

# The Journeyman.....Welcome!

We hope that you enjoy your time with us and have a relaxed and pleasant meal. Chef & Owner Steve Lloyd who has travelled extensively in the Far East and Europe, prepares and cooks each dish individually to order from only the finest ingredients, sourced locally wherever possible. Spices for our curry masallas are all freshly roasted, ground and mixed in house, resulting in deliciously authentic dishes with a depth of flavour not found with commercially produced curry powders.

*Vegetarian or Vegan?* We are pleased to be able to offer most of the Indian, Thai and Chinese dishes on the menu as vegetarian or vegan alternatives using either Quorn, Paneer (Indian Cheese), or simply with your choice of vegetables.

As each dish is freshly cooked to order, so if you wish to mix ingredients and sauces it's usually possible for us to do so. If there is a dish you like which is not listed please enquire, chances are we'll be able to cook it for you, ingredients and time permitting! We use no artificial colourings or flavourings in our sauces.


If you have any special dietary requirements, would like information about allergens or the ingredients of a particular dish please do not hesitate to ask.

(V) Suitable for Vegetarians.


(N) Contains Nuts or Nut Oil.


(F) Contains authentic Thai Fish Sauce (Nam Pla) as a seasoning, if for dietary reasons you prefer a dish cooked without it, please let us know when ordering.

We know it's important to cook dishes exactly as you like them, so please note that the spicy heat of most dishes can be adjusted to suit your own preference and taste, just let us know when ordering. As prepared dishes on the menu are spiced as shown below:

Very mild. 

Moderate to medium heat. 

Hot, Madras strength 

Very Hot, Vindaloo strength. 



**Make Chef's Day!** Our hottest strength, made with 7 type of chilli including habanero & naga, **not for the faint hearted please order with care!**

## Appetisers....

### Garlic Bread (V) £5.50

Crusty French bread infused with our own homemade garlic butter & served with a salad garnish.

### Sizzling Chicken Tikka Platter £6.50

A whole skewer of chicken tikka served sizzling with fried onion & peppers, mixed salad & mint raita.

### Garlic & Sweet Chilli Mushrooms (V) £7.00

Fresh mushrooms sautéed with garlic butter finished with sweet chilli sauce served with warmed French bread.

### Lamb Shashlick £7.50

Tender lamb tikka sautéed with tandoori spices, ginger, peppers & onions, served with dressed mixed salad & mint raita.

### Chicken Pakora £6.50

Home marinated & roasted chicken coated with spiced gram four batter served with mixed salad & mint raita.

### Seared Tuna £8.00

Tuna steak marinated with lime juice, sweet chilli, soy & black pepper pan fried with ginger & served with mixed leaf salad, coriander & balsamic dressing.

### Onion Bhaji (V) £6.00

Crispy deep fried red onion, chilli & gram flour fritters with our own home ground spices, served with mixed salad & mint raita.

### King Prawns with Ginger & Coriander £8.00

Marinated king prawns sautéed with ginger in a light curry sauce served on a crisp wholemeal puri finished with fresh coriander.

### Tandoori Lamb Kebabs £7.50

Homemade tandoori spiced minced lamb kebabs with fresh ginger, chilli black pepper & coriander, served with mixed salad & mint raita.

### Chef's Posh Prawn Cocktail £7.50

King prawns with our own homemade Marie Rose sauce, mixed leaf salad, peppers & cherry tomatoes, finished with coriander & smoked paprika.

# Entrées...

## Chef's Speciality Curries...

Home style dishes reflecting the true diversity of Indian cuisine.

### Nepalese Lamb & Wild Garlic Curry £14.50

The ultimate Indian fusion dish combining the spices of Northern India & Nepal with Southern Indian influences of coconut & fresh herbs, our most popular curry!

### Chicken Tikka Rezalla £13.50

Chicken tikka & spiced tandoori lamb mince sautéed with fresh garlic, onions coriander in a richly spiced tomato & yogurt sauce.

