

# 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 masalas 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 £6.90**

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

### **Garlic & Sweet Chilli Mushrooms (V) £7.50**

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

### **Lamb Shashlick £7.95**

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

### **Chicken Pakora £7.50**

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

### **Thai Pork Patties (F) £7.95**

Marinated ground pork spiced with red chilli, lemongrass, galangal & garlic, served with a mixed leaf salad, & Thai sweet chilli sauce.

### **Onion Bhaji (V) £6.50**

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 £8.50**

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

### **Tandoori Lamb Kebabs £7.95**

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

### **Chef's Posh Prawn Cocktail £7.95**

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 £15.95

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 Achari £14.50

Chicken tikka sautéed with fresh garlic, onions, lime pickle & tandoori spices resulting in a rich hot and sour dish.



### Chicken Naga Morich Karahi £14.95

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 £15.50

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



### Chef's Curry Combo £16.50

A mighty curry with chicken tikka, lamb & prawns in a spiced tandoori sauce finished with fresh coriander and a swirl of cream



### Rendang Beef £15.50

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	£12.95
Prawn / Paneer / Chicken Tikka	£13.95
Lamb / King Prawn / Beef	£14.95

### 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) £15.50

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) £15.50

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 £15.95

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

### Chinese Style Chicken Curry £15.50

Soy marinated chicken stir-fried with onions and red peppers, in our own richly aromatic Chinese style curry sauce.

### Sizzling Chicken with Garlic & Black Beans £15.50

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

### Szechuan Hot, Sweet & Sour Chicken £15.50

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 £14.50 King Prawn £15.50 or Vegetables £12.50

### Your Favourite Style

Cantonese, Hot Szechuan, or Black Bean.

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

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

Why not try something more traditional instead?

### Poacher's Salmon £17.95

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 £3.50 Pilau Rice £3.95 Mushroom Pilau £3.95 Egg Fried Rice £3.95 Thai Coconut, Ginger & Coriander Rice £3.95

Naan Bread £2.95 Aloo Gobi (Potato & Cauliflower) £4.95 Tandoori Potatoes £4.95

Saag Paneer (Spinach & Indian Cheese) £4.95 Saag Gobi (Spinach & Cauliflower) £4.95 Saag Aloo (Spinach & Potato) £4.95