

A woman in traditional Indian attire, including a black and gold sari and jewelry, is shown in profile on the right side of the image. The background is a dark, ornate pattern of gold and black floral motifs.

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Fine Indian Cuisine



RELAX UNWIND ENJOY...

The Midland's most premier Indian Cuisine. With service to mirror the quality of our food, we invite you to relax, unwind and enjoy a fine dining experience that promises traditional Indian cooking, with a modern twist! Malabar is fully licensed and boasts an extensive drinks menu which features a variety of fine wines and premium beers, specifically selected to complement the food we serve. If you are unsure of what wine to choose, our staff will be pleased to assist.

An introduction to Indian Cuisine - With a cooking tradition full of exotic ingredients and rich spices, Indian cuisine is as colourful and diverse as her people. The secret to truly great Indian cooking is in the careful use of aromatic spices, resulting in dishes that tantalise even the most discerning palate! As well as imparting flavour, many of the herbs and spices used in curries are good for you, with unique medicinal properties; turmeric, cloves and cardamom contain powerful antioxidants, while ginger and fennel are carminative to the digestive system.

Fresh food takes time to prepare - Because all of Malabar's dishes are freshly cooked to order using only the finest & freshest produce and spices, you may find it takes slightly longer than at an ordinary restaurant. In the meantime, we recommend you enjoy an appetiser from our extensive list. Please note: While we cannot include our full range of speciality dishes in our take-away menu, we take great care to ensure all dishes are of the same exceptional quality, whether dining in or taking away. Therefore, please allow reasonable time for your take-away orders to be prepared.

Please sign our guest book - Thank you for choosing to dine at the Malabar, we are eager to ensure you receive the highest quality service from the moment you walk in. Please ask our service staff to present you with our guest book. We greatly value your comments and welcome any suggestions you may have.

TRADITIONAL SELECTION

A selection of popular starters recognised by everyone, which have been enjoyed by generations from the golden era of the British Indian Cuisine. Served with a salad garnish, mango & tamarind sauce.

JEERA CHICKEN TIKKA (on or off the bone) 5.90

Pieces of chicken spiced and marinated overnight to achieve the harmony of spices and flavours, cooked in the tandoor. A must for any menu.

SHEEK KEBAB 5.90

Minced lamb blended in coriander, fresh herbs and aromatic ground spices, char-grilled in the tandoor.

NARGIS KOFTA 5.90

Spicy minced lamb pasted over hard-boiled egg, dressed with omelette, for the discerning diner who prefers the original Indian Scotch egg!

CHINGREE BHAJI (Norwegian prawns) 5.90

Prawns cooked with onions, garlic and mild spices served on a flatbread puree (unleavened shallow fried bread almost pancake consistency).

SOMOSA MEDLEY 5.90

Choice or selection of mixed vegetables, mince lamb or diced chicken cooked with bhuna-dry style fresh garlic, shallots, fenugreek leaves and coriander filled in fine Bangladeshi pastry.

CHICKEN SHASHLICK 5.90

Chicken cooked on a skewer with capsicum, onions and tomatoes, served in a spicy tomato based tangy tamarind sauce.

CHICKEN CHATT ON PUREE 5.90

Diced chicken cooked with onions, garlic and mild spices served a flatbread puree (unleavened shallow fried bread almost pancake consistency).

BBQ HOT & SPICY WINGS 5.90

Pieces of chicken wings spiced and marinated overnight to achieve the harmony of spices and flavours, barbecued in the tandoor. A beautiful light refresher.

MIRCHEE KA MASSALLA 5.90

A whole baby sweet bell pepper tandoori grilled and stuffed with spring chicken & coriander or spicy lamb and methi (fenugreek leaves) Make you selection on order.

CHICKEN PAKORA 6.90

Lightly spiced chicken with curry leaves, lemongrass and coriander paste cooked in a light spicy batter, deep fried. A slightly hot and light appetiser.

Popadoms will only be served once you have placed your order, no food items will be served whilst menus are still on the table.

NEPALESE STYLE FISH PAKORA 7.90

Lightly spiced cod with curry leaves, lemongrass and coriander cooked in a light spicy batter, deep fried. A slightly hot and light appetiser.

CELEBRATION MIX TARA 8.90

A house selection of mixed appetisers usually consisting of sheek kebab, chicken tikka, lamb tikka, onion bhajee and somosa.

VEGETARIAN SELECTION

Malabar is proud to present to you our selection of vegetable appetiser's for you to enjoy. Each starter is unique and distinctive in flavour and cooked using fresh vegetables. Highly recommended for our vegetarian guests.

CHILLI PANEER SHAHSLICK 5.90

Pieces of marinated vegetable paneer, tandoori grilled & served sizzling with roasted onions & mixed bell peppers. A light refresher.

ASSAMESE ALOO PUREE 5.90

Baby potatoes cooked in a spicy garlic, onion and peppery sauce with fresh cauliflower florets & baby potatoes. Served in a flatbread puree (unleavened shallow fried bread – almost pancake consistency).

