



# Polash

Indian Cuisine



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**Indian Cuisine**

## About Us

### THE STAFF

At Polash you will find friendly and attentive staff that are here to look after you. We are very proud of our staff and together we aim to bring a sense of luxury and excellence to patrons of the restaurant.

### THE FOOD

We pride ourselves at being the best Indian restaurant in the area. We only use the finest ingredients and the very best of Asian spices in our freshly prepared dishes. Enjoy our menu that has traditional as well as modern and innovative dishes.

### THE CHEF

Executive chef A. Salam has a wealth of experience in Indian style cooking that began in Bangladesh working for 5\* hotels. Finally, his work has brought him to England working in various exclusive restaurants. He has been the resident and co-owner at Polash since 2002. He oversees the preparation of all our tasty dishes by our well trained and committed staff.





# BANQUETING MEAL

All items on this menu are presented across the table so that all guests are able to share and taste each and every dish.

## Pre Starter

Poppadoms served with chutneys and salad

## Starter

Chicken Tikka | Samosas | Onion Bhaji | Chefs Special

## Main Course

Chicken Tikka Massala | Lamb Dupiaza | Chicken Jalfrezi |  
Prawn Saag | Vegetable Bhuna

## Sundries

Pilau Rice | Assorted Nan Breads

£14.50pp

Minimum 6 people





## Appetizer

### Popadoms

*Plain or spicy.*

£0.65

### Pickle Tray

*A mixture of home made chutney with our very own secret recipe.*

£1.10

## Starters

### Chicken Tikka

*Pieces of chicken marinated in spices & cooked in a clay oven.*

£3.45

### Chicken Pakora

*Chicken spiced in batter then deep fried.*

£3.75

### Tandoori Chicken

*Chicken marinated in yoghurt and spices, cooked in a clay oven.*

£3.45

### Chefs Special Puree

*Diced lamb tikka cooked in chefs own recipe served on a puree.*

£3.95

### Lamb Tikka

*Pieces of spring lamb marinated with mild spices and cooked in a clay oven.*

£3.45

### Mushroom Pakora

*Mushroom spiced in batter then deep fried.*

£3.45

### Sheek Kebab

*Minced lamb blended with intense tandoori spices then cooked to perfection over a chargrill*

£3.45

### Polash Mix

*Succulent lamb & chicken tikka with mushrooms & onions, pan fried in a tangy tamarind sauce and served with a puri.*

£3.95

### Reshmi Kebab

*Minced lamb blended with coriander, fresh herbs then served with omelette.*

£3.75

### Tandoori King Prawn

*Spicy king prawns cooked over flaming charcoal.*

£3.95

### Somosa

*Meat or Vegetable in crispy pastry.*

£3.45

### Fish Pakora

*Fish in a light crispy coating*

£3.75

### Prawn on Puri

*Prawns cooked in light spices*

£3.75

### Spiral Prawns

*Prawns wrapped with potato spirals.*

£3.75

### Onion Bhaji

*Onion mixed with spices & batter, then deep fried*

£3.25

### Chicken Wings

*Succulent chicken wings marinated in a blend of spices and cooked in a tandoor.*

£3.45

### Chicken / Aloo / Chana Chaat

*Pieces of Chicken / Potatoes or Chick Peas cooked with chaat spices.*

£3.45

### Garlic Mushroom

*Lightly spiced mushroom, stiry fried with fresh garlic and onions*

£3.45

### Mixed Kebab

*Chicken tikka, lamb tikka and sheek kebab*

£3.95

### Paneer Tikka

*Squares of indian cottage cheese at its finest. Prepared in our chef's secret marinade and then chargrilled.*

£3.45

### King Prawn Butterfly

*King prawn deep fried with breadcrumbs.*

£3.95

### Shammi Kebab

*Exotic patties made of mince lamb and garam spice with fresh herbs and cooked on a tawa.*

£3.45



### Kebab Platter - (Serves 2 people )

*scrumptious selection of meat appetisers.*

**£7.50**

### Vegetable Platter - - (Serves 2 people)

*scrumptious selection of veg appetisers.*

**£6.95**

### Seafood Platter - - (Serves 2 people)

*A selection of individually prepared tantalising seafood delicacies.*

**£7.95**

## Tandoori Main Dishes

*All these dishes are grilled to perfection in our clay oven and served with green salad and mint sauce.*

