



14 Allergens



The way allergens are labelled on prepacked foods has changed. The Food Information Regulation, which came into force in December 2014, introduced a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.


There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:

- 1 Celery**
This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.

- 2 Cereals containing gluten**
Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.

- 3 Crustaceans**
Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.

- 4 Eggs**
Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.

- 5 Fish**
You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.

- 6 Lupin**
Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.

- 7 Milk**
Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.

- 8 Molluscs**
These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.

- 9 Mustard**
Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.

- 10 Nuts**
Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.

- 11 Peanuts**
Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.

- 12 Sesame seeds**
These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.

- 13 Soya**
Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.

- 14 Sulphur dioxide (sometimes known as sulphites)**
This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.


For more information, visit: food.gov.uk/allergy or nhs.uk/conditions/allergies

✉ Sign up to our allergy alerts on food.gov.uk/allergy-alerts, or follow #AllergyAlert on Twitter and

f Facebook Let's keep connected at food.gov.uk/facebook

t Join our conversation @foodgov

📺 Watch us on food.gov.uk/youtube

STARTERS

In India, restaurant dining tradition favours diners to order a variety of nibbles to get the taste buds jogging and asking for more daring flavours that the cuisine has to offer.

Butterfly Prawns £8.25

Well marinated, large fan-tailed prawns fried encased in crisp pastry skin like a butterfly. Tastes as good as it looks.

Sesame Prawn Toast £7.25

Crisp and crunchy fried triangles of white bread spread with minced prawns and topped with white sesame seeds.

Fish Pepper Salt 🌿🌿 £6.95

Light batter fried fish topped with tossed garlic, chillies and freshly crushed aromatic black pepper.

Sliced Fish with Burnt Ginger 🌿 £6.95

Fillet of red Tilapia cooked with soya infused with seared ginger root and green onions.

Hakka Fried Chicken 🌿🌿 £6.95

Fried succulent boneless chicken flavoured in true Hakka style with chillies, garlic and soya sauce.

Chicken Springroll £6.55

An old favourite which needs no introduction. Served with dip.

Chicken Lollipops 🌿 £6.95

Succulent, slow fried, marinated spring chicken wings dusted with chef's spice mix.

Pepper Chicken 🌿 £7.25

Boneless chicken, marinated with special spice (Tangy & Spicy)

BBQ Baby Lamb Ribs 🌿 £7.25

Finger licking good smoky lamb breast in rich marinade - very popular with the young and old.

Pepper Chilli Shredded Lamb or Beef 🌿🌿 £7.45

Strips of lean lamb/beef stir fried with fiery chopped fresh chillies and crushed peppercorns.

Fish Koli Wada 🌿 £8.25

Slice of cod marinated in Bombay's Koli Wada Secret spicy tangy and mild spiced.

Chinky Jeera Chicken 🌿🌿 £8.25

Boneless Chicken Breast, fried with chopped chillies, garlic, onions & finely ground pepper and cumin.

Chow Chu Calamari (Squid) 🌿 £10.25

Young tender squid crispy fried tossed With fresh slice chillies and salt.

Tai Pai Chicken 🌿🌿 £9.35

Tai Pai Prawn 🌿🌿 £11.95

Breast of chicken tossed with fiery red hot chilli flakes, green & red peppers finished with chefs special sauce

Chicken Lettuce Wraps 🌿 £9.25

Prawn Lettuce Wraps 🌿 £9.95

Cooked with chopped mushroom and water chestnut in tamarind cumin sauce, in crisp iceberg lettuce.

Pepper Garlic Prawn £11.95

Light crispy medium prawns, tossed with burnt garlic and crushed pepper corn.

Pattaya Chicken 🌿🌿 £9.35

Pattaya Prawns 🌿🌿 £11.95

Green, tangy & minty spiced.

Santung Prawns 🌿 £11.95

Crispy fried medium prawns tossed in chopped chillies, spring onion & crushed peppercorn.

Prawns Red Pepper 🌿🌿🌿 £11.95

Medium prawns cooked with fiery hot red pepper sauce.