MIRCHI HARIALI 5.90

A whole sweet bell pepper tandoori grilled stuffed with gently spiced mixed seasonal vegetables.

ONION BHAJEE 5.90

Sliced onions and potatoes with sliced aubergine & corn gently spiced, mixed with gram flour, deep fried.

GARLIC MUSHROOM SHASLICK 5.90

Chestnut mushrooms cooked with capsicum, onions and tomatoes, served in a spicy tomato based tangy tamarind sauce.

SABZI PAKORA SELECTION 5.90

Fresh bhindi, cauliflower, courgette and potato dipped individually in a spicy besan and cornflour batter. crispy deep fried vegetable appetiser.

SWEET POTATO SHASHLICK 5.90

Sweet potatoes cooked in a spicy garlic, onion and peppery sauce with juliennes of mixed bell peppers, coriander and chick peas. served sizzling.

PANEER PAKORA 5.90

Lightly spiced paneer with curry leaves, lemongrass and coriander paste cooked in a light spicy batter, deep fried. A slightly hot and light appetiser. Served sizzling with fresh garlic.

MALABAR SIGNATURE STARTERS

Below is our unique house presentation starters you will not find in any other restaurant, these recipes and cooking techniques have been skilfully created by our team of chefs and director of cuisine. We hope you enjoy them as much as we have enjoyed creating them for you.

MASSALLA GRILLED QUAIL

7.90

A whole quail delicately spiced with dry spices, marinated in live yoghurt then steam-grilled. An adventurous game starter full of zesty flavours,

BBQ STICKY & SPICY LAMB SHORT RIBS

7.90

Tender pieces of lamb short ribs marinated in dry crushed spices of garlic, ginger, fenugreek leaves spiced with turmeric, dhanya, shahi zeera and a hint of chilli flakes, dipped in honey & molasses and grilled to perfection. Lip licking Malabar favourite .!!

CHAR-GRILLED SPICY SALMON

7.90

Cubes of filleted salmon, marinated with fennel, ginger, lime juice, ajwain and a hint of mustard. Char-grilled in the tandoori to give it a natural smokey flavour.

CRAB & MACKEREL SOMOSA

7.90

White crab meat and fresh mackerel infused with lemon grass, spring onion, coriander, sea salt and Thai chillies wrapped in filo pastry samosas and deep fried in vegetable oil. A beautiful light and refreshing crab appetiser full of flavour.

SHOLA KASHMIRI GRILL (LAMB CHOPS)

8.90

Tender pieces of lamb chops marinated in mild yoghurt with garlic, ginger, fenugreek leaves spiced with turmeric, dhanya, shahi zeera and a hint of chilli. Tandoori grilled. A well recommended unique starter for those who love the taste of tender Lamb! A Malabar house favourite.

ADRABI HAASHI (DUCK-BREAST)

7.90

Tender duck breast roasted in ginger & lime juices. Spiced with ajwain, methi, mustard and dried chillies. An excellent appetizer full of tangy but flavoursome tones.

SHIKARI VENISON

7.90

Succulent diced cubes of wild venison marinated in hung yoghurt, infused with jeera and coriander and the full flavours of tandoori spices. Grilled to perfection. served sizzling with mixed peppers & onions.

GINGER & LIME MUSSELS & SHRIMPS

7.90

Crushed ginger with curry leaves pan fried with a reduced vine tomato & coriander broth stewed with mussels and shrimp, finished with a dash of coconut milk and served with a butter chapati. An excellent way to enjoy mussels.

GARLIC & SCALLOP SIZZLER

9.90

Oceanic king scallops flash-fried in olive oil with garlic, coriander, kaffir lime leaves and mixed light aromatic spice. An unusual combination of spice, yet extremely tasty and moreish. A unique method of serving scallops, cooked to perfection with light spices to balance the flavours, highly recommended.

SINGAPORE STYLE CRAB

9.90

white devonshire crabmeat, pan - cooked with shallots, crushed fresh chillies, fresh coriander spiced with turmeric & paprika and infused with flash fried garlic. served in a puree (shallow-fried flatbread). An exquisite crab presentation

MALABARI SEAFOOD SIZZLER

10.90

King - sized freshwater prawns, oceanic scallops & mussels stir fried in olive oil with garlic, onion, and mushrooms gently spiced with paprika and a hint of turmeric, garnished with fresh coriander & curry leaves. A must for lovers of seafood.