### Tandoori Chicken **£6.95**

*Half chicken marinated in special herbs & spices, cooked in a clay oven.*

### Tandoori Chicken **£10.95**

*A whole chicken marinated in special herbs & spices, cooked in a clay oven.*

### Chicken Tikka **£6.95**

*Pieces of chicken marinated in medium spices, cooked in a clay oven.*

### Lamb Tikka **£6.95**

*Pieces of lamb marinated in medium spices, cooked in a clay oven.*

### Chicken Shashlik **£7.95**

*Marinated chicken with capsicum, onions, tomatoes, cooked in a clay oven.*

### Lamb Shashlik **£8.25**

*Marinated lamb with capsicum, onions, tomatoes, cooked in a clay oven.*

### Tandoori Mixed Grill **£9.95**

*A selection of tandoori chicken tikka, lamb, tikka sheek kebab & naan bread.*

### Tandoori King Prawn **£9.95**

*King prawn delicately spiced, grilled in a clay oven.*

### Stir Fried Chicken Tikka **£8.95**

*Diced pieces of Chicken Tikka stir fried with herbs, mushrooms, capsicum & tomatoes. Garnished with coriander & lemon.*

### Stir Fried Lamb Tikka **£9.25**

*Diced pieces of Lamb Tikka stir fried with herbs, mushrooms, capsicum & tomatoes. Garnished with coriander & lemon.*

### Stir Fried King Prawn **£10.95**

*King Prawns stir fried with herbs, spices, mushrooms, capsicum & tomatoes. Garnished with coriander & lemon.*



## Polash Mild Delight

*These dishes contain nuts and dairy products.*

### Chicken Tikka Massala £7.95

*Chicken tikka marinated, roasted in a clay oven, cooked with specially blended Polash spices and sauce.*

### Lamb Tikka Massala £8.25

*Lamb marinated, roasted in a clay oven, cooked with specially blended Polash spices and sauce.*

### Tandoori Chicken Massala £7.95

*Tandoori Chicken off the bone, cooked with with specially blended Polash spices and sauce.*

### Tandoori King Prawn Massala £9.95

*Marinated King Prawn, roasted in a clay oven, cooked with specially blended Polash spices and sauce.*

### Chicken Pasanda £7.95

*Chicken marinated in spices and yogurt, cooked with almond, cream and nuts*

### Lamb Pasanda £8.25

*Lamb marinated in spices and yogurt, cooked with almond, cream and nuts*

### Polash Special Massala £8.95

*Consists of chicken tikka, lamb tikka and tandoori chicken.*

### Chicken Rezzala £7.95

*Chicken cooked with garlic, ginger, cashew nuts in mild creamy sauce.*

### Chicken Mozzarella £7.95

*Chicken tikka cooked in a sweet sauce and topped with mozzarella cheese.*

### Mango Delight £7.95

*Tender chicken or lamb, pieces cooked with mango chutney, a sweet dish. Alternative Kurma.*

### Butter Chicken £7.95

*Rich, creamy and mild. It contains of chicken tikka, almonds and lashings of butter.*

### Makhani Chicken £7.95

*Mildly spiced chicken tikka, roasted in a clay oven in a special sauce. Made with fragrant spices, ground almonds, cream and garnished with sweet mango chutney.*

### Peshwari Chicken £7.95

*Tender pieces of chicken glazed with honey, slow cooked in a delicately mild and creamy sauce.*

## Polash Specials

*These specially prepared and selected dishes blend all of the qualities associated with fine Eastern Cuisine, mixing contemporary styles with traditional dishes to create tempting Polash specialities, synonymous with flavour and taste.*

### Nagah Bahar £7.95

*Succulent chicken or lamb marinated in a hot spicy nagah (bengal chilli) sauce and then cooked in a moist consistency with fresh garlic & coriander.*

### Nawabi (Absolutely Delicious) £8.95

*Chicken, Lamb and mushrooms garnished with fresh garlic, capsicum, tomatoes, spring onions & coriander with crushed coriander seeds.*

### Garlic Chilli Massala £7.95

*Barbecued chicken or lamb cooked with onions, green peppers, flavoured with special chef made garlic and chilli sauce. (Fairly hot with fresh coriander).*

### Tandoori Mix Bhuna £9.75

*A mixture of all tandoori, cooked in a medium bhoona sauce.*

### Tandoori Shahi Massala £9.75

*Tandoori chicken off the bone, cooked with mince meat, almonds, coconut and fresh herbs, served with rice. Medium.*

### Chingri Beguni £9.95

*Sliced aubergine cooked with King Prawns, garlic, cumin, tumeric then garnished with coriander.*

