

STARTERS

VEGETARIAN

Onion Bhaji (3pcs)(2,6)	£4.75
<i>Lightly seasoned onion & vegetables fried in a ball shape</i>	
Vegetable Somosa (2pcs) (6)	£4.25
Aloo Chat <i>Potatoes cooked in a spicy chat masala</i>	£5.25
Paneer Tikka (1)	£5.25
<i>Indian cheese marinated in masala and then grilled in a tandoor,</i>	
Mixed Veg Starter (1, 2) <i>Onion bhaji, veg somosa, Paneer Tikka</i>	£5.25

NON-VEG

Lamb Samosa (2pcs) (6)	£4.75
Chicken Samosa (2pcs) (6)	£4.75
Chicken / Lamb Tikka (1)	£5.25
Fish Tikka (1)	£5.25
<i>Marinated chunks of Bengali fish slowly barbecued over charcoal</i>	
Chicken Pakora (2,6)	£5.25
<i>Cooked in aromatic spices then deep fried in special butter</i>	
Sheek Kebab	£5.25
<i>Skewered rolled mince kebabs with herbs – grilled over charcoal</i>	
Shami Kebab <i>Pan grilled minced lamb kebab</i>	£5.25
Tandoori Chicken (1)	£5.25
<i>Tender 1/4 chicken marinated & char grilled with scented herbs</i>	
Chicken Tikka Puree (1)	£6.25
<i>Cooked in medium sauce & served on leavened Pastry</i>	
Chicken Momo (6) <i>Chicken wrapped in a wholemeal bread</i>	£6.25
Chicken Tikka Roll (1, 6)	£7.25
<i>Grilled chicken in a naan wrapped with onions & peppers</i>	
Reshmi Kebab (2) <i>Mince meat kebab wrapped in a egg net</i>	£5.25
Prawn Puree (3, 6)	£6.25
<i>Cooked in a tamarind sauce served on leavened pastry (puri)</i>	
King Prawn Puree (3, 6)	£7.25
<i>As above but cooked with King Prawns</i>	
King Prawn Butterfly (3,6)	£5.25
<i>Marinated then fried in a special butter</i>	
Mixed Starters (1,2)	£7.25
<i>Includes chicken tikka, lamb tikka & sheek kebab</i>	
Tandoori King Prawn (1, 3)	£7.25

Allergy code: dishes containing these products have the numbers in brackets by the side, please check before you place your order.



DAIRY=1



EGG=2



SEALFISH=3



FISH=4



NUTS=5



WHEAT=6



PEANUT=7



SOYA=8

JHAAL'S TANDOORI

A tandoor is a cylindrical clay oven used in cooking and baking. The tandoor is used for cooking in India, Turkey, Iran, Pakistan, Afghanistan, the Transcaucasus, the Balkans, the Middle East, Central Asia as well as Burma and Bangladesh. The heat for a tandoor was traditionally generated by a charcoal fire or wood fire, burning within the tandoor itself, thus exposing the food to both live-fire, radiant heat cooking, and hot-air, convection cooking.

Tandoori Chicken (1)	£10.50
<i>Tender half chicken marinated and char grilled with scented herbs</i>	
Chicken or Lamb Shashlik (1)	£11.50
<i>Succulent cut of pre-marinated chicken grilled with pieces of capsicum, tomatoes & onions</i>	
Chicken or Lamb Tikka (1)	£10.50
<i>Marinated & slowly barbecued over charcoal</i>	
Paneer Tikka (1)	£9.50
<i>Paneer (Indian cheese) marinated in Tandoori masala and barbecued over charcoal</i>	
Lamb Chops (New)	£13.50
<i>Marinated diced lamb chops slowly barbecued over charcoal</i>	
Salmon Tikka (4)	£11.50
<i>Marinated salmon grilled in tandoori oven with traditional sharp spices.</i>	
Fish Tikka (4)	£10.50
<i>Marinated chunks of Bengali fish slowly barbecued over charcoal</i>	
Tandoori King Prawn (1,3)	£13.50
<i>Delicately marinated in a rich, lightly spiced lemon sauce then finished in the tandoor</i>	
Tandoori King Prawn Shaslik (1,2,3)	£14.50
<i>Succulent cut of pre-marinated king prawns grilled with pieces of capsicum, tomatoes & onions</i>	
Tandoori Mixed Grill (1,2)	£13.50
<i>Assortment of tandoori preparation – includes tandoori chicken, chicken tikka, lamb tikka & sheek kebab. served with naan bread.</i>	

CHEF'S SPECIAL

Our tandoori preparations are based on kasmiri recipes. Everything is marinated overnight in yoghurt with garlic, ginger, fresh coriander, selected ground spices and then slowly cooked in a clay tandoor to give that barbecued taste. To finish of cooked in special sauces.