SCALLOPS, SAMPHIRE & MUSHROOM SIZZLER

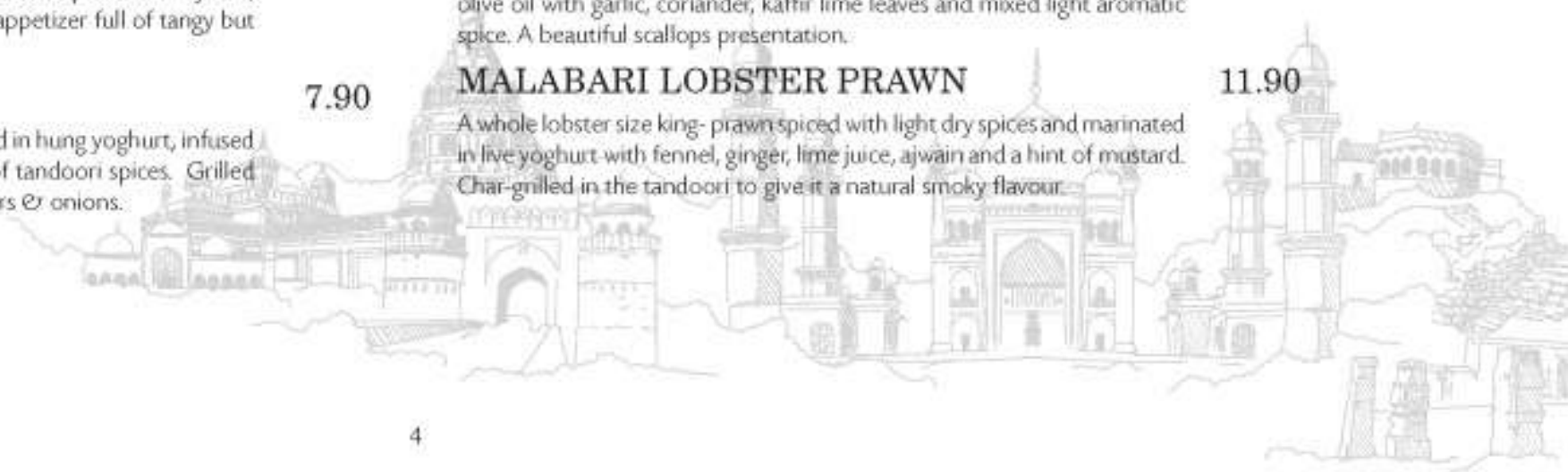
10.90

Pan-fried king scallops with garlic mushrooms and samphire, flash-fried in olive oil with garlic, coriander, kaffir lime leaves and mixed light aromatic spice. A beautiful scallops presentation.

MALABARI LOBSTER PRAWN

11.90

A whole lobster size king- prawn spiced with light dry spices and marinated in live yoghurt with fennel, ginger, lime juice, ajwain and a hint of mustard. Char-grilled in the tandoori to give it a natural smoky flavour.



TSIGRI GRILLED DISHES

The Tsigri is a charcoal fired open flamed grill. This ancient style of cooking was used by the great Mogul chefs (popularly known for their excellent culinary skills) when it came to prepare banquets hosted by the superior emperors. The natural, healthy and earthy tones of these dishes is achieved by using fresh herbs and light natural spices without the use of any oils and butters, resulting in very succulent and flavoursome dishes. The modern day interpretation of cooking with this method is using a charcoal tandoori oven.

CHICKEN (ON/OFF BONE TIKKA) 12.90

Pieces of chicken or on the bone chicken spiced and marinated overnight to achieve the harmony of spices and flavours, cooked in the tandoor. A must for any menu.

TANDOORI MIXED GRILL 15.90

A tandoori mix selection of chicken, lamb and sheek kebab spiced and marinated overnight to achieve the harmony of spices and flavours, cooked in the tandoor.

TANDOORI PANEER SHAHSLICK (V) 11.90

Tandoori grilled vegetarian paneer stir-fried in olive oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a nan bread.

SWEET POTATO, MUSHROOM & SAMPHIRE SHAHSLICK (V) 11.90

Sweet potato, mushrooms & samphire stir-fried in olive oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a nan bread.

CHICKEN SHASLICK 12.90

Tandoori grilled chicken stir-fried in olive oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a nan bread.

MIXED SHASLICK 15.90

A tandoori mix selection of chicken, lamb, king prawn, sheek kebab and duck stir-fried in olive oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a naan bread.

MONKFISH & COD SHAHSLICK 18.90

Premium diced cubes of monkfish & cod pan fried in vegetable oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a naan bread.

SEAFOOD SHAHSLICK 21.90

A mix selection of King Prawns, scallops, mussels, monkfish & shrimps stir-fried in vegetable oil with generous portions of shallots, bell peppers & garlic. Served sizzling with a naan bread.

RECOMMENDED BIRIANI DISHES

Biriani is a culinary speciality of ancient Persian origin made with Patna rice, which is dhum (steam) cooked with your choice of addition and flavoured with saffron. Served with our house selected curry. We recommend that you order a supplementary vegetable side order to make this meal complete.

MURGHEE BIRIANI 12.90

Boneless pieces of chicken, cooked with biriani rice and served with vegetable curry sauce.

SABZI BIRIANI 12.90

Prepared fresh mixed vegetables, cooked with biriani rice, and served with vegetable curry sauce.

KESAR LAMB BIRIANI 14.90

Premium topside of tender lamb, cooked with biriani rice and served with vegetable curry sauce.

SEAFOOD BIRIANI 18.90

Fresh mixed seafood of the day, cooked with biriani rice, and served with vegetable curry sauce.

PANEER & PEAS BIRIANI 12.90

Grilled marinated paneer with garden peas cooked with biriani rice and served with vegetable curry sauce.