Plain Prawn Crackers £3.25 Spicy Prawn Crackers £3.55 Mixed Prawn Crackers £3.55

Fried/Roasted Papad £1.10

Masala Papad 🌿 £1.60

No chilli 🌿 - mild - medium 🌿🌿 - spicy 🌿🌿🌿 - very spicy V - Suitable for vegans

Vegetable Springrolls £5.65

Steamed Chicken or Vegetable Wontons £5.95

Chow Chu Cauliflower 🌿V £6.55

Crisp, batter fried small florets of cauliflower topped with fried sliced fresh chillies.

Kung Pao Potatoes 🌿🌿V £6.55

Potato finger chips, cracked golden fried cashews flash fried with hot red chillies, sweet chilli garlic sauce.

Mongolian Vegetable Crispies 🌿V £6.75

Crispy fried fritters of match-stick cuts of mixed vegetables tossed in Szechuan spices.

Pepper Chilli Paneer 🌿🌿 £6.95

A combination of Asian and Oriental spices and ingredients - cottage cheese with peppers and chilli.

Mongolian Vegetable Crispies 🌿V £6.75

Crispy fried fritters of match-stick cuts of mixed vegetables tossed in Szechuan spices.

Crispy Okra 🌿 £6.95

Light batter fried okra, tossed with pepper and chillies.

Kung Pao Aubergine 🌿🌿 £6.95

Baby aubergine flash fried with hot red chilli, sweet chilli garlic and cashew nuts.

Kung Pao Veg 🌿🌿 £6.95

Crispy diced vegetable fried with hot red chilli, sweet chilli garlic and cashew nuts.

Mogo: (Cassava) Cooked to your taste £6.95

Pepper chilli Mogo 🌿 or Garlic chilli Mogo 🌿🌿🌿 or Kung Pao style Mogo 🌿🌿

Jeera Paneer 🌿🌿🌿 £8.25

Indian cottage cheese, lightly fried tossed with freshly chopped chillies, garlic, onions and finely ground pepper and cumin.

Vegetable lettuce Wraps 🌿 £8.25

Tiny chopped vegetables and water chestnuts cooked in tamarind cumin sauce. Served in crisp iceberg lettuces.

Tai Pai Paneer/Tofu 🌿🌿🌿 £8.25

Finger size paneer OR tofu tossed with fiery red chilli flakes, green & red peppers finished with chef's special sauce.

Tai Pai Soya 🌿🌿🌿 £8.95

Soya tossed with fiery red chilli flakes, green & red peppers finished with chef's special sauce.

Crispy Mix Vegetable Pepper Salt 🌿 £8.25

Tempura style mix vegetables, tossed with onion, chillies and pepper salt.

SOUP

Hot and Sour Vegetable or Chicken Soup 🌶️🌶️ £4.55

As the name suggests hot with chilli oil, sour with vinegar and flavoured with soy.

Man Chow Vegetable or Chicken Soup 🌶️ £4.55

Hot with garlic flavour garnished with crispy noodles.

Sweet corn Vegetable or Chicken Soup £4.55

Arguably the most popular Chinese soup in India.

Vegetable or Chicken Wonton Soup £4.55

Strong clear stock of chicken or vegetables with Chinese leaf and plump wontons

Seafood Clear Soup £4.75

A light and subtly ginger flavoured seafood stock with shrimps, squid and fish.

Tom Yum Thong (your choice of chicken/prawns/veg) 🌶️🌶️ £4.75

Clear soup with a wonderfully elating balance of lemon grass, lime juice, fresh hot red chilli and coriander leaves.

Crab Corn Soup £5.55

Creamy broth of crushed sweetcorn and fresh crab meat garnished with a plump crab claw.

VEGETARIAN

Vegetarianism is a way of life for a large sector of the Indian population based not only on personal choice but strongly on religious constraints. Chinese restaurants offer a welcome excitement to an otherwise weary palate.

Buddha's Delight V £7.75

A wonderful and nutritious combination of tofu, carrots, bamboo shoots, water chestnuts and broccoli tossed in garlic to delight the Buddha for his blessings.

Stir Fried Broccoli 🌶️🌶️ V £7.75

Hakka Aubergine 🌶️🌶️ V £7.95

Baby purple aubergines cooked soft with chilli, garlic and soya.