Chicken / Lamb Tikka Badami Korma (1, 5)	£10.50
<i>This rich and decadent Mughlai recipe is a delicious dish fit for a king, chicken infused with almonds nuts and a array of mild spices finished off in a creamy sauce</i>	
Chicken / Lamb Tikka Passanda (1, 5)	£10.50
<i>Tender, mildly spiced, simmered in coconut milk, fresh cream and garnished with pistachio's</i>	
Chicken / Lamb Tikka Makhani (1, 5)	£10.50
<i>Cooked in a smooth creamy butter (makhan) sauce infused with blended mango and aromatic spices</i>	
Butter Chicken / Lamb Chicken (1, 5)	£10.50
<i>in succulent butter sauce & steam cooked</i>	
Chicken Akbari Masala (1, 5)	£10.50
<i>Circular pieces of chicken mixed with cheese, with garlic, ginger, herbs and spices served with a medium sauce.</i>	

Chicken or Lamb Hara Masala (New) (1).....**£10.50**

New bengal novel dish cooked with lentils and baby mushroom garnished with spring onion, medium hot dish.

Special Murghi Masala (New)(1).....**£12.50**

(served with special rice) half chicken charcoal grilled off the bone cooked together with mince meat and special spices, medium.

Tawa Chicken / Lamb or Fish (New)(1,8).....**£10.50**

cooked with chef's special tawa sauce and served with special iron souk, medium strength

Tawa Chicken or Lamb Saag (spinach) (1, 8).....**£10.50**

cooked with chef's special tawa sauce, medium strength

Tawa King Prawn (1, 8).....**£12.50**

Tawa King Prawn Saag (spinach) (1, 8).....**£12.50**

Shatkora Chicken/ Lamb Tikka Bhuna or Fish (1).....**£10.50**

Cooked in a traditional Bangladeshi tangy sauce, which is achieved with the addition of an exotic fruit.

Jhaal Special Chops (New) (1,5).....**£13.50**

Marinated diced lamb chops slowly barbecued over charcoal, cooked with onions and tomato sauce tempered with special spices, slowly cooked, fairly hot.

Naga Chicken / Lamb or Prawn Masala (1,3)

£10.50
Flavoured with specially imported naga chilli, aroma of which no other chilli could imitate,

Naga King Prawn Masala (New).....**£12.50**

Flavoured with specially imported naga chilli, aroma of which no other chilli could imitate, this is very hot with a wicked kick to it

Garlic Chilli Chicken or Lamb Tikka (1)

£10.50
Hot dish cooked garlic, ginger, green chilli and capsicum.

Jhaal Special Chicken or Lamb (1, 2).....**£12.50**

Grilled with onions, green pepper, tomtoes and cooked in a special sauce

Jhaal Special King Prawn (3)

£13.50
King prawns grilled with onions, green pepper, tomtoes and cooked in a special sauce

Mojadar Chicken / Lamb or Fish Sweet & little hot (1,5).....**£10.50**

Tandoori King Prawn Mojadar Sweet & little hot (1,5).....**£13.50**

Shorisa Bata Chicken / Lamb or Fish (1).....**£10.50**

thick medim sauce with chunky onions, red peppers and various herbs and spices with mustard paste.

Rojoni Chicken / Lamb or Fish (1).....**£10.50**

Medium spiced with green and red peppers, carrot in a special sauce with fried garlic

Joyपुरi Chicken / Lamb (1).....**£10.50**

Slightly hot dish cooked in chef's special recipe

Begun Chicken or Lamb (with aubergine) (New)

£10.50

MASALA

A classic dish with spice and flavour that dances on your palate, simmered in rich masala sauce, with a touch of spice, ground almonds, yoghurt and cream.

