



# IN TOUCH

FINEST MODERN INDIAN  
& BANGLADESHI CUISINE

[WWW.INTOUCHRESTAURANT.COM](http://WWW.INTOUCHRESTAURANT.COM)

SERVICE CHARGE NOT INCLUDED ON YOUR BILL  
*ALL ORDERS MUST CONTAIN MINIMUM ONE MAIN COURSE PER PERSON*

# A VERY WARM WELCOME TO 'IN TOUCH'

A modern restaurant serving only the finest Indian Cuisine with traditional dishes from every region of the vast Asian continent. Brought together with over 30 years experience serving the people of Edinburgh. We hope you enjoy your meal and visit again soon.

STAFF & MANAGEMENT

## 3 COURSE LUNCH

FOR AS LOW AS £7.95 PER PERSON

### STARTERS

MIXED VEGETABLE PAKORA

CHICKEN KEBAB

CHICKEN PAKORA

MUSHROOM PAKORA

VEGETABLE SOUP



### MAIN COURSE

PASSANDA (MILD)

KORMA (MILD)

BHUNA (MEDIUM)

DANSACK (MEDIUM)

ROGAN JOSH (MEDIUM)

MADRAS (HOT)

TIKKA MASSALA (MILD)

JALFREZIE (FAIRY HOT)



### DESSERT

ICE CREAM OR TEA / COFFEE

# BANQUETS

**MINIMUM ORDER TWO £33.95**  
**FOR MORE THAN TWO £17.95**

LAMB KEBAB, TANDOORI CHICKEN, VEGETABLE PAKORA AND SHEEK KEBAB

LAMB PASANDA, CHICKEN TIKKA MASSALA AND PRAWN DHANSAK

IN TOUCH SPECIAL FRIED RICE AND NAN  
(WITH POTATO, CAULIFLOWER, SULTANAS AND CHICK PEAS)

ICE CREAM OR TEA / COFFEE

# CURRY DINNER

**MINIMUM ORDER TWO £33.95**  
**FOR MORE THAN TWO £17.95**

SAG CHICKEN PURI SPICY (CHICKEN AND SPINACH CREPE)

PRAWN BHUNA, CHICKEN DHANSAK, LAMB TIKKA MASSALA & MUSHROOM,  
CHICK PEA

IN TOUCH SPECIAL FRIED RICE AND NAN

ICE CREAM OR TEA / COFFEE

# BENGALI SEAFOOD BANQUET

**MINIMUM ORDER TWO £38.95**  
**FOR MORE THAN TWO £18.50**

KING PRAWN BUTTERFLY SERVED WITH MEDIUM SAUCE

TROUT MAKHANI, TANDOORI KING PRAWN MASSALA, VEGETABLE DANSAK,  
IN TOUCH SPECIAL FRIED RICE

ICE CREAM OR TEA / COFFEE

# VEGETARIAN DINNER

**MINIMUM ORDER TWO £31.95**  
**FOR MORE THAN TWO £15.50**

VEGETABLE PAKORA

MIXED VEGETABLE DANSAK, GARLIC FRIED SPINACH & POTATO, TANDOORI  
AUBERGINE DOPIAZA, MUSHROOM & CHICK PEA PILAU RICE AND NAN BREAD

ICE CREAM OR TEA / COFFEE

# STARTERS

POPPADOMS plain or spicy	£0.75
PICKLE TRAY	£1.95

## IN TOUCH SPECIAL PAKORA

Made with our special batter and deep-fried. Served with medium sauce.

KING PRAWN PAKORA	£4.95	MIXED VEGETABLE PAKORA	£3.75
CHICKEN PAKORA	£4.25	Mushroom, cauliflower, aubergine and vegetables.	
FISH PAKORA	£4.25	VEGETABLE PAKORA	£3.50
CHICKEN WING PAKORA	£4.05	Combination of carrot, onion, peas, potato, egg, gram flour, dry methie.	
MUSHROOM PAKORA	£3.75		
ONION BHAJI	£3.75	BABY AUBERGINE PAKORA	£3.75

## IN TOUCH SPECIAL PURI £4.75

PLEASE ORDER MILD, MEDIUM OR HOT TO TASTE

A choice of Sag (spinach), Bhindi (okra), Mushrooms or Gobi (cauliflower), cooked with Chicken or Lamb to your ordered strength and served with a thin fried Puri. (Cooked with Prawn £5.25 Cooked with King Prawn £6.25)

## VEGETARIAN PURI £4.25

PLEASE ORDER MILD, MEDIUM OR HOT TO TASTE

A choice of Chana Aloo (chick peas & potato), Chana Gobi (chick peas & cauliflower), Sag Chana (chick peas & spinach), Chana Mushroom (chickpeas & mushroom), or Sag Aloo (potato & spinach), served with puri bread.

## CHANA BHUNA PURI £4.25

Boiled chick peas in light spices and coriander sauce. Served with ring onion, coriander leaves and a slice of lemon.

## BHARI COMBI £4.25

Fresh mushrooms stuffed with spiced minced lamb then coated in spiced batter. A very popular starter with Maharajas!

## ROTI BOTI £4.25

Grilled chicken or lamb, lightly spiced, coated in homemade bread.

## MEAT SAMOSA £3.85

Triangular pastie filled with minced lamb and green peas, cooked in ghee.

## POTATO CHOP £3.85

Mashed boiled potato mixed with ground spices, red chilli powder, crushed ginger and garlic (coated with gram flour) egg batter. Deep fried until browned. Served with salad and sauce.

## GARLIC MUSHROOM £4.25

Lightly spiced mushroom with sliced garlic and fresh coriander.

## KAMALPURI SHINGARA £3.85

New potatoes, cauliflower, green peas and roasted peanuts, stewed, then cooked with flour pastries and deep-fried in vegetable oil. Served with crispy salad and sauce.

