

## Mildly Spiced Curries

### Massala

Diced Chicken marinated for several hours in Heart of India's own sauce with selected herbs and spices, barbecued over a flaming clay oven and cooked in a rich Massala Sauce. Garnished with cream, these dishes have a truly dazzling flavour.

Tandoori Chicken Massala (on the bone) .....	7.45
Chicken Tikka Massala.....	6.95
Lamb Tikka Massala.....	7.45
King Prawn* Tikka Massala.....	10.95

### Kurma

Delicate dish, cooked with cream and coconut.

### Kurma

Chicken.....	5.45
Chicken Tikka .....	6.45
Lamb.....	5.95
Vegetable.....	4.95
Prawn .....	5.45
King Prawn* .....	9.50

### Passanda

Made with yoghurt, cream and a hint of vinegar, providing a mild, rich and creamy taste.

### Malaya

Cooked with pineapple and banana.

### Passanda

Chicken.....	6.45
Chicken Tikka .....	7.45
Lamb Tikka .....	7.95
Vegetable.....	5.45
Prawn .....	6.45
King Prawn* .....	9.50

### Kashmir

An exotic dish, cooked with lychee and banana.

### Delight

Delightful preparation with potatoes.

### Lucknow

A mild curry with spices, mushrooms and cream.

### Malaya, Kashmir, Delight & Lucknow Dishes

can be prepared with:

Chicken.....	5.95
Chicken Tikka .....	6.95
Lamb.....	6.45
Vegetable.....	5.45
Prawn .....	5.95
King Prawn* .....	9.95

## Medium Spiced Curries

### Regular

Heart of India's own basic curry - simple & original!

### Regular Curry

Chicken, Prawn or Vegetable.....	4.95
Regular Lamb Curry .....	5.35
Regular King Prawn Curry .....	7.95

### Shatkora

Chicken.....	5.45
Lamb.....	5.95
Vegetable.....	4.95

### Shatkora

An exquisite traditional dish of Bangladesh - if you like the zesty taste of lemons, this is the dish for you!

### Akbori

Succulent pieces of Chicken Breast garnished with Garlic Butter and Heart of India Imperial sauce.

### Akbori

Chicken Tikka .....	7.50
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### Dupiaza

Chicken.....	5.45
Chicken Tikka .....	6.45
Lamb.....	5.95
Vegetable.....	4.95
Prawn .....	5.45
King Prawn* .....	9.95

### Dupiaza

From the North of India. Using literally dozens of spices to produce a medium to sweet taste.

### Bhuna

Chicken.....	5.45
Chicken Tikka .....	6.45
Lamb.....	5.95
Vegetable.....	4.95
Prawn .....	5.45
King Prawn*.....	9.95
Keema Aloo (Mincemeat).....	5.35

### Bhuna

A very garnished dish, extensively treated and a little condensed, but one of the most tasteful.

### Balti

Exotic dish, aromatically spiced and freshly cooked from the Balti pan.

Chicken.....	5.45	Lamb .....	5.95
Chicken Tikka.....	6.45	Lamb Tikka .....	6.95
Vegetable.....	4.95		
Prawn .....	5.45		
King Prawn*.....	9.95		
Prawn & Sak (Spinach) .....	5.95		
Chicken & Sak (Spinach) .....	5.95		
Chicken & Vegetable.....	6.25		
Lamb & Vegetable.....	6.65		
Prawn & Vegetable.....	6.25		
King Prawn* & Vegetable .....	10.45		

## Hot Spiced Curries

### Bengal

Similar to Madras with onion, tomato & green peppers.

### Ceylon

Contains coconut, black pepper and lemon. Fairly hot.

### Dhansak

Delicious combination of spices with lentils, garlic, lemon and sugar.

### Pathia

Red chilli, black pepper & lemon. Hot, sweet and sour taste.

### Roughan Josh

With Pimento (fairly hot and juicy).

### Madras

A rich fairly hot taste.

### Vindaloo

Very hot. (Add 70p to prices).

### Tindaloo

Extra hot. (Add 1.20 to prices).

All the featured dishes above can be prepared with:

Chicken.....	5.45
Chicken Tikka .....	6.45
Lamb.....	5.95
Vegetable.....	4.95
Prawn .....	5.45
King Prawn*.....	9.95

### Jalfrezi

Cooked in a special kashmiri sauce with exotic spices, green peppers and green chillies.

Chicken.....	6.45	Lamb .....	6.95
Chicken Tikka .....	7.45		
Lamb Tikka .....	7.95		
Vegetable.....	5.45		
Prawn .....	6.45		
King Prawn*.....	9.95		

### Garlic Chilli

Extensive garlic and chilli to give a mouth watering taste.

Chicken.....	6.45
Chicken Tikka .....	7.45
Lamb.....	6.95
Vegetable.....	5.45
Prawn .....	6.45
King Prawn*.....	9.95

portions too BIG?!