### Chicken Naga Morich Karahi £13.50

A subtle hot, sweet & sour dish with naga pickle, tandoori spices, tamarind fresh ginger & sweet chilli giving a deliciously complex flavour.

### Lamb Shashlick Chilli Masalla £14.50

Tender lamb pieces, onions & mixed peppers stir fried with tandoori spices sweet chilli & spiced masalla gravy, finished with coriander & fresh cream.

### Goan Beef Stew £14.00

An authentic recipe with Portuguese influences of spiced vinegar, tamarind & paprika, resulting in a rich hot & sour dish with hints of coconut & roasted spices.

### Rendang Beef £14.50

An authentic Malaysian recipe. Meltingly tender beef in a rich, thick sauce with lemongrass, chilli, coconut milk & our home prepared spices.

## Our Famous Baltis...

All served in an authentic balti pan dressed with fresh coriander.

Just follow our four steps to balti Heaven!

### Choose your main ingredient:

Chicken / Mixed Vegetables / Quorn	£11.00
Prawn / Paneer / Chicken Tikka	£12.00
Lamb / King Prawn / Beef	£13.50

### Choose your favourite:

Korma, (N) Tikka Masalla, (N) Bhuna, Pathia, Classic Balti

Rogan Josh, Dhansak, Jalfrezi, Madras or Vindaloo.

### How hot would you like it?

We can make any dish just the way you like it, choose from mild, medium, hot, very hot, or "make chef's day!"

### Would you like vegetables?

Add any of the following to your balti for just £1.00 each:

Mushrooms, peppers, potato, cauliflower, or spinach.

## Oriental Delights...

Freshly cooked to order using the finest authentic ingredients.

### Thai Red Chicken Curry (F) £14.50

A classic Thai dish of chilli & lemon marinated chicken in a spicy red curry & coconut sauce with kaffir lime leaves, fish sauce, fresh basil & lemongrass.

### Thai Lemon Chicken (F) £14.00

A mild dish of chicken with lemongrass & ginger in a light coconut & sweet chilli sauce with kaffir lime leaves & finished with fresh lemon juice.

### Vietnamese Cari Ga £14.50

Traditional Vietnamese chicken curry richly spiced with lemongrass, coconut, potatoes & carrot finished with fresh coriander.

### Thai Green King Prawn Curry (F) £16.00

King Prawns sautéed with our homemade green curry paste, Thai ginger, kaffir lime leaves & fish sauce, finished with coconut milk & fresh basil.

### Sizzling Chicken with Garlic & Black Beans £14.00

Marinated chicken stir-fried with garlic, ginger, spring onions, mixed peppers & our delicious homemade black bean sauce.

### Szechuan Hot, Sweet & Sour Chicken £14.00

Cooked with fresh garlic, chilli, ginger, our home ground Szechuan spices, & Chinese vegetables, a delicious hot, sweet & sour dish.

## Mix & Match Noodles....

**Just choose:** Chicken £13.50 King Prawn £15.50 or Vegetables £12.50

**Your Favourite Style** Cantonese, Szechuan, Black Bean or Thai Red

All served steaming hot straight from the wok with oriental vegetables, spring onion & peppers.

## Don't Like Spicy?....

Why not try something more traditional instead?

### Poacher's Salmon £16.95

Two beautiful salmon fillets oven baked with fresh coriander & black pepper butter finished with freshly squeezed lemon. Served with mixed salad & new potatoes.

### Beef & Padstow Ale £17.95

Finest Cornish rump, slow cooked with button & porcini mushrooms, onions & fresh herbs in a rich Padstow ale & red wine sauce. Served with seasonal veg.

