

CLASSIC INDIAN FAVOURITES

	chicken	lamb	prawn	king prawn	vegetables
CURRY, MADRAS OR VINDALOO <i>Traditional hot curries prepared in different styles</i>	6.95	7.95	7.95	9.95	6.50
MASALA <i>Chef's special sauce with fresh herbs and spices</i>	7.25	7.95	7.95	9.95	6.75
DHANSAK <i>Sweet and sour taste with pineapple and lentils</i>	7.25	7.95	7.95	9.95	6.75
ROGHAN JOSH <i>Rich sauce using tomatoes, garnished with fresh coriander</i>	7.25	7.95	7.95	9.95	6.75
BHUNA <i>Prepared with tomatoes, peppers, garnished with coriander</i>	7.25	7.95	7.95	9.95	6.75
KORMA <i>A mild creamy dish</i>	7.25	7.95	7.95	9.95	6.75
PATHIA <i>A sweet and sour dish</i>	7.25	7.95	7.95	9.95	6.75

VEGETABLE DISHES MAIN

Side dishes £4.50

TARKA DAAL <i>Yellow lentils slowly cooked with onions, fresh coriander and medium spices</i>	6.95
MIX VEGETABLES <i>Fresh seasonal assorted vegetables stuffed with aromatic spicy masala baked with fresh tomatoes in a rich sauce</i>	6.95
VEGETABLE BALTI PANEER <i>Fresh seasonal assorted vegetables with aromatic balti spices with fresh Indian cheese</i>	7.50
SAAG MUTTER PANEER <i>A flavoursome combination of Indian cheese, spinach, peas, onions, capsicum and medium spices</i>	6.95
DAAL PANEER <i>Rich spices complement the flavours of lentils and Indian cheese, slowly simmered to infuse all the spices</i>	7.50
MUSHROOM PANEER <i>The flavours of mushrooms and Indian cheese</i>	7.50
ALOO MUTTER <i>Rich spices with potatoes and Indian herbs</i>	6.95
ANDA PIYAZ <i>Egg cooked in medium spices, herbs, tomatoes, garlic, ginger and deep fried onions. Finished with fresh coriander</i>	6.95
SAAG ANDA <i>Spinach cooked with hardboiled egg</i>	6.95
BHINDI BHAJI <i>An authentic dish of fresh okra cooked in the home style</i>	6.95
PANJABI TINDA <i>Baby squash cooked in garlic, ginger and fresh coriander traditional aromatic spices</i>	6.95
MASALA CHANA ALOO <i>Chickpeas and potatoes slowly simmered in medium masala spices, onions, fresh tomatoes and coriander</i>	7.25
BRINJAL BHAJI <i>An authentic dish, fresh aubergine cooked home style</i>	7.50

ENGLISH DISHES

Served with chips and salad
All English dishes can be served as a child portion

CHICKEN OMELETTE	6.95
PRAWN OMELETTE	7.50
FRIED SCAMPI	7.50
CHICKEN NUGGETS	6.50

RICE

BOILED RICE	2.75
PILAU RICE	2.95
MUSHROOM PILAU RICE	3.50
EGG PILAU RICE	3.50
KEEMA PILAU RICE	3.50
LEMON CASHEW RICE	3.50
VEGETABLE PILAU RICE	3.50
MATTER PILAU RICE	3.30
SPECIAL RICE	3.50
ONION RICE	3.30
CHILLI RICE	3.30

SUNDRIES

NAAN	2.75
GARLIC NAAN	2.95
GARLIC & CORIANDER NAAN	3.30
CHEESE NAAN	3.50
PESHWARI NAAN	3.50
KEEMA NAAN	3.50
CHILLI NAAN	3.30
KEEMA PARATHA	3.50
ALOO PARATHA	3.30
TANDOORI ROTI	1.50
CHAPATTI	1.25
RAITA	2.45
FRESH SALAD	2.50
CHIPS	2.55

DRINKS

Coke/ Diet Coke/ Pepsi (1.5 litre)	2.50
J20 various	2.20
Still / Sparkling Mineral Water (500 ml)	2.00

Bottled Beer (330ml) & Bottled Cider

Budweiser	3.00
Heineken	3.00
Copparberg (500ml)	4.00
Woodpecker	3.00
Strong Bow	3.00



Spices Balti

0114 275 76 95

AUTHENTIC INDIAN CUISINE

We only use cholesterol free cooking oil & top quality basmati rice

120 Mayfair Court, West Bar, Sheffield S3 8PP

www.7spicesbalti.co.uk

15% Off
on collection
orders

Open Every day
5.30pm - Late

10% Off
delivery orders
within 4 miles

Delivery starts from: 5.30pm - 11.30pm Sun - Thurs.
5.30pm - 12.30am Fri - Sat.

