

## OUR CLAY OVEN

we hire expertly trained hands to cook in our clay oven, because nothing can imitate the taste of it! meat and fish that is juicy, healthy & full of flavour comes to you with a small bowl of daal of the day. you just need to decide whether to pimp it up with rice, naan\* or our legendary tama chips!

\*go for gold with a peshwari naan or chilli/cheese naan for +1.00!

### first-class lamb chops 19.45

in india the phrase 'first-class' is used to describe anything that is excellent, and these tender lamb chops are definitely that! marinated overnight with ginger, garlic and freshly ground cloves, they take a little longer to perfect than some of our other dishes, so bear with us!

### tamatanga salmon 20.45

one of our personal faves, this one... salmon fillet perfectly cooked with a light and fresh blend of tamatanga's spices and served with our very own tamatanga chutney

### tandoori chick-chicken 18.45

not one, but two chicken breasts marinated & roasted in the clay oven, with our mint & coriander chutney. pow to the protein in this!

## THE TAMA FEAST

25.95

two first-class lamb chops, one tandoori chicken breast, one piece of tamatanga salmon and one tandoori king prawn. feast the feast and beat your chest!

## SALAD BOWLS

our salads are boosted with healthful ingredients so they are hearty, filling and packed with protein. we use mixed lush greens (no iceberg in sight), drizzle with a tamarind vinaigrette and top with a lovely crisp herb naan for you to munch on

### luscious lamb 15.95

lamb tikka pieces, roasted tandoori butternut squash and spiced chickpeas topped with pine nuts make this an all round favourite!

### chicken quinoa 14.95

chicken tikka pieces with spiced chickpeas and quinoa, topped with roasted walnuts to create a satisfying and hearty salad

### avocado, chickpea & paneer 14.45

paneer is oh-so-nice, and so versatile... this winning combination of paneer tikka pieces, spiced chickpeas and avocado on lush greens will have your mouth watering

## IT'S A WRAP

whether you call them kathi rolls or wraps, the idea is the same. we take a soft flour flatbread, fill it with warming and delicious flavours, serve it with our legendary tama chips and a mint & coriander chutney and wow you with it.

### chicken 15.45

### lamb 15.95

### paneer 14.95

## BIRYANI BOWLS

we slow cook our rice with whole spices, onions and mint leaf to create a richly flavoured and aromatic base for our biryanis, which makes them taste real good! they come with a bowl of raita.

### chicken 15.95

### lamb 16.95

### veggie 15.45

## CURRY BOWLS

hearty & wholesome bowls of curry that come on a plate with your choice of rice or naan. tip your curry out, dunk your naan or drown your rice. they taste great whichever way you eat them!

## RICE OR NAAN\* INCLUDED!

\*go for gold with a peshwari naan or chilli/cheese naan for +1.00!

### chicken 16.45

**nee-ma's chicken curry**  
our mild & creamy version of a chicken korma is always a favourite, evoking a nostalgia for family get togethers and hugs from nanee-ma

### CHICKEN KHURANA

we fell in love with this creation by chef khurana and think you will, too. marinated chicken tikka pieces are cooked with sweet potatoes and coconut and flavoured with curry leaves to produce a wonderful mouth party that is hard to get enough of!

**chicken tikka masala**  
stories abound as to the origin of this well-known curry house staple. well, this is our take on the nation's favourite, and it goes down pretty darn well!

**garlic chilli chicken hot!**  
chicken thigh pieces cooked with crushed garlic & green chillies. it's got a good kick, this one

**punjabi butter chicken**  
comfort curry, if there was such a thing. chicken tikka pieces in an earthy, flavoursome and creamy tomato based sauce

**homestyle chicken curry**  
tender thigh meat cooked lovingly just the way grandpa would make it. this is every day indian food at its very best

### lamb 17.45

**delhi lamb curry**  
aromatic lamb rogan josh cooked just like they do it on the back streets of delhi; full of soul, heart and deep flavour

**railway cabin lamb hot!**  
a traditional recipe served in the first class railway cabins of india. lamb is cooked on a slow fire with garlic, whole red chillies & curry leaves, resulting in a spicy, rich lamb curry

**green lamb curry**  
also known as palak gosht, succulent and tender pieces of lamb are cooked with vibrant spinach greens and garlic, packing in a good dose of healthy stuff with a lot of flavour

**keralan lamb curry**  
tender lamb chunks infused with hand ground south indian spices, fresh curry leaves and simmered gently in coconut milk. this curry is as exquisitely dreamy as the backwaters of God's own country

### seafood 17.45

**goan fish curry**  
a dreamy curry made with chunks of white fish in a coconut sauce flavoured with goan chillies and tamarind. reminiscent of palm trees on goan shores

**prawn nilgiri**  
a fragrant and rich green prawn curry made with fresh coriander, mint and coconut milk, originating from the blue mountains in southern india

## CHAAT PLEASE!

chaat is so much more than just a savoury snack. it's almost a way of life; a common item found throughout india everywhere from roadside food carts to the back of grocery stores. chaat is a little bit of everything that makes something devastatingly more-ish: sweet, sour, crispy, crunchy, tangy & tasty!

