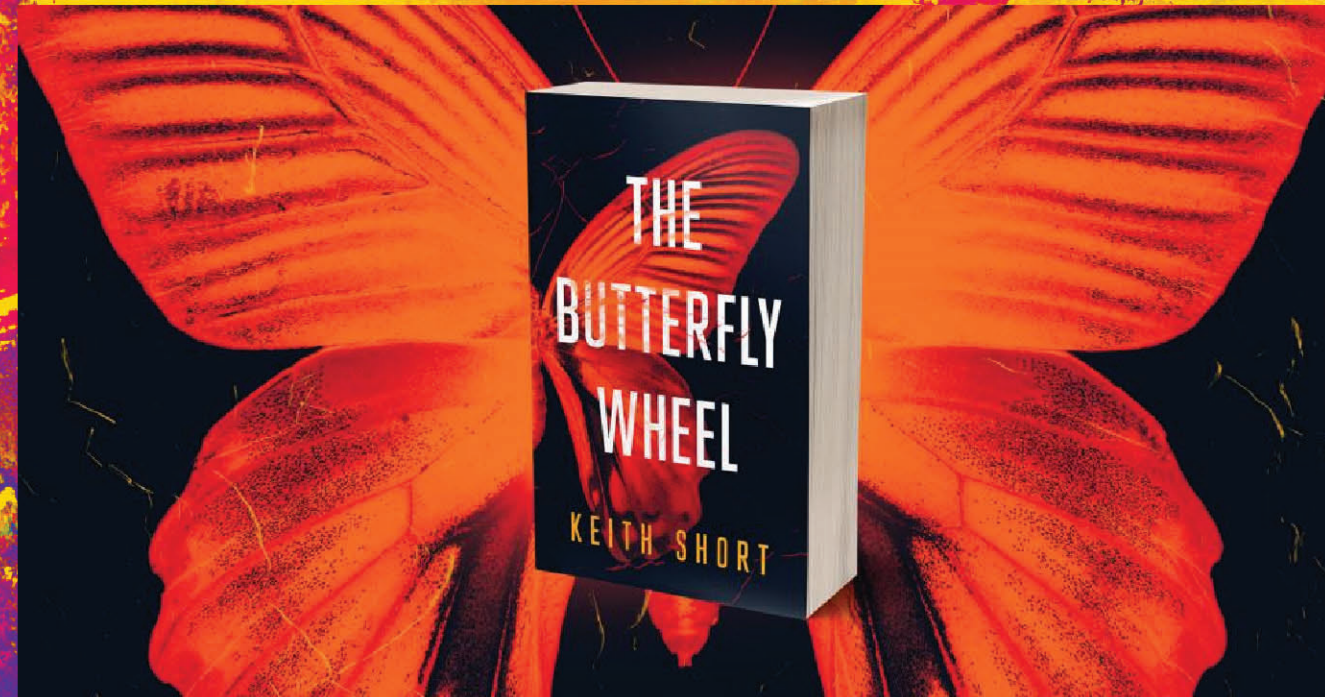


POLASH TAKEAWAY

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CUISINE



POL
INDIAN

*'An exhilarating crime thriller based
around your neighbourhood'.
By a local author Keith Short.
Available as an eBook or
paperback through Amazon.*



Tel: 01452 613 357 | www.polashgloucester.co.uk

Open Hours: Every evening 6pm till late

Most major credit cards are accepted. V.A.T. included in the price

Restaurant Vouchers are available to buy.

The management reserves the right to refuse custom without disclosing any reason.

6 Abbeymead Avenue, Abbeymead, Gloucester, GL4 5GL.

APPETIZER

Popadoms	£0.80
Pickle Tray	£1.20
A mixture of home made chutney with our very own secret recipe.	

STARTERS

Onion Bhaji	£3.50
Onion mixed with spices & batter, then deep fried.	
Somosa Meat or Vegetable in crispy pastry.	£3.75
Chicken Pakora	£3.75
Chicken spiced in batter then deep fried.	
Chicken Chaat	£3.75
Pieces of chicken cooked with chaat spices.	
Prawn on Puri Prawns cooked in light spices.	£4.25
Polash Mix	£4.25
Succulent lamb & chicken tikka with mushrooms & onions, pan fried in a tangy tamarind sauce and served with a puri.	

OUR CLAY OVEN

All these dishes are grilled to perfection in our clay oven & served with green salad and mint sauce. We hire expertly trained hands to cook in our clay ovens because nothing can imitate the taste of it, that is juicy, healthy and full of flavour.

	starter	main
Chicken Tikka	£3.75	£7.25
Pieces of chicken marinated in medium spices, cooked in a clay oven.		
Tandoori Chicken	£3.75	£7.25
Half chicken marinated in special herbs & spices, cooked in a clay oven		
Sheek Kebab	£3.75	£7.25
Minced lamb blended with intense tandoori spices then cooked to perfection over a chargrill.		
Tandoori King Prawn	£4.95	£8.95
King prawn delicately spiced, grilled in a clay oven.		
Tandoori Mixed Grill		£8.95
A selection of tandoori chicken tikka, lamb tikka, sheek kebab & naan		

ALLERGY NOTICE

Food allergies and intolerance: 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.

