

## Accompaniments

|     |   |       |
|-----|---|-------|
| 77  | <b>BOILED RICE</b>  | £1.85 |
| 78  | <b>PILAU RICE</b><br>Basmati rice   | £1.95 |
| 79  | <b>MUSHROOM RICE</b><br>Basmati fried rice with mushrooms   | £2.85 |
| 80  | <b>VEGETABLE RICE</b><br>Basmati rice fried with vegetables   | £2.85 |
| 81  | <b>FRIED RICE</b><br>fried with onions  | £2.35 |
| 82  | <b>EGG FRIED RICE</b><br>Eggs, rice and onions  | £2.85 |
| 83  | <b>LEMON RICE</b><br>Basmati rice flavoured with lemon, dried mango, turmeric, peas and nuts                | £2.85 |
| 84  | <b>COCONUT RICE</b><br>Fragrant wild rice cooked with turmeric, mustard seeds, dried coconut and red pepper | £2.85 |
| 85  | <b>SPECIAL RICE</b><br>Basmati rice cooked with eggs, peas, sultanas and nuts                               | £2.95 |
| 86  | <b>PALAK RICE</b><br>Basmati rice cooked in butter and fried with garlic and fresh spinach                  | £2.85 |
| 87  | <b>CHIPS</b>  | £1.75 |
| 88  | <b>NAN</b>  | £1.85 |
| 89  | <b>KEEMA NAN</b>  | £1.95 |
| 90  | <b>PESHWARI NAN</b>   | £1.95 |
| 91  | <b>GARLIC NAN</b>   | £1.95 |
| 92  | <b>VEGETABLE NAN</b>  | £1.95 |
| 93  | <b>PARATHA</b>  | £1.95 |
| 94  | <b>VEGETABLE PARATHA</b>  | £2.25 |
| 95  | <b>CHILLI CHEESE NAN</b>  | £2.25 |
| 96  | <b>CHAPATI</b>  | £0.95 |
| 97  | <b>TANDOORI ROTI</b>  | £1.85 |
| 98  | <b>RAITHA</b>   | £1.25 |
| 99  | <b>GREEN SALAD</b>  | £1.95 |
| 100 | <b>HOUSE SALAD</b>  | £2.25 |
| 101 | <b>PLAIN POPADOM</b>  | £0.50 |
| 102 | <b>SPICY POPADOM</b>  | £0.60 |
| 103 | <b>ASSORTED PICKLES</b>   | £0.50 |

## Vegetarian Selection

### Starters

|     |   |       |
|-----|---|-------|
| 104 | <b>BEGON BATA</b><br>Aubergine dipped in our home made batter   | £2.45 |
| 105 | <b>VEGETABLE SAMOSA</b><br>Triangular shaped pastry filled with fresh vegetables  | £2.45 |
| 106 | <b>VEGETABLE PURI</b><br>Fresh vegetables cooked in medium sauce, garnished with coriander, served on a pancake         | £2.95 |
| 107 | <b>ALOO CHAT</b><br>Potato cooked in a tangy sauce with cucumber and tomato   | £2.95 |
| 108 | <b>ALOO GARLIC MUSHROOMS</b><br>Button mushrooms and garlic fried with potatoes and garnished with coriander            | £2.95 |
| 109 | <b>VEGETABLE SHIMLA</b><br>Spiced vegetables stuffed in a pepper, baked in clay oven and served in a spicy tomato sauce | £2.95 |