### Tandoori Chicken Chilli Garlic Balti £8.50

*Tandoori chicken off the bone, cooked with fresh chilli and garlic spiced in a wok and garnished with coriander.*

### Kofta Masalla £7.95

*Spicy mince lamb balls cooked in a bhuna sauce with herbs & spices. Garnished with fresh green chillies & coriander.*

### Murghi Keema £9.95

*Tandoori chicken and mince meat, medium spiced with egg on top.*

### Korai Chicken or Lamb Tikka £7.95

*Diced pieces cooked with chunks of green peppers, tomatoes and a touch of fresh ginger, garnished with coriander (Served on a traditional Korai).*

### Bombay Chicken or Lamb £7.95

*One of the most popular Indian curries which is medium hot, cooked with green peppers, onions, potatoes & boiled egg.*

### Jalfrezi Chicken or Lamb Tikka £7.95

*Diced chicken or lamb, cooked with tomato, capsicum, onion, green chilli, in a spicy sauce. Not your usual Jalfrezi. A must for any curry expert.*



## Chef's Signature

*Chefs selected dishes prepared in Polash signature style.*

### South Indian Chilli Chicken £8.25

*Diced chicken roasted and crushed chillies cooked with a variety of herbs and spices. A vibrant dish.*

### Old Delhi Style Chicken / Lamb £8.25

*A fresh blend diced chicken or lamb infused with fresh garlic and ginger, with a hint of tamarind. It is extremely tasty and rich.*

### Chicken & Paneer £8.25

*Chicken and Indian cottage cheese at its best. Prepared with Polash's fresh herbs and spices.*

### Desi Handi (Highly Recommended) £8.95

*A choice of fresh tender meat or chicken cooked to perfection. Blended with peppers and prepared to our chef's secret recipe. An authentic home dish in a village style. *Served on a sizzler**

### Goan Fish Curry £8.95

*The famous Goan speciality fish, cooked with panch puran (five spices) and potatoes in medium strength sauce.*

### Begun Bahar £8.95

*Chicken tikka and minced lamb marinated together and infused with chefs special herbs and spices, then cooked with mushrooms. A truly enjoyable dish!*

### Bengal Garlic Chilli Fish Bhuna £7.50

*Marinated fish cooked with fresh garlic, fresh sliced chilli and selected spices and herbs (slightly hot and spicy)*

## Balti Dishes

*These dishes are prepared with onions, tomatoes, and lots of freshly ground spices & herbs, garnished with fresh coriander in a medium sauce giving a rich flavour.*

*Served in a traditional Balti.*

|                  |       |
|------------------|-------|
| Chicken          | £6.95 |
| Lamb             | £6.95 |
| Prawn            | £6.95 |
| King Prawn       | £9.95 |
| Vegetable        | £6.45 |
| Tandoori Chicken | £7.95 |
| Chicken Tikka    | £7.95 |
| Lamb Tikka       | £7.95 |
| Polash Special   | £9.45 |

*(Chicken, Lamb, & Prawn)*

*All our tasty dishes are cooked fresh at the time of order so you can add or minus any ingredients to your taste.*

## Biryani Dishes

*The biryani is a festive dish with its origins in Mogul cuisines. Delicately flavoured with fluffy basmati rice. All of our biryanis are served with vegetable curry side dish.*

|                          |        |
|--------------------------|--------|
| Chicken                  | £8.25  |
| Lamb                     | £8.25  |
| Prawn                    | £8.25  |
| King Prawn               | £10.95 |
| Vegetable Biryani        | £7.25  |
| Tandoori Chicken Biryani | £9.45  |
| Chicken Tikka Biryani    | £9.45  |
| Lamb Tikka Biryani       | £9.45  |
| Special Biryani          | £9.95  |

*(Chicken, Lamb, & Prawn)*

*All dishes can be catered for vegetarians.*





## Old Favourites

### Medium Curry

*A medium spiced curry.*

### Madras

*This dish needs no introduction.*

### Vindaloo

*Strength higher than a madras with extra spices plus a slice of potato.*

### Phall

*The hottest dish of all, are your tastebuds prepared for this?*

### Kurma

*Mild dish, cooked in cream and butter sauce.*

### Bhuna

*A dish thoroughly marinated with onions, tomatoes, green herbs and selected spices, medium strength.*

### Dupiaza

*A dish with maximum amount of chopped onions and peppers in a medium spicy sauce.*