Free Home Delivery

STARTERS

PLAIN POPADOMS.....	0.70
SPICED POPADOMS	0.80
PICKLE TRAY	2.50

MEAT

MIXED STARTER	5.95
<i>chicken tikka, lamb chops, lamb tikka and seekh kebab.</i>	
CHICKEN TIKKA	4.25
<i>pieces of chicken breast, marinated in spices and chargrilled.</i>	
LAMB TIKKA	4.55
<i>diced lamb marinated in spices and chargrilled.</i>	
SEEKH KEBAB	4.20
<i>minced lamb mixed with fresh herbs, skewered and chargrilled.</i>	
CHICKEN TANDOORI.....	4.50
<i>chicken on the bone, marinated & cooked in the clay oven.</i>	
MEAT SAMOSA	3.60
<i>filled with minced meat, onions, herbs and deep fried.</i>	
CHICKEN AND PRAWN PURI	4.95
<i>fresh chicken & prawns in a masala sauce. served on a crispy roti.</i>	
CHICKEN PAKORA.....	3.95
<i>pieces of chicken marinated in batter and deep fried.</i>	
LAMB CHOPS	4.55
<i>on the bone, marinated in spices & chargrilled.</i>	
KARAI KEBAB	4.55
<i>pieces of chicken, cooked in dry spicy sauce with peppers.</i>	
LIVER TIKKA.....	4.25
<i>pieces of liver, spiced & cooked slowly under the grill.</i>	

VEGETABLE

MIXED STARTER	4.75
<i>vegetable samosa, paneer tikka, and onion bhaji.</i>	
ONION BHAJI	3.55
<i>pieces of onion marinated in batter and deep fried.</i>	
PANEER TIKKA	4.25
<i>pieces of indian cheese marinated with spices grilled with fresh tomatoes, peppers and onions.</i>	
MIXED VEG PAKORA	3.35
<i>fresh gobi, palak and aloo mixed with fresh coriander, herbs and spices and deep fried.</i>	
GARLIC MUSHROOMS	3.35
<i>fresh mushrooms cooked with onions, garlic and peppers.</i>	
ALOO PAKORA	2.95
<i>fresh red potato cutlets marinated with batter & deep fried</i>	
PANEER PAKORA	4.25
<i>Indian cheese pakora</i>	
VEGETABLE SAMOSA	3.45
<i>with vegetables, onions, coriander and deep fried.</i>	

SEAFOOD

MASALA FISH	4.95
<i>fillet of fresh cod marinated and deep fried.</i>	
GRILLED KING PRAWNS	6.95
<i>fresh king prawns marinated and deep fried.</i>	
FISH PAKORA.....	4.50
<i>fresh cod pieces marinated and deep fried.</i>	
PRAWN PURI	4.95
<i>fresh juicy prawns marinated and deep fried.</i>	
PRAWN AND SAAG PANCAKE.....	5.95
<i>light folded pancake filled with spicy prawns & spinach.</i>	
KORMA PRAWN PURI	4.95
<i>prawns cooked in korma sauce & served on crispy roti.</i>	
SPICY FISH	5.95
<i>trout marinated in spices and cooked in tandoor.</i>	
PRAWN COCKTAIL	3.95
<i>with marie rose sauce.</i>	