Chicken / Lamb Tikka Masala(1,5)	£10.50
Tandoori Mixed Grill Masala (1,5)	£12.50
Prawn Masala (1,5)	£10.50
King Prawn Masala (1,5)	£12.50
Tandoori King Prawn Masala (1,5)	£13.95
Paneer Tikka Masala (1,5)	£9.50
Vegetable Masala (1,5)	£8.50

KORMA

Enveloped in fragrant spices which will seduce your taste buds; delicate aromatic spices, ground almonds and coconut combine to give a sweet creamy taste.

Chicken / Lamb Korma (Mild dish) (1,5)	£9.50
Prawn Korma (Mild dish) (1,5)	£9.50
King Prawn Korma (Mild dish) (1,5)	£12.50
Chicken or Lamb Tikka Korma(1,5)	£10.50
Ponir Tikka Korma (1,5)	£9.50
Vegetable Korma (1,5)	£8.50
Honey Chicken or Lamb (New) (1,5)	£9.50

PATHIA OR DANSAK

Persian infused dish, cooked to a madras strength, sweet and sour in taste served with a helping of Pilau Rice.

Chicken / Lamb Pathia or Dansak (1)	£11.95
Chicken Tikka / Lamb Tikka Pathia (1) or Dansak (1)	£12.95
Prawn Pathia or Dansak (1)	£11.95
King Prawn Pathia or Dansak (1)	£13.95
Vegetable Pathia or Dansak (1)	£9.95

TRADITIONAL DISHES

BHUNA *Cooked with onion & tomato sauce with special spices, medium strength.*

CURRY *Cooked with tomato sauce tempered with spices, medium strength.*

CEYLON *Cooked with coconut, madras hot.*

MADRAS *In a fiery hot, tomato chilli sauce with curry leaves & mustard seeds.*

VINDALOO *Cooked with very hot spices and pieces of tomatoes.*

PHALL *(EXTREMELY HOT)*

JALFREZI *Curried with rich spices, green peppers, onions, tomatoes chillies.*

KORAI *Cooked with onion, peppers & korai spices in a korai*

DOPIAZA *Prepared with a large amount of onions, both cooked in the curry*

Chicken or Lamb £9.50 // Chicken Tikka or Lamb Tikka (1) £10.50
Prawn £9.50 // King Prawn £12.50 //
Tandoori King Prawn (1) £13.50 Fish Tikka £10.50 //
Paneer Tikka (1) £9.50 // Vegetable £7.50

BALTI

Is a dish of many herbs & spices which create a distinctive flavour & fragrance

Chicken Tikka / Lamb Tikka Balti (1).....	£10.50
Tandoori King Prawn Balti (1).....	£13.95
Special Mixed Balti (1,3).....	£10.95
Prawn Balti.....	£9.50
King Prawn Balti	£12.50
Fish Tikka Balti (1).....	£10.50
Vegetable Balti	£7.50

ROGAN JOSH

Cooked with fine sliced onion & fresh tomato sauce on top, tempered with special spices, slowly cooked to a medium strength.

Chicken / Lamb Rogan Josh	£9.95
Chicken Tikka / Lamb Tikka Rogan (1).....	£10.95
Prawn Rogan Josh	£9.95
King Prawn Rogan Josh	£12.50
Vegetable Rogan Josh	£8.95

SAAG (SPINACH) INFUSED

Slowly cooked with fresh spinach (medium)

Chicken / Lamb Saag	£9.50
Chicken Tikka/Lamb Tikka Saag (1).....	£10.50
Prawn Saag	£9.50
King Prawn Saag	£12.50

CHANA (CHICKPEAS) OR ALOO (PoTATo) INFUSED

Cooked in an onion & tomato sauce tempered with special spices.

Chicken / Lamb Chana	£9.50
Chicken / Lamb Aloo.....	£9.50
Keema Aloo (mince meat with potato)	£9.50

BIRYANI'S

The dish is created using fragrant rice and using our special biryani sauce, all served with a side dish of the biryani sauce.