### Rogan

*A dish cooked in spices with herbs and cashew nuts garnished with fried tomatoes and onions*

### Saagwala

*Prepared with fresh spinach and spices. Medium hot.*

### Dhansak

*An excellent combination of spices with lentils and pineapple, sweet and sour slightly hot.*

### Pathia

*Sweet and sour dish, prepared with maximum amount of tomato puree and various spices. Fairly hot.*

|                                       |       |
|---------------------------------------|-------|
| Chicken                               | £6.75 |
| Lamb                                  | £6.75 |
| Prawn                                 | £6.75 |
| King Prawn                            | £9.45 |
| Vegetable                             | £6.25 |
| Tandoori Chicken                      | £7.75 |
| Chicken Tikka                         | £7.75 |
| Lamb Tikka                            | £7.75 |
| Polash Special (Chicken Lamb & Prawn) | £8.75 |



## Side Dishes

|                                      |       |
|--------------------------------------|-------|
| Chana Bhaji (Chickpeas)              | £3.45 |
| Tarka Dhall (Lentils)                | £3.45 |
| Aloo Chana (Chickpeas with potatoes) | £3.45 |
| Mushroom Bhaji                       | £3.45 |
| Bhindi Bhaji (Okra)                  | £3.45 |
| Brinjal Bhaji (Aubergine)            | £3.45 |
| Bombay Potatoes                      | £3.45 |
| Saag Aloo (Spinach and Potatoes)     | £3.45 |
| Saag Bhaji                           | £3.45 |
| Aloo Gobi (Potato & Cauliflower)     | £3.45 |
| Gobi Bhajji (Cauliflower)            | £3.45 |
| Vegetable Bhaji                      | £3.45 |
| Vegetable Curry                      | £3.45 |
| Saag Paneer                          | £3.45 |
| Massala Sauce                        | £2.75 |
| Curry Sauce                          | £2.25 |



## English Dishes

|                           |       |
|---------------------------|-------|
| Chicken & Chips           | £6.45 |
| Chicken Nuggets & Chips   | £6.45 |
| Fish - Fingers & Chips    | £6.45 |
| Plain Omelette & Chips    | £6.45 |
| Prawn Omelette & Chips    | £6.95 |
| Mushroom Omelette & Chips | £6.95 |





## Rice

|  |       |
|--|-------|
| Plain Rice                                   | £2.40 |
| Pilau Rice                                   | £2.45 |
| Fried Rice                                   | £2.45 |
| Mushroom Fried Rice                          | £2.70 |
| Egg Fried Rice                               | £2.70 |
| Peas Pilau Rice                              | £2.70 |
| Garlic Fried Rice                            | £2.70 |
| Vegetable Pilau Rice                         | £2.70 |
| Egg Chilli Rice                              | £2.70 |
| Coconut Rice                                 | £2.70 |
| Lemon Rice                                   | £2.70 |
| Chicken Fried Rice                           | £2.85 |
| Keema Fried Rice ( <i>minced meat</i> )      | £2.85 |
| Special Fried Rice ( <i>egg &amp; peas</i> ) | £2.85 |

## Breads & Sundries

|   |       |
|---|-------|
| Nan   | £2.40 |
| Peshwari Nan  | £2.65 |
| Keema Nan   | £2.65 |
| Garlic Nan  | £2.65 |
| Cheese Nan  | £2.65 |
| Coriander Nan   | £2.65 |
| Chilli Nan  | £2.65 |
| Garlic & Coriander  | £2.80 |
| Chilli & Cheese Nan   | £2.80 |
| Keema & Chilli Nan  | £2.80 |
| Cheese & Garlic Nan   | £2.80 |
| Special Nan<br><i>Meat, Chicken, and Coriander</i>  | £2.95 |
| Paratha<br><i>Wholemeal bread, pan fried in butter.</i>                                   | £2.40 |
| Stuffed Paratha<br><i>Wholemeal bread stuffed with mix vegetable, pan fried in butter</i> | £2.60 |
| Tandoori Roti<br><i>Wholemeal bread cooked in a tandoor.</i>                              | £2.30 |
| Chappati<br><i>Wholemeal thin bread, baked in tawa.</i>                                   | £1.20 |
| Raitha<br><i>Cucumber or Tomato. Yoghurt Dip.</i>   | £1.00 |
| Bowl of Salad   | £1.95 |
| Chips   | £2.25 |

*NB: Some of our dishes may contain nuts, if you have any allergy please inform a member of staff.*













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