



the art of spice
AUTHENTIC INDIAN CUISINE

Welcome

The Tara Lounge uses only the finest quality lamb, chicken, vegetables and spices in the preparation of all their dishes.

If you do not see what you require on this menu, please ask; our chef will be more than happy to prepare your request.

We welcome Switch and all major credit cards.

The bitter taste of poor quality remains long after the forgotten cheap price.

*Please note that tables can only be reserved for customers who each order a minimum of one main course.

The restaurant has a dress code of 'smart casual' and all customers are requested to comply

The management respectfully suggest that the layout of the premises and intimacy of the restaurant is unsuitable for infants and young children



Starter

Trio of Onion Bhaji Classic entrée of chopped onion and gram flour with mild spices	£2.95	Maachly Pakora Seasoned fish deep fried in oil (batter)	£4.75
Sheek Kabab Lamb minced with onions and herbs cooked over charcoal	£3.00	King Prawn Shaslick King prawn marinated in herbs and spices, served with tomato and green pepper	£4.75
Trio of Somosa Classic entrée of mixed vegetables encased in a crispy triangular pastry	£2.95	Paneer Rolls Indian cheese, peas, onions and sweetcorn in a crispy pastry	£3.95
Prawn Puree Prawns cooked in medium spices on deep fried puree	£3.95	Halka Squid Masala Squid flame fried in light spices	£4.00
Tandoori King Prawns King prawns marinated in yoghurt, cooked over charcoal	£4.75	Zeera Chicken Diced chicken marinated in ground coriander and cumin seeds, cooked in garam masala	£4.00
Tikka (Lamb or Chicken) Diced lamb or chicken marinated in yoghurt, cooked over charcoal	£3.95	Tandoori Poneer Tikka Diced homemade Indian cheese cooked in a special blend of fresh herbs and spices	£4.25
Murgh Kalijee Spicy chicken liver with caramelised onions and chilli	£4.25	Garlic Mushroom Whole baby mushrooms fried with garlic	£3.25
Babori Mix (Assorted starter)	£5.50	Tandoori Grilled Lamb Chops Lamb chops marinated and tandoori grilled	£4.50
King Prawn Butterfly King prawns marinated in sauce and deep fried in butter	£4.75	Aloo Bora Spicy potatoes and sweetcorn, deep fried in butter	£2.95



Tandoori Selection

Tandoori Chicken (half portion)	£6.90
Spring chicken marinated in yoghurt with herbs and spices and cooked in a clay oven. Served with salad	
Tikka (Lamb or Chicken)	£6.90
Chunks of lamb or pieces of chicken marinated in yoghurt and spices, cooked in a clay oven. Served with salad	
Tandoori King Prawn	£12.00
King prawns marinated in yoghurt and spices, cooked in a clay oven. Served with salad	
Tandoori Mix	£11.95
Assorted compliment of Tandoori cuisine	
Chicken Shaslick	£8.50
Marinated chunks of chicken grilled in the tandoor with onions, capsicums and tomatoes	

Balti Dishes

Originated from the North Indian region of Kashmir.
Balti cuisine has become popular in the UK

Chicken, Lamb or Prawn Balti	£8.90
King Prawn Balti	£10.95
Chicken Tikka Balti	£9.50

Special Tara Dishes

Chicken Jalfrezie	£7.50
Tender pieces of chicken cooked with green pepper, onion and fresh spices	
Pasanda (Chicken or Lamb)	£7.50
Fillet of chicken or lamb with fresh mild spices	
Tandoori King Prawn Makan-Wala	£12.50
Marinated king prawns cooked in mild spices with cream, coconut butter and almonds	
King Prawn Lahoree	£12.50
King prawns grilled and cooked with spices, chopped tomatoes and capsicums, served in a traditional iron karahi	
Delhi Murgh	£7.90
Chicken cooked with ginger and garlic in a spicy sauce	
Shahi Chicken-Rejala	£7.90
Chicken tikka garnished with fried green chillies and onions in a special sauce, fairly hot	
Murgh or Gosth Roshanlal	£8.50
Derived from massalla dishes, grilled first in our tandoori clay oven then re-cooked in massalla sauce and topped with spinach, garlic and fresh coriander leaves	

