

Welcome to Monsoori Heights

Monsoori Heights welcomes you to experience and enjoy contemporary and traditional cuisine from the great Indian sub-continent with a mouth-watering adventure like no other. Begin your journey back through time and immerse your-self as each rich flavour dances through your mouth, tantalising your senses. Traditionally prepared dishes, infused with exotic spices and gently cooked to a succulent perfection. Order with rice, naan or roti to complete your experience. Each dish is specially prepared for you to perfection, and we hope you will enjoy your excursion into our extended range of dishes each bursting with fresh vibrant flavours.

£1.50 for extra ingredients (vegetables, extra stuffing and whole ingredients).

Extra herbs £1 and change of spice 50p.

Starters

- 1 **Popadom** 70p Each chutney tray £2.40
- 2 **Samosa** £4.75
Light flaky pastry with an option for mixed vegetable or lamb
- 3 **Onion and Spinach Bhaji**  £5.25
Sliced onion with fresh spinach leaves mixed with gram and corn flour then deep fried
- 4 **Chilli Paneer**   £6.95
Butter fried cottage cheese, slow cooked with peppers, onion and chilli sauce
- 5 **Vegetable Manchurian**  £5.95
A SPICY blend of vegetable dumpling infused with onion and peppers, flavoured with sweet Thai chilli and a hint of white vinaigrette and soya sauce
- 6 **Chilli Chicken Chinese Style**   £7.95
Battered chicken, deep fried with white pepper, spring onion and a touch of soya and chilli sauce
- 7 **Chicken Malai Kebab** £7.95
Creamy sliced chicken pieces cooked in a clay oven then topped with grated cheese
- 8 **Chicken Adraki** £7.95
Tender diced chicken marinated in chopped ginger, tandoori spices and herbs. Served with mint chutney
- 9 **Pundina Boti** £8.95
Succulent diced lamb infused in mint and coriander then roasted in the clay oven
- 10 **Fish Amirtisari** £8.95
Marinated cod with freshly cut ginger, fine garlic paste and rich spices and deep fried
- 11 **Monkfish Chilli Garlic**  £8.95
Deep-fried with fresh green chillies, peppers, onion, spices, garlic and a touch of soya and chilli sauce
- 12 **Malai Jheenja** £9.95
King prawns in a creamy yogurt marinade, grilled to golden perfection
- 13 **Garlic Chilli Prawns**  £9.99
succulent prawns, marinated in garlic, onion, green pepper and lime juice, tossed in garlic and chilli sauce

- 14 **Mixed Platter** £15.00
(Serving for two) A selection of chicken tikka, boti tikka, onion and spinach bhaji and samosas (VM)

Chips

- 15 **Chips** £3.00
- 16 **Masala Chips** £5.95
Mouth-watering mixture of flavours using a masala base topped with caramelised onions coriander and mint
- 17 **Spicy Masala Chips**  £6.45
A sweet chilli spicy twist to your mouth-watering mixture of flavours using a masala base topped with caramelised onions coriander and mint
- 18 **Cheesy Masala Chips** £6.45
Cheese chips with a mouth-watering mixture of flavours using a masala base topped with caramelised onions coriander and mint

Tandoori

- 19 **Paneer Tikka**   Main £12.50
Indian Paneer marinated in mild spices and herbs then grilled with bell peppers and onions
- 20 **Chicken Tikka Starter** £7.00 **Main** £12.50
Starter Chicken marinated in tandoori spices, Main yoghurt and herbs then grilled in a clay oven
- 21 **Tandoori Chicken Starter** £7.00 **Main** £12.50
Tender chicken on its bone marinated in Main blends of spices and roasted in the clay oven
- 22 **Chicken Pahadi Kebab** **Main** £12.50
Diced chicken marinated in fresh mint with Main yogurt, coriander and spinach mixed with tandoori spices then roasted in a clay oven
- 23 **Chicken Hazari Kebab** **Main** £12.50
A delicacy of northern Indian city of Lucknowbi. Diced chicken marinated in ground spices with freshly thin sliced garlic and ginger
- 24 **Chicken Shashlik** **Main** £12.50
Chicken tikka skewered with diced onions and peppers cooked in a tandoori oven
- 25 **Sheekh Kebab** **Starter** £7.00 **Main** £13.00
Lamb mince marinated in spices and flavoured with fresh mint, coriander and a touch of cardamom
- 26 **Reshmi Kebab** **Main** £12.50
Supreme pieces of chicken marinated with yogurt, then mixed with herbs and mild spices finished in clay oven
- 27 **Lamb Chops** **Main** £15.00
Tender lamb chops marinated in ground whole spices till the flavour sink to the bone then grill in a clay oven
- 28 **Duck Tikka** **Starter** £8.50 **Main** £15.00
Tender duck marinated in tikka masala then skewered and cooked in a tandoori oven
- 29 **Basil Coriander Prawns** **Main** £17.00
King prawns on the shell infused with basil coriander then grilled with mixed with blends of spices and yoghurt
- 30 **Tandoori Platter (serving for two)**
Main £19.50
A medley of tandoori chicken, king prawn, seekh kebab, lamb and chicken tikka. Served with naan or chips