MALABARI BIRIANI 15.90

A mixture of lamb, chicken, king prawn and Norwegian prawn cooked with biriani rice and served with vegetable curry sauce.

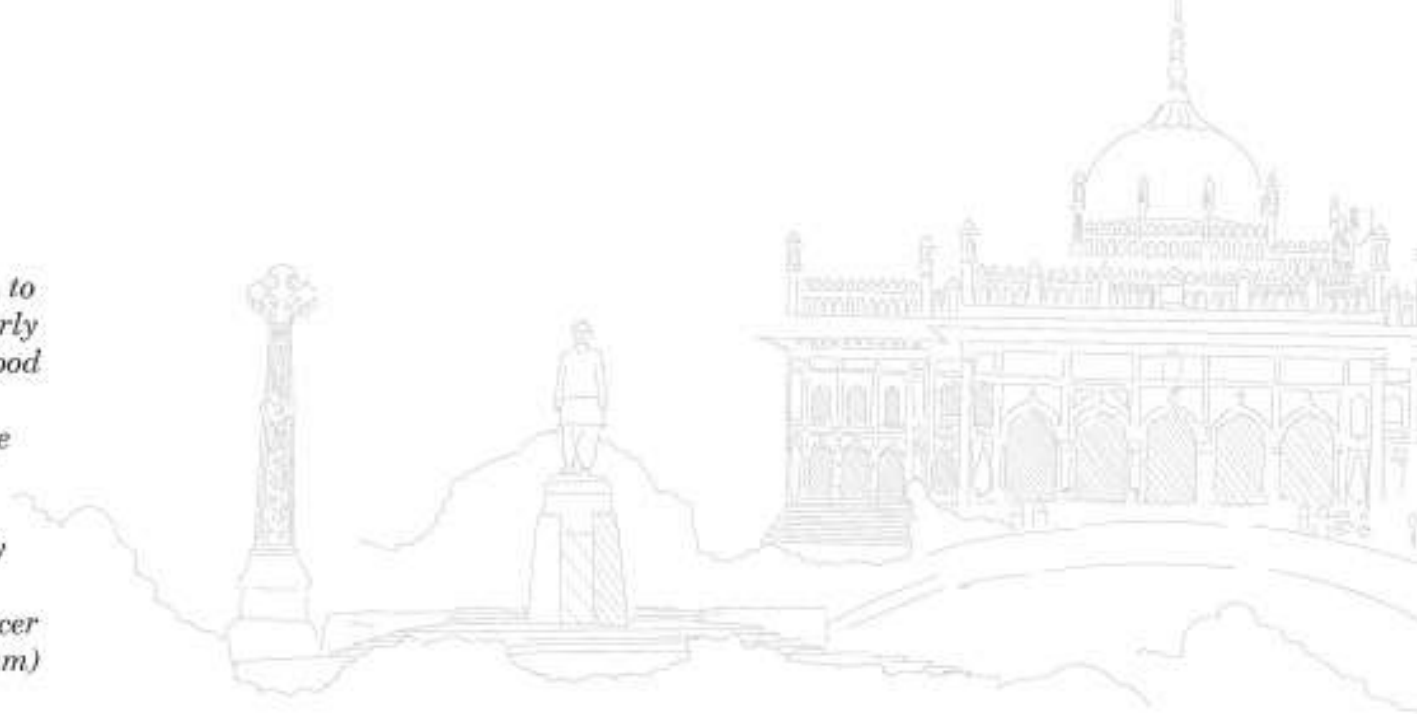
KING PRAWN BIRIANI 20.90

Freshwater king prawn cooked with biriani rice and served with vegetable curry sauce.

SPECIALITY SEAFOOD PRESENTATION

Malabar has won 'The Asian Curry Awards' in recognition to the quality of food and service we provide. It was particularly highlighted for the unique techniques used in cooking seafood dishes locking in the moisture and taste of the fish whilst cleverly using gentle herbs and spices not over powering the flavour of the fish.

The range of different types of market fresh fish is carefully sourced from sustainable blue line fishing environments . Fish is subject to market availability, please ask your servicer on availability. Please allow a further 25 minutes (minimum) cooking time on all seafood dishes.



GRILLED SEAFOOD SELECTION

SALMON 18.90

Steam grilled pieces of prime cut fresh salmon marinated in mild yoghurt and thyme, spiced with ajwain, turmeric, coriander and cracked black pepper. Served with pan-fried garlic vegetables in olive oil.

COD FILLET 18.90

Steam grilled piece of cod fillet marinated in mild yoghurt and thyme, spiced with ajwain, turmeric, coriander and cracked black pepper. Served with pan-fried garlic vegetables in olive oil.

LEMON SOLE 18.90

Premium fillets of fresh lemon sole, spiced and marinated in lime, coriander, turmeric, rock salt and cayenne. Served with pan-fried garlic vegetables in olive oil.

SEA-BASS 18.90

A whole grilled sea-bass (butterflied and de-boned) spiced and marinated in lime, coriander, turmeric, rock salt and cayenne. Served with pan fried garlic vegetables in olive oil.

