

VEG SIDE DISHES

Aloo Methi	£2.50	Tarka Dhalli	£2.50	Veg Bhaji	£2.50
Aloo Gobi	£2.50	Chana Masala	£2.50	Cauliflower Bhaji	£2.50
Bombay Potato	£2.50	Saag Bhaji	£2.50	Fried Garlic Mushrooms	£2.50
Saag Aloo	£2.50	Mushroom Bhaji	£2.50	Saag Paneer	£2.50

BREADS & SUNDRIES

Nan	£2.00	Garlic & Chilli Nan	£3.00	Tandoori Roti	£1.25
Peethwan Nan	£2.50	Garlic & Keema Nan	£3.00	Chips	£1.75
Keema Nan	£2.50	Chapati	£1.00	Onion or Cucumber Raita	£1.75
Garlic Nan	£2.50	Plain Potatoes (2)	£1.80	Green Salad	£1.50
Kulcha Nan	£2.50				

RICE DISHES

Boiled Rice	£2.50	Vegetable Fried Rice	£2.95	Garlic Fried Rice	£2.95
Basmati Pilau Rice	£2.30	Egg Fried Rice	£2.95	Special Fried Rice	£2.95
Mushroom Fried Rice	£2.95	Coconut Fried Rice	£2.95	Chilli Fried Rice	£2.95
Keema Fried Rice	£2.95	Onion Fried Rice	£2.95		

QUICK BITES & EXTRAS

Donner Tray	£2.75
Donner & Chips	£3.30
Chips & Curry Sauce	£2.50
Chicken Tikka & Chips	£3.50
Any Curry Sauce	£3.00
Southern Fried Chicken & Chips	£4.50
Chicken Omelette & Chips	£4.00
Chicken Mugglets with & Chips	£3.00
Chicken Pop Corn & Chips	£3.00

KEBABS (regular)

Chicken Tikka on Nan	£5.50
Donner on Nan	£5.00
Chicken Tikka & Donner on Nan	£6.50
Sheek Kebab on Nan	£5.00
Mix Kebab on Nan	£6.95
Chicken Tikka, Lamb Tikka & Sheek Kebab with Donner Meat for an extra £1.50	

Chicken Tikka & Donner
Stir Fry on Nan - £7.95

(On food with onion, tomato & spices)

SOFT DRINKS

Canteen Juice £3.95
Coke, Diet Coke, Pepsi,
Tea, or Pepper Mint
Bottle Water £0.80
Bottle of Ice £2.50
Coke or Diet Coke

MEAL FOR 1

APPETIZERS & STARTERS

1 Papadams, Onion & Mango Chutney,
Onion Bhaji, Salad & Mint Sauce

MAIN COURSES

Any 1 Curry (from the Classic Curry Dishes or
Chef's Specialities) (Lamb Tikka £1 extra)

SUNDRIES: Pilau Rice & Nan

only £10.95

TANDOORI SET MEAL FOR 2

APPETIZERS & STARTERS

2 Papadams, Onion & Mango Chutney,
Sheek Kebab, Lamb Tikka, Salad & Mint Sauce

MAIN COURSES

Tandoori Chicken, Chicken Tikka,
With 2 Plain Curry Sauces

SUNDRIES: Pilau Rice, Nan

only £19.95

ALLERGY AWARENESS

Please see list below if you have any allergies, please let us know before ordering.

Cereals Containing Gluten (Wheat Gluten) • Crustaceans Prawns • Eggs • Lupin • Milk • Nuts • Soy • Mustard • Peas/Tree Nuts • Sesame Seeds • Celery • Fish • Sulphur Dioxide

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MEAL FOR 2 - CREATE YOUR OWN

APPETIZERS

2 Papadams, Onion & Mango Chutney, Salad & Mint Sauce

ANY 2 STARTERS

From Section A of the Starters

MAIN COURSES: ANY 2 CURRIES

(from the Classic Curry Dishes or Chef's Specialities) (Lamb Tikka £1.50 extra)

SUNDRIES: Pilau Rice & Nan

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Rice And Spice

Nancy Lake



Rice And Spice:

Rice and Spice Roli Books Private, Limited, 2004 *Rice and Spice Cookbook* Aur Beck, 2012-11-23 On May 8th 2009 a derecho struck a terrible blow to Southern Illinois knocking out power to many in the region for almost a week Founder of Rice and Spice Aur Beck was one of the few people in town who DID have power Armed with his trusty solar generator to power freezer and refrigeration storage he and many others took their food to Gaia House and spent many nights eating dinner together Once the power returned people didn't want to stop meeting for dinner and so Rice and Spice International Slow Foods dinner was born This cookbook is a collection of recipes from those dinners Review First impression very visually pleasing this is a warm friendly book that invites the reader to relax and really take a good look At first I was a little rushed as usual but as I read the story of how R S started I found myself slowing down b c the story was so interesting The friendly graphics really made this more of an experience than just reading something The R S posters and Gaia House event log pics were neat to look at they create a sense of real history The recipes themselves are really interesting and exotic and it's nice that they are organized by event nationality so we can know where some of these come from I never would have guessed collard greens had anything to do with Cinco de Mayo and I would never have thought to try them in a soup with chickpeas Good timing on the inserts just as I was starting to get really curious about some of these recipes I came to page 20 where a description of the recipe is the first thing you see It's not too in your face as it would be if you had these descriptions for every dish as some of the dishes are self explanatory Neat touch The pics of each event are heartwarming and really gives me a sense of familiarity almost like I could be there myself It makes the dishes seem like they could be cooked enjoyed by anyone even though they are exciting and exotic and out of the ordinary it's really neat how you guys used the metric and english measurements for those of us who don't know how much a gram or a ml really is I'm sure the reverse is true for the rest of the world Final take each recipe was obviously given by individuals making this a very unique and interesting book that I personally would be glad to own It was a real pleasure to be able to see this before it comes out especially since I have been hearing about it for a while now The book reads like people are standing there talking to you telling how to make this stuff step by step but not in an overbearing way The overall spirit of Rice Spice definitely comes through in this book It would also make a very unique gift for anyone who is curious and loves food especially food with a story behind it **Rice and Spice** Robin Robertson, 2000 More than half of the world's cuisines are shaped around rice **Rice and Spice** Robin Robertson, 2000-04-15 If you like to explore the foods of the world then you like rice The ancient Sanskrit word for rice translates as sustainer of the human race Today the little grain plays just as big a role More than half of the world's cuisines are shaped around rice As sublime and elemental as a steaming bowl of plain rice might be rice really comes alive in its more robust and complex uses Of these there is a glorious abundance pilafs from the Mediterranean and Middle East curries from India and the Caribbean stir fries from East Asia risottos from Italy and more Robin Robertson shows how to cook to

perfection every variety of rice from simple white and hearty brown to fragrant basmati and elegant jasmine and she reveals in 100 splendid recipes how spices seasonings and a wealth of tasty ingredients combine with rice for terrific one dish dinners that are easy to make and a pleasure to eat **Spice Doctor** Dr. Aneesa Khan,2014-11-17 **Spice Doctor** is an enticing collection of the flavorsome delights enjoyed across cultures in cosmopolitan South Africa It draws from the diverse heritage of South Africa showcasing the spicy favorites of the country Over 145 recipes feature the popular cuisine of South African Indian Cape Malay African Afrikaner Chinese Mediterranean Middle Eastern and Mexican as enjoyed in South Africa Ingredients are readily available and the recipes are simple to follow and easy to use Dr Khan s vision as a cook as well as a medical doctor is the bringing together of people around the dining table from nuclear families as well as extended families friends and the close community at large as part of healthy and holistic living She believes that the addition of spice to one s diet enhances the promotional and preventative health benefits of food This is a fantastic collection of food and treats catering for breakfast lunch supper and special occasions and for small and large gatherings The book is enhanced by full colored photographs throughout **Spice Mill** ,1911 **Menus Made Easy** Nancy Lake,1907 **Mycotoxins in Foodstuffs** Martin Weidenbörner,2007-12-26 Due to the serious spoilage and health issues the presence of mycotoxins can cause it s imperative that the food industry has a basic understanding fungi and their corresponding mycotoxins An indispensable resource **Mycotoxins in Foodstuffs** gives an in depth overview by listing the degree of contamination concentration and country of origin detection for each case of mycotoxin contamination for each commodity In addition the book shows whether or not food is predisposed for mycotoxin contamination [Rick Stein's Far Eastern Odyssey](#) Rick Stein,2012-04-20 Rick Stein s Far Eastern Odyssey is an ambitious journey avoiding the beaten track and tourist hot spots in search of the authentic food of Southeast Asia In this accompanying book to the major BBC series Rick shares his favourite recipes and some well known classic dishes inspired by the fragrant ingredients and recipes he sampled from local chefs family run restaurants street vendors and market stalls In Cambodia Rick learns how to make a national dish Samlor kako a stir fried pork and vegetable soup flavoured with an array of spices in Vietnam he is shown the best recipe for Pho Bo a Vietnamese beef noodle soup and in Thailand Rick tries Geng Leuong Sai Gung Lai Sai Bua a yellow curry made with prawns and lotus shoots that you won t find outside the country Rick Stein s Far Eastern Odyssey includes over 150 new recipes from Cambodia Vietnam Thailand Bangladesh Sri Lanka Malaysia and Bali each complemented by Rick s colourful anecdotes from the trip and beautiful on location photography This is a visually stunning culinary tribute to Southeast Asian cooking that evokes the magic of bustling markets the sizzle of oil and the aromatic steam from a Far Eastern kitchen **100 Recipes** America's Test Kitchen,2015-10-13 A provocative handpicked collection of relevant and surprising essential recipes for today s cook We have countless recipes at our disposal today but what are the real keepers the ones that don t just feed us when we re hungry or impress our friends on Saturday night but inspire us to get into the kitchen At the forefront of American