Vegetarian, Vegan, Gluten Free Option Available

OLD FAVOURITES

Bhuna			
A dish thoroughly marinated with onions, tomatoes, green herbs and selected spices, medium strength.			
Madras			
This dish needs no introduction.			
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	£7.25	King Prawn	£9.25
Lamb	£7.95	Vegetable	£6.95
Prawn	£7.95		

BIRYANI DISHES

We slow cook our rice with whole spice and onions to create a richly flavour, which makes them taste really good!! They come with a side of vegetable curry.

Chicken	£8.95
Lamb	£9.25
Vegetable Biryani	£7.95
King Prawn	£9.95
Chicken Tikka Biryani	£9.25

OUR MILD DISHES

These dishes contain nuts & dairy products

Chicken Tikka Massala	£7.50
Chicken tikka marinated, roasted in a clay oven cooked with specially blended spices and sauce.	
Pasanda	£7.50
Chicken or lamb marinated in spices and yogurt, cooked with almond & cream	
Kurma	£7.50
Chicken or lamb Mild dish, cooked in cream and butter sauce.	
Chicken Rezzala	£7.50
Chicken cooked with garlic and ginger, in mild creamy sauce.	
Peshwari Chicken	£7.50
Tender pieces of chicken glazed with honey, slow cooked in a delicately mild and creamy sauce.	

OUR 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

Chicken Jalfrezi	£7.95
Diced chicken cooked with tomato, capsicum, onion, green chilli, in a spicy sauce. Not your usual Jalfrezi. A must for any curry expert.	

Tandoori Chicken Chilli Garlic Balti	£7.95
Tandoori chicken off the bone, cooked with fresh chilli and garlic spiced in a wok and garnished with coriander.	

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.	

Old Dehli Style (Chicken/Lamb)	£7.95
A fresh blend diced chicken or lamb infused with fresh garlic and ginger, with a hint of tamarind. It is extremely tasty and rich.	

Garlic Chilli Massala	£7.95
Barbecued chicken cooked with onions, green peppers, flavoured with special chef made garlic & chilli sauce. (Fairly hot with fresh coriander).	

Murghi Keema	£8.45
Tandoori chicken and mince meat, medium spiced.	

Desi Handi (Highly Recommended)	£8.45
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	

Bengal Garlic Chilli Fish Bhuna	£8.45
Marinated fish cooked with fresh garlic, fresh sliced chilli and selected spices and herbs (slightly hot and spicy)	

Nawabi (Absolutely Delicious)	£7.95
Chicken, lamb and mushrooms garnished with fresh garlic, capsicum, tomatoes, spring onions & coriander with crushed coriander seeds.	

Chingri Beguni	£9.95
Sliced aubergine cooked with King Prawns, garlic, cumin, turmeric then garnished with coriander.	

HEARTY & WHOLESOME CURRIES THAT ARE FRESHLY PREPARED BY OUR CHEFS!!

TIP YOUR CURRY OUT,
DUNK YOUR NAAN or **DROWN YOUR RICE,**
THEY TASTE GREAT
WHICHEVER WAY YOU EAT THEM

BALTI DISHES

These dishes are prepared with onions, tomatoes & 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	£7.95
Chicken Tikka	£7.95
Prawn / King Prawn	£7.95/£9.95
Vegetable	£6.95

Additional toppings £1 extra
Mushroom/chilli/spinach/potato/Mix Veg

KIDS MENU

Chicken Nuggets & Chips	£4.95
Fish-Fingers & Chips	£4.95

SIDE DISHES

Bombay Potatoes	£3.75
Saag Aloo (Spinach and potatoes)	£3.75
Vegetable Curry	£3.75
Saag Paneer	£3.75
Tarka Dhall (Lentils)	£3.75
Massala Sauce	£3.75
Curry Sauce	£2.75

RICE

Plain Rice	£2.75
Pilau Rice	£2.95
Mushroom Fried Rice	£3.15
Egg Fried Rice	£3.15
Keema Fried Rice (minced meat)	£3.45
Special Fried Rice (egg & peas)	£3.45

NAAN

Nan	£2.75	Chappati	£1.00
Garlic Nan	£2.95	Wholemeal thin bread, baked in tawa.	
Keema Nan	£3.25	Paratha	£2.75
Peshwari Nan	£2.95	Wholemeal bread, pan fried in butter.	
Cheese Nan	£2.95	Chips	£2.25