# TANDOORI & KEBAB SPECIALITIES

Served with grilled tomato, fresh green salad and curried kebab sauce.

TANDOORI CHICKEN (on the bone)	£4.25	TANDOORI CHICKEN KEBAB	14.25
TANDOORI LAMB KEBAB	£4.25	LAMB CHOPS	£5.25
TANDOORI MIXED KEBAB	£4.50	SHAMI KEBAB	£4.25
TANDOORI SHEEK KEBAB	£4.25	(minced lamb or chicken)	

# A TASTE OF SEAFOOD

Fried with garlic and onion in mustard oil. Served with fresh green salad and lemon.

CALCUTTA FISH FILLET	£4.25
BARBECUED KING PRAWN	£4.95
KING PRAWN BUTTERFLY	£5.50
MACH PURI	£4.25

Sardines cooked with fresh herbs and spices wrapped in puffed fried pancake (puri).

# SOUPS

EAST INDIAN SEAFOOD	£3.85	MULLIGATAWNY	£3.85
SOUTH INDIAN DALL	£3.85	VEGETABLE	£3.85
CORIANDER	£3.85	MUSHROOM & KING PRAWN	£4.95



# TANDOORI SPECIALS (MAINS)

<b>TANDOORI CHICKEN ON THE BONE</b>	<b>£9.75</b>
Half spring chicken marinated in yoghurt with delicate herbs and spices, tandoori barbecued and served with salad and sauce. Medium Hot.	
<b>TANDOORI LAMB TIKKA KEBAB</b>	<b>£9.75</b>
Diced lamb marinated with spices then grilled on skewers, served with salad and sauce. Medium Hot.	
<b>TANDOORI CHICKEN TIKKA KEBAB</b>	<b>£9.75</b>
Diced chicken marinated with spices then grilled on skewers, served with salad and sauce.	
<b>TANDOORI MIXED KEBAB</b>	<b>£12.25</b>
Consists of tandoori chicken, lamb tikka, sheek kebab, served with salad and sauce.	
<b>TANDOORI KING PRAWN</b>	<b>£13.95</b>
Marinated king prawn on skewers, served with salad and sauce.	
<b>SHASHLIK TANDOORI</b>	<b>£12.25</b>
Marinated lamb or chicken cooked in the tandoor, sauted with onion, tomato, green pepper, fresh coriander leaves and spring onion, served with salad and sauce	

## OLD FASHIONED CLASSIC CURRY DISHES

WITH CHEF'S RECOMMENDED SIDE DISH.

### BHUNA

Traditional medium strength dish Garnished with onion, tomatoes and a variety of spices.

<b>CHICKEN</b>	<b>£8.25</b>	<b>PRAWN</b>	<b>£9.25</b>
SUGGESTED SIDE DISH: Gobi Panir (cauliflower and cottage cheese) £4.25		SUGGESTED SIDE DISH: Muttar Panir (peas and cottage cheese) £4.25	
<b>LAMB</b>	<b>£8.55</b>	<b>KING PRAWN</b>	<b>£12.95</b>
SUGGESTED SIDE DISH Aloo Panir (spiced potato and cottage £4.25 cheese)		SUGGESTED SIDE DISH: Aloo Gobi (potato and cauliflower) £4.25	

### MADRAS

A very popular dish derived from the southern part of India, prepared with garlic, chilli and lemon juice.

<b>CHICKEN</b>	<b>£8.25</b>	<b>PRAWN</b>	<b>£9.25</b>
SUGGESTED SIDE DISH: Anaros Dall Samber (pineapple in lentil and tamarind sauce) £4.25		SUGGESTED SIDE DISH: Bhindi Bhaji (okra) £4.25	
<b>LAMB</b>	<b>£8.55</b>	<b>KING PRAWN</b>	<b>£12.95</b>
SUGGESTED SIDE DISH: Muttar Panir (green peas with cottage cheese) £4.25			

### DHANSAK

A beautiful combination of spices, lentil, mixed with curd to produce a sour, sweet and hot taste.

<b>CHICKEN</b>	<b>£8.25</b>	<b>PRAWN</b>	<b>£9.25</b>
SUGGESTED SIDE DISH: Chana Aloo (chick peas and potato) £4.25		SUGGESTED SIDE DISH: Mushroom Bhaji (spiced mushroom) £4.25	
<b>LAMB</b>	<b>£8.55</b>	<b>KING PRAWN</b>	<b>£12.95</b>
SUGGESTED SIDE DISH: Aloo Mushroom (potato with mushroom) £4.25		SUGGESTED SIDE DISH: Chana Bhuna (chick peas in a coriander sauce) £4.25	

### MALAYAN

A mild dish prepared with crushed pineapple, fruit juices, ground almond and fresh cream to create a beautifully balanced flavour.

<b>CHICKEN</b>	<b>£8.25</b>	<b>PRAWN</b>	<b>£9.25</b>
SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potato) £4.25		SUGGESTED SIDE DISH: Sabzi Bhaji (mixed vegetables with green pepper) £4.25	
<b>LAMB</b>	<b>£8.55</b>	<b>KING PRAWN</b>	<b>£12.95</b>
SUGGESTED SIDE DISH: Aloo Mushroom (potato with mushroom) £4.25		SUGGESTED SIDE DISH: Aloo Gobi (potato and cauliflower) £4.25	

### GOA'S SPECIAL VINDALOO

A very hot and spicy but richly flavoured moist classic dish with secret ingredients.