### SAROS *Finest*

|     |  |       |
|-----|--|-------|
| 110 | <b>SABZI TAWA SAROS</b><br>Fresh vegetables stir fried with yogurt on the tawa and garnished with grated cheese  | £5.25 |
| 111 | <b>SABZI TIKKA MASSALA</b><br>Fresh vegetables in a mild and creamy yogurt base sauce  | £5.25 |
| 112 | <b>SABZI JALFREZI</b><br>A choice selection of fresh vegetables with fresh green chillies  | £5.25 |
| 113 | <b>SABZI PISTA MASSALA</b><br>A choice selection of fresh vegetables with ground pistachio nuts in a creamy sauce  | £5.25 |
| 114 | <b>SABZI BADAMI</b><br>Fresh vegetables stir fried to a moist consistency with nuts and medium hot spices and garnished with fresh herbs                         | £5.25 |
| 115 | <b>SABZI EXOTICA</b><br>Fresh vegetables cooked in a delightful sauce of coconut, pineapple, mango and bananas finished in a creamy sauce                        | £5.25 |
| 116 | <b>ALOO BEGON BHUNA</b><br>Potato and aubergine cooked with onions, peppers and tomatoes in a thick sauce, finished in a medium spice garnished with fresh herbs | £5.25 |
| 117 | <b>MIRCHI PALAK BHUNA</b><br>Fairly Hot. Fresh spinach cooked with onions, peppers, green chillies and ground massala in a very moist consistency finish         | £5.25 |
| 118 | <b>SABZI KORAI</b><br>A medium dish cooked with onions, peppers, tomato puree and garlic in the kora, a wok like utensil   | £5.25 |
| 119 | <b>SABZI BALTI</b><br>Medium spiced dish served in a metal wok   | £5.25 |

### Traditional Dishes

|     |  |       |
|-----|--|-------|
| 120 | <b>VEGETABLE KORMA</b><br>A mild dish cooked in a creamy sauce   | £4.55 |
| 121 | <b>VEGETABLE DUPIAZA</b><br>Medium spiced dish cooked in a thick sauce with onions and peppers                 | £4.55 |
| 122 | <b>VEGETABLE MADRAS</b><br>A fairly hot dish   | £4.55 |
| 123 | <b>VEGETABLE DANSAK</b><br>A sweet and sour dish that contains lentils, pineapple and spices                   | £4.55 |
| 124 | <b>VEGETABLE PATHIA</b><br>A hot dish that is cooked with lemon juice and sugar to give a sweet and sour taste | £4.55 |
| 125 | <b>VEGETABLE VINDALOO</b><br>Very hot!   | £4.55 |



# SAROS

## INDIAN - BANGLADESHI

*Authentic Cuisine With A Twist*

### Take-Away Menu

COLLECTION ONLY

Open from 6pm

**CLOSED EVERY TUESDAY**



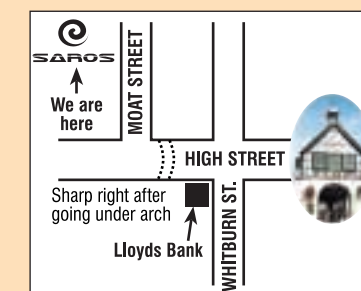
*Enquire about the chef's daily specials*

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Email: [sarostwist@hotmail.co.uk](mailto:sarostwist@hotmail.co.uk)