cooking for more than 20 years the editors at America's Test Kitchen have answered this question in an essential collection of recipes that you won't find anywhere else 100 Recipes Everyone Should Know How to Make Organized into three recipe sections Absolute Essentials Surprising Essentials and Global Essentials each recipe is preceded by a thought provoking essay that positions the dish For example Treating Pasta Like Rice Simplifies Everything A Covered Pot Is a Surprisingly Good Place to Roast a Chicken and Reimagine Pie in a Skillet to Simplify the Process You'll find useful workday recipes like a killer tomato sauce that's almost as easy as opening a jar of the store bought stuff genius techniques for producing amazing flavor try poaching chicken breasts over a garlic and soy spiked brine trust us it's that good and familiar favorites reinvigorated the best beef stew comes from Spain and it's even easier to make than the stateside stew you've been eating for years Gorgeous photography shot right in the test kitchen accompanies every recipe revealing the finished dish as well as highlights of its preparation Likely to stir debate among anyone interested in food and cooking 100 Recipes Everyone Should Know How to Make provides a snapshot of how we cook today and will galvanize even the most jaded cook to get into the kitchen Simmon's Spice Mill, 1916 **Cooking for my father in My Cape Malay Kitchen** Cariema Isaacs, 2016-04-19 The magical difference between food prepared in a restaurant and that in a home kitchen for family and friends is a little ingredient called love And love is most evident in what is essentially Cariema Isaacs's tribute to her late father as she shares their mutual passion for food and cooking as well as their Cape Malay heritage My Cape Malay Kitchen is a breathtakingly beautiful presentation of some 80 traditional Cape Malay recipes as well as a selection of modern dishes These are accompanied by Cariema's depiction of her childhood growing up in Bo Kaap the Cape Malay Quarter of Cape Town She includes the religious and cultural ceremonies as well as events that have shaped the Cape Malay community into the unique community it is today But My Cape Malay Kitchen is still a cookbook packed with flavourful food richly spiced curries indulgent cakes and decadent desserts all illustrated with truly inspirational photography **Rice and Spice** Phyllis Jervey, 1975 Spicetheworld: Your complete guide to spicy recipes KC Martin, 2019-02-27 Welcome to SpiceTheWorld the book version 4 I hope you enjoy this book and my large selection of recipes you will find here Each recipe has been designed and tested by me and my family it was a hard job but someone had to do it You may look at some recipes and think you have seen them before well if you have been to spicetheworld.com then yes very possibly Also you may have seen similar recipes elsewhere after all how many variations of lamb madras can there be However the recipes in this book are the property of spicetheworld and each is a genuine creation which has been crafted from over thirty years experience of cooking spicy food So enjoy the recipes and SpiceTheWorld *A Middle Eastern Pantry* Lior Lev Sercarz, Emily Stephenson, 2023-06-13 IACP AWARD FINALIST An insightful exploration into the bounty of both familiar and new Middle Eastern ingredients plus 90 modern and traditional dishes in which to use them from the author of Mastering Spice and The Spice Companion Get ready to go on a transformative cultural journey that begins in your kitchen Carla Hall bestselling author of Carla Hall's Soul Food