SWORDFISH STEAK 18.90

Steam grilled piece of swordfish steak marinated in mild yoghurt and thyme, spiced with ajwain, turmeric, coriander and cracked black pepper. Served with pan-fried garlic vegetables in olive oil.

MONKFISH 18.90

Steam grilled piece of whole monkfish tail (de-boned) marinated in mild yoghurt and thyme, , spiced with ajwain, turmeric, coriander and cracked black pepper. Served with pan-fried garlic vegetables in olive oil.

FRESH WATER KING PRAWNS 20.90

cooked in the Shelled freshwater king prawns marinated in a garlic and coriander based paste with fairly moderate spices. (served sizzling with a fresh salad)

HALIBUT FILLET 20.90

Steam grilled piece of halibut fillet marinated in mild yoghurt and thyme, , spiced with ajwain, turmeric, coriander and cracked black pepper. Served with pan-fried garlic vegetables in olive oil.

SPECIALITY SEAFOOD IN SAUCE DISHES

The following seafood dishes have been created using Malabar's own recipes to give you a unique dining experience enjoying the flavours of the ocean. We hope you enjoy these unique dishes as much as we have enjoyed creating them for you.

MACHLI JHOLL 19.90
Fillet of cod loin simmered in mustard oil with young onions, fresh chillies, garlic and coriander. It is then cooked in fish stock with curry leaves and baby potatoes. An excellent seafood dish full of flavours of the sea! Slightly hot.

MONKFISH, KING PRAWN & SHRIMP KARAH 20.90
Diced pieces of monkfish cooked in mustard oil with young onions & mixed bell peppers simmered in spicy onion stock. Finished with adding vine tomatoes and coriander. Garnished with fresh ginger and chillies.

CHINGREE & MONKFISH NIMBU MASALLA 20.90
King-size freshwater prawns (butterfly cut) & Norwegian monkfish cubes cooked in a spicy hot sauce made with pan fried shallots & garlic in olive oil, stewed in an onion based rich stock with fresh lime & curry leaves. Garnished with tomatoes and coriander. A slightly hot and tangy in taste,

CHINGREE MUNCHARIAN 20.90
King size freshwater prawns cooked in the tandoor with a special garlic & mustard marinade, served sizzling in a dish of spicy garlic and coriander sauce, with juliennes of mixed bell peppers. A must for king prawn connoisseurs.

CHINGREE GARLIC CHILLI 20.90
King size freshwater prawns (butterfly cut) cooked with generous portions of garlic & tomato, it is then reduced in a light onion stock with coriander and fresh chillies. An excellent seafood dish, slightly hot.

CHINGREE KYBERI KARI 20.90
King size freshwater prawns (butterfly cut), simmered in olive oil with young onions, cayenne, fresh garlic, root ginger and cumin. It is then cooked with spiced mince lamb in a tomato and coriander based stock. Dressed with fresh ginger and fresh chillies. A slightly warm dish full of flavour.

BENGAL REZELLAH FISH 20.90
Prime cuts of monkfish, king prawns and oceanic scallops fillets pan-fried with mixed bell peppers, then cooked in an onion and tomato stock with fresh sliced ginger, home made achaar and kaffir lime juices. A beautiful and tantalising fish dish.

LOBSTER TAIL & SEAFOOD MEDLEY 22.95
A whole lobster tail cooked with garlic, shallots, chillies and curry leaves in a tomato-based onion stock. Mussels, prawns and scallops are then added, finished with fresh coriander. An excellent seafood dish.

GOAN STYLE FISH CURRY 20.90
Monkfish tail cooked in olive oil with fresh curry leaves, shrimps and fresh young leaves in an onion stock reduction with plum tomatoes, finished with a hint of coconut milk and coriander.

SHALIMARI SHELLFISH 21.95
A Supreme section of king scallops, king-prawns, Scottish rope-grown mussels & Norwegian prawns sautéed in a garlic and coriander sauce. It is then simmered with curry leaves and kaffir lime leaves in an onion gravy with touch of coconut milk, a beautiful smooth and delightful shellfish presentation. Highly recommended for lovers of seafood.

KERALLAN MACHLI TARKARI 22.95
A piece of premium halibut steak pan cooked with scallops and mussels in our signature seafood broth made of onions, garlic, curry leaves, mustard and delicate ground spices with a plum tomato and coconut milk reduction, garnished with flash fried samphire. This is the ultimate seafood recipe and seafood presentation we have taken years to perfect and present to you, a must for seafood connoisseurs.

SINGAPOREAN CHILLI CHINGREE & CRAB TARKARI 20.90
fresh water king prawns butterfly cut with fresh Devonshire white crabmeat gently pan cooked with curry leaves and kaffir lime leaves in an onion gravy with touch of coconut milk, a beautiful smooth and delightful crabmeat presentation. Highly recommended for lovers of seafood.

CHICKEN SPECIALITIES

CHETTINAND 12.90

Spring braised premium diced chicken breast, with black peppercorns and curry leaves, reduced in an onion stock with mixed chillies. A South Indian spicy and tangy specialty chicken presentation.