## Accompaniments & Side Dishes....

Basmati Rice £3.25 Pilau Rice £3.50 Mushroom Pilau £3.75 Egg Fried Rice £3.75 Thai Coconut, Ginger & Coriander Rice £3.75

Naan Bread £2.95 Aloo Gobi (Potato & Cauliflower) £4.50 Bombay Potatoes £4.50

Saag Paneer (Spinach & Indian Cheese) £4.50 Saag Gobi (Spinach & Cauliflower) £4.50 Saag Aloo (Spinach & Potato) £4.50

# The journeyman

Licensed restaurant

## Fine Wines, Beers of the World, Spirits.

### White Wines

<i>Stringy Bark Creek</i>	<i>Our house white, medium dry with a fruity bouquet &amp; crisp finish.</i>	<b>12.5%</b>	<b>£15.50</b>
<i>Chardonnay Arapala Sky S.E. Australia</i>	<i>Refreshing citrus &amp; peach aromas, tropical fruit flavours combine with a clean &amp; elegant finish.</i>	<b>13.0%</b>	<b>£16.95</b>
<i>Villa Rosaura Chile Sauvignon Blanc</i>	<i>Fresh, bright refreshing Sauvignon with citrus fruits &amp; floral notes combined with well balanced acidity, a light body &amp; lasting finish.</i>	<b>12.5%</b>	<b>£19.95</b>
<i>Pinot Grigio Laroma Araldica Venezia</i>	<i>Fresh, dry &amp; delicate with gentle citrus &amp; floral aromas. A truly excellent example of a fine Pinot from one of Italy's top vineyards.</i>	<b>12.5%</b>	<b>£19.95</b>
<i>Bacchus Camel Valley Cornwall</i>	<i>Light, floral &amp; delicate with a racy edge. A vibrant dry white showcasing the very best of the award winning Cornish vineyard.</i>	<b>12.0%</b>	<b>£26.95</b>
<i>Chablis St Martin Domaine Laroche</i>	<i>Finely golden with full rounded fruit flavours complimented by delicious Chablis flintiness. A wonderful example of this French classic.</i>	<b>12.0%</b>	<b>£29.50</b>

### Red Wines

<i>Stringy Bark Creek</i>	<i>Our house red, lots of ripe fruit flavour, a smooth, balanced &amp; fresh red.</i>	<b>13.0%</b>	<b>£15.50</b>
<i>Merlot Laroche</i>	<i>Deep &amp; rich merlot nose velvety fruit &amp; a subtle oak finish, delicious!</i>	<b>13.5%</b>	<b>£17.95</b>
<i>McGuigan Brothers Black Label</i>	<i>Very smooth easy drinking well balanced soft red, great with spicy hot food.</i>	<b>13.0%</b>	<b>£17.95</b>
<i>Marqués de Caranó Gran Reserva Carinena</i>	<i>Full bodied with hints of vanilla oak &amp; soft summer fruits. An excellent example of a rich yet very drinkable Spanish Red.</i>	<b>12.5%</b>	<b>£18.95</b>
<i>Chateau Pierrail Bordeaux Supérieur</i>	<i>A rich dark wine carrying a deep signature of forest berries &amp; sweet smokiness, very rewarding on the palate.</i>	<b>14.0%</b>	<b>£23.95</b>
<i>Pinot Noir, Devil's Corner Ridge Tasmania</i>	<i>Full of cinnamon spice, cherry fruit &amp; burnt-toffee notes. Silky smooth with elegant tannins which bring out intense berry fruits.</i>	<b>14.0%</b>	<b>£28.95</b>

### Rosé

<i>Pinot Grigio Rosata Tanti Petali, Botter</i>	<i>Light &amp; refreshing with a delicate pear-drop fruit. A fine example of an easy drinking Italian Rosé.</i>	<b>12.0%</b>	<b>£15.50</b>
---	---	--------------	---------------

### Champagne

<i>Paul Herard Blanc de Noirs Brut NV</i>	<i>A dry Brut yet with surprising liveliness, sunny fruit flavours &amp; a fresh apple edge.</i>	<b>12.0%</b>	<b>£29.95</b>
---	--	--------------	---------------

### Sparkling Wine

<i>Prosecco Spumante Tentua Ca' Bolani</i>	<i>Vibrant, crisp and exceedingly refreshing, apple fruit &amp; a touch of sherbet, a great example of this trendy Italian sparkler.</i>	<b>11.0%</b> <b>20cl Bottle</b>	<b>£19.95</b> <b>£ 5.95</b>
--	--	------------------------------------	--------------------------------

