route

Anam Cara Croft, Rhuvoult, Rhiconich, IV27 4RH

We also offer self contained cookery courses and kits, check our website for details



2019

the
spice
route

Authentic
Regional
Cuisine

Travel the Spice Route with our authentic regional cuisine from India, Sri-Lanka and Indonesia
Gourmet Frozen Take-Away Ready Meals

Rajasthan

Laal Maas £9.50
A spicy lamb or venison curry spiced with lots of red chillies, cardamom, garlic and onions.

Sweet Potato Sabzi (v) £7.00
Delicately spiced curry with fennel, fenugreek and onion seeds.

Dal Banjara (v+) £6.00
4 types of lentils are cooked in the regional style with cloves, cinnamon and chillies.

Goa

Goan Prawns £12.50
Local langoustines with mango in a sweet, sour and spicy ambotik masala.

Goan Beef £9.50
A traditional curry from Goa, spicy, slightly sweet and sour with white wine vinegar and jaggery.

Kozhy Kuruma £9.00
A classic South Indian chicken korma with ground cashew nuts.

Vegetable Makhanwala (v) £7.00
Seasonal vegetable curry with a rich coconut and yoghurt sauce.

Kerala

Malabar Coast Curry £12.50
An exotic curry of seasonal white fish or local langoustines which has at its heart an aromatic infusion of mustard seeds, curry leaves and coconut.

Kozhi Peralen £9.00
Aromatic country-style chicken from the Keralan hill country with star anise and freshly roasted spices.

Thoran (v+) £6.00
Shredded cabbage simply stir fried in coconut oil with grated coconut, mustard seeds and curry leaves.

Sambar (v+) £6.00
The ubiquitous South Indian dal with three types of lentils and seasonal vegetables.

The delicate flavours of lemongrass, curry leaves and rampe combine to tantalise your taste buds as the spice route begins to journey further east.

Kashmir

Rogan Josh £9.50
A spicy meat dish from Kashmir whose name comes from the intense rich red gravy flavoured with black cardamom, cloves, fennel and Kashmiri chillies.

Punjab

Punjabi Chicken £9.00
Homestyle chicken curry with onions, tomato and yoghurt.

Vegetable Sabzi (v+) £7.00
A classically spiced seasonal vegetable curry.

Dal Makhani (v+) £6.00
A rich, smoky dal with whole black lentils and kidney beans.

South India

The flavours of coconut, tamarind and curry leaves characterise curries as we follow the spice route south through Goa and Kerala

Kukul Mas (Chicken Curry) £9.00
This curry combines the classic trio of lemongrass, curry leaves and rampe with coconut milk and pan roasted spices.

Harak Mas (Beef Curry) £9.50
Beef marinated in dry roasted spices before being slow-cooked with onions and garlic.

Mango Curry (v) £7.00
Sweet and spicy curry with mangoes, seasonal vegetables, coconut and rampe

Paripoo (Dal Curry) (v) £6.00
The flavours of this dal are quite exquisite, the sweet notes from coconut and rampe balance the lemongrass, garlic and chillies.

The cuisine of Bali sees a marriage of the flavours of India and the Orient

To Bali

Balinese Chicken £9.00
Adapted from one of our all time favourite recipes "Ayam Betutu" this is a chicken curry which fuses the flavours of India and Indonesia wonderfully.

Beef Rendang £9.50
Variations of this dish are found all along the spice route from Malaysia to Bali, ours features roasted coconut, lemongrass and galangal.

Satay Chicken £6.50
Marinated chicken served with a spicy peanut sauce.

North India

Characterised by aromatic spices and rich, often earthy flavours, our menu traces the spice route from the peaks of the Himalaya to the desert plains of Rajasthan.

Sri Lanka

Sri Lanka

v(vegetarian) v+ (vegan)