Vegetarian Main Dishes

Korai Vegetables	£5.95	Balti Vegetables	£6.50
Pot roast vegetables cooked with green peppers, exotic herbs and spices		Vegetables cooked with capsicums, onions, tomatoes, flavoured with fenugreek and balti spices, garnished with fresh coriander	
Vegetable Makanwala	£5.95	Vegetable Dansak	£5.90
Mixed vegetables cooked in mild spices with cream coconut butter and almonds		Persian type curry with lentils; sweet and sour and hot	
Vegetable Bhuna	£5.50		
Vegetables cooked in medium spices and tomatoes			



Chef's Specialities

Chicken Tikka Sag Chicken Tikka cooked with Spinach	£7.90	Chicken Tikka Poneer Chicken cooked with homemade cheese, spices and herbs	£8.50
Chicken Tikka Bhuna Chicken Tikka cooked in medium spiced sauce	£7.90	Chicken Chilli Masala Prepared with fresh green chopped chillies in a thick textured sauce. Fairly hot taste	£8.00
Karai (Chicken / Lamb) Pot roast chicken or lamb cooked with fresh exotic herbs and spices and served in a sizzling wok	£7.90	Benglor Chicken Roast A super dish from Bengal, chicken marinated in ground fresh spice and garam masala and served on a bed of fried onion, green pepper and tomato	£9.50
Methi Murgh / Gusht Massalla Chicken or lamb cooked in spices and flavoured with green herbs	£7.90	Maachly Biran A famous dish from Bangladesh, fillet of sea bass marinated in ground paste of fresh herbs and light fish masala then grilled and served on a bed of garlic spinach	£10.50
Chicken Tikka Makan-Wala Tandoori baked chicken or lamb cooked in oriental mild spices with cream, coconut butter and almonds	£7.90	Gosht Pata Lamb cooked in medium sauce, topped with roast onions and cream	£7.90
Kalia Murgh or Ghust Chicken or lamb tikka cooked in massalla spices with tamarind sauce	£7.90		
Garlic Chicken Chicken cooked with fresh garlic and spices	£7.50		

Traditional Desi Style

All these dishes are cooked in traditional Bangladeshi style, in a thick, rich dry sauce using green chillies, blend of spices, garnished with lemon and fresh coriander

Karahi Gosht (Lamb) or Murgh (Chicken) The most popular dish throughout the Indian subcontinent, cooked in a rich, dry sauce	£7.50	Karahi Bhindi Gosht As above but with lamb and fresh okra	£7.95
Chicken Tikka Masala Desi Chicken breast cooked over a charcoal grill and then roasted with ginger, garlic, onions, tomatoes, with a sprinkling of coriander	£8.50	Karahi Keema and Matter Minced lamb cooked with onions, peppers, tomatoes, garlic, ginger and green chillies	£7.95
Karahi Fish Fresh fish cooked with onions, peppers, tomatoes, garlic and ginger to create a rich authentic taste	£8.95	Duck - Bangla Special Boneless duck cooked in chefs own recipe	£8.95
Karahi King Prawns Fresh prawns cooked with onions, peppers, tomatoes, ginger and garlic	£10.25	Murgh or Gosth Nagaraj Chunks of chicken or lamb cooked with very hot Indian peppers	£7.75



Chicken Dishes

Chicken Bhuna Chicken cooked with herbs and tomatoes, in thick form	£6.50
Chicken Curry, Madras or Vindaloo Chicken cooked in medium or fairly hot or very hot spices	£6.25
Chicken Dopiazza Chicken cooked with onions and tomatoes	£6.50
Shahi Chicken Korma Mildly spiced, cooked with almond and cream	£6.90
Chicken Dansak Curry with lentils, sweet, sour and hot	£6.50
Sag Chicken Chicken cooked with spinach	£6.95

Lamb Dishes

Lamb Bhuna Lamb with herbs and tomatoes, in a thick form	£6.50
Shahi Lamb Korma Lamb cooked with cream and almond, mildly spiced	£6.90
Lamb Curry, Madras or Vindaloo Lamb cooked in medium or fairly hot or very hot spices	£6.25
Lamb Dopiazza Lamb cooked with onions and tomatoes	£6.50
Lamb Dansak Persian type curry with lentil, sweet, sour and hot	£6.50
Roghan Josh (Chicken or Lamb) Cooked with tomatoes and spices	£6.50
Sag Gosht Succulent lamb cooked with spices	£6.95