### Wine by the Glass

<i>Stringy Bark Creek</i>	<i>White</i>	<i>Medium 175ml</i>	<b>£4.25</b>	<i>Large 250ml</i>	<b>£5.50</b>
<i>Stringy Bark Creek</i>	<i>Red</i>	<i>Medium 175ml</i>	<b>£4.25</b>	<i>Large 250ml</i>	<b>£5.50</b>
<i>Pinot Grigio Rosato</i>	<i>Rosé</i>	<i>Medium 175ml</i>	<b>£4.25</b>	<i>Large 250ml</i>	<b>£5.50</b>

# The journeyman

Licensed restaurant

## Lagers & Beers

*With the exception of Cobra (which we think is excellent anyway), all of our beers are brewed in their Country (Or County!) of origin & imported, allowing you to sample the great taste just as their brewer intended!*

<b>Cobra Beer</b> <b>India</b>	<i>A smooth lager which goes well with spicy food, the depth of taste justifiably makes this one of the world's most popular beers.</i>	<b>5.0%</b>	<b>330ml Bottle</b> <b>660ml Bottle</b>	<b>£3.50</b> <b>£5.95</b>
<b>Grolsch</b> <b>Holland</b>	<i>A traditional full flavoured Pilsner style beer with a big hoppy flavour &amp; bite owing to dry hopping late in the brewing process.</i>	<b>5.0%</b>	<b>450ml Bottle</b>	<b>£4.50</b>
<b>Tsingtao</b> <b>China</b>	<i>A traditionally brewed rice beer, very light, easy drinking &amp; refreshing, made with mineral water from the Laoshan Mountains.</i>	<b>4.7%</b>	<b>330ml Bottle</b>	<b>£3.50</b>
<b>Korev</b> <b>Cornwall</b>	<i>Made with finest lager malt from barley grown right here in Cornwall. Korev has a wonderful pale colour &amp; a clean, crisp taste.</i>	<b>4.8%</b>	<b>500ml Bottle</b>	<b>£4.50</b>
<b>Padstow Pale</b> <b>Cornwall</b>	<i>A fine local bottle conditioned Pale Ale from the CAMRA award winning Padstow Brewing Company. Hoppy, refreshing &amp; very moreish!</i>	<b>3.6%</b>	<b>568ml Bottle</b>	<b>£4.50</b>
<b>Betty Stoggs</b> <b>Cornwall</b>	<i>A CAMRA gold medal winning beer from Skinner's Cornish brewery, an easy drinking copper ale with a great balance of citrus hops and malt.</i>	<b>4.0%</b>	<b>500ml Bottle</b>	<b>£3.95</b>
<b>Becks Blue</b> <b>Alcohol Free</b>	<i>In our opinion the best alcohol free lager on the market, brewed to give same refreshing &amp; crisp taste as it's alcoholic counterpart.</i>	<b>0.0%</b>	<b>275ml Bottle</b>	<b>£2.75</b>

## Fortified Wines, Spirits and Liqueurs

<b>Bacardi</b> £2.95	<b>Rum</b> £2.95	<b>Cinzano</b> £2.75	<b>Port</b> £2.75
<b>Vodka</b> £2.95	<b>Archers</b> £2.95	<b>Cointreau</b> £2.75	<b>Gin</b> £2.95
<b>Tia Maria</b> £2.95	<b>Brandy</b> £2.95	<b>Martini</b> £2.75	<b>Baileys</b> £2.50

### Whisky

<b>Bells</b> £2.95
<b>Jamesons</b> £3.50
<b>Jack Daniels</b> £3.50
<b>Southern Comfort</b> £3.25

### Soft drinks

<b>Fruit Juices / Mixers</b> £1.25
<b>Coke / Diet Coke</b> £1.75
<b>J2O / Appletise</b> £2.50
<b>Ginger Beer</b> £2.00