

NIBBLES

Pappadam	99p
Masala Pappadam	£1.29
Chutney set -	£2.49

Mango chutney, Mint sauce, onion salad and pickle.

STARTERS

VEG

Onion bhaji	£4.99	Chilli paneer	£7.99 D
Vegetable samosa	£4.99	Chilli Paneer is an Indo-Chinese appetizer where crisp batter fried paneer is tossed in slightly sweet, spicy, hot and tangy chilli sauce.	
Medu vada	£4.99	Paneer tikka	£7.99 D
Medu Vada is a popular South Indian snack of donut shaped lentil fritters that are fluffy, crispy, soft and delicious served with different chutneys.		Gobi 65	£6.49
Idli chaat	£7.99	Gobi 65 is a south Indian snack made of fried cauliflower, spices and herbs	
Crispy pan fried idli are topped with tangy and sweet chutneys, onions, herbs, spices		Vegetable cutlet	£4.99
		A Vegetable Cutlet is a crunchy, delicious and healthy Indian fritter made with a mishmash of potatoes, carrots, peas, and green beans.	

NON-VEG

Chicken lollipop	£8.99	Prawn 65	£9.49
Chicken lollipop is a popular Indo-Chinese appetizer where a chicken drumette is marinated and then batter fried or baked until crisp.		Prawn pieces marinated in spicy masala and deep fried.	
Chicken 65	£7.99	Chicken/beef/tuna cutlet	£7.99
Chicken pieces marinated with flour, spices, egg and curry leaves, then fried to perfection.		Chicken/beef/tuna cooked with spices, dipped in an egg mix and then in breadcrumbs and finally deep fried.	
Chicken tikka trio	£8.99 D	Lamb sheekh kebab	£8.99 D
Trio of Chicken Tikka, Mint and Coriander Tikka and Malai Tikka		Lamb perfectly spiced patties made with ground lamb cooked in a Tandoori clay oven.	
Coconut beef	£8.99	Tandoori chicken(starter)	£8.99 D
Tender bites of cooked beef are flavoured with aromatic spices, coconut slices and curry leaves		South Asian dish of chicken marinated in yogurt and spices and roasted in a tandoor	
Chicken Tikka	£8.99	Beef Dry Fry	£8.99
Marinated chicken pieces, grilled to perfection.		Beef marinated with curry leaves, ginger garlic paste and chef's special spice mix and deep fried.	
Malai Tikka	£8.99	Nadan Chicken Fry	£7.99
Juicy chicken marinated with mild spices, yogurt, cream, gram flour and various meat tenderizers and then grilled to perfection.		Deep fried chicken (with bone) infused with special Kerala spices.	
		Thattukada omelette	£6.99
		Street omelette with onion, green chilli and curry leaves.	

DOSA CORNER (All dosa's contain dairy)

Masala dosa	£9.99	Mysore masala dosa	£9.99
Masala dosa is a popular south Indian dish where a crispy dosa crepe made of fermented rice and lentil batter is served with potato masala, coconut chutney and sambar, complimented with medu vada.		Mysore masala dosa is famous for its toppings which include specially spiced vegetables and chutneys, served along with medu vada and sambar.	
Set dosa (3pcs)	£7.99	Ghee dosa (ghee roast)	£8.99
Set dosa is a savoury pancake-like dish made with fermented rice and lentil, served with medu vada, coconut chutney and sambar.		These dosas are thin savoury crepes, unique to South Indian cuisine, made from fermented rice & lentil batter & complemented by condiments like medu vada, chutney and sambar.	
SPECIAL DOSAS		Uthappam	£7.99
Egg/Chicken/Paneer	£11.99	Uthappam is a type of dosa from South India. Unlike a typical dosa, which is crisp and crepe-like, an uthappam is thicker, with toppings.	

MALABAR SPECIAL

Malabar chicken curry	£11.99	Kerela beef roast	£12.99
A simple & delicious dish made by simmering chicken in fresh ground kerala spice powder & coconut milk.		Beef roast is a traditional Kerala style dish prepared by slow roasting tender chunks of beef in aromatic spices and coconut milk.	
Chicken changezi	£11.99 D	Malabar lamb curry	£13.99
chicken changezi is a rich, mild, creamy gravy-based chicken curry specially prepared with milk, cashews, fresh cream, tomatoes, and garam masala.		Malabar lamb Curry is unique and delicious dish consisting of chopped Mutton pieces cooked with freshly ground coconut and special Kerala spices.	