Okra and Potato with dry red chilli 🌶️ V £7.95

A firm favourite in India. Crisp fried slivers of okra and potato fingers tossed with seared crushed red chilli and sweet sauce.

Mixed Vegetable Sapo 🌶️🌶️🌶️ V £7.95

Mixed fresh vegetables cooked with crushed red chilli and ginger in chef's special devilish red pepper sauce.

Paneer Szechuan 🌶️🌶️ £8.25

Batons of Indian cottage cheese and green peas cooked in a szechuan sauce.

Vegetable Manchurian 🌶️ V £7.75

A wonderful Indian creation of mixed minced vegetable fritters topped with a robust ginger, garlic, chilli and coriander sauce.

Cauliflower Manchurian 🌶️ V £7.75

To Fu Black Bean Sauce 🌶️ V £7.75

Chilli Mixed Vegetable 🌶️🌶️ £8.25

No chilli 🌶️ - mild - medium 🌶️🌶️ - spicy 🌶️🌶️🌶️ - very spicy V - Suitable for vegans

SEAFOOD

Chinese are great lovers of seafood, whether they are in China or India. Both have a massive coastline and abound in rivers and lakes. Here are some passionately simple dishes for you to enjoy.

Fish Manchurian 🌿 **£11.45**

Prawn Manchurian 🌿 **£11.45**

Very, very Indian style of Chinese cooking! Fish or prawns cooked with green chillies, fresh coriander, onions, ginger and garlic.

Fish Szechuan style 🌿🌿 **£11.45**

Prawn Szechuan style 🌿🌿 **£11.45**

The Szechuan region of China produces some hot food which would turn fiery South Indian food and Thai food green with envy. The daring can try this celery and crushed hot red chilli flavoured dish for size!

Seafood Delight **£11.45**

A year-round popular stew of squid, black tiger prawns and plump crab claws with Chinese mushrooms, bean curd, crisp beansprouts and flavoured with oyster sauce.

Steamed Fish **£11.45**

Filletted Tilapia cooked home style with fermented black soy beans, soy sauce and loads of stem ginger seared with smoking hot oil

Hakka Squid 🌿 **£10.75**

A robustly semi dry dish of squid stir-fried with spring onions, hot chillies, minced garlic and light soy sauce.

Hakka Chong Yee **£16.95**

Fillets of Indian Pomfret (a popular Bengali sea fish) served cooked with;

Ginger & Wine

Black Bean 🌿

Chilli Garlic 🌿🌿

Prawns in orange sauce **£11.95**

Wonderfully light, fresh orange flavoured diced squid or prawns garnished with sliced orange rind.

Ocean Delight **£12.95**

Mixed sea war of capsi prawn, squid, cod, african tilapia and defending crab claws cooked in butter, garlic.

Prawn Teppan Yaki **£12.75**

Medium size prawns cooked with herbs and beans sprout. Sizzling hot on platter.

No chilli 🌿 - mild - medium 🌿🌿 - spicy 🌿🌿🌿 - very spicy V - Suitable for vegans

CHICKEN & DUCK

Chicken is the most popular poultry in India and very often, Indians specially go out to restaurants just to eat chicken because they do not cook it at home. Duck is not very common because good fat ducks are difficult to come by.

Aromatic Crispy Duck

Aromatic Crispy Duck Quarter duck with 6 pancakes £11.95

Half duck with 12 pancakes £18.95

American Chicken Chop Suey £10.25 Veg Chop Suey £9.95

Yet another 'must have' on any Chinese restaurant menu in India. Sweet & sour chicken on a bed of crispy egg noodles topped with a fried egg Bombay style.

Special Chow Mein £10.95

Crispy pan fried egg noodles with chicken and shrimps, snow peas, black mushroom, broccoli and mixed vegetables.

Chilli Chicken 🌶️🌶️ £9.45

India's most infamous chicken dish, the equivalent of the British Chicken Tikka Masala status. Tender boneless chicken stir fried with fresh hot green chillies, spring onion, garlic in a soy sauce.

Ginger Chicken 🌶️ £9.45

Diced chicken tossed with the Chef's special spicy aromatic and tender root ginger sauce.

Orange Chicken £9.45

Wonderfully light, fresh orange flavoured crispy strips of chicken garnished with sliced orange.

