

## CLASSIC INDIAN FAVOURITES

	chicken	lamb	prawn	king prawn	vegetables
<b>CURRY, MADRAS OR VINDALOO</b> .....	8.95	9.95	10.50	12.50	7.95
<i>Traditional hot curries prepared in different styles</i>					
<b>MASALA</b> .....	9.50	9.95	10.50	12.50	7.95
<i>Chef's special sauce with fresh herbs and spices</i>					
<b>DHANSAK</b> .....	9.50	9.95	10.50	12.50	7.95
<i>Sweet and sour taste with pineapple and lentils</i>					
<b>ROGHAN JOSH</b> .....	9.50	9.95	10.50	12.50	7.95
<i>Rich sauce using tomatoes, garnished with fresh coriander</i>					
<b>BHUNA</b> .....	9.50	9.95	10.50	12.50	7.95
<i>Prepared with tomatoes, peppers, garnished with coriander</i>					
<b>KORMA</b> <i>A mild creamy dish</i> .....	9.50	9.95	10.50	12.50	7.95
<b>DOPIAZZA</b> .....	9.50	9.95	10.50	12.50	7.95
<i>Cooked with lots of onions, with fresh herbs and spices</i>					
<b>PATHIA</b> <i>A sweet and sour dish</i> .....	9.50	9.95	10.50	12.50	7.95

## VEGETABLE DISHES MAIN

**Side dishes £5.50**

<b>TARKA DAAL</b> .....	6.95
<i>Yellow lentils slowly cooked with onions, fresh coriander and medium spices</i>	
<b>MIX VEGETABLES</b> .....	7.50
<i>Fresh seasonal assorted vegetables stuffed with aromatic spicy masala baked with fresh tomatoes in a rich sauce</i>	
<b>VEGETABLE BALTI PANEER</b> .....	7.95
<i>Fresh seasonal assorted vegetables with aromatic balti spices with fresh Indian cheese</i>	
<b>BOMBAY ALOO</b> .....	6.95
<i>A flavoursome combination of Indian cheese</i>	
<b>SAAG MUTTER PANEER</b> .....	7.50
<i>A flavoursome combination of Indian cheese, spinach, peas, onions, capsicum and medium spices</i>	
<b>MUSHROOM PANEER</b> .....	7.50
<i>The flavours of mushrooms and Indian cheese</i>	
<b>ALOO MUTTER</b> .....	6.95
<i>Rich spices with potatoes and Indian herbs</i>	
<b>ANDA PIYAZ</b> .....	6.95
<i>Egg cooked in medium spices, herbs, tomatoes, garlic, ginger and deep fried onions. Finished with fresh coriander</i>	
<b>BHINDI BHAJI</b> .....	7.50
<i>An authentic dish of fresh okra cooked in the home style</i>	
<b>PANJABI TINDA</b> .....	7.50
<i>Baby squash cooked in garlic, ginger and fresh coriander traditional aromatic spices</i>	
<b>MASALA CHANA ALOO</b> .....	7.25
<i>Chickpeas and potatoes slowly simmered in medium masala spices, onions, fresh tomatoes and coriander</i>	
<b>BRINJAL BHAJI</b> .....	7.50
<i>An authentic dish, fresh aubergine cooked home style</i>	

## RICE

BOILED RICE.....	3.00
PILAU RICE.....	3.50
MUSHROOM PILAU RICE.....	3.95
EGG PILAU RICE.....	3.95
KEEMA PILAU RICE.....	3.95
LEMON CASHEW RICE.....	3.95
VEGETABLE PILAU RICE.....	3.95
MATTER PILAU RICE.....	3.95
SPECIAL RICE.....	3.95
COCONUT RICE.....	3.95
GARLIC RICE.....	3.95
ONION RICE.....	3.95
CHILLI RICE.....	3.95