OUR CHEFS CAN PREPARE ANY DISH ON REQUEST

All dishes can be prepared to your liking

CHEFS SPECIAL KARAHI

CHICKEN TIKKA MASALA	8.95
<i>Pieces of marinated chicken breast, grilled and cooked with onions, garlic, ginger, green peppers and spices</i>	
CHICKEN TIKKA MAKHANI.....	8.95
<i>Marinated pieces of chicken breast, grilled and cooked with butter, fresh cream, spices, herbs and makhani sauce</i>	
CHICKEN TIKKA JALFREZI	8.95
<i>Marinated pieces of chicken breast, grilled and cooked with green peppers, scrambled eggs and spices</i>	
SPECIAL KORMA	9.95
<i>Chicken, lamb and prawns cooked in a mild smooth creamy sauce with ground almonds</i>	
SPECIAL KARAHI	9.95
<i>Chicken, lamb and prawns cooked with onions, tomato, garlic and a special blend of eastern spices</i>	
KARAHI GOUSHT	8.95
<i>Pieces of lamb cooked with onions, tomato, garlic and a blend of our special spices, garnished with fresh coriander</i>	
KARAHI CHICKEN.....	8.50
<i>Tender Pieces of chicken cooked with onions, tomato, garlic and a blend of our special spices, garnished with fresh coriander</i>	
KARAHI KEEMA MUTTER	8.95
<i>Minced lamb cooked with onions, tomatoes, garlic, ginger, peas and spices and garnished with fresh coriander</i>	
KARAHI CHICKEN METHI	8.95
<i>Cooked with fresh fenugreek leaves</i>	
KARAHI KOFTA	8.95
<i>Minced meat balls cooked with a tangy tomato sauce</i>	
KARAHI BHINDI CHICKEN OR LAMB.....	8.95/ 9.95
<i>Cooked with okra (lady's fingers)</i>	
CHICKEN OR LAMB RAZALLI.....	8.95/ 9.95
<i>Cooked with fried onions, peppers, tomatoes, garlic, ginger, and special mixture of herbs, balti spices and lamb mince.</i>	
CHICKEN OR LAMB PASANDA.....	8.95/ 9.95
<i>A mild creamy dish cooked with a special blend of aromatic spices, garnished with ground almonds and pistachios</i>	
CHICKEN PEAS PANEER.....	8.95
<i>Combination of flavours and textures. Spicy chicken cooked with the mild flavour of Indian cheese with peas and coriander</i>	
BADSHA JHINGA	9.95
<i>King prawn dusted in a light chickpea batter served with roasted garlic and cherry tomatoes complimented with a tangy sweet chilli sauce and sprinkled with toasted sesame seeds</i>	

BIRYANI DISHES

All our biryani dishes are a complete meal, prepared with onions, garlic, cardamom, cinnamon, chillies, peas, pilau rice, and served with a spicy curry sauce

CHICKEN	8.95
CHICKEN TIKKA.....	9.95
LAMB	9.95
PRAWN.....	9.95
KING PRAWN	10.95
VEGETABLES	7.95
SPECIAL Lamb, chicken, prawns	10.95

TANDOORI SHASHLIK SPECIALS

All our dishes are cooked mild to medium unless stated otherwise. Please state the strength you like when ordering

7 spices special sizzlers

All our special sizzlers are served with masala sauce, OR curry sauce, Pilau rice and salad

KING PRAWNS TANDOORI	14.95
<i>King prawns marinated in a special sauce cooked in a clay oven, finished with grated cheese on top.</i>	
CHICKEN TIKKA TANDOORI	11.95
<i>Diced chicken with peppers, onions, tomatoes marinated in tandoori spices and fresh herbs, cooked in clay oven.</i>	
LAMB TIKKA TANDOORI.....	12.95
<i>Diced lamb with peppers, onions, and tomatoes marinated in tandoori spices and fresh herbs, cooked in clay oven.</i>	
HALF TANDOORI CHICKEN	11.95
<i>Chicken on the bone, breast and legs marinated in our special spices and herbs and then cooked in clay oven.</i>	
MACHLI TANDOORI.....	11.95
<i>fresh cod lightly marinated and then cooked in clay oven.</i>	
SPICY FISH.....	11.95
<i>Trout marinated in low fat yoghurt and spices and then cooked in clay oven.</i>	
TANDOORI MIXED GRILL.....	14.95
<i>A combination of lamb chops, seekh kebab, chicken tikka, lamb tikka and chicken tandoori</i>	