ZEERA METHI 12.90

Spring braised premium diced chicken breast, marinated with mixed herbs and spices simmered in olive oil with generous amounts of fenugreek leaves and coriander. A hearty and healthy chicken presentation.

BUTTER CHICKEN 12.90

Spring braised premium juliennes of chicken, marinated in yoghurt, coriander and dry chillies. Steam-grilled then simmered in caramelised onions, garlic, tomatoes and butter. It is then cooked in a creamy sauce made from almonds and coconut milk. A delightful buttery, slightly fruity Moghul dish.

ADDRAK KARAHI 12.90

Spring braised premium chicken breast, marinated with mixed herbs and spices then simmered in rapeseed oil with crushed ginger, mixed bell peppers and sliced onions. Spiced medium to slightly hot, a dish full of spicy rich flavours, highly recommended.

CHATUCHAK 12.90

Spring braised premium chicken breast cooked with young onions, peppers and coriander, spiced with turmeric and gentle seasoning and topped with butter pan-fried fresh tomatoes, cucumber and chillies, a slightly hot dish.

KERALLA TAWA 12.90

Spring braised premium chicken juliennes marinated with mixed herbs and spices then simmered in olive oil, mixed bell peppers and sliced onions. Spiced medium to slightly hot, a dish full of spicy rich flavours, highly recommended. Served sizzling with ginger and coriander.

TANDOORI MURGH MASSALLAM 13.90

Tandoori grilled premium chicken, marinated in live yoghurt with dry spices and fresh herbs. It is then pan cooked in a sauce made of garlic, ginger, turmeric, plum-tomatoes, fresh chillies and mince lamb, cooked on the bone with a boiled egg. A wonderful slightly hot house presentation. Highly recommend.

NAWABI PISTA PASANDA 13.90

Tandoori grilled premium chicken, marinated in yoghurt, steam-grilled then simmered in caramelised onion gravy, vine tomatoes and butter. It is then cooked in a creamy sauce made from crushed almonds and coconut milk, garnished with a boiled egg. A delightful smooth and mild creamy dish cooked on the bone. A very smooth choice for a mild & creamy palette.

MURGHI MAKHANI 13.90

Tandoori grilled premium chicken, marinated in yoghurt, steam-grilled then simmered in pan fried crushed almonds & ripened vine tomatoes and butter. It is then cooked in a creamy sauce made from almonds and coconut milk. A delightful smooth and mild creamy dish finished with an addition of fresh cream to create a silky and smooth finish, cooked on the bone. An exquisite presentation. Highly recommended.

LAMB SPECIALITIES

KHYBERI KARI 13.90

Diced slices of spring lamb simmered in olive oil with young onions, cayenne, fresh garlic, root ginger and cumin. It is then cooked with spiced mince lamb in a tomato and coriander based stock. Dressed with fresh ginger and fresh chillies. A slightly warm dish full of flavour.

ZAFRANI 13.90

Succulent pieces tender lamb braised with cracked black pepper, it is then simmered in olive oil with young onions, fresh garlic, & root ginger. It is then cooked stew like in a onion, vegetable and coconut stock, reduced with the addition of fresh aubergine, courgette, chillies and young leaves. A warm and medium dish full of rich flavour.

GARLIC CHILLI 13.90

An alternative to the popular bhuna, this dish is cooked with onions, mixed peppers, garlic, achar, fresh herbs and spices. Garnished with fried chillies and garlic. A bhuna style dish with generous amounts of garlic.

LUHARI KARAHI 13.90

Succulent pieces of tender lamb braised with cracked black pepper simmered in olive oil with fresh garlic and shallot paste, it is then reduced with bell peppers and curry leaves. A traditional north Indian lamb presentation.

KAALIA GOSHT 14.40

South Indian presentation of lamb cooked with fresh ginger, peppercorns and black chilli, reduced in onion stock with curry leaves and split mustard. A well recommended slightly hot lamb dish.

LAAL MAAS 14.40

A spicy fiery Rajasthani red chilli curry. Succulent tender lamb simmered in crushed ginger, red chillies & black pepper reduction cooked in an onion and vine tomato gravy. An adventurous spicy and hot lamb presentation from the recipes of Rajasthan that are well known for the use of fiery red chillies. An extremely tasty lamb presentation.

RAILWAY LAMB MADRAS 14.40

The traditional favourite of the British Raj in India, this dish was served to the first class travellers in their opulent railway compartments. This is a spectacular recipe of tender lamb, cooked with ground peppercorns and ground black chillies with fresh spices stewed in a thick tomato and onion gravy with baby potatoes. An excellent original, slightly hot but tasty lamb recipe finished with fresh chillies and coriander.

GOAN LAMB VINDALOO 14.40

Famed for the Portuguese influence of hot spices in Goa, we bring you our version of the famous Goan Vindaloo. Crushed ginger & garlic is simmered with vine tomatoes then Lamb added and stewed with fresh coriander and curry leaves, a mixture of spices and crushed hot chillies added and finished with baby potatoes. A very hot and tasty presentation of an original lamb recipe.