## SUNDRIES

NAAN.....	3.00
GARLIC NAAN.....	3.50
GARLIC & CORIANDER NAAN.....	3.95
CHEESE NAAN.....	3.95
PESHWARI NAAN.....	3.95
KEEMA NAAN.....	3.95
KEEMA GARLIC NAAN.....	4.50
CHILLI NAAN.....	3.50
PARATHA.....	3.50
ALOO PARATHA.....	3.95
KOLCHE NAAN.....	3.95
TANDOORI ROTI.....	1.50
CHAPATTI.....	1.25
RAITA.....	2.45
CHIPS.....	3.00

## OTHER DISHES

CHICKEN NUGGETS.....	7.50
<i>Served with chips and salad</i>	
CHICKEN NUGGETS.....	4.95
<i>CHILD PORTION</i>	
<i>Served with chips and salad</i>	

## FOOD ALLERGY WARNING

**OUR FOOD MAY CONTAIN PEANUT, DAIRY, EGG, OR SHELLFISH PRODUCTS. PLEASE ASK IF YOU HAVE ANY CONCERNS**



# 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](http://www.7spicesbalti.co.uk)

## STARTERS

PLAIN POPADOMS .....	0.80
SPICED POPADOMS .....	0.90
PICKLE TRAY .....	3.00

### MEAT

MIXED STARTER .....	6.95
<i>chicken tikka, lamb chops, onion bhaji and seekh kebab.</i>	
CHICKEN TIKKA .....	5.25
<i>pieces of chicken breast, marinated in spices and chargrilled.</i>	
SEEKH KEBAB .....	5.20
<i>minced lamb mixed with fresh herbs, skewered and chargrilled.</i>	
CHICKEN TANDOORI .....	5.50
<i>chicken on the bone, marinated &amp; cooked in the clay oven.</i>	
MEAT SAMOSA .....	4.60
<i>filled with minced meat, onions, herbs and deep fried.</i>	
CHICKEN AND PRAWN BHUNA PURI .....	7.95
<i>fresh chicken &amp; prawns in a bhuna sauce. served on a crispy roti.</i>	
CHICKEN PAKORA .....	4.95
<i>pieces of chicken marinated in batter and deep fried.</i>	
LAMB CHOPS (3 pcs) .....	7.25
<i>on the bone, marinated in spices &amp; chargrilled.</i>	
KARAI KEBAB .....	5.55
<i>pieces of chicken, cooked in dry spicy sauce with peppers.</i>	
LIVER TIKKA .....	5.25
<i>pieces of liver, spiced &amp; cooked slowly under the grill.</i>	

### VEGETABLE

MIXED STARTER .....	5.75
<i>vegetable samosa, paneer tikka, and onion bhaji.</i>	
ONION BHAJI .....	4.55
<i>pieces of onion marinated in batter and deep fried.</i>	
PANEER TIKKA .....	5.25
<i>pieces of indian cheese marinated with spices grilled with fresh tomatoes, peppers and onions.</i>	
MIXED VEG PAKORA .....	4.35
<i>fresh gobi and aloo mixed with fresh coriander, herbs, spices and deep fried.</i>	
GARLIC MUSHROOMS .....	4.35
<i>mushrooms cooked with onions, garlic and peppers.</i>	
ALOO PAKORA .....	3.95
<i>fresh potato cutlets marinated with batter &amp; deep fried</i>	
PANEER PAKORA .....	5.25
<i>Indian cheese pakora</i>	
VEGETABLE SAMOSA .....	4.45
<i>with vegetables, onions, coriander and deep fried.</i>	

### SEAFOOD

MASALA FISH .....	6.50
<i>fresh fish marinated in masala saue and deep fried.</i>	
GRILLED KING PRAWNS .....	8.95
<i>fresh king prawns marinated and cooked in tandoor.</i>	
FISH PAKORA .....	7.95
<i>fresh fish pieces marinated and deep fried.</i>	
PRAWN PURI .....	6.95
<i>fresh prawns cooked in a creamy sauce and served on roti</i>	
PRAWN AND SAAG PANCAKE .....	7.95
<i>light folded pancake filled with spicy prawns &amp; spinach.</i>	