Kung Pao Chicken 🌶️ £9.45

Needs no introduction, Diced chicken tossed with a sweet and spicy tomato and garlic sauce and toasted cashews.

Lemon Chicken £9.45

Innocently simple batter fried chicken fillets topped with a light, tangy lemon sauce.

Manchurian Chicken 🌶️🌶️ £9.45

A first choice of many a true Indian style Chinese cuisine guru, Boneless chicken tossed in soya sauce flavoured with minced garlic, onions and green chilli.

Chicken Black Bean Sauce 🌶️🌶️ £9.45

Chicken Teppan Yaki £10.25

Boneless chicken cooked with herbs, served on a hot sizzling platter

Sapo Chicken 🌶️🌶️🌶️ £9.95

For the spicy lovers, diced chicken, cooked in chefs fiery spicy sauce

No chilli 🌶️ - mild - medium 🌶️🌶️ - spicy 🌶️🌶️🌶️ - very spicy V - Suitable for vegans

LAMB & BEEF

Chilli Lamb or beef with Soya and Wine 🌿🌿 £10.75

Succulent slices of lamb/beef flash fried with dark soy sauce, chillies and soured with a generous splash of wine for a perfect finish.

Beef or Lamb with Dry Red Chilli 🌿🌿 £10.75

Szechuan style quick fried lamb/beef tossed with spring onions, crunchy water chestnuts, garlic and hot red chilli in soy sauce.

Sa Po Lamb or Beef 🌿🌿🌿 £10.75

Lean slices of lamb/beef cooked in chef's fiery red peppers sauce.

Shredded Lamb or Beef with Red and Green Peppers £10.75

A simple dish with perfectly balanced flavours of lamb/beef with red/green capsicum and soy sauce.

Sliced Lamb or Beef in Black Bean Sauce 🌿 £10.75

Lamb/beef quick fried with chopped green chilli, black bean, onions and capsicums .

Best enjoyed with steamed rice.

Sliced Lamb or Beef in Oyster Sauce £10.75

A perfect marriage of two strong yet different flavours. Sliced lamb/beef with fresh mushrooms, tender bamboo shoots and oyster sauce.

Crispy Lamb or Beef with Celery and Carrots 🌿 £10.75

The popular British-Chinese 'Crispy Shredded Beef'.

Lamb or Beef Teppan Yaki £11.75

Lamb or Beef cooked with herbs. Served sizzling on hot platter.

Stir Fry Okra With Lamb / Beef 🌿 £11.25

Fresh young okra stir fried with tender slice lamb or beef in soya and garlic, with the touch of slice green chillies, the ying and yang

No chilli 🌿 - mild - medium 🌿🌿 - spicy 🌿🌿🌿 - very spicy V - Suitable for vegans

RICE

In true Indian style, our fried rice is made using Indian Basmati Rice.

Steamed Rice £3.75

Egg Fried Rice £5.95

Vegetable Fried Rice £5.75

Chicken Fried Rice £6.55

Prawn Fried Rice £6.75

Burnt Ginger Rice £5.55

Chicken Burnt Ginger Rice £6.55 Prawn Burnt Ginger Rice £6.75

Rice fried with scorched ginger. Chef's favourite.

Singapore Fried Rice 🌿 V £5.55

Chicken Singapore Fried Rice £6.55 Prawn Singapore Fried Rice £6.75

Fried rice flavoured with chef's special curry powder.

Szechuan Fried Rice 🌿🌿 £5.55

Chicken Szechuan Fried Rice £6.55 Prawn Szechuan Fried Rice £6.75

BREAD

Man thau - steamed bread £4.75

Fried Man thau £4.75

NOODLES

Szechuan Crispy Noodles 🌿 £10.95

Chicken Szechuan Crispy Noodles 🌿 £11.45

Shredded mixed vegetables cooked in szechuan sauce served on a bed of crispy noodle

Vegetable Hakka Noodles £6.95

Chicken Hakka Noodles £7.45

Prawn Hakka Noodles £7.75

Traditional quick stir fried noodles with mixed vegetables

Singapore Rice Noodles 🌿 V £6.95

Chicken Singapore Rice Noodles £7.45

Prawn Singapore Rice Noodles £7.75

Stir fried rice noodles and vegetables flavoured with turmeric and spices in traditional Singapore fashion.

