

## Live LOVE EATHealthy

# non vegetarian



#### Enhance your meal with our aromatic rice for only £3.50 extra!

	£7.00 £8.00		- £11.00 - £12.00
	£8.00 £9.00	Large Mixed Kebab either with Nan or Chips	£14.00 £15.00
2 Chicken Kebab either with Nan or Chips ! With Paratha ! 2 skewers of minced Chicken chargrilled, served with salad and sauce.			_ £9.50 - £10.50
<b>3 Chicken Kebab</b> either with Nan or Chips <b>! With Paratha !</b> 3 skewers of minced Chicken chargrilled, served with salad and sauce.	£9.00 £10.00	Large Chicken Tikka either with Nan or Chips	- £14.00 - £15.00
Chicken Doner either with Nan or Chips s With Paratha s Chicken thigh cooked on upright rotating gril8 served with salad and sauce.	£8.50 £10.00	Lamb Tikka either with Nan or Chips With Paratha Chargrilled pieces of Lumb Chunks, salad and sauce.	- £10.00 - £11.00
Large Chicken Doner either with Nan or Chips - With Paratha Schicken thigh cooked on upright rotating grill served with salad and sauce.	£10.00 £11.50	<b>Large Lamb Tikka</b> either with Nan or Chips With Paratha Chargrilled pieces of Lumb Chunks, salad and sauce.	- £14.50 - £15.50
Mixed Chicken Doner either with Nan or Chips 9 With Paratha Chicken thigh cooked on upright rotating gril served with salad and sauce.	£11.00 £12.00		£10.50 £12.00
Large Mixed Chicken Doner !	£13.50 £14.50	2 Meat Samosas 2 pieces of minced meat shallow fried.	£4.00
With Paratha Chicken thigh cooked on upright rotating grill served with salad and sauce.		with Chips + Drinks £11.50	





#### CHILDREN'S menu

CHICKEN STEAK BURGER Chips and Drink. ----- £6.50

4X CHICKEN STRIPS Chips and Drink. ------ £6.00

4X FISH FINGERS Chips and Drink. ----- £6.00

4X CHICKEN NUGGETS Chips and Drink. ----- £6.00



Dive into our

Kids Approved

Favourites!!

## TRADITIONAL CHEF

Paya		- £15.00
Lamb trotters slowly cooked in thick gra	avy.	
Nihari		- £15.00
Lamb shank stewed in whole ground h spices cooked in a special rich sauce, with side herbs & salad.		645.00
Haleem Shredded meat fresh herbs on whole g spices in a rich sauce, served with side herbs & salad.		_ £15.00
TIETDS & Salau.	Half Kg	1Kg
Charsi Karahi LAMB	£21.00	£40.00
Charsi Karahi CHICKEN	£15.00	£30.00
Namak Mandi LAMB	£21.00	£40.00
Namak Mandi CHICKEN	£15.00	£30.00
Chapli Kabab ( 3 pcs )	£12.00	400
Shami Kabab (3 pcs )	£10.00	il Was
	(6	

# FLAMED GRILL CHICKEN MEALS

Quarter Chicken, Nan or Chips and drink	£7.50
Half Chicken, Nan or Chips and drink	£10.00
3/4 Chicken, Nan or Chips and drink	£12.50
Full Flame Chicken, Nan or Chins and drink	£15.00

If you have already tried our Food and liked it, please give us an opportunity to serve you on your Parties, Birthdays and Weddings etc.



We have set menus to cater for all your requirements. Please contact the manager in your local TOL branch.

hankyou

# BARBEQUE & TANDOORI

Enhance your meal with our aromatic rice for only £3.50 extra!

Seekh Kebabs	£10.00
pieces of chargrilled minced meat, s ed onions on a sizzler plate.	erved with

4 pieces of chargrilled Chicken meat, served with fried onions on a sizzler plate.

Chicken Tikka ----- £9.00
Chargrilled pieces of chicken breast, served
with fried onions on a sizzler plate.
Lamb Tikka

Chargrilled pieces of Lamb Chunks, served with fried onions on a sizzler plate.