<b>CHICKEN</b>	<b>£8.25</b>	<b>PRAWN</b>	<b>£9.25</b>
SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potato) £4.25		SUGGESTED SIDE DISH: Sabzi Bhaji (mixed vegetables with green pepper) £4.25	
<b>LAMB</b>	<b>£8.55</b>	<b>KING PRAWN</b>	<b>£12.95</b>
SUGGESTED SIDE DISH: Aloo Mushroom (potato with mushroom) £4.25		SUGGESTED SIDE DISH: Aloo Gobi (potato and cauliflower) £4.25	

# MORE OLD FASHIONED CLASSIC CURRY DISHES

## ROGAN JOSH

A specially prepared dish with pimento and garlic. Garnished with tomato and fresh coriander. Fairly hot.

**CHICKEN** £8.25

SUGGESTED SIDE DISH: Chana Mushroom (mushroom and chick pea) £4.25

**LAMB** £8.55

SUGGESTED SIDE DISH: Aloo Mushroom (potato and mushroom) £4.25

**PRAWN** £9.25

SUGGESTED SIDE DISH: Aloo Beigan Bhaji (aubergine and potato) £4.25

**KING PRAWN** £12.95

SUGGESTED SIDE DISH: Chana Bhuna (chick peas in a coriander sauce) £4.25

## DUPIAZA

A garnished dish with lots of cubed onion, green pepper, tomato and dozens of fresh spices and herbs to produce a medium hot taste.

**CHICKEN** £8.25

SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potato) £4.25

**LAMB** £8.55

SUGGESTED SIDE DISH: Anaros Dall Samber (pineapple in lentil and tamarin sauce) £4.25

**PRAWN** £9.25

SUGGESTED SIDE DISH: Mushroom Bhaji (spiced mushroom) £4.25

**KING PRAWN** £12.95

SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potato) £4.25

## PATHIA

A sweet, sour and hot tasting dish prepared with garlic, red chilli, onion and tomato puree.

**CHICKEN** £8.25

SUGGESTED SIDE DISH: Chana Aloo (chick peas and potato) £4.25

**LAMB** £8.55

SUGGESTED SIDE DISH: Sag Aloo (spinach and potato) £4.25

**PRAWN** £9.25

SUGGESTED SIDE DISH: Chana Bhuna (chick pea in a coriander sauce) £4.25

**KING PRAWN** £12.95

SUGGESTED SIDE DISH: Dim Aloo Bhaji (egg and potato bhaji) £4.25

# BIRYANI DISHES

**SHILLOG SABZI BIRYANI** £11.95

A beautiful preparation of Tilda basmati rice together with steam cooked mixed vegetables ground nutmeg, mace, saffron, clarified butter and almond. Garnished with sliced cucumber and tomato. Accompanied with medium hot vegetable sauce, green salad and puri (puffed deep fried bread).

**OLD DHAKA CHICKEN OR LAMB BIRYANI** £12.75

An extremely nourishing preparation of Tilda basmati rice along with tender chicken or lamb pieces, nutmeg, mace, ground almond and clarified butter. Decorated with saffron, butter fried onion, slice of cucumber and tomato. Accompanied by vegetable sauce, green salad and puri (puffed deep fried bread).

**KARAIKAL KING PRAWN BIRYANI** £14.50

This is a very special festive dish to fishing villages in Karaikal. Lightly browned king prawns along with Tilda basmati rice, nutmeg, mace, ground almonds and clarified butter. Decorated with saffron, butter fried onion, slices of cucumber and tomato. Accompanied with vegetable rezala sauce, salad and puri (puffed deep fried bread).

**ASSAMI CHICKEN OR LAMB TIKKA BIRYANI** £12.95

Tandoori grilled chicken or lamb tikka kebab with ground nutmeg, mace almond, saffron and drops of rose water then stir fried with Tilda basmati rice and clarified butter giving a unique rich flavour. Decorated with butter fried onion, slice of cucumber and tomato. Accompanied with vegetable sauce, green salad and puri (puffed deep fried bread).

# SPECIAL CHICKEN DISHES

## JAISALMERI CHICKEN JALFREZIE

£8.95

Diced barbecue chicken with fresh chopped green chilli, green pepper, cubed onion and fresh coriander. Garnished with grated fresh ginger. Fairly spicy and hot.

SUGGESTED SIDE DISH: Muttar Panir (peas and cottage cheese) £4.25

## MYSORE CHICKEN TIKKA MAKHANI

£8.95

Tandoori grilled chicken tikka kebab cooked in mild ground spices, fresh cream, a touch of sweet mango chutney and freshly squeezed lime juice which gives a mellow sweet and sour taste. Finished with ground nutmeg, almond flakes and coriander leaves. Medium hot sweet and sour dish.

SUGGESTED SIDE DISH: Mushroom Bhaji (spiced mushrooms) £4.25

## MATHERAN CHICKEN TIKKA MASSALAM

£8.95

All time favourite created by the great marathi from the north of India. This dish consists of charcoal grilled pieces of chicken, fresh yoghurt, lemon juice and aromatic tandoori spices in a rich creamy sauce. Completed with almond flake, fresh cream and coriander leaves. Mild.

SUGGESTED SIDE DISH Chana Bhuna (chick pea in a coriander sauce) £4.25

## PUNE PALAK CHICKEN

£8.95

Steam cooked chicken combined with fresh spinach, whole green herbs and spices. Garnished with a touch of grated garlic and ginger. Medium hot and spicy.

SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potatoes) £4.25

## SYLHETI ROSHUN MORICH CHICKEN

£8.95

Steam cooked chicken in a hot, dry, red chilli, chopped garlic, ginger and spicy tomato puree. Topped with ground roast cumin and coriander leaves. Hot and very spicy.

SUGGESTED SIDE DISH: Gobi Panir (cauliflower and cottage cheese) £4.25

## BENGALI GREEN CHICKEN

£8.95

Chicken cooked with green pepper, mint, fresh coriander, green chilli, mixed spices and lime juice. Very popular dish. Hot and spicy.