Szechuan Noodles 🌿🌿 £6.95

Chicken Szechuan Noodles £7.45

Prawn Szechuan Noodles £7.75

Stir fried noodles in spicy Szechuan sauce and vegetables.

Sizzling Noodles £7.25

Chicken Sizzling Noodles £7.75

Prawn Sizzling Noodles £7.95

Noodles cooked with herbs & vegetables. Served on a sizzling hot platter.

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Experience the difference and excitement of Spice N Ice and prepare your taste buds for the true essence of Indian dining.

Traditional Indian cuisines with a modern twist created by our 20 years of experience chef. He has created an exquisite menu that is timeless, exciting exotic and best of all truly delicious.

INDIAN STARTERS

VEGETABLE / MEAT SAMOSA (3 PCS) 🌿 £ 4.25

(Triangular pastries filled with vegetable/meat)

ONION BHAJIA 🌿 £4.25

(Spiced onions fried in sunflower oil)

MIXED PAKORA 🌿 £4.75

(Potato, onion and chillies spiced and coated in batter)

PANEER TIKKA 🌿 £6.95

(Cubes of cottage cheese marinated in yogurt and grilled)

TANDOORI SOYA 🌿 £8.95

(Juicy soya chunks subtly spiced and grilled)

TANDOORI CHICKEN 🌿 **HALF £7.95 FULL £13.95**

(Chicken marinated overnight and charcoal roasted in the tandoor)

CHICKEN TIKKA 🌿 £7.45

(Morsels of chicken marinated in yoghurt and spices)

CHICKEN MALAI KEBAB £7.45

(Chicken breast in cardamom mace and soft cheese)

SHEEK KEBAB 🌿🌿 £6.95

(Minced lamb delicately seasoned and grilled)

LAMB CHOPS 🌿🌿 £8.95

(Juicy lamb cutlets marinated in fennel pepper and yoghurt)

TANDOORI TILAPIA 🌿🌿 £8.75

(Tilapia marinated in traditional Indian spice)

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MAIN COURSE / VEGETARIAN SPECIALITIES

PANEER MAKHANI 🌿 £8.75

(Cubes of fresh cottage cheese cooked in home made spices with tomato and cream gravy)

MUTTER PANEER 🌿 £8.75

(Green peas and cottage cheese cooked and spiced in a thin gravy)

MALAI KOFTA £9.75

(A gourmet delight of koftas made of cottage cheese stuffed with dry fruits and cooked in a rich gravy)

BAINGAN KA BHARTA 🌿🌿 £8.75

(Baked aubergine mashed and cooked with tomatoes and onions)

MIXED VEGETABLES 🌿🌿 £7.95

(A colourful mixture of beans, carrots, capsicum, potatoes, cabbage and button mushrooms, tossed with cumin seeds and salted in exquisitely spiced gravy)

CHANA MASALA 🌿 £7.95

(Chickpeas cooked and spiced in the North Indian style)

METHI ALOO 🌿 £7.95

(Potatoes cooked with fresh fenugreek and herbs)

ALOO GOBI 🌿 £7.95

(Spicy stir fried potato, cauliflower and lots of ginger)

BHINDI MASALA 🌿🌿 £8.75

(Okra cooked with onion herbs and spices)

PALAK PANEER 🌿 £8.75

(Homemade cottage cheese with spinach)

DAL MAKHANI £7.75

(Black lentils simmered overnight on a tandoor in a creamy gravy sauce)

TARKA DAL 🌿 £7.25

(Yellow lentils tempered with chopped onions, ginger and garlic)

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NON-VEGETARIAN AND SEA FOOD SPECIALITIES

LAMB ROGAN JOSH 🌿 £10.95

(The classic lamb curry of Kashmir is one of India's best known curries and the chef's all time favourite. The title means red curry cooked medium hot)

METHI LAMB 🌿🌿 £10.95

(Tender cubes of spring lamb, gently cooked with fresh Fenugreek leaves, herbs, spices with, a hint of butter)

BHUNA LAMB 🌿🌿 £10.95

(Spring lamb, cooked in coarsely ground spices, tomatoes, onions and capsicum served in an Iron Karahi