Non Smoking • Air Conditioning • Fully Licensed • Bookings Advised

**15%**  
Discount on all Take-aways

## Starter / Main tandoori Specialities

|  | Starter | Main  |
|--|---------|-------|
| <b>Poultry</b>   |         |       |
| 1 <b>MURGH CHAT MASSALA</b><br>Tender pieces of chicken marinated with garlic and chef's spices, grilled with capsicum, tomatoes and onions, finished off with chat massala                              | £3.75   | £6.95 |
| 2 <b>MURGH PAKORA</b><br>Tender pieces of chicken delicately spiced and dipped in our own special batter and fried   | £3.75   | £6.95 |
| 3 <b>MURGH CHAT</b><br>Pieces of chicken cooked in a tangy sauce, with cucumber and tomatoes, garnished with coriander   | £3.75   |       |
| 4 <b>SPICY TANDOORI MURGH NANDOS</b><br>Chicken marinated in delicate spices, barbecued in a clay oven & pan fried with our special spices, to taste spicy & tangy, garnished with garlic & spring onion | £3.75   | £6.95 |
| 5 <b>CHICKEN TIKKA</b><br>Pieces of chicken marinated in yogurt and mild spices and baked in the tandoori  | £3.25   | £6.25 |
| 6 <b>TANDOORI CHICKEN</b><br>On the bone chicken marinated in delicate spices and barbecued in the tandoori oven   | £3.25   | £6.25 |
| <b>Fish</b>  |         |       |
| 7 <b>SALMON PAKORA</b><br>Small chunks of salmon, delicately spiced and dipped in our own special home-made batter and fried. A very light mouthwatering appetiser                                       | £3.75   | £6.95 |
| 8 <b>SALMON FRY</b><br>Tender pieces of salmon immersed in ground massala sauce, delicately spiced and deep fried, garnished with onions and peppers   | £3.75   | £6.95 |
| 9 <b>SALMON TIKKA</b><br>Chunks of pink salmon matured in a rich spicy marinade of dill, coriander, ginger, garlic and other special spices, and pan fried   | £3.75   | £6.95 |
| <b>King Prawns</b>   |         |       |
| 10 <b>CHINGREE CHAT MASSALA</b><br>King prawns marinated in mace, cordamon, lemon juice, ginger and garlic. Then cooked in a clay oven with capsicum, tomatoes and onion.                                | £4.55   | £8.95 |
| 11 <b>TANDOORI KING PRAWNS</b><br>Mouthwateringly succulent jumbo prawns delicately marinated in mild spices and baked in the clay oven  | £4.55   | £8.95 |
| 12 <b>PRAWN ON PURI</b> (King Prawns also available for £4.55)<br>Slightly spiced prawns, onions, tomatoes and herbs served on a pancake   | £3.75   |       |
| <b>Lamb</b>  |         |       |
| 13 <b>LAMB TIKKA</b><br>Pieces of lamb, marinated in yogurt and mixed spices and baked in a clay oven and garnished with coriander   | £3.25   | £6.25 |
| 14 <b>LAMB CHAT MASSALA</b><br>Pieces of lamb, marinated in spices, roasted in tandoori with onion, capsicum and tomatoes, and pan fried with chat massala   | £3.75   | £6.95 |
| 15 <b>SHEEK KEBAB</b><br>The traditional skewer of finely minced lamb, barbecued in tandoori and delicately flavoured with coriander, mint and spring onion  | £3.25   | £6.25 |
| 16 <b>MIXED KEBAB</b><br>Consists of pieces of chicken, lamb tikka and onion bhajee in spices and roasted in clay oven   | £3.95   |       |
| 17 <b>SHIMLA MIRCH</b><br>Spiced mince meat stuffed in pepper, baked in the tandoori oven and served in a spicy tangy sauce  | £3.75   |       |
| 18 <b>MEAT SAMOSA</b><br>Triangular shaped pastry, filled with mince lamb  | £2.75   |       |
| 19 <b>LAMB MANGO PUREE</b><br>Pieces of lamb laced with lightly spiced mango puree and herbs, served on a pancake  | £3.75   |       |
| 20 <b>MIXED PLATTER</b> £4.95<br>(Combo - Min. two people price per head)  |         |       |
| <b>Vegetables</b>  |         |       |
| 21 <b>ONION BHAJEE</b><br>Fresh vegetables and sliced onions blended with ground flour and deep fried  | £2.45   |       |
| 22 <b>GARLIC FRIED MUSHROOMS</b><br>Button mushrooms fried in garlic butter  | £2.95   |       |
| 23 <b>PANEER TIKKA SHASHLICK</b><br>Cubes of Indian cottage cheese, pepper, tomatoes marinated with garlic, ginger, lemon juice and fresh ground spices, skewered and cooked in tandoori oven            | £3.45   | £6.45 |