SUGGESTED SIDE DISH: Chana Aloo (potato and chick pea) £4.25

## HARA MASSALA CHICKEN

£8.95

An extremely popular dish from West Bengal. Lightly seasoned chicken pieces, steam cooked in peeled tomato, green peppers and fresh coriander sauce. Garnished with spring onion. Medium hot.

SUGGESTED SIDE DISH: Muttar Panir (peas and cottage cheese) £4.25

## RESHMI CHICKEN CHASNIDAR

£8.95

This is a south Indian flavoured dish, lightly steamed tender pieces of chicken enhanced in a rich coconut milk sauce and a mixture of original madras spices. Medium to mild.

SUGGESTED SIDE DISH: Aloo Mushroom (potato with mushroom) £4.25

## AJMERI CHICKEN PISTA PASANDA

£8.95

Finely sliced tandoori roasted chicken cooked in a ground almond pistachio, fresh cream and mild exotic spicy based sauce. Finished with butter, fried onion, broken pistachio and coriander leaves. Exotic, mild and very smooth.

SUGGESTED SIDE DISH: Gobi Panir (cauliflower and cottage cheese) £4.25

## MUSSOORIE DALL CHICKEN

£8.95

Well marinated barbecued chicken kebab added to spring onion, ginger, ground roasted cumin and lentil sauce. Topped with a sprig of coriander leaves. This is a spicy, fairly hot and very tasty dish.

SUGGESTED SIDE DISH: Sag Aloo (spinach and potato) £4.25

## KASHMIRI KATA MASSALA CHICKEN

£8.95

Steamed spring chicken cooked with tomato puree, red pepper crushed garlic, ginger, coriander and exotic kashmiri spice paste. Finished with fresh chopped tomato and coriander leaves. Fairly hot.

SUGGESTED SIDE DISH: Chana Mushroom (mushroom with chick pea) £4.25

## GOLAPI CHICKEN

£8.95

Finely chopped steamed pieces of chicken mellowed in mild ground herbs, almond, cashew nut and fresh cream.

Decorated with whole cashew, halved tomato and coriander leaves. Exceptionally smooth and very mild.

SUGGESTED SIDE DISH: Aloo Gobi (Potato & cauliflower) £4.25

## KARNATAKA KHUM CHICKEN

£8.95

Tender pieces of chicken kebab together with button mushrooms, fried cubed onion, green pepper and thick spicy sauce. Garnished with a pinch of fried garam massalam. Medium hot.

SUGGESTED SIDE DISH: Dall Tarka (Lentils in garlic sauce) £4.25

## ROYAL CHITAWAN CHICKEN KORMA

£8.95

Tender steam cooked chicken with fresh banana, coconut, pistachio, cream and delicate spicing provided by ground mace, nutmeg and cardamom. Garnished with almond, sultana and butter-fried onion.

SUGGESTED SIDE DISH: Sag Aloo £4.25

## GREEN HERB CHICKEN

£8.95

Tandoori grilled chicken in a spicy sauce of tomato, green peppers and fresh coriander leaves. Garnished with spring onions and fresh ginger. Medium to hot.

SUGGESTED SIDE DISH: Bhindi Bhaji £4.25

## JAIPURI CHICKEN

£8.95

Tandoori grilled chicken with mushrooms, onions, green peppers, green chillies and tomatoes in a tangy sauce.

Medium to hot. SUGGESTED SIDE DISH: Aloo Gobi £4.25

## NARIKELA CHICKEN

£8.95

Tandoori grilled chicken with fresh green chilli, coriander and cream coconut, garnished with sliced coconut. Medium.

SUGGESTED SIDE DISH: Chingri Beigan Bhaji £5.25

## NORTH INDIAN CHILLI GARLIC CHICKEN

£8.95

Tandoori grilled chicken in hot chilli and fresh garlic, garnished with fresh coriander and a touch of ginger. Very hot & spicy. SUGGESTED SIDE DISH: Sag Aloo £4.25



# SPECIAL LAMB DISHES

## KOTA LAMB PISTADAR KORMA

£9.25

A delicate preparation of tender steam cooked lamb with fresh banana, cream ground pistachio and an aromatic spicing provided by ground coconut, mace, nutmeg and cardamom. Topped with broken pistachio and sultana. Fruity, mild and sweet to taste.

SUGGESTED SIDE DISH: Chingri Beigan Bhaji (prawns fried with chopped aubergine) £5.25

## UDAIPURI LAMB TIKKA MASSALAM

£9.25

Pieces of lamb roasted in tandoori oven for a perfect texture, then cooked in a natural yoghurt, cream, freshly squeezed lemon and finely ground tandoori flavoured spicy sauce. Decorated with flaked almond, fresh cream and coriander leaves. Mild

SUGGESTED SIDE DISH: Muttar Panir (peas and spicy cottage cheese) £4.25

## PUNJABI CHANA GOSHT

£9.25

Tender lamb steamed with boiled Punjabi chick peas in a sharp ground spicy sauce and freshly squeezed lemon juice.

Garnished with fresh ginger and coriander leaves. Medium hot

SUGGESTED SIDE DISH: Dim Aloo Bhaji (egg and potato) £4.25

## AKABARI BHINDI GOSHT

£9.25

Bhuna lamb with baby okra. A superb Punjabi dish. Medium.

SUGGESTED SIDE DISH: Dall Tarka (lentil in garlic sauce) £4.25

## BENGALI GREEN LAMB

£9.25

Lamb cooked with green pepper, mint, fresh coriander, green chilli, mixed spice and lime juice. Very popular dish, hot and spicy.