KEEMA PEAS 🌿🌿 £10.95

(Spicy minced lamb with fresh peas, onions, tomatoes and chillies)

LAMB VINDALOO 🌿🌿🌿 £10.95

(Very spicy lamb dish with cumin, chillies and potatoes in hot sauce)

PRAWNS MASALA 🌿🌿 £13.45

(Beauties tossed in a masala of garlic, tomatoes, chillies and onions)

PRAWNS VINDALOO 🌿🌿🌿 £13.45

(Chef's version of classic hot prawns with potatoes in a hot sauce)

FISH MASALA 🌿🌿 £12.45

(Barbecued fish pieces cooked in our special fresh chilli & onion)

CHICKEN VINDALOO 🌿🌿🌿 £9.95

(Boneless chicken cooked with potatoes in a hot sauce)

KARAI CHICKEN 🌿🌿 £9.95

(Chicken cooked with dry masala, ginger and green chillies)

CHICKEN MAKHANI 🌿 £9.95

(Boneless chicken pieces partially grilled over charcoal and finished in tomato gravy with butter and cream)

CHICKEN METHI 🌿🌿 £9.95

(Pieces of boneless chicken cooked in fenugreek and spring onion using Punjabi spices)

CHICKEN CURRY 🌿 £9.95

(A traditional north Indian chicken curry which is the speciality from Punjab)

CHICKEN TIKKA MASALA 🌿 £9.95

(The most famous dish of the Nation. A dish which needs no explanation)

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YOGURT AND SALAD

RAITA £2.95

(Yogurt dip served as per your choice-mixed, mint, cucumber)

FRESH GREEN SALAD £3.75

ONIONS WITH CHILLIES £1.50

FRIED GREEN CHILLIES £1.50

THE BREAD ESSENTIALS

(genetically modified)

TANDOORI NAAN £ 2.55

(Tandoori baked bread, made from plain flour, milk and eggs in a style of your choice).

STUFFED NAAN £3.55

Tandoori baked bread, made from plain flour, milk and eggs in a style of your choice.-plain, keema, chilli, garlic, cheese butter or peshawari.

TANDOORI ROTI £2.55

(Whole wheat baked to perfection)

ROOMALI ROTI £3.45

(Paper thin bread ideal to eat with kebabs)

LACHA PARATHA £ 3.35

(Rich bread with soft flaky layers)

PAPPADOMS £1.10

(Roasted / Fried)

MASALA PAPPADOMS 🌿 £1.60

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RICE AND BIRYANI FEASTS

PLAIN STEAMED RICE £3.75

PILAU RICE £5.75

(Long grain basmati rice flavoured with cardamom and saffron)

JEERA RICE £5.25

(Cumin fragrance rice)

LEMON RICE £5.25

(Rice slightly flavoured with lemon)

VEGETABLE BIRYANI 🌿 £8.95

(Pilau rice tossed with season mixed vegetables garnished with brown onions and aromatic rose water, accompanied with raita)

CHICKEN BIRYANI 🌿 £9.95

(Tender chicken pieces in basmati flavoured rice)

PRAWN BIRYANI 🌿 £11.95

(Prawn marinated in traditional Bombay style cooked, with pure basmati rice accompanied with raita)

LAMB BIRYANI 🌿 £10.45

(The finest rice cooked with spring lamb and authentic spices)

PICKLES

MANGO CHUTNEY £1.25

MIX ACHAR 🌿🌿 £1.25

The management reserves the right to amend pricing at any time. The management reserves the right to refuse service without any reason.

Allergy awareness:

Some of our dishes may contain nuts or dairy products. If you suffer from any allergy, then please enquire with the waiter for full details.

All goods are subject to availability.

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We are at your service

Planning a Party or an Event?

Drinks Party for 200, wedding for 120 or a private room for 75;
At Spice N Ice we cater and accommodate for all your needs,
for all occasions, for Business and pleasure.

Corporate Hospitality
Business Meetings
Product Launches
Networking Events
Weddings
Engagements
Birthdays
Private Dinners

For further information and to help you plan your event and work with
you on every bespoke details of your party or meeting

Please contact

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