## OUR CHEFS CAN PREPARE ANY DISH ON REQUEST

*All dishes can be prepared to your liking*

## CHEFS SPECIAL KARAHI

CHICKEN TIKKA MASALA .....	10.50
<i>Pieces of marinated chicken breast, grilled and cooked with onions, garlic, ginger, green peppers and spices</i>	
CHICKEN TIKKA MAKHANI .....	10.50
<i>Marinated pieces of chicken breast, grilled and cooked with butter, fresh cream, spices, herbs and makhani sauce</i>	
CHICKEN TIKKA JALFREZI .....	10.95
<i>Marinated pieces of chicken breast, grilled and cooked with green peppers and spices</i>	
SPECIAL KORMA .....	11.95
<i>Chicken tikka, lamb and prawns cooked in a mild smooth creamy sauce</i>	
SPECIAL KARAHI .....	11.95
<i>Chicken tikka, lamb and prawns cooked with onions, tomato, garlic and a special blend of eastern spices</i>	
KARAHI CHICKEN .....	10.50
<i>Tender Pieces of chicken cooked with onions, tomato, garlic and a blend of our special spices, garnished with fresh coriander</i>	
KARAHI GOUSHT .....	10.95
<i>Pieces of lamb cooked with onions, tomato, garlic and a blend of our special spices, garnished with fresh coriander</i>	
KARAHI KEEMA MUTTER .....	10.50
<i>Minced lamb cooked with onions, tomatoes, garlic, ginger, peas and spices and garnished with fresh coriander</i>	
KARAHI CHICKEN METHI .....	10.50
<i>Cooked with fresh fenugreek leaves</i>	
KARAHI KOFTA .....	10.50
<i>Minced meat balls cooked with special medium spices topped with boiled egg</i>	
KARAHI BHINDI CHICKEN .....	10.95
<i>Cooked with okra ( lady's fingers)</i>	
KARAHI BHINDI LAMB .....	11.50
CHICKEN RAZALLI .....	10.50
<i>Cooked with fried onions, peppers, tomatoes, garlic, ginger, and special mixture of herbs, balti spices and lamb mince.</i>	
LAMB RAZALLI .....	11.50
CHICKEN PASANDA .....	10.95
<i>A mild creamy dish cooked with a special blend of aromatic spices, garnished with almonds powder</i>	
LAMB PASANDA .....	11.95
CHICKEN PEAS PANEER .....	10.95
<i>Combination of flavours and textures. Spicy chicken cooked with the mild flavour of Indian cheese with peas and coriander</i>	
BADSHA JHINGA .....	14.95
<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 veg curry sauce*

CHICKEN .....	10.95
CHICKEN TIKKA .....	11.95
LAMB .....	11.95
PRAWN .....	12.50
KING PRAWN .....	14.50
VEGETABLES .....	9.95
SPECIAL Lamb, chicken, prawns .....	14.95

## TANDOORI SHASHLICK 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*

KING PRAWNS TANDOORI .....	16.95
<i>King prawns marinated in a special sauce cooked in a clay oven, finished with grated cheese on top.</i>	
CHICKEN TIKKA .....	11.95
<i>Diced chicken with peppers, onions, 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 white fish lightly marinated and then cooked in clay oven.</i>	
TANDOORI MIXED GRILL .....	16.95
<i>A combination of lamb chops, seekh kebab, chicken tikka, and chicken tandoori</i>	