SUGGESTED SIDE DISH: Bhindi Bhaji (freshly spice okra) £4.25

## KANPURI KARAH LAMB

£9.25

An authentic well flavoured dish adored by the North Indians. Barbecued shoulder of lamb chunks stewed in fresh coriander, tomato, organic onions and spicy green chilli sauce. Completed with fried ground garam massala. Medium hot and spicy.

SUGGESTED SIDE DISH: Bombay Aloo Bhaji (sliced, spiced potato) £4.25

## PATIWALA DALL GOSHT

£9.25

Barbecued lamb kebab, enhanced in cinnamon, spring onion and red lentil sauce with crushed ginger, ground roasted cumin. Spicy, fairly hot and very tasty.

SUGGESTED SIDE DISH: Sag Aloo (spinach and potato) £4.25

## HARA MASSALA LAMB

£9.25

Steam cooked tender lamb in tomato, green pepper, fresh coriander and whole green herbs. Garnished with chopped spring onion. Medium hot and spicy.

SUGGESTED SIDE DISH: Sazbi Bhaji (mixed vegetables with green pepper) £4.25

## GOA'S LAMB JALFREZIE

£9.25

Tender pieces of juicy lamb tikka cooked with fresh chopped green chillies, green pepper, cubed onion and fresh coriander. Garnished with a touch of grated ginger and roasted cumin. Fairly spicy and hot. £4.25

SUGGESTED SIDE DISH: Aloo Gobi (potato and cauliflower) £4.25

## AMRITSARI MASSALA LAMB

£9.25

Steamed cooked diced lamb in freshly ground methi (Fenu Greek) seeds and amritsari spice paste. Garnished with fresh methi leaves. Extremely popular dish in punjab and haryana. Richly flavoured, very spicy and fairly hot.

SUGGESTED SIDE DISH: Bhindi Bhaji (okra) £4.25

## SYLHETI ROSHUN MORICH LAMB

£9.25

Steam cooked lamb in a hot, dry red chilli, chopped garlic, crushed ginger and spicy tomato puree sauce. Topped with ground roast cumin and coriander leaves. Hot and very spicy.

SUGGESTED SIDE DISH: Bhindi Bhaji (okra) £4.25

## NAVRATAN LAMB TIKKA MAKHANI

£9.25

Well marinated lamb kebab cooked in mild ground spices with fresh cream, a touch of sweet mango chutney and lime juice which gives a sweet and sour taste. Garnished with fresh coriander leaves and a halved fresh tomato.

SUGGESTED SIDE DISH: Anaros Dall & Samber (pineapple in lentil sauce) £4.25

## OLD DELHI LAMB REZALA

£9.25

A nourishing old Delhi style dish consisting of chopped lamb, grated onion, garlic, ginger & exotic spices. Cooked with whole green chillies, a touch of fresh yoghurt and a few drops of rose water. Finished with coriander leaves.

SUGGESTED SIDE DISH: Chingri Beigan Bhaji £5.25

## PESWARI LAMB PASANDA

£9.25

Thinly sliced steam cooked lamb together with freshly ground almond, pistachio, fresh cream and mild spicy sauce.

Finished with butter fried onion, broken pistachio and coriander leaves. Aromatic, mild and very smooth.

SUGGESTED SIDE DISH: Gobi Panir (cauliflower and cottage cheese) £4.25

## BOMBAY PALAK GOSHT

£9.25

Steam cooked lamb combined with fresh spinach, chopped garlic and whole green herbs sauce. Garnished with green chillies and coriander leaves. Hot and spicy.

SUGGESTED SIDE DISH: Mushroom Bhaji (spiced mushrooms) £4.25

## KULU KATA MASSALA LAMB

£9.25

Diced pieces of lamb together with thin sliced onion, garlic, ginger, cardamom cloves, cinnamon, bay leaf and ground cumin in a thick sauce. Garnished with coriander leaves and fried garam massalam. Spicy but medium hot.

SUGGESTED SIDE DISH: Aloo Beigan Bhaji (aubergine and potato) £4.25

## NORTH INDIAN CHILLI GARLIC LAMB

£9.25

Steam cooked lamb in hot chilli and fresh garlic, garnished with fresh coriander and a touch of ginger. Hot & spicy.

SUGGESTED SIDE DISH: Sag Aloo £4.25



# SPECIAL LAMB DISHES CONTINUED

SHINDHI ACHAR GOSHT

£9.25

Steam cooked lamb added to a medley of sauted onion, garlic and medium hot ground spices, perked up with a little mixed pickle. Finished with coriander and fresh tomato.  
SUGGESTED SIDE DISH: Aloo Mushroom (potato with mushrooms) £4.25

GREEN HERB LAMB

£9.25

Steam cooked lamb in a spicy sauce of tomato, green peppers, fresh coriander leaves and garnished with spring onions and sprinkles res ginger. Medium to hot.  
SUGGESTED SIDE DISH: Bhindi Bhaji £4.25

JAIPURI LAMB

£9.25

Steam cooked lamb with mushrooms, onions, green peppers, green chillies and tomatoes in a tangy sauce. Medium to hot. SUGGESTED SIDE DISH: Aloo Gobi £4.25

NARIKELA LAMB

£9.25

Steam cooked lamb with fresh green chilli, coriander and cream coconut, garnished with sliced coconut. Medium.  
SUGGESTED SIDE DISH: Chingri Beigan Bhaji £5.25

SHATKORA ALOO GOSHT

£9.25

Pieces of lamb cooked in medium hot sauce with rinds of a special Bangladeshi citrus fruit, Kaffir lime leaves and Bengal chillies cooked along with potatoes.  
SUGGESTED SIDE DISH: Dall Tarka £4.25

## CHEF'S RECOMMENDATIONS

Famous Balti Dishes originated among the Hindu religious people in North-East India. Balti dishes are individually prepared with freshly made blended mixtures of authentic spices and herbs. Baltis are also cooked in the Balti pan with fresh coriander, tomato, green pepper, garlic, onion, Balti paste and garam masala are added to finish off this dish. Medium hot.