A FOOD NETWORK AND WIRED BEST COOKBOOK OF THE YEAR Growing up on a kibbutz in northern Israel spice master Lior Lev Sercarz has long had an affinity for local ingredients and produce After becoming a chef and then devoting his creativity and career to sourcing and blending spices he recognized the intensive labor skill and craftsmanship that goes into the development of Middle Eastern pantry staples from olives to silan date molasses and tahini to sujuk a fermented and dried sausage In this cookbook and culinary resource he homes in on the everyday ingredients used throughout this vast region including Turkey Tunisia Yemen Iran Iraq Israel Armenia Jordan and more as he offers an homage to the pantry staples that define Middle Eastern cuisine Lior offers an in depth look at the production history cultural resonance and storage of each pantry item then shares an array of mouthwatering recipes crafted for home kitchens Dishes range from a hearty Verjus and Lamb Stew to snacky Kibbeh with Pine Nuts Roasted Vegetables with Egyptian Dukkah tangy Iraqi amba mango sauce a sweet syrupy cheesy kunafe and a creamy Turkish rice pudding This book is for home cooks who crave not only recipes but also origin stories that lend cultural relevance and insight into one of the world s most ancient and beloved cuisines

Anglo-Indian Food And Customs Patricia Brown,2000-10-14 East meets West to create a unique cuisine of mixed European and Indian parentage the Anglo Indians adopted the religion manners and clothing of their European forefathers Yet over the years those of them who made India their home successfully integrated into the mainstream of Indian society And some of the most glorious results of this assimilation took shape in the kitchen the territory of the memsahib and her trusted khansamah Anglo Indian cuisine is a delicious blend of East and West rich with the liberal use of coconut yogurt and almonds and flavoured with an assortment of spices Roasts And Curries Pulaos And Breads Cakes And Sweetmeats All Have A Distinctive Flavour The Western Bias For Meats And Eggs Is Offset By The Indian Fondness For Rice Vegetables Curds Papads Pickles And Chutneys And There Is A Great Deal Of Innovation And Variety In Soups Entrees Side Dishes Sauces Salads And Desserts

Mastering Spice Lior Lev Sercarz,Genevieve Ko,2019-10-15 Spices are the fastest easiest way to transform a dish from good to spectacular In his new book Lior Lev Sercarz the country s most sought after spice expert shows you how to master flavor in 250 inspiring recipes each counting on spices to elevate this collection of everyday and new favorites NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW Spices are the magic ingredient in Lior Lev Sercarz s newest book Mastering Spice and all it takes is a pinch to bring your meatballs roast chicken or brownies to the next level Owner of New York City spice shop La Bo te and a professionally trained chef who has cooked at some of the world s most renown restaurants Lior s simple and straightforward approach showcases how spices and spice blends can take a recipe for chicken soup meatballs or brownies into a whole new and exciting direction Every section begins with a master recipe and technique then Lior teaches readers how to change the spices or some of the ingredients to get a profoundly different dish than what you began with By mastering the techniques and playing with the variations you ll learn how to use spices to become a more creative and intuitive cook and how spices can endlessly heighten

your eating experience Saudi Arabia ,1991 *Menus Made Easy; Or, How to Order Dinner and Give the Dishes Their French Names* Nancy Lake,1903 **A Whisper of Cardamom** Eleanor Ford,2024-03-05 Celebrating the love story between sugar and spice this stunning new volume from award winning cookbook author Eleanor Ford presents eighty spice infused recipes for desserts and baked goods and a guide to spice switches so you can master classic flavor combinations and open the door to new possibilities Spice is often the party girl the loud bold exuberant element in the mix When married with sugar spice can provide a delicate fragrance that gives backbone to a dish and deepens its allure Just as a generous swirl of woody sweet cinnamon elevates a simple bun a fiery gingerbread is a wonder in the mouth nutmeg cuts through the sweet creaminess of custard to make a more rounded tart and a whisper of cardamom makes poached plums jaunty and interesting As international spice expert Eleanor Ford shows in **A Whisper of Cardamom** flavors can be enhanced by a thoughtful addition from the spice drawer added not in shouts but in whispers With her signature blend of curiosity and exploration Eleanor returns with another brilliant study of spice that will help you infuse elegance and complexity into sweet treats Divided into flavor profiles like bright and zippy floral and fragrant and dark and spicy **A Whisper of Cardamom** is a cookbook designed to inspire creativity and experimentation In addition to eighty recipes for sweets such as saffron macaroons roast strawberry souffl s and violet cream chocolate pots spice swaps will help you customize dishes and discover worlds of flavors and exquisite inspiring photos are throughout

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