BALTI MIX SPECIALS

BALTI CHICKEN AND LAMB.....	8.95
<i>Pieces of chicken and tender lamb cooked with fresh spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI CHICKEN AND LAMB TIKKA GARLIC	9.55
<i>Marinated pieces with garlic, grilled with spices & herbs, with our special balti paste & garnished with fresh coriander</i>	
BALTI GARLIC CHILLI CHICKEN OR LAMB.....	8.95/ 9.50
<i>Pieces of chicken or lamb, garlic, grilled with fresh spices & herbs, with our special balti paste & garnished with fresh coriander</i>	
BALTI SEAFOOD	10.95
<i>Combination of prawns, king prawns and fish cooked with fresh spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI KING PRAWN AND MUSHROOM	10.95
<i>Cooked with fresh spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI LAMB AND MIXED SABZI	8.95
<i>Tender spring lamb in medium spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI CHICKEN AND LAMB JALFREZI	8.95
<i>Cooked with egg, fresh spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI CHICKEN TIKKA KEEMA	9.55
<i>Cooked with medium spices, herbs and red wine</i>	
BALTI CHICKEN IN HARA SAUCE	8.95
<i>Aromatic chicken breast pieces simmered in a delicious spicy fresh sauce consisting of yoghurt, mint and coriander</i>	

HANDI SPECIALS

LAMB CHOPS HANDI	9.95
<i>Cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger, green peppers and spices</i>	
GRILLED KING PRAWN HANDI	10.95
<i>Fresh king prawns cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger, green peppers and herbs</i>	
LAMB SOOKHA BHUNA HANDI	9.95
<i>Pieces of lamb on the bone cooked with tomatoes, onions, garlic, ginger, green peppers and spices, garnished with fresh coriander</i>	
CHICKEN MASALA DESI HANDI	8.95
<i>Chicken on the bone cooked with tomatoes, onions, garlic, ginger, green peppers and gram masala. Very popular Panjabi dish.</i>	
SAAG CHICKEN OR LAMB HANDI.....	8.95/ 9.95
<i>Succulent chicken or lamb with spinach cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices</i>	
CHICKEN OR LAMB SPICY DAAL HANDI.....	8.95/ 9.95
<i>A very traditional balti cooked with spicy lentils, fresh tomatoes, green chillies and coriander</i>	
TINDA LAMB HANDI.....	9.95
<i>Spring lamb and baby squash cooked in a medium spices, garlic, ginger, tomatoes and coriander</i>	
LAMB WITH APRICOTS HANDI	9.95
<i>Tender pieces of lamb combined with plums and apricot to produce a reach spicy dish with a hint of sweetness, cinnamon and brandy</i>	
MASALA FISH HANDI.....	9.95
<i>Fresh fish cooked with tomatoes, garlic, ginger, coriander and special masala sauce</i>	
ACHARI LAMB HANDI	9.95
<i>Fresh spring lamb with fresh pickles, succulently cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger, green peppers and spices</i>	
ARABIAN LAMB HANDI	9.95
<i>Selected lamb fillet slowly cooked in a creamy sauce with fresh mint, coriander and mushroom</i>	
FLAMBE HANDI	10.25
<i>Lamb tikka cooked with onions, tomatoes, garlic, ginger, coriander, capsicum and sambucca</i>	

SEAFOOD SPECIALS

KARAHI FISH.....	9.95
<i>Fresh cod pieces cooked with tomatoes, ginger, lime juice and spices, garnished with fresh coriander</i>	
KARAHI KING PRAWN MASALA.....	10.95
<i>cooked with onions, green peppers and spices, a blend of our special masala sauce, garnished with fresh coriander</i>	
KARAHI KING PRAWN MAKHANI	10.95
<i>Marinated then grilled and cooked with tomatoes, ground almonds, pistachios, butter and spices</i>	
AROMATIC MONKFISH & SPICY VEGETABLES	10.50
<i>Succulent pieces of fresh monkfish firstly marinated in ginger, garlic, lemon juice and medium spices, stir fried with spicy flavoursome fresh seasonal vegetables. Incredible!</i>	