BALTI ADRAK LAMB

£9.50

Diced lamb cooked in medium strength balti sauce, flavoured with chopped ginger.  
SUGGESTED SIDE DISH: Aloo Beigan Bhaji (aubergine and potato) £4.25

BALTI ACHAR GOSHT

£9.50

Chunky lamb cooked with various fresh herbs, pickles and tomato.  
SUGGESTED SIDE DISH: Keema Muttar (mince and green peas) £4.25

BALTI MURGH RUSHMI

£9.50

Diced chicken cooked in medium strength balti sauce, flavoured with garlic.  
SUGGESTED SIDE DISH: Sag Aloo (spinach and potato) £4.25

KING PRAWN RUSHMI

£13.95

King-sized prawns cooked with garlic and flavoured balti sauce.  
SUGGESTED SIDE DISH: Chana Aloo (chick peas and potato) £4.25

BALTI JEERA PRAWNS

£10.50

Small prawns cooked with cumin seeds, spices and herbs.  
SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potato) £4.25

## CHEF'S OWN FAVOURITES

CHEF'S SPECIAL MURGHI KEEMA MASSALAM

£9.50

Breast of chicken tikka with minced lamb cooked in vegetable oil and prepared with a sauce of your choice. A medium to hot dish.  
SUGGESTED SIDE DISH: Sag Aloo (spinach and potato) £4.25

CHEF'S SPECIAL KEEMA KOFTA

£9.50

Minced chicken covered in egg yolk and cooked in vegetable oil and prepared with a sauce of your choice. A delicious medium to hot dish.  
SUGGESTED SIDE DISH: Dim Aloo Bhaji (egg and potato) £4.25

BEIGAN CHICKEN OR LAMB

£9.50

Tandoori gritted sliced chicken or lamb cooked with chopped aubergine, garlic, a touch of ginger, tomato sauce and fresh coriander. A delicious medium to hot dish.  
SUGGESTED SIDE DISH: Bombay Aloo (spiced potato) £4.25

# SEA FOOD DISHES

## TROUT MAJADAR

£9.95

Grilled trout in a fresh green herb sauce.

SUGGESTED SIDE DISH: Dall Tarka (lentils in garlic sauce) £4.25

## CHILLI FRIED COD FILLET

£9.95

Fried cod fillet in chilli garlic sauce.

SUGGESTED SIDE DISH: Sabzi Bhaji (mixed vegetables with green pepper) £4.25

## KERALA NARKEIL CHINGRI

£9.95

Mildly seasoned large prawns enhanced in a coconut milk sauce and ground spices Finished with flaked coconut, sultanas and coriander.

SUGGESTED SIDE DISH: Bombay Aloo Bhaji (spiced potato) £4.25

## ANJUNA KING PRAWN JALFREZIE

£13.95

Steamed king prawns cooked with green pepper, onion, green chillies and coriander leaves in a medium hot sauce.

Garnished with a touch of fresh ginger and tomato.

SUGGESTED SIDE DISH: Chana Mushroom (mushroom chick pea) £4.25

## TANDOORI KING PRAWN MOSSALAM

£13.95

King prawns are carefully marinated with tandoori spices, fresh yoghurt and lemon juice then roasted in a clay oven.

Finally cooked in a mild creamy and ground almond sauce. A totally satisfying medium hot dish.

SUGGESTED SIDE DISH: Aloo Gobi (potato and cauliflower) £4.25

## COLVA KING PRAWN MAKHANI

£13.95

Tandoori baked king prawns enhanced in mild ground spices, fresh cream and a touch of sweet mango chutney.

Completed with ground nutmeg, almond flakes and fresh coriander leaves, Medium hot, sweet and sour dish.

SUGGESTED SIDE DISH: Sag Dall (spinach with lentil) £4.25

## JESSORIE KING PRAWN REZALA

£13.95

Lightly browned king prawns in grated onion, garlic, ginger and delicate spices. Finally cooked with whole green chillies and a touch of fresh yoghurt. Garnished with coriander leaves and butter fried sliced onion. Very, very special medium hot dish.

SUGGESTED SIDE DISH: Mushroom Bhaji £4.25

## KODAI KING PRAWN KORMA

£13.95

Freshly steamed king prawns cooked in a very mild and aromatic ground spices such as mace, nutmeg, almond and cardamom. Finished with fresh cream and crushed pistachio. Extremely mild and creamy.

SUGGESTED SIDE DISH: Dim Aloo Bhaji (egg and potato bhaji) £4.25

## KOVALAM CHINGRI PALAK

£9.95

Large prawns cooked with fresh spinach and a mixed lentil sauce Garnished with fried garlic and cumin seeds.

Medium. SUGGESTED SIDE DISH: Keema Mutter (mince and green peas) £4.25



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# VEGETARIAN SPECIALS



## BOMBAY BEIGAN AND MUSHROOM JALFREZIE £7.25

Diced fresh aubergine and whole mushrooms, cooked with chopped green pepper, green chillies, in a medium hot spicy sauce. Finally garnished with a touch of ginger and coriander leaves.

SUGGESTED SIDE DISH: Dall Tarka (lentils in garlic sauce) £4.25

## MADRASI SAG MUSHROOM £7.25

Steam cooked fresh spinach and a whole button mushroom tossed with finely milled special madrasi spices including mustard seeds. Garnished with roasted cumin.