Butter chicken £11.99 D
Marinated chicken that's first grilled and then served in a rich gravy made with tomato, butter, and a special spice blend

Malabar Lamb Shank £19.99
Tender Slow-roasted lamb shank cooked in special Kerala gravy.

Chettinadu dishes - Chicken/beef/lamb £11.99/£12.99/£13.99
Chettinadu curry combines coconut milk, spicing, chili and curry leaves in a South Indian curry rich that hits all the right notes.

CLASSICS OF MALABAR KITCHEN

Tikka masala - Chicken/lamb/veg/prawns £11.99/£13.99/£8.99/£13.99 D

Chicken tikka masala is a popular curried dish made with, ground spices, onions, tomatoes, cream and herbs.

Korma - Chicken/lamb/veg/prawns £11.99/£13.99/£8.99/£13.99 D

Korma is an Indian dish of meat or veg braised in a mixture of coconut milk, yoghurt, water, spices and oilseeds, almonds and cashews.

Jalfrezi - Chicken/lamb/veg/prawns £11.99/£13.99/£8.99/£13.99

Chicken Jalfrezi is a tomato-based curry made with meat or veg, bell peppers, and onion.

Madras - Chicken/lamb/beef/veg/prawns £11.99/£13.99/£12.99/£8.99/£13.99

Madras curry is a blend of herbs and spices that originated in the South of India. This curry can accompany vegetables or meats.

Vindaloo - Chicken/lamb/beef/veg/prawns £11.99/£13.99/£12.99/£8.99/£13.99

An authentic traditional vindaloo is a thick dry curry which is hot tasting with bursting flavors of garlic & spices.

Kadai - Chicken/lamb/veg £11.99/£13.99/£8.99

Kadai is a delicious, spicy & flavorful dish made with onions, tomatoes, ginger, garlic & fresh ground spices known kadai masala.

Dopiaza - Chicken/lamb/veg £11.99/£13.99/£8.99

Classic Indian curry made with caramelised onions, fragrant spices, and marinated chicken/lamb/veg.

Bhuna - Chicken/lamb/prawn £11.99/£13.99/£13.99

Bhuna is technically an Indian cooking technique in which spices are fried in very hot oil, often until they have formed a paste.

Murgh masala - Chicken/lamb/prawn £11.99 D

A classic Indian curry, Murgh Masala is a fragrant combination of chicken, tomato, yogurt, and a plethora of aromatic spices.

Saag dishes - Chicken/lamb/prawn £11.99/£13.99/£10.99 D

A light curry dish common in northern Indian cooking, include a light sauce made flavoured with turmeric, cinnamon, garam masala, and fresh spinach with lightly browned pan-fried chicken/lamb/paneer.

Pathia - Chicken/lamb £11.99/£13.99

Pathia is a popular medium hot curry with a sweet and sour sauce.

Pasanday - Chicken/lamb/veg/prawns £11.99/£13.99/£8.99/£13.99

Pasanday curry is a rich, spiced dish consisting of chicken/lamb/veg/prawn, marinated in yogurt and spices, then slow-cooked in a flavoured curry sauce.

Garlic Chilli dishes - Chicken/lamb/beef/prawn £11.99/£13.99/£12.99/£13.99

Garlic chili curry is a spicy, aromatic dish featuring garlic and chili as the main flavours, along with chicken/lamb/beef/prawn. The sauce is bold and tangy, with a kick of heat from fresh chillies and garlic pickle.

Dhansak - Chicken/lamb/veg/prawns £11.99/£13.99/£9.99/£13.99

Dhansak curry is a flavorful, hearty dish made with lentils, meat, and a blend of spices. It combines sweet, sour, and spicy flavors,

BIRYANI DISHES

Malabar dum biryani - Chicken/beef/lamb/veg/fish/prawn/paneer £11.99/£13.99/£14.99/£9.99/£14.99/£15.99/£10.99 D

The famed Malabar Biryani is made by layering an aromatic and herby masala with fluffy rice, crunchy fried onions (birista), nuts, dried fruits and ghee in a large pot. This is then sealed and cooked slowly in steam (dum method) to get this incredibly aromatic and toothsome biryani which is mouth-wateringly delicious.

Thalassery kizhi biryani- Chicken (on bone) £14.99 D

This biryani is famously served in the Malabar region, made using Kima rice wrapped in banana leaves, served with boiled egg, raita pickle and popadoms.