TARKARI 15.90

An excellent presentation of a whole lamb shank slow cooked with shallots, fresh root ginger, fresh herbs and spices, cooked in a slightly hot onion and tomato sauce with baby potatoes & minced lamb. Garnished with fried chillies and root ginger. An exquisite lamb dish full of rich flavours.

PASTISTA 15.90

Our House presentation of slow cooked whole lamb shank cooked with fresh ginger, garlic, dry chillies and cayenne pepper. Reduced in lamb stock with butternut squash and curry leaves. A signature lamb dish.

GAME, MIXED & TRADITIONAL CURRY SPECIALITIES

ZAMERI ZEERA HAASHI (DUCK) 14.50

Succulent juliennes of premium duck breast cooked with garlic, shallots, whole jeera in a spicy tomato and coriander reduction, finished with fresh coriander and fenugreek leaves. An excellent duck presentation.

AJMERI HAASHI (DUCK) 14.50

Succulent juliennes of premium duck breast marinated with mixed herbs and spices simmered in olive oil with choyoto squash and generous amounts of fenugreek leaves and coriander. A hearty and healthy chicken presentation.

HORINER TARKARI 14.50

Succulent juliennes of premium Scottish wild venison cooked with fresh ginger, peppercorns and black chilli, reduced in onion stock with curry leaves and split mustard. A well recommended slightly hot lamb dish.

PASPURAN KHYBERI KARI 15.90

Chicken, lamb, prawn and king prawn cooked with young onions, mixed bell peppers and coriander. A textured and balanced curry full of rich flavour, highly recommended.

JUNGLE MUNCHARIAN 15.90

Juliennes of grilled chicken & duck breast, diced venison & diced lamb cooked in the tandoor with a special garlic & mustard marinade, served sizzling in a dish of spicy garlic and coriander sauce, with juliennes of mixed bell peppers.

TRADITIONAL FAVOURITES

The following traditional favourite dishes are available to order. Please select your choice of additive with the curry.

BALTI, BHUNA, DOPIAZA, DHANSAK, PATHIA, SAAGWALA, ROGON JOSH, JALFREZI, MALAYA, CEYLON OR KORMA

Chicken, Fresh Vegetables,	
Mince Lamb	11.90
Norwegian Prawns or Premium Lamb	12.90
Freshwater King Prawns	20.90
Chicken Tikka Massalla	12.95

COMBINATION DISHES

COMBINATIONS WILL NOT BE SERVED AT BUSY PERIODS

The following selections are served as two half portions enabling patrons to sample two dishes.

TRADITIONAL POPULAR DISHES

Chicken Tikka Mossala & Lamb Bhuna	13.90
Chicken Saagwala & Lamb Jalfrezi	13.90
Chicken Dhansak & Lamb Ceylon	13.90
Chicken Jalfrezi & Lamb Patia	13.90
Chicken Korma & Lamb Malaya	13.90

EXCLUSIVE MALABAR DISHES

Butter Chicken & Garlic Chilli Lamb	14.90
Chicken Chatuchak & Lamb Zafrani	14.90
Paspuran Khyberi & Garlic Chillie Chicken	14.90
King Prawn Ceylon & King Prawn Saagwala	20.90
Bengal Rezallah Fish & King Prawn Jalfrezi	20.90

EXCLUSIVE VEGETARIAN DISHES

Mix Veg Bhuna & Mix Veg Dhansak	12.90
Mix Veg Saagwala & Mix Veg Jalfrezi	12.90
Dhum Aloo Gobi & Lasan Ka Saag	12.90
Methi Bhindi Palak Salan & Paspuran Dhall	12.90
Palak Paneer Baigan Jhool & Mix Veg Ceylon	12.90

Other combination meals of your choice may be made up from the main menu, please note this may take some time to prepare and additional charges will apply.

SHAH KARI SELECTION (FRESH VEGETABLES)

Malabar is proud to present to you our selection of vegetable dishes for you to enjoy. Each dish is unique and distinctive in flavour and cooked using fresh vegetables. Highly recommended for our vegetarian guests. These dishes can be served as a main course £11.90 or a side accompaniment to any main dish £5.90, please note no side order may be allowed to be served without a main course.

DHUM ALOO GOBI

A traditional Chettinad recipe of tangy spiced potatoes, aubergines & cauliflower cooked semi-dry with shallots, tamarind, garlic, coriander & sweetened tomatoes. A wonderful spicy vegetable dish.

LASAN KA ROSHUNI SAAG

Fresh spinach cooked in olive oil with fried garlic and onions with turmeric and a hint of shallots. An age old traditional favourite. Can be modified to potatoes (saag aloo) or paneer (saag paneer).

PALAK PANEER & BAIGAN JHOOL

Fresh spinach, aubergine, and mushrooms cooked semi-dry in olive oil with pan-fried garlic and shallots, medium-hot & slightly spicy. Garnished with coriander. A well balanced vegetarian dish.