Please see Vegetarian section for more dishes



Dishes exclusive to the county

|   |       |
|---|-------|
| 24 <b>KEBAB COCKTAIL</b><br>Marinated pieces of chicken, lamb, mince meat, skewered and barbecued with capsicum and tomatoes, served with a deliciously tangy sauce   | £8.95 |
| 25 <b>TAWA MURGH</b><br>This stir fried dish is finished to a moist consistency and on the tawa with peppers and onions is garnished with grated cheese and served on a flat cast iron pan  | £6.95 |
| 26 <b>EXOTICA</b><br>Succulent pieces of chicken cooked in a delightful sauce of coconut, mango, pineapple and bananas to produce a fruity dish which is not too sweet  | £6.95 |
| 27 <b>MUSHROOM PIAZA</b><br>This scrumptious dish of chicken is cooked in a perfect blend of herbs and spices with mushrooms, tomatoes, onions and fresh coriander  | £6.95 |
| 28 <b>LEMON CHICKEN</b><br>Tender sliced chicken finished in our Chef's special lemon based spicy sauce   | £6.95 |
| 29 <b>SAROS STIR FRY</b><br>Here we have taken an oriental dish and given it the Saros treatment, can be ordered as a chicken or lamb dish  | £6.95 |
| 30 <b>GARLIC MASSALA</b><br>Tender chicken or lamb pieces cooked in medium spiced, thick sauce and garnished with fried garlic  | £6.95 |
| 31 <b>MANGO CHILLI MASSALA</b><br>Chicken or lamb pieces with ground massala, cumin, green herbs and chillies, served slightly hot  | £6.95 |
| 32 <b>SAROS CHILLI MASSALA (CAUTION THIS DISH IS VERY HOT!!!)</b><br>Hot & Fiery dish of chicken or lamb cooked with fresh chillies in our own very hot special sauce   | £6.95 |
| 33 <b>PISTA MASSALA</b><br>Succulent pieces of chicken cooked in a smooth and creamy sauce, made with tomato puree, cream and ground pistachio nuts   | £6.95 |
| 34 <b>ACHARI SATKORA</b><br>Chicken or lamb cooked with onions, pickles and Bangladeshi lime known as satkora and other aromatic herbs, with a sweet and savoury blended special sauce  | £6.95 |
| 35 <b>TIKKA ASSAMI</b><br>Finished in a creamy sauce with ground almond and subtle coconut flavour, cooked with banana  | £6.95 |
| 36 <b>TIKKA NEPALESE</b><br>Cooked in a wonderful creamy sauce and pineapple  | £6.95 |
| <b>Fish Dishes</b><br><i>Exclusive to SAROS</i>   |       |
| 37 <b>KING PRAWN NAWABI</b><br>Mouthwateringly succulent jumbo prawns cooked in their shells in a spicy sauce of onions, pepper and tomatoes  | £9.95 |
| 38 <b>KING PRAWN MALAI</b><br>Marinated jumbo prawns cooked in oven in a rich, smooth and creamy sauce, accompanied with garlic   | £9.95 |
| 39 <b>MACHLI BHUNA</b><br>Marinated salmon cooked with ground massala, onions and peppers, in a flavoursome juicy sauce and garnished with fresh herbs  | £7.95 |
| 40 <b>MACHLI ALOO CURRY</b><br>Fish curry made from salmon, cooked with tasty potatoes in a garlic flavoured sauce, garnished with coriander and spring onions  | £7.95 |
| 41 <b>ROSHOUNI SALMON</b><br>Healthy portions of salmon liberally spiced and cooked in olive oil, garlic and bay leaves to create a wonderful dish  | £7.95 |
| 42 <b>BOAL BIRAN</b><br>Small tender steak like pieces of Bangladeshi fish on the bone, marinated in mild spice and ground massala, cooked with garlic and pan fried with spring onions and peppers to create a traditional Bangladeshi fish dish | £7.95 |