Deduct 1.50 from prices for slightly smaller portions

## STARTERS

Onion Bhaji .....	1.95
Samosa (Meat or Vegetable).....	1.95
Chicken Tikka .....	3.25
Lamb Tikka.....	3.50
Chicken Tikka Pakora .....	3.35
Tandoori Chicken (on the bone).....	3.25
Sik Kebab .....	2.95
Rashmee Kebab (with Egg).....	3.15
Nargis Kebab (Boiled Egg & Mincemeat).....	3.50
King Prawn* Butterfly .....	3.95
Prawn Cocktail.....	2.95
Prawn Puree.....	3.50
Chicken Chatt .....	3.50
Aloo Chatt Chop.....	2.75
<b>HEART OF INDIA MIXED KEBAB</b> (Onion Bhaji, Sik Kebab, Chicken Tikka).....	4.45

## BREADS

Plain Naan .....	1.95
Keema Naan (Mincemeat).....	2.25
Peshwari Naan (Coconut).....	2.20
Garlic Naan .....	2.15
Kulcha Naan (Vegetable).....	2.25
Chapati (Thin, Wheat Bread).....	0.95
Puree (Thin Bread, Deep Fried).....	1.00
Paratha (Layered Bread, Fried).....	1.95
Stuffed Paratha (Stuffed with Veg).....	2.35
Egg Paratha .....	2.35
Papadum .....	0.60
Massala Papadum (Spicy).....	0.60

French Fried Chicken & Chips.....	6.50
Chips.....	1.80

Plain Rice (Boiled).....	1.95
Pilau Rice (Basmati).....	2.00
Onion Fried Rice.....	2.35
Egg Fried Rice .....	2.45
Garlic or Lemon Fried Rice .....	2.45
Special Pilau Rice.....	2.55
Mushroom or Vegetable Rice.....	3.10
Keema Rice (Mincemeat).....	3.50

Canned Drinks .....	0.90
Bottle (1.5ltr).....	1.95

## PICKLES & SAUCES

Mint Sauce.....	0.60	Yoghurt .....	0.80
Raita: Onion or Cucumber .....	0.95		
Mango Chutney, Lime Pickle or Chilli Pickle..	0.50		

## TANDOORI MAIN DISHES

**TANDOORI** and **TIKKA** dishes are not curries. They are dishes marinated in Yoghurt and a special blend of spices, then barbecued in a Tandoori, which is an open topped charcoal oven with clay walls. Served with fresh green salad and mint sauce.

Tandoori Chicken (on the bone).....	5.95
Chicken Tikka .....	5.95
Lamb Tikka.....	6.35
Chicken Tikka Shalik .....	7.45
King Prawn* Tikka .....	8.95

**HEART OF INDIA MIXED GRILL** with Naan (Tandoori Chicken, Chicken Tikka, Lamb Tikka & Sik Kebab)..... **9.50**

## VEGETABLE SIDES

ANY TWO for 5.00

<b>Curry or Bhaji</b>	
Bhindi.....	2.80
Brinjal.....	2.80
Chana .....	2.80
Cauliflower.....	2.80
Mushroom.....	2.80
Vegetable.....	2.80

Sak Bhaji (Spinach).....	2.80
Sak Aloo (Spinach & Potato).....	2.80
Sak Paneer (Spinach & Cheese).....	2.95
Tarka Dal (Garlic & Lentils).....	2.80
Bombay Potatoes (Fairly hot).....	2.80
Aloo Gobi (Potato & Cauliflower).....	2.80

## BIRYANI

A traditional North Indian dish mixed with Basmati Rice and flavoured with Saffron. All include a Vegetable Curry side.

Chicken.....	7.95		
Lamb.....	7.95		
Vegetable.....	6.95		
Mushroom .....	6.95		
Prawn.....	7.95		
King Prawn* .....	9.95		
Tandoori Chicken .....	9.95		
Chicken Tikka.....	9.50	Lamb Tikka .....	9.95

**PERSIAN Chicken**...9.95 Lamb..... 10.45  
(Contains Mixed Fruit and Egg)

## SPECIALS MENU

### Adha Goust

A unique dish cooked with plenty of ginger to give a strong kick.

Chicken.....	5.95
Chicken Tikka .....	6.95
Lamb.....	6.45

### Achari

Made with tikka breast in a medium sauce, garnished with lime, mango and ginger.

Chicken Tikka .....	6.45
Lamb Tikka .....	6.95

### Chana

A fairly dry dish cooked with chick peas - a medium to hot taste.

Chicken.....	5.95	Lamb .....	6.45
Chicken Tikka.....	6.95	Lamb Tikka .....	7.45

### Korai

Cooked with capsicum, tomato, herbs and ginger.

Chicken.....	6.45		
Chicken Tikka.....	7.45	Lamb Tikka .....	7.95
Prawn .....	7.45		
King Prawn* Tikka .....	10.45		

### Makan Wala

Rich tomato and butter flavour with a hint of coconut.