SWEET POTATO, PEAS & MUSHROOM CURRY

Sweet potatoes, mushrooms and peas cooked together with medium spices reduced in onion stock the finished with curry leaves and coriander.

CHILLI CHANA & MATTER PANEER

A traditional south Indian recipe of tangy spiced chick-peas & paneer cooked semi-dry with shallots, fresh peas, tamarind, garlic and coriander. Topped with flash-fried root ginger and fresh chillies, a hot and flavoursome dish.

SHAHI PANEER MASSALLA

Grilled marinated paneer cooked in a plum tomato stock reduced with fresh cream, coconut and almonds. A classic paneer dish, mild and rich in flavour.

BUTTERNUT SQUASH & PANEER CURRY

Tandoori grilled cubes of spicy paneer & cubes of fresh butternut squash simmered in olive oil with fresh garlic and shallot paste, it is then reduced with curry leaves. A traditional north Indian paneer presentation.



METHI BHINDI

Fresh Okra (or commonly known as ladies fingers) cooked together with fenugreek leaves, pan-fried with shallots and a hint of coriander, chilli & lemon to give it a tangy flavour.

BUTTERNUT SQUASH & CAULIFLOWER, PANEER BHAJEE

Fresh butternut squash, cauliflower, sugar snap, peas and paneer cooked semi-dry in olive oil with pan-fried garlic and shallots, medium-hot & slightly spicy. Garnished with coriander. A well balanced vegetarian dish.

DHAL TARKA

The renowned popular yellow split lentils (Masoor dhal) cooked in steamed pots, finished with a flash-fried tarka of sliced fried garlic, shallots and bay leaves in olive oil.

SAMPHIRE, AUBERGINE & SWEET POTATO CURRY

Fresh diced aubergine cubes simmered in mustard oil with young onions, fresh chillies, garlic and coriander. It is then cooked in veg stock with curry leaves and sweet potatoes & samphire. Slightly hot and beautiful curry.



RICE DISHES

PLAIN BOILED RICE	3.00
Boiled patna rice without any additives or flavouring.	
STEAMED BASMATI RICE	3.50
Aromatic kernal basmati rice cooked with a hint of saffron and kewra.	
MUSHROOM PILAO RICE	3.90
Aromatic basmati rice cooked with fresh mushrooms and turmeric.	
GARLIC & ONION FRIED RICE	3.90
Patna rice fried with garlic and onions in sunflower oil.	
KEEMA PILAO RICE	3.90
Aromatic basmati rice cooked with spicy minced lamb.	
PERSIAN FRUIT and NUT RICE	3.90
Aromatic basmati rice cooked with the slightly sweet flavours of almonds, sultanas and dried fruit.	
SAMPHIRE and GARLIC FRIED RICE	3.90
Aromatic basmati rice cooked with flash-fried samphire & garlic.	
GOAN STYLE RICE	3.90
Aromatic basmati rice cooked with shallots, green peas, egg and coriander.	
THAI GREEN RICE	3.90
Aromatic basmati rice cooked with crispy fried green cabbage, generous portions of garlic and coriander, finished with a hint of fresh chilli.	
EGG FRIED RICE	3.90
Plain boiled rice fried with salt with generous portion of scrambled eggs	
PEAS PILAO RICE	3.90
Aromatic basmati rice cooked with shallots, garden peas and coriander.	
LEMON CHILLI RICE	3.90
Aromatic basmati rice fried with shallots, sliced lemons and chillies.	

FOOD ALLERGY DISCLAIMER

Customers concerned with food allergies need to be aware of this risk. We will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while eating at any of our establishment. Please inform staff of any known food allergies and we will do our best to accommodate your requirements.



BREADS

NAAN Classical Indian bread.	3.00
GARLIC and ONION NAAN	3.90
Soft bread coated with an abundance of garlic and shallots.	
JAFRANI KEEMA NAAN	3.90
Soft bread stuffed with spicy minced lamb.	
PESHWARI FRUIT and NUT NAAN	3.90
Soft bread stuffed with dried fruit and coconut.	
CHILLI and CORIANDER NAAN	3.90
Naan infused with fresh chillies, spring onions and coriander leaves.	
STUFFED KULCHA NAAN	3.90
Naan stuffed with a spicy cauliflower and potato filling.	
GARLIC and CHEESE NAAN	3.90
Naan infused with garlic & soft cheese.	
ROASTED CHILLI NAAN	3.90
Naan infused with rock salt, whole jeera, fresh garlic, roasted black chillies, fresh chillies and coriander.	
MALABAR NAAN	3.90
Naan stuffed with spicy new potatoes, cauliflower and goats cheese, dressed with fresh green chillies, fresh coriander and rock salt.	
TANDOORI ROTI	2.50
BUTTER PARATHA	3.00
WHOLEMEAL CHAPATI	1.90
Papadum	1.00
Onion Salad/Mint Sauce/Tamarind Sauce	1.00
Mango Chutney Or Lime Pickle	1.90
Plain Raita	1.90
Cucumber & Onion Raita	2.70
Refreshing Green Salad	3.90