## Traditional Dishes

Extras: i.e. mushrooms or vegetables are 75p per dish

|   | Chicken/Lamb Tikka or Prawn | King Prawn Tikka  |
|---|-----------------------------|-------------------|
| 43 <b>TIKKA MASSALA</b><br>Ever popular! Finished in a mild creamy yogurt   | £6.45                       | £8.45             |
| 44 <b>TIKKA JALFREZI</b><br>Flavoured with a hint of ginger and fresh green chillies to a hot taste                     | £6.45                       | £8.45             |
| 45 <b>TIKKA KORAI</b><br>Cooked with capsicum, tomatoes and onions in the korai, a wok like utensil                     | £6.45                       | £8.45             |
| 46 <b>TIKKA SAGWALLA</b><br>Cooked with fresh spinach, garlic, ground massala and herbs                                 | £6.45                       | £8.45             |
| 47 <b>TIKKA BALTI</b><br>This dish is served in a metal wok like dish   | £6.45                       | £8.45             |
|   | <b>Lamb/Chicken</b>         | <b>King Prawn</b> |
| 48 <b>ROGAN JOSH</b><br>Fresh tomatoes on top of a thick sauce with tomato puree  | £5.45                       | £6.45             |
| 49 <b>DUPIAZA</b><br>Cooked with onions, peppers and many herbs and spices  | £5.45                       | £6.45             |
| 50 <b>KORMA</b><br>A very creamy dish with a hint of coconut, very mild   | £5.45                       | £6.45             |
| 51 <b>DANSAK</b><br>A sweet and sour dish that contains lentils, pineapple and spices                                   | £5.45                       | £6.45             |
| 52 <b>PATHIA</b><br>A hot dish that is sweet and sour, made from a tomato puree base                                    | £5.45                       | £6.45             |
| 53 <b>MADRAS</b><br>popular dish that has a fairly hot sour taste, prepared with chillies, lemon juice and tomato puree | £5.45                       | £6.45             |
| 54 <b>VINDALOO</b><br>Very hot dish   | £5.45                       | £6.45             |
| 55 <b>BHUNA</b><br>made with onions, peppers, mixed spices in a thick sauce   | £5.45                       | £6.45             |

## Vegetarian Side Dishes

|   |       |
|---|-------|
| 56 <b>VEGETABLE BHAJEE</b><br>Mixed fresh vegetables, stir fried to a dry finish      | £2.95 |
| 57 <b>VEGETABLE CURRY</b><br>Mixed vegetable in a traditional curry sauce             | £2.95 |
| 58 <b>ALOO GOBI</b><br>Potatoes cooked with cauliflower                               | £2.95 |
| 59 <b>BOMBAY ALOO</b><br>Potatoes cooked to a distinctive taste with garlic           | £2.95 |
| 60 <b>MUSHROOM BHAJEE</b><br>Button mushrooms fried in delicate spices                | £2.95 |
| 61 <b>BHINDI BHAJEE</b><br>Fried ladies fingers or okra                               | £2.95 |
| 62 <b>TARKA DHALL</b><br>Lentils cooked with garlic                                   | £2.95 |
| 63 <b>SAG ALOO</b><br>Fresh spinach cooked with pieces of potato tempered with garlic | £2.95 |
| 64 <b>SAG PANEER</b><br>Indian Cottage cheese cooked on a bed of spinach              | £2.95 |
| 65 <b>BEGON BORTHA</b><br>Gently fried pieces of aubergine                            | £2.95 |
| 66 <b>MALAI SAG</b><br>Creamed spinach tempered with cumin and garlic                 | £2.95 |
| 67 <b>PALONG SAG</b><br>Fresh cooked spinach cooked with garlic and onions            | £2.95 |
| 68 <b>GOBI PANEER</b><br>Fresh cauliflower cooked in spices and cheese                | £2.95 |

## Biryani

Basmati rice with butter ghee flavoured with delicate herbs and spices, served with a special vegetable dish

|                                      |       |
|--------------------------------------|-------|
| 69 <b>CHICKEN/LAMB/PRAWN BIRYANI</b> | £6.95 |
| 70 <b>CHICKEN/LAMB TIKKA BIRYANI</b> | £7.95 |
| 71 <b>KING PRAWN BIRYANI</b>         | £8.95 |
| 72 <b>VEGETABLE/MUSHROOM BIRYANI</b> | £5.95 |

## English Dishes

|                                   |       |
|-----------------------------------|-------|
| 73 <b>OMELETTE AND CHIPS</b>      | £5.95 |
| 74 <b>CHICKEN SALAD</b>           | £5.95 |
| 75 <b>SCAMPI AND CHIPS</b>        | £5.95 |
| 76 <b>FRIED CHICKEN AND CHIPS</b> | £5.95 |