Full Spring Chicken ----- £12.50 Chargrilled Chicken marinated in our special recipe,

**Half Chicken**Chargrilled Chicken marinated in our special recipe, served with side salad and sauce.

Tandoori Chicken Wings ----- £8.00
Chargrilled pieces of Chicken wings marinated in our special recipe, served with side salad and sauce.

**Tandoori Lamb Chops**Chargrilled pieces of Lamb marinated in our special recipe, served with side salad and sauce.

Masala Fish
Marinated in our special recipe then shallow fried, served with side salad and sauce.

g Prawn -----s

#### Mixed Grill

2 Persons

"Combination of lamb chops, wings, seekh kebab chicken and lamb tikka" served with salad, sauces

#### Mixed Platter 3/4 Persons £45.00

"Combination of lamb chops, Grilled Chicken wings, seekh kebab, Chicken Kebab, chicken and lamb tikka" served with salad, sauces, 2 nan and chips

Tawa 4/5 Persons

£75.00

£35.00

"Combination of lamb chops, Wings, Chicken/lamb seekh Kebab, Chicken tikka, Grill chicken, Karahi lamb, Karahi chicken, Tarka daal, P rice,nan, Keema Nan"

## MAIN COURSE CHICKEN

dishls
Karahi Chicken (Taste of Lahore special) £11.
Chicken Chilli Masala  Boneless Chicken chunk cooked in various spices and fresh green chillies.  £12.6
Methi Chicken £12.6 Boneless Chicken cooked with Fenugreek in curry sauce.
Saag Chicken £12.6 Boneless Chicken chunk cooked with spinach in curry sauce.
Chicken Korma £12.6 Boneless Chicken cooked with light cream and korma masala.
Chicken Jalfrezi  BBQ Chicken pieces cooked with onions, green chillies, tomatoes and peppers.
Chicken Tikka Masala BBQ Chicken pieces cooked in mild creamy tomato sauce.
Butter Chicken £12.

Boneless Chicken cooked with butter in creamy sauce

Boneless Chicken chunk cooked with various herbs and spices in curry sauce.

**Chicken Roghan Josh** 

green peppers in a spicy curry sauce

**Chicken Madras** 

**Achar Chicken** 

**Daal Chicken** 



Enhance your meal with our Shami Kabab t	CC Ear only C2 50	avtnal
Ennance your meat with our Snamt Kabab	or only £3.50	extra:
<b>Sindhi Chicken Biryani</b> Boneless piece of Chicken cooked with Herbs abasmati Rice.	and	£11.50
Chicken Tikka Biryani BBQ Chicken piece cooked with Herbs and Basmati Rice.		£12.00
<b>Lamb Biryani</b> Boneless piece of Chicken cooked with Herbs and Basmati Rice.		£13.00
Prawn Biryani Prawn cooked with various Herbs and Basmati Rice.		£13.50
<b>Fish Biryani</b> Fish cooked with various Herbs and spices in Basmati Rice.		£13.50
Vegetable Biryani ( ) ( ) Mixed vegetables cooked with various Herbs and spices in Basmati Rice.		£8.50
Chana Pilau ( ) ( ) ( ) Chickpeas cooked in pilau rice with herbs and spices		28.00
<b>Special Egg and Fried Rice</b> Eggs cooked with various herbs and Basmati F	 Rice.	£7.50
Zeera Rice		£6.50
Pilau Rice		£6.00
Boiled Rice Dain white Rice.		£5.00
<b>Keema Biryani</b> Minced meat cooked with rice and traditional sp		£12.00
Paneer Biryani		£9.00