### chaat bombs 6.95

crisp bread puffs exploding with chickpeas, sweetened yoghurt, tamarind & coriander and finished with home made vermicelli

### papdi chaat 6.95

tamatanga's long-time darling. chickpeas, whole wheat crisp, mint chutney & sweetened yoghurt topped with blueberries and tamarind chutney

### ragda pattice 6.95

a true bombay street food. crisp potato cakes on masala yellow peas with our home made chutneys

side\* main  
8.25 15.95

### veggie 8.25 15.95

**tarka daal**  
a staple in every indian household at mealtimes, these yellow lentils are cooked very simply with cumin & garlic flavour

**black butter lentils**  
daal makhani, our way. dreamily thick, creamy and flavoursome black lentils. tarka daal's glamorous big sis - without the sibling rivalry

**saag paneer**  
pieces of paneer are cooked with vibrant spinach greens and garlic resulting in a flavoursome and comforting dish

**chickpea curry**  
chickpeas; the unsung health heroes jam packed with fibre and protein. ours are cooked in a rich onion & tomato sauce

**bangin' baigan**  
aubergine curry made with tomatoes, onions, garlic and cumin & smoking with flavour

**five spice aloo**  
indians love their potatoes almost as much as rice! five whole seed spices create the flavours for this potato dish from the east of india

**veggie curry**  
mixed veggies in a creamy masala sauce

**paneer makhani**  
the vegetarian wife of punjabi butter chicken; pieces of paneer in an earthy, creamy & flavoursome tomato based sauce

\*does not include rice or naan

## THE LITTLE EXTRAS

### naan (plain, garlic or coriander) 4.95

two lovely naans, handmade from scratch and finished to fluffy perfection in our clay oven

### cheese naan 5.95

### chilli cheese naan 5.95

### peshwari naan 5.95

### tandoori roti 4.95

hand made and beautifully buttered

### raita 3.75

a refreshing mix of yoghurt & cucumber

### plain chips 4.95

### tama chips 5.25

legendary since 2008, our tama chips are more-ishly crisp and tossed in our very own spice blend

### side salad with dressing 3.45

### pilau rice 4.95

### poppadums & chutneys 4.95

## THE THALI

our chefs prepare and choose the veg dishes for your thali, changing them regularly to keep your tastebuds entertained. you then choose any curry from our curry bowls to go on your thali. whether you're a meat lover or prefer to keep things strictly veggie, this is simply a great way to eat indian food...

### tamatanga thali 26.95

you get salad, poppadums & chutney, two veg dishes, daal of the day, raita, rice, one naan and any TWO curries of your choice

## SMALL PLATES

### onion bhaji 6.25

we use onion and spinach for our bhajis, which come with a tamarind chutney

### chilli cheese pops 6.25

chilli cheese bites with a crispy coating served with a garlic & chilli sour dip

### amrirsari fish fry 7.25

spiced white fish bites with a gorkha roasted tomato & garlic chutney

### gunpowder paneer 7.25

we went on a mission, and this is definitely the best we've tasted... spiced paneer and pepper pieces grilled and served with mint & coriander chutney

### boti chicken 7.25

boti is a cut of meat; bite sized pieces of chicken thigh marinated with fenugreek, garlic & ginger, roasted in our clay oven

### smoked lamb naco 8.25

softly spiced, slow cooked lamb leg in a folded naan taco with green salad and gorkha chutney

### bang bang chicken 7.25

crispy keralan fried chicken marinated with curry leaves, ginger & garlic and served with a more-ish lightly spiced tama mayo

### prawn tempura 8.25

the juiciest prawns are marinated in tamatanga spices and batter fried, served with our tamatanga chutney

we must tell you that our food is prepared in a kitchen where

## ALLERGENIC INGREDIENTS MAY BE PRESENT

so we can't guarantee that anything is 100% free of these things at all times

please ask to see our allergy guide if you need any more information

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your food comes out as and when it's ready, so just dig in and enjoy it as it arrives!

tamatanga  
eat • drink • indian

turn over the page for our vegan and gluten-friendly menus!