Prawn Dishes

Tandoori King Prawn Bhuna King Prawns cooked in tomatoes and spices	£12.00	King Prawn Sag Large prawns cooked with leaf spinach	£10.50
Prawn Palak Prawns cooked in spinach	£8.50	King Prawn Bhuna King prawn cooked in tomatoes and spices	£10.50
Prawn Pathea Prawns cooked in green pepper spices and herbs, sweet, sour and hot	£8.00	King Prawn Dhansak King prawn cooked with lentil, sweet, sour and hot	£10.50
Prawn Bhuna Prawns cooked in tomatoes and spices	£8.00	Tandori King Prawn Kalia Tandori king prawns in a tamarind sauce, comes in a sizzler	£12.50
Prawn Dhansak Persian type curry with lentil, sweet and sour and hot	£8.00		

Biryani Dishes

Basmati rice cooked to a traditional Hyderabad recipe with whole herbs and spices, served with mixed vegetable curry sauce

Tikka Biryani (Lamb or Chicken)	£8.75	Vegetable Biryani	£7.00
Lamb or Chicken Biryani	£8.00	Special Biryani Chicken, lamb, prawns and mixed vegetables cooked with basmati rice, served with a mixed vegetable curry sauce	£10.95
Tandoori King Prawn Biryani	£12.95		



Vegetable (side dishes)

Sag Bhaji	£3.50	Aloo Gobi	£3.75
		Potato and cauliflower cooked in medium spices	
Niramish	£3.50	Sag Aloo	£3.75
Vegetables stir fry cooked to our own recipe			
Mixed Vegetable Curry	£3.50	Masala Dal	£3.75
Bhindi Bhaji (Okra)	£3.50	Tarka Dal	£3.50
		Lentil and garlic garnishing	
Bombay Aloo	£3.50	Sag Paneer	£3.75
Potatoes cooked in spices		Spinach cooked in homemade Indian paneer and spices	
Brinjal Bhaji	£3.50	Motor Paneer	£3.75
Aubergines cooked in spices		Garden peas cooked in homemade Indian paneer and spices	
Mushroom Bhaji	£3.50	Kabuli Chana	£3.50
		Chickpeas and dry masala	
Cauliflower Bhaji	£3.50		
Cauliflower cooked in spices			

Rice and Sundries

Sobjee Rice (Vegetables)	£3.25	Garlic Nan	£2.25
Peshwari Rice	£3.25	Nan	£1.95
Saffron rice with fruit and nuts		Leavened bread cooked in charcoal oven	
Mushroom Rice	£3.00	Vegetable Nan	£2.25
Bowl of Pilau Rice (Serves 2 people)	£4.50	Keema Nan	£2.50
Rice in saffron		Stuffed with mincemeat	
Bowl of Plain Rice (Serves 2 people)	£4.00	Dahi Raita	£1.50
Patna rice		Yoghurt with onions or cucumber	
Lemon Rice	£3.00	Masala Popadom (Spicy)	£0.80
Paratha	£2.25	Popadom (Plain)	£0.70
Unleavend bread fried			
Chapathi	£1.00	Pickle Tray	£2.00
		Mango chutney, mixed pickle, onion salad and mint sauce	
Onion Kulcha (Onion Stuffing)	£2.25	Green Salad	£2.75
Peshwari Nan (Coconut and Almonds)	£2.25		

Red Wines

- 1 Diamond Bay Ruby Cabernet – South Africa** £10.00
Full bodied, soft and fruity
- 2 Paso Del Sol Merlot – Chile** £11.00
Soft fruit driven Merlot. Crisp and refreshing Sauvignon Blanc
- 3 Willowglen Shiraz Cabernet – Australia** £12.00
Soft fruit driven Merlot. Crisp and refreshing Sauvignon Blanc
- 4 False Bay Pinotage – South Africa** £13.00
Rich plum flavours and super soft tannins
- 5 Andes Peaks Cabernet Sauvignon Reserve - Chile** £14.00
Well balanced rich cherry fruit wine with a smooth chocolate palate
- 6 Deen de Bortoli Vat 8 Shiraz – Australia** £16.00
Plums, spices and pepper with a fresh oakiness
- 7 El Coto Crianza – Spain** £17.50
Fabulous balance of ruby red fruits, aged in oak for 6 to 8 months to give this wine hints of vanilla