# MAIN COURSE LAMB

Karahi Lamb  Boneless Lamb chunk cooked in curry sauce.	£13.00
Lamb Chilli Masala  Boneless Lamb chunk cooked in various spices and fresh green chillies.	£13.50
Saag Meat Boneless Lamb chunk cooked with spinach in curry sauce.	£13.50
Bhindy Meat Ladyfingers cooked with Lamb, tomatoes, capsicum and onions in thick curry sauce.	£13.50
<b>Tandoori Chops Masala</b> Dilicious BBQ Chops cooked in masala sauce.	£16.00
Karahi Keema  Lamb mince cooked with fresh ginger, garlic, onion and garnished with fresh coriander.	£13.00
Lamb Roghan Josh  Boneless Lamb cooked with fresh capsicum, tomatoes and fresh Green Chillies in masala sauce.	£13.50
Lamb Madras  Boneless Lamb cooked with onions, tomatoes and green peppers in curry sauce.	£13.50
Lamb Korma Boneless lamb cooked in a creamy masala sauce.	£13.50
<b>Keema Peas Aloo</b> Mince curry cooked with peas, potatoes and masala.	£13.50
Achar Lamb Lamb pieces marinated in pickle spices	£13.50

#### VEGETARIAN KARAHI dishes

**Kabab Curry Sauce** 



Paneer Tikka Masala Pieces of Cheese chunk cooked in curry sauce		£9.50
Mixed Veg		£9.50
Bhindy	ry sauce.	£9.50
Tarka Daal 🚇 🥝 Lentils with herbs and spices cooked in curry s	auce.	£9.00
Bharta 🚇 🥝 Aubergine cooked with herbs in curry sauce.		£9.50
Saag Paneer Cheese chunks and spinach cooked in curry sa	euce.	£9.50
Egg Curry Boiled egg cooked in curry sauce.		£9.00
Chana Masala 🔯 🥝 Chickpeas cooked in curry sauce.		£9.00
Karela 🕍 🥝 -		£9.50







### **DRINKS**

Cans	£1.50
Mineral Bottle Small	£1.50
Mineral Bottle Big	£3.00
Mango Juice	£3.00
Salt+Sweet Lassi (Glass)	£3.00
Salt+Sweet Lassi (jug)	£8.50
Mango Lassi (Glass)	£3.50
Mango Lassi (Jug)	£9.50
Fresh Orange Juice	£4.00
Kids Drink	£1.00

#### MOCKTAILS

Mojito	£4.99
Blend of Mexican limes,mint	leaves & lemons.
Pina Colada	£4.99
Blend of pineapple & coconi	ut.

Strawberry Daiquiri £4.99

Blend of strawberries &Mexican limes.

Margarita £4.99





Tandoori Nan Butter Nan

Butter Roti Peshawari Nan

Chilli Nan

Keema Nan

**Garlic Nan** 

Tandoori Roti @ £1.30

Tandoori Paratha £3.50

£4.00

£3.50

£3.50

£3.00

£4.00

£2.00

£0.50

# Vegetarian Snacks

Chana Masala Roll Chickpeas served with fresh nan.		£7.00
Paneer Tikka Roll Pieces of soft cheese chunks and na		£7.00
Falafal Roll Chickpeas and veg made into balls a	and nan.	£7.00
<b>Daal Bhajiya</b> Chickpeas and veg made into balls a		£6.00
Chilli Garlic Mogo ( ) Stirfried with chillies, tomatoes, onlons soya sauce.	 , and	£8.00
Sizzling Paneer Cheese cubes cooked in tomatoes. conions, & soya sauce.	 hillies,	£8.00
Chilli Paneer Spicy cheese cubes cooked with herband vegetable.	 os	£8.00
2 Veg Samosas Mixed veg shallow fried.		£4.00
Chips 🔯 🧭		£2.50
Chip Roll Chips served with nan and salad.		£4.50
Peri Peri Chips 🛛 🧭		£3.00
Chips Salad and Sauce		£3.50

# Desert & Sweets

Kheer		£4.00
Delicious homemade rice puddi	ng.	
Kulfi		£3.00
Traditional desert icecream.		
Gulab Jaman (3pcs)		£4.00

#### Saladi





# Food is the Market BINDS US Together

PRAWN AND FISH dishes



Prawn Curry						£13.00
Prawn	Cooked	in	curry	sauce.		

Fish Curry

Cooked with Herbs ans Spices in curry Sauce.