Seafood







- 31 **Tawa Fish** £14.50
Battered cod tossed in chopped garlic and ginger then slow cooked with onions, tomatoes and masala. A semi dry dish
- 32 **Goan Prawn Curry** £15.00
A traditional Goan dish of succulent prawns tossed in mustard seeds and curry leaves then cooked with coconut milk, onions and tomato-based sauce
- 33 **Monsoori Jheega Masala** £15.00
King prawns cooked in onion-based curry with coconut milk, curry leaves and coriander
- 34 **Prawn Saag** £15.00
Succulent prawns cooked with mustard leaves, spinach leaves, cumin seeds, ginger, garlic and an onion and tomato-based sauce
- 35 **Haryali Sea Bass** £16.50
Sea bass marinated in thin sliced garlic, ginger, lemon, salt then pan fried, served with rice and spinach and a touch of soya and chilli sauce

Main Menu Classic Dishes

Chicken- £12.00 **Chicken Tikka- £12.50**
Lamb- £13.50 **King Prawn- £16.00**
Vegetable- £12.00

- 36 **Masala** 
A Traditional and very popular dish. Tomato and creamy Indian dish which is bursting with flavour and colour
- 37 **Korma** 
A Traditional and very popular dish, blend of cream and cashew nut
- 38 **Madras**  
Hot and SPICY dish cooked with onion and tomato
- 39 **Jalfrezi** 
Hot and SPICY dish cooked with onion and tomato
- 40 **Bhuna**
Cooked with onion and tomato gravy then finished with pepper and a touch of fresh coriander
- 41 **Vindaloo**   
Very hot curry, cooked with whole ground spices, sundried chilli paste, ginger, garlic and vindaloo masala
- 42 **Malairdar** 
Spinach curry with green chillies, garlic and finished with cream
- 43 **Makharni** 
Slow cooked in a sweet tomato based creamy makhani and cashew nut sauce
- 44 **Balti**
Cooked onions, tomatoes and herbs with a tangy taste
- 45 **Dhansak** 
Hot but sweet tangy yellow lentil sauce
- 46 **Pathia** 
Hot but sweet and sour parsi curry

Monsoori Traditional Flavours

- 47 **Chicken Chittinad** £13.50
South Indian delicacy of diced chicken tossed with mustard seeds, curry leaves, sun dried chillies then cooked with ground spices
- 48 **Chicken Caldeen** £13.50
A traditional gaan dish of diced chicken cooked with coconut milk, green chillies, ground spices, curry leaves and sliced onion
- 49 **Chicken Methi** £13.00
Tender chicken cooked with fresh ginger, garlic, lemon and finished with fresh fenugreek
- 50 **Garlic Chilli Chicken**  £13.00
Tender chicken pan fried with green chillies, golden caramelized onion and chef's mixed spices
- 51 **Chicken Khurchan**  £13.00
Shredded chicken cooked with rich tomato masala, ginger, green chilli and finished with coriander and spring onion
- 52 **Peshawari Chicken**  £13.00
Diced chicken mixed in a special homemade sauce blended with almonds and coconut then cooked with tomatoes, onions and capsicums
- 53 **Lamb Nihari** £17.50
Succulent lamb shank cooked overnight in various vessels with whole spices anise seeds. The dish is old Delhi tradition in the late eighteenth century
- 54 **Gosht Amritsari** £16.50
A combination of lamb chop, diced lamb and lamb minced cooked together with ginger, garlic, whole spices and a splash of red wine
- 55 **Lamb Rogan Josh** £13.50
A traditional romantic curry with cassia and cardamom
- 56 **Lal Mass**  £14.00
A traditional Rajasthani speciality using tender lamb cooked in ground spices, caramelised onion, garlic and sun-dried red chillies
- 57 **Saag Gosht** £14.00
Tender diced lamb cooked in mustard leaves and fresh spinach-based sauce with mild spices
- 58 **Gosht Achari**  £14.00
Lamb cooked with chefs own special blend of spices and pickles with taste of tanginess after a bite
- 59 **Duck Mirch Masala** £15.00
Duck breast cooked in a clay oven, then shredded & simmered in a spicy sauce with bell peppers & onions
- 60 **Khadija Special**  £13.50
Chicken tikka and minced meat slow cooked with golden onions, egg and green chilli, then finished with a touch of coriander

Biryani

- 61 **Chicken Biryani** £13.50
Basmati rice flavoured with exotic spices with chicken cooked in ground spices served with vegetable sauce