Chicken / Lamb Biryani	£11.95
Chicken Tikka / Lamb Tikka Biryani (1).....	£12.95
Jhaal Infusion Biryani (1, 2, 3).....	£12.95
Mixed Biryani (1, 3).....	£12.95
Fish Biryani.....	£12.95
King Prawn Biryani	£13.95
Tandoori King Prawn Biryani (1).....	£14.95
Prawn Biryani.....	£11.95
Vegetable Biryani	£10.95

KIDS MENU

Chicken / Lamb Korma (1,5).....	£6.50
Mild Chicken Tikka Masala (1,5).....	£7.50
Plain Omelette (2).....	£4.00
Mini Mushroom Omelette (2).....	£5.00
Chips	£2.95
Bottle of Soft Drink Coke.....	£3.50

SABZI – VEGETABLE – SIDE LINES

Vegetable Curry.....	£5.25
Tarka Dhal	£5.25
Dhal Masala	£5.25
Bombay Aloo (potatoes in a rich sauce)	£5.25
Aloo Gobi (potatoes and cauliflower)	£5.25
Bindi Bhaji (Okra)	£5.25
Mushroom Bhaji	£5.25
Saag Aloo (Spinach & Potato)	£5.25
Cauliflower Bhaji	£5.25
Saag Bhaji (Spinach)	£5.25
Chana Saag	£5.25
Aloo Chana.....	£5.25
Chana Bhaji (Chick Peas in Onions)	£5.25
Brinjal Bhaji (Aubergine in Onions)	£5.25
Paneer Korma (Indian Cottage Cheese) (1,5).....	£5.25
Saag Paneer (Spinach & Indian Cottage Cheese) (1,5).....	£5.25
Motar Paneer (Green Peas & Indian Cottage Cheese)(1,5).....	£5.25
Dry Vegetables.....	£5.25

RICES

Pilau Rice	£3.20
Boiled Rice	£3.20
Garlic Rice	£4.50
Mushroom Rice	£4.50
Lemon Rice	£4.50
Vegetable Rice	£4.50
Egg Fried Rice (2).....	£4.50
Special Fried Rice (2).....	£4.50
Coconut Rice (5).....	£4.50
Keema Rice.....	£4.50
Onion Fried Rice.....	£4.50
Chicken Fried Rice	£6.95

NAAN

Plain Naan (1,2,6)	£3.10
Garlic Naan (1,2,6).....	£3.95
Peshwari Naan (1,2,5,6).....	£3.95
Keema Naan (1,2,6).....	£3.95
Cheese Naan (1,2,6).....	£3.95
Stuffed Naan (1,2,6).....	£3.95
Paratha (plain) (6).....	£4.95
Moglai Paratha (2,6).....	£5.95
Puri (6).....	£2.75
Tandoori Roti (6).....	£2.95
Chapati (6).....	£2.75

ACCOMPANIMENTS

Popadoms (Plain/Spicy) (6).....	£0.95
Mango Chutney	£0.95
Mixed Pickle.....	£0.95
Mint Sauce	£0.95
Raita (onion /Cucumber) (1).....	£1.95
Onion Salad.....	£0.95

SET MEALS

SET MEAL FOR 1 PERSON £20.95

1 Papadam, 1 Sheek Kebab (st), Chicken Korma,
1 Bombay Aloo, 1 Pilau Rice or Naan.

SET MEAL FOR 2 PERSON £35.95

2 Papadam, 1 Onion Bhaji, 1 Chicken Tikka (st),
1 Chicken Korma, 1 Lamb Bhuna, 1 Bombay Aloo,
1 Mushroom Bhaji, 1 Pilau Rice and Naan.

VEGETARIAN SET MEAL FOR 1 PERSON £19.95

1 Papadam, 1 Onion Bhaji, 1 Vegetable Korma,
1 Vegetable Bhaji, 1 Rice or Naan.

WEDNESDAY SPECIAL £23.95

1 Starter, 1 Main dish, 1 Side dish,
1 Pilau Rice or 1 Plain Naan
(eat in or take away)
excluding all king prawns dishes

WE TAKE ORDERS FOR CATERING

The inspiration for Jhaal is rooted in the undiscovered pleasures of the Bengal - Indian cafes that dotted the streets first of Sylhet and then of dhaka and mumbai.

Imagine Bangladeshi cuisine and cooking techniques, infused with the flavours of tropical fruits and vegetable, Indian spices and the bounty of the bay of bengal.

Imagine too, a home style Bangladeshi cuisine opened to new and exotic tastes from the west.

imagine.....



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