White Wines

- 8 Diamond Bay Chenin Colombard – South Africa** £10.00
Dry, fruity and well structured
- 9 Paso Del Sol Sauvignon Blanc – Chile** £11.00
Fabulously dry, crisp and refreshing
- 10 Willowglen Semillon Chardonnay – Australia** £12.00
Absolutely bursting with citrus fruits
- 11 Sacred Hill Colombard Chardonnay – Australia** £13.00
An un-wooded example of this popular blend, crisp and tangy
- 12 El Coto Blanco – Spain** £13.50
Made from maceated grapes with slow fermentation at low temperature to give this full fruity wine
- 13 Ca Lunghetta Pinot Grigio – Italy** £14.00
Dry, soft and well balanced
- 14 False Bay Chardonnay – South Africa** £14.00
Supple with plenty of fruit and a hint of butterscotch
- 15 Omaka Springs Sauvignon Blanc – New Zealand** £17.00
Fabulous super crisp and tropical Sauvignon Blanc

Red

- 16 Comte Raimbauld Chateauneuf Du Pape – France** £27.50
Classic big wine from the South Rhone Valley, full of Grenache and Syrah
- 17 Omaka Springs Pinot Noir – New Zealand** £20.00
Soft and delicate Pinot Noir with a touch of cherry fruits

Special Selection

- 18 Chablis Moreau – France** £20.00
Good acidity, very dry but also very refreshing
- 19 Paul Thomas Sancerre Blanc – France** £25.00
From Sauvignon grapes grown on a hillside called 'Les Comtesses' to give this fabulous gooseberry wine

White

Rose Wines

- 20 El Coto Rosado – Spain** £13.50
Made from 50% Tempranillo and 50% Garnacha grapes to give this beautiful light pink wine
- 21 Ca Lunghetta Pinot Grigio Rosato – Italy** £15.00
Dry, soft, well balanced and delicately pink

Champagnes & Sparkling Wine

- 22 Moutard Brut Grande Cuvee – France** £27.50
Made from 100% Pinot Noir – elegant and rich
- 23 Laurent Perrier Brut – France** £35.00
Forceful Champagne with citrus and toasty overtones
- 24 Dom Perignon – France** £120.00
Ultra fine bubbles, stylish and elegant – named after the famous Benedictine monk
- 25 Ca Lunghetta Sparkling Pinot Grigio – Italy** £17.50
Light, refreshing and dry

By the Glass

Wines by single serve bottle

RED

- S1 Waters Edge Shiraz Cabernet – Medium bodied and smooth** £2.95
- S2 Waters Edge Merlot – Soft and smooth** £2.95
- S3 Waters Edge White Zinfandel – Rosa Blush** £2.95

ROSE

WHITE

- S4 Waters Edge Chardonnay – Dry White** £2.95
- S5 Waters Edge Chenin Blanc – Medium Dry White** £2.95
- S6 Waters Edge Sauvignon Blanc – Herbaceous & Fresh** £2.95
- S7 Waters Edge Semillon Chardonnay – Tropical and fruity** £2.95
- S8 Magyar Hills Pinot Grigio – Dry and refreshing** £2.95

Bar Tariff

Draught Beer

Fosters	half £1.50	pint £2.90
John Smiths	half £1.50	pint £2.90
Kronenberg	half £1.55	pint £3.00

Bottled Beer

King Cobra	750ml	£8.50
Cobra	330ml	£2.95
(Alcohol Free) Cobra	330ml	£2.50
Kingfisher	330ml	£2.95
Tiger	330ml	£2.95

Cider

Bulmers Original	£3.50
Strongbow	£2.50

Aleopops Bottle

Smirnoff Ice	£2.75
WKD	£2.75
Bacardi Breezers	£2.75

Fruit Juices & Mixers

J2o	£1.95
Britvic 55 (orange or apple)	£1.95
Slim Line Tonic	200ml £1.50
Fruit Juices	125ml £1.25

Soft Drinks

Coke	£1.50
Diet Coke	£1.50
Lemonade	£1.50
Orange Juice	£1.50
Tonic or Soda Water	£1.50

Mineral Water

Artesian Still or Sparkling	33cl	£1.50
Artesian Still or Sparkling	75cl	£3.25

Aperitifs

Campari	50ml	£2.00
Martini - dry or sweet	50ml	£2.00
Martini Bianco	50ml	£2.00
Taboo	50ml	£2.00
Cognac - Remy Martin XO	25ml	£7.25
Cognac - Remy Martin VSOP	25ml	£3.25
Cognac - Courvisier	25ml	£3.00
Special Whisky Selection	25ml	£3.25
Liqueurs	25ml	£2.75
Spirits	25ml	£2.35
Sherry & Port	50ml	£1.95
Spirits with Tonic, Soda, Coke, Lemonade or Juice	25ml	£2.75
Aperitifs with Tonic, Soda, Coke, Lemonade or Juice	50ml	£2.50