## BALTI MIX SPECIALS

BALTI CHICKEN .....	10.50
<i>Pieces of chicken cooked with fresh spices, herbs and our special balti paste and garnished with fresh coriander</i>	
BALTI LAMB .....	11.50
<i>Pieces of tender lamb cooked with fresh herbs and spices, with our chef's special balti paste and garnished with fresh coriander</i>	
BALTI LAMB AND CHICKEN TIKKA GARLIC ....	11.50
<i>Marinated pieces with garlic, cooked with fresh spices &amp; herbs, with soya sauce &amp; garnished with fresh coriander</i>	
BALTI GARLIC CHILLI CHICKEN .....	10.50
<i>Pieces of chicken, garlic, cooked with fresh spices &amp; herbs, with soya sauce &amp; garnished with fresh coriander</i>	
BALTI GARLIC CHILLI LAMB .....	11.50
<i>Pieces of lamb, garlic, cooked with fresh spices &amp; herbs, with soya sauce &amp; garnished with fresh coriander</i>	
BALTI KING PRAWN AND MUSHROOM ...	13.50
<i>Cooked with fresh spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI CHICKEN AND MIXED SABZI .....	10.95
<i>Tender chicken in medium spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI LAMB AND MIXED SABZI .....	11.95
<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 .....	11.50
<i>Cooked with fresh spices and herbs, with our special balti paste and garnished with fresh coriander</i>	
BALTI CHICKEN TIKKA KEEMA .....	11.50
<i>Cooked with medium herb and spices</i>	
BALTI CHICKEN IN HARA SAUCE .....	10.50
<i>Aromatic chicken breast pieces simmered in a delicious spicy fresh sauce consisting of yoghurt, mint and coriander</i>	

## HANDI SPECIALS

LAMB CHOPS HANDI (4pcs) .....	12.95
<i>Cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger, green peppers and spices</i>	
GRILLED KING PRAWN HANDI .....	14.95
<i>Fresh king prawns cooked in a sauce with onions, tomatoes, garlic, ginger, green peppers and herbs</i>	
LAMB SOOKHA BHUNA HANDI .....	11.50
<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 .....	10.50
<i>Chicken on the bone cooked with tomatoes, onions, garlic, ginger, green peppers and gram masala. Panjabi dish.</i>	
SAAG CHICKEN HANDI .....	10.50
<i>Cooked with spinach in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices</i>	
SAAG LAMB HANDI .....	11.50
<i>Cooked with spinach in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices</i>	
CHICKEN SPICY DAAL HANDI .....	10.50
<i>A very traditional balti cooked with spicy lentils, fresh tomatoes, green chillies and coriander</i>	
LAMB SPICY DAAL HANDI .....	11.50
<i>A very traditional balti cooked with spicy lentils, fresh tomatoes, green chillies and coriander</i>	
TINDA LAMB HANDI .....	11.50
<i>Spring lamb and baby squash cooked in a medium spices, garlic, ginger, tomatoes and coriander</i>	
LAMB WITH APRICOTS HANDI .....	11.50
<i>Tender pieces of lamb and apricot to produce a reach spicy dish with a hint of sweetness and cinnamon</i>	
MASALA FISH HANDI .....	11.95
<i>Fresh fish cooked with tomatoes, garlic, ginger, coriander and special masala sauce</i>	
ACHARI LAMB HANDI .....	10.95
<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 .....	10.95
<i>Selected lamb slowly cooked in a creamy sauce with fresh mint, coriander and mushroom</i>	
FLAMBE HANDI .....	11.25
<i>Lamb cooked with onions, tomatoes, garlic, ginger, coriander, capsicum and sambucca in tandoori massala sauce</i>	

## SEAFOOD SPECIALS

KARAHI FISH .....	10.95
<i>Fresh fish pieces cooked with tomatoes, ginger, lime juice and spices, garnished with fresh coriander</i>	
KARAHI KING PRAWN MASALA .....	14.95
<i>cooked with onions, green peppers and spices, a blend of our special masala sauce, garnished with fresh coriander</i>	
KARAHI KING PRAWN MAKHANI .....	14.95
<i>Marinated then grilled and cooked with tomatoes, ground almonds, pistachios, butter and spices</i>	
BALTI SEAFOOD .....	13.50
<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>	
AROMATIC MONK FISH & SPICY VEGETABLES ..	14.95
<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>	