SUGGESTED SIDE DISH: Chana Massala (chickpea in a coriander sauce) £4.25

## MIXED SABZI TIKKA PASANDA £7.25

Lightly spiced mixed vegetables mashed and formed into balls then deep fried with egg yolk, finally cooked in a ground almond cream and nutmeg flavoured sauce. A well balanced smooth and rich saucy dish.

SUGGESTED SIDE DISH: Mushroom bhaji (spiced mushrooms) £4.25

## KASHMIRI SABZI KARAH £7.25

A wonderful combination of crunchy vegetables cooked in tomato pure crushed garlic, ginger and slightly sour kashmiri spices. Garnished with chopped tomatoes and coriander leaves.

SUGGESTED SIDE DISH: Muttar Panir (cottage cheese and green peas) £4.25

## PUNJABI SABZI ACHAR £7.25

Selective mixed vegetables combined with boiled chick peas in a sharp ground spicy sauce. Perked up with a touch of punjabi hot mixed pickle Garnished with a slice of lemon and coriander leaves. Fairly hot but delicious.

SUGGESTED SIDE DISH: Sazbi bhaji (mixed vegetables with green peppers) £4.25

## SHIMLA SABZI KOFTA EXOTICA £7.25

Mixed vegetables, kofta balls cooked in a rich creamy and mild ground herb sauce. Garnished with a hint of sweet mango chutney. Fresh ground mace and halved tomato, sweet and sour to taste.

SUGGESTED SIDE DISH: Bhindi Bhaji (okra) £4.25

## PUSHKARI SAG PANIR £7.25

Oriental cottage cheese with spinach, coriander and fresh ground mustard seeds. Medium spicy.

SUGGESTED SIDE DISH: Tarka Dall (lentils) £4.25

## SABZI LANKA DALL £7.25

A fresh selection of vegetables steam cooked with chopped green chillies, coriander and mixed lentils. Completed with a touch of fresh ginger. Fairly hot and spicy.

SUGGESTED SIDE DISH: Mushroom Bhaji (spiced mushroom) £4.25

## BHUNDA GOBI DALNA £7.25

A simple but richly flavoured dish with shredded green cabbage, steam cooked with new potatoes, green peas, chopped tomatoes and fried with roasted garlic, bay leaf and whole cumin seeds.

SUGGESTED SIDE DISH: Sag Aloo (spinach and potato) £4.25

## TANDOORI MOTI MARCH KA BURTA £7.25

Whole green peppers roasted in tandoor oven, stuffed with seasonal vegetables and then lightly fried — interesting and tasty. Medium hot.

SUGGESTED SIDE DISH: Sag Bhaji (spinach) £4.25

## SABZI NOURATAN BAHAR £7.25

Mix of nine seasonal vegetables potatoes, peas, carrots, cauliflower, cabbage, green pepper, onions and mushrooms, aubergines stir fried and cooked with healthy herbs and spices and garnished with panir homemade cheese

SUGGESTED SIDE DISH: Chana Bhuna (chickpeas) £4.25

## PUNE TANDOORI BEIGAN £7.25

A whole clay oven roasted aubergine stuffed with potato, cauliflower chick peas and cashew casserole, accompanied with fresh and crunchy bean salad.

SUGGESTED SIDE DISH: Dall Tarka £4.25

## MIXED SABZI ALMOND KORMA £7.25

Mixed vegetables, prepared with fresh cream, coconut, banana, ground almond and mild spices. Garnished with sultanas and flaked almonds

SUGGESTED SIDE DISH: Aloo Beigan Bhaji £4.25



## ACCOMPANIMENTS (SIDE DISHES)

KEEMA MUTTAR	mince and green peas	£4.25
ALOO MUSHROOM	potato and mushroom	£4.25
CHANA MUSHROOM	chick peas and mushroom	£4.25
ALOO BEIGAN BHAJI	potato and aubergine	£4.25
BHINDI BHAJI	freshly spiced okra	£4.25
CHANA BHUNA	chick peas in coriander sauce	£4.25
ANAROS DALL SAMBAR	pineapple in lentil and tamarind sauce	£4.25
BOMBAY ALOO BHAJI	spiced potato	£4.25
MUSHROOM BHAJI	freshly spiced mushrooms	£4.25
SABZI BHAJI	mixed vegetables and green peppers	£4.25
DALL TARKA	lentils in garlic sauce	£4.25
SAG ALOO SPINACH	spinach and potato	£4.25
SAG DALL	spinach and lentil	£4.25
CHANA ALOO	potato and chick peas	£4.25
ALOO GOBI	potato and cauliflower	£4.25
DIM ALOO BHAJI	egg and potato	£4.25
ALOO PANIR	potato and cottage cheese	£4.25
GOBI PANIR	cauliflower and cottage cheese	£4.25
MUTTAR PANIR	peas and cottage cheese	£4.25
CHINGRI BEIGAN BHAJI	prawns fried with chopped aubergines	£5.25
CUCUMBER RAITA		£1.95
freshly spiced yoghurt with sliced onion, tomato, cucumber and cumin seeds		
CHIPS		£2.95

## RICE

BASMATI BOILED RICE	with lemon	£2.95
TILDA BASMATI PILAU	saffron rice	£2.95
CHICK PEA FRIED RICE	pilau rice with chick peas	£3.05
MUSHROOM FRIED RICE	pilau rice with sliced mushrooms	£3.05
EGG & PEA FRIED RICE	pilau rice with egg and green peas	£3.05
VEGETABLE FRIED RICE	pilau rice with mixed vegetables	£3.05
SPECIAL LEMON RICE		£3.05
SPECIAL ONION RICE		£3.05
SPECIAL COCONUT RICE		£3.05

## BREADS

PLAIN NAN	fluffy tandoori baked leavened bread	£2.65
GARLIC NAN	stuffed with crushed garlic and coriander	£2.95
KEEMA NAN	stuffed with spiced mince meat	£2.95
PESHWARI NAN	stuffed with sultanas, almond and coconut	£2.95
PANIR NAN	stuffed with cottage cheese	£2.95
CHILLI NAN	stuffed with chilli, garlic and coriander	£2.95
PARATHA	butter fried unleavened bread	£2.75
SABZI PARATHA	stuffed with mashed mixed vegetables	£2.95
CHAPATI	unleavened whole wheat bread	£1.65
TANDOORI ROTI		£2.55
PURI	puffed deep fried thin bread	£1.65



## IN TOUCH DRINKS LIST



# HOUSE WINES

175ML GLASS    BOTTLE

## WHITE

01 HUTTON RIDGE CHENIN BLANC    £3.65    £12.95  
Refreshing mango, peach and honey blossom flavours, a lovely mix of tropical fruits. South Africa

## RED

02 HUTTON RIDGE SHIRAZ CINSULT    £3.65    £12.95  
Wonderfully juicy with ripe plummy fruits and a hint of smooth spice. South Africa

## ROSE

03 HUTTON RIDGE PINOTAGE ROSÉ    £3.65    £12.95  
Soft, easy drinking, fruity rosé bursting with strawberry fruit aromas and flavours. South Africa

# WHITE WINES

04 CONCHA Y TORO MOUNTAIN  
SAUVIGNON BLANC    £13.95  
Crisp and aromatic with lovely soft gooseberry fruit flavours. Chile

05 OPAL RIDGE GEWURZTRAMINER  
VERDELHO    £14.95  
Refreshing and beautifully balanced with bags of exotic fruit flavours with hints of citrus fruits. Australia

06 CHARDONNAY TALL HORSE    £15.95  
Generous tropical fruit and vanilla oak aromas with a luscious, rich creamy palate packed with ripe fruit and spicy vanilla hints. South Africa

# RED WINES

07 CONCHA Y TORO MOUNTAIN  
MERLOT BOTTLE    £13.95  
Plum and bramble aromas with a velvety smooth palate enhanced with spicy hints. Chile

08 TALL HORSE SHIRAZ    £15.95  
Ripe wild berry aromas with rich well rounded, spicy berry fruit flavours. South Africa

09 BEAUJOLAIS DOMAINE ROMANY    £18.50  
Ruby red with red berries on the nose followed by an abundance of blackcurrant and raspberry fruit on the palate. France

10 CARMEN PINOT NOIR RESERVA CASABLANCA    £20.00  
Spicy black cherry and ripe berry fruit with a touch of soft oak. Wonderfully delicate, juicy and savoury. Chile

# SPARKLING WINE & CHAMPAGNE

11 PROSECCO SPUMANTE BRUT NV    £25.00  
A crisp, fresh bouquet leading into vibrant, peach flavours and lots of lively bubbles. Italy

12 CHAMPAGNE MOUTARD GRANDE CUVÉE    £45.00  
Fine, rich, developed nose with fragrances of butter, almond and brioche. France



## BEERS & LAGER

COBRA	(PINT DRAUGHT)	£3.95
COBRA	(1/2 PINT DRAUGHT)	£2.75
COBRA	(660ML BOTTLE)	£4.55
COBRA	(330ML BOTTLE)	£2.85
BECKS,	(275ML BOTTLE)	£2.85
BUDWEISER	(275ML BOTTLE)	£2.85
CALEDONIAN 80'	(500ML BOTTLE)	£2.95

## SPIRITS

WHISKY	(25ML)	£2.95
GIN	(25ML)	£2.95
BACARDI	(25ML)	£2.95
VODKA	(25ML)	£2.95
MIXERS	(25ML)	£1.00

## MALT WHISKY

GLENFIDDICH	(25ML)	£3.95
GLENMORANGIE	(25ML)	£3.95
GLENLIVET	(25ML)	£3.95

## DELUXE & IMPORTED WHISKY

JAMESON	(25ML)	£3.25
JACK DANIELS	(25ML)	£3.25
CANADIAN CLUB	(25ML)	£3.25
SOUTHERN COMFORT	(25ML)	£3.25
J.WALKER BLACK LABEL	(25ML)	£3.25

## LIQUEURS

AMARETTO	(25ML)	£3.25
BENEDICTINE	(25ML)	£3.25
TIA MARIA	(25ML)	£3.25
GRAND MARNIER	(25ML)	£3.25
BAILEYS IRISH CREAM	(25ML)	£3.25
SAMBUCA	(25ML)	£3.25
COINTREAU	(25ML)	£3.25
CRÈME DE MENTHE	(25ML)	£3.25

## BRANDY

REMY MARTIN VSOP	(25ML)	£4.95
HENNESSY VSOP	(25ML)	£4.95
MARTELL VSOP	(25ML)	£4.95
REMY MARTIN X0	(25ML)	£7.95
HENNESSY X0	(25ML)	£7.95

## AFTER DINNER PORT

COCKBURNS LBV PORT	(25ML)	£3.65
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## APERITIFS

MARTINI	(50ML)	£2.95
SHERRY	(25ML)	£2.95
CAMPARI	(25ML)	£3.25

## SOFT DRINKS

SOFT DRINKS & WATER	£1.95
MINERAL WATER	£1.95
LEMONADE	£1.95
IRN BRU	£1.95
COKE/DIET COKE	£1.95
GINGER BEER	£1.95
FRUIT JUICE (FRESH ORANGE)	£1.95
APPLETISER	£2.25

## BEVERAGES

TEA	£2.45
COFFEE	£2.45
HOT CHOCOLATE	£2.45
GAELIC COFFEE	£3.95
BRANDY COFFEE	£3.95
LIQUEUR COFFEE	£3.95
ESPRESSO/CAPPUCCINO	£2.45