Chicken.....	6.45
Lamb.....	6.95
Prawn .....	6.45
King Prawn*.....	9.95

### Tikka Butter

Tikka coated in butter, cream, herbs and spices producing a beautiful mouthwatering dish.

Chicken Tikka .....	7.45
King Prawn* Tikka .....	10.45



### Chef's Specials

Prepared with Mincemeat, Heart Of India's special sauce and Egg. Can be cooked Hot, Medium or Mild - your choice. Naan Bread OR Pilau Rice included with every dish.

Special Chicken Curry.....	8.65
Special Lamb Curry.....	8.95
Special Vegetarian <sup>2</sup> Curry .....	7.35
Special Prawn Curry.....	8.65
Special King Prawn* Curry.....	8.95
Special Mixed <sup>3</sup> Curry .....	9.45
Special Mixed <sup>3</sup> Balti.....	9.95

### Special Mixed Biryani

Chicken, Lamb and Prawns mixed with basmati rice. Vegetable Curry and Naan bread sides included..... 10.45

## PARKSTONE BRANCH EXCLUSIVE SPECIALS

### Thali for 1 person

Curry, rice & side dishes in one container.

1. Ch Tk Massala, Rice & Sak Aloo ..... 7.95
2. Ch Jalfrezi, Rice & Sak Aloo ..... 7.95
3. Ch Dupiaza, Rice & Veg Bhaj ..... 7.95
4. Veg Curry, Rice & Onion Bhaji ..... 7.95

### Olive

Cooked with the finest olives, in a blend of onions, garlic and ginger.

Chicken Tikka .....	7.45
Lamb Tikka .....	7.95

### Joypuri

Cooked with Methi leaf, garnished with garlic and ginger.

Chicken Tikka .....	7.45
Lamb Tikka .....	7.95

Parkstone

**Call Us Now! (01202) 737148**

## SPECIALS MENU

# Heart of India®

EVERY NIGHT'S A BARGAIN NIGHT AT THE HEART OF INDIA

set menus

## Midweek Tasters\*

Meal for Two - Only **£12.50**

Only Available Monday, Tuesday & Wednesdays

### Taster 1

- 1 Onion Bhaji
- 1 Samosa

- 1 Ch Tikka Massala
- 1 Lamb Bhuna
- 1 Aloo Gobi
- 1 Pilau Rice

- 2 Papadums
- 1 Onion Salad
- 1 Green Salad
- 1 Mango Chutney
- 1 Mint Sauce

### Taster 2

- 1 Onion Bhaji
- 1 Sik Kebab

- 1 Chicken Balti
- 1 Lamb Garlic Chilli
- 1 Aloo Gobi
- 1 Pilau Rice

- 2 Papadums
- 1 Onion Salad
- 1 Green Salad
- 1 Mango Chutney
- 1 Mint Sauce

## Massala Madness

Meal for Two - Only **£21.95**

- 2 Onion Bhaji
- 2 Sik Kebab

- 2 Massala: Chicken, Lamb or Vegetable Massala

- 2 Pilau Rice
- 1 Sak Aloo
- 1 Plain Naan

- 1 Onion Salad
- 2 Green Salad
- 2 Mint Sauce

Come and collect  
and you can get your  
Taster reduced to just...

**£9.99!**<sup>1</sup>

## SIZZLER\* Meal Deal

Meal for Two - Only **£15.95**

### SIZZLER Meal 1

- 1 Ch Tikka Starter
- 2 Papadums

- 1 Chicken Jalfrezi
- 1 Lamb Bengal
- 1 Sak Aloo
- 1 Pilau Rice

- 1 Plain Naan
- 1 Mango Chutney
- 1 Mint Sauce
- 1 Onion Salad
- 1 Green Salad

### SIZZLER Meal 2

- 1 Ch Tikka Starter
- 2 Papadums

- 1 Ch Tikka Massala
- 1 Chicken Kurma
- 1 Sak Aloo
- 1 Pilau Rice

- 1 Peshwari Naan
- 1 Mango Chutney
- 1 Mint Sauce
- 1 Onion Salad
- 1 Green Salad

HOT

MILD

## Bargain Balti

Meal for Two - Only **£19.95**

- 4 Papadums
- 2 Onion Bhaji
- 1 Mango Chutney
- 1 Onion Salad

- 2 Balti: Chicken, Lamb or Vegetable Balti

- 1 Pilau Rice
- 1 Vegetable Bhaji
- 2 Plain Naan

## Childrens Meal

Meal 1 - Chicken Tikka with  
Chips and Mint Sauce  
**£4.50**

Meal 2 - Chicken Biryani with  
Vegetable sauce  
**£5.75**

\*Please note: Taster and Sizzler Main course dishes are slightly smaller than our usual Mega Portions!! Any changes incur extra charges. <sup>1</sup>Offer applies to Taster set meals with a reduced price of £9.99 mon-wed (inclusive) collection orders only. Not valid with any other offers. Valid for a limited time only and subject to availability. Excludes bank holidays. Valid at participating stores only.