- 62 **Chicken Tikka Biryani** £14.00
Basmati rice flavoured with exotic spices with chicken cooked in ground spices served with vegetable sauce
- 63 **Lamb Biryani** £15.00
Basmati rice flavoured with exotic spices with lamb cooked in spices and served with vegetable sauce
- 64 **Kache Gosht Ki Biryani** £16.00
Traditional Hyderabad style biryani succulent lamb on the bone marinated with yoghurt spices then cooked together with rice and served with vegetable sauce

- 65 **Prawn Biryani** £16.95
Succulent prawns cooked in a blend of spices tossed in a pan, served with basket of rice and vegetable sauce

- 66 **Subzi Biryani** £13.00
Mixed vegetable cooked in a blend of spices and toast in a pan with basket arise and served with vegetable sauce

Vegetarian Side Dishes

- 67 **Saag Ke Sath** £6.50
Spinach with Indian herbs and spices served with the option of potatoes, mushrooms, chickpeas or Indian Pinner
- 68 **Aloo Gobi** £6.50
Stir fried potatoes and cauliflower served with aromatic Indian spices
- 69 **Karachi Vegetable** £6.50
Indian vegetable cooking on a slow fire with the mixed peppers, cubes of onions and a traditional dry karahi Masala made from whole and ground spices

- 70 **Subzi Makhani** £6.50
Assorted Indian vegetable cooked in a tomato and cashew nut makhani sauce

- 71 **Baingan Bharta** £6.55
Best aubergine cooked with onions and tomato and garnished with fresh coriander

- 72 **Bombay Aloo** £5.95
Potatoes cooked in herbs and spices with onions tomato and based gravy

- 73 **Jeera Aloo** £5.95
An irresistible fluffy potato dish which will be prepared with spices and cumin seed

- 74 **Bhendi Dupiazae** £6.55
Fresh okra tossed seeds then cooked with cubes of onions, herbs, spices and finished with a touch of coriander

- 75 **Methi Mutter Malai** £5.95
Freshly chopped fenugreek and green peas cooked in fresh cream and cashew nut sauce

- 76 **Paneer Makhani** £6.45
Homemade cottage cheese diced and cooked in a tomato and cashew nut-based gravy, garnished with grated cheese

- 77 **Tarka Daal** £6.55
Yellow lentils prepared with chopped garlic and cumin seeds

Bread

- 78 **Tandoori Roti** £3.00
Wholemeal flatbread cooked in a clay oven
- 79 **Methi Paratha** £4.00
Multi layered whole bread topped with fresh fenugreek
- 80 **Lacha Paratha** £4.00
Wholemeal multi layered bread
- 81 **Podina Paratha** £4.00
Multi layered whole bread with fresh mint
- 82 **Aloo Paratha** £4.00
Wholemeal bread stuffed with spicy potatoes
- 83 **Chapatti** £2.25
- 84 **Plain Naan** £3.50
Unleavened clay Oven bake bread
- 85 **Garlic Naan** £4.00
Nan layered with fresh diced garlic
- 86 **Kheema Naan** £4.00
Nan stuffed with minced meat
- 87 **Cheese Naan** £4.00
Nan stuffed with grated cheese
- 88 **Garlic and Chilli Naan** £4.00
Nan layered with garlic chilli and coriander
- 89 **Coriander and Cheese Naan** £4.00
Nan stuffed with coriander and cheese
- 90 **Peshwari Naan** £4.00
Nan stuffed with Almond, coconut and raisins
- 91 **Monsoori Heights Special Naan** £4.50
coriander and green chillies

Rice

- 92 **Plain Rice** £3.75
- 93 **Pilau Rice** £4.00
- 94 **Palak Rice** £4.75
Basmati rice cooking spinach with Indian herbs
- 95 **Lemon Rice** £4.75
Basmati rice stir fried with lemon and ground spices
- 96 **Garlic Rice** £4.75
Basmati rice stir fried with chopped cloves and garlic
- 97 **Mushroom Rice** £4.75
Basmati rice with stir fried mushrooms cooked in Indian house
- 98 **Keema Rice** £4.75
Basmati rice cooked in a pan with spicy minced meat
- 99 **Egg Rice** £4.75
Basmati rice blended with ground spices and egg

- 🥜 - May Contain Traces of Nuts
🌱 - Suitable for vegetarians
🔥 - Dansk Hot Very Hot Dish
🔥🔥 - Madras hot (Very Hot)
🔥🔥🔥 - Vindaloo Hot (Extremely Hot)

Food Allergy Disclaimer

Monsoori Heights makes every attempt to identify ingredients that may cause an allergic reaction for those with food allergies. However, there is always risk of contamination as in our kitchen we use products such as milk, eggs, gluten, seafood, peanuts, other nuts, sesame seeds and capsicum, although we have strict cross contamination policies, we cannot guarantee a total absence of these products in any of our cuisine's, meat, carb nor vegetable. Customers with food allergies must be aware of the risk. Monsoori Heights will not assume any liability for adverse reactions from the food consumed, or items one may come in contact with whilst eating any of our meals or itemised food source.

Open 7 Days A Week
Opening Times
12pm till 2pm then 5pm to 11pm
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