FROM GARDEN Side:£6.99, Main:£8.99

Aloo gobi

Sag aloo

Sag Paneer

Matar paneer masala

Matar paneer is a delicious dish made by cooking paneer & green peas in spicy onion tomato masala.

Dal makhani

Dal Makhani is one of India's most special and popular dal. Moong beans are cooked with lot of butter and cream.

Hyderabadi paneer masala

An authentic and flavoured green coloured dish made with paneer cubes, spinach and coriander

Aubergine curry

Tadka dal

Channa masala

Mixed vegetable curry

Kadai paneer

Mushroom masala

Mumbai aloo

Dal mango curry

Dal and mango cooked in kerala spices and fresh coconut.

MALABAR KITCHEN COMBINATIONS

Kerala porotta beef roast £14.99 D

Kerala beef roast served with delicious parotta, it is an iconic combo in Kerala known for its wonderful taste.

Kizhi porotta Beef/chicken £15.99/14.99 D

Kizhi Parotta is a delectable special dish of South India. Parottas are soaked in a semi thick chicken or beef gravy and wrapped in a banana leaf.

Puri sago £10.99

Lightly spiced potato curry that is served with puris (a deep-fried bread made from unleavened whole-wheat flour that originated in India.)

Ghee rice and Beef/Chicken £12.99/£11.99

Lightly spiced potato curry that is served with puris (a deep-fried bread made from unleavened whole-wheat flour that originated in India.)

Pazham pori beef roast £11.99

A delightful South Indian dish showcasing ripe banana fritters paired with a tender spiced beef roast.

FISHERMAN'S NET

Kerala fish curry - king fish/Salmon £13.99

Kerala Fish Curry combines tender, flaky fish with a rich, fiery sauce. Its flavour comes from a combination of earthy and hot spices and creamy coconut milk.

Cochin king prawn masala £15.99

King Prawns sautéed in onions, ginger and fenugreek seeds with coconut milk

Goan fish curry - king fish/Salmon £13.99

Fish cooked in a spicy paste of chilli and coconut with the tang of fruity tamarind and sweet onions.

Fish/Prawn mango curry £15.99/16.99

This raw mango fish/prawn curry is spicy, tangy, and really packs a punch in terms of flavour. It's inspired by Alleppey fish curry which originates from Kerala and uses raw mango to add a delicious tang to the curry.

Meen polichathu (with bone) Seabass/seabream £16.99

Fish coated in spicy masala is wrapped in banana leaf and cooked to perfection. This melt-in-your-mouth fish is one of the iconic dishes of the cuisine of Kerala.

Fish molee (with bone) King fish/salmon £16.99

A rich and creamy Kerala-style fish curry where fish is cooked in a subtly spiced coconut-based gravy.

INDO-CHINESE

Chilli - £11.99/£12.99/£9.99 **]]**

chicken/beef/gobi

Meat pieces are marinated with spices and later cooked with capsicums, chillies and onions.

Fried rice - £6.99/£6.49/£7.49/£7.99 **)**

Egg /Vegetable /Chicken/Mixed fried rice

Manchurian - £11.99/£9.99/£9.99 **]]**

Chicken/Gobi/mushroom

Chicken Manchurian is a very popular Indo-Chinese dish. Crispy fried chicken pieces are tossed in a sweet and savoury sauce

Noodles - £6.49/£6.99/£7.49/£7.99 **)**

Veg/egg/chicken/mixed Noodles

Szechuan chicken £11.99 **]]**

Szechuan chicken, is a beautifully spiced stir-fried chicken saucy dish, characterised by the use of Szechuan peppercorns and lots of dried red chillies.

FROM TANDOOR

(all tandoor dishes contain dairy)

Tandoor dishes are marinated using special tandoori spices cooked to perfection in a Tandoor (clay oven), served along with sauces and salads. complimented with a portion of rice or naan bread

Tandoori chicken full/half £17.99/£11.99 **D]]**

Chicken trio main £13.99 **D]]**

Chicken tikka main £12.99 **D]]**

Tandoori king prawn £16.99 **D]]**

Chicken shashlik £14.99 **D]]**

Pieces of chicken breast or thigh marinated in a sweet and sour sauce cooked in a tandoor with peppers and tomato.

Malai tikka £12.99 **D]]**

Tender pieces of boneless chicken, marinated in a unique blend of yogurt, cream, cheese, and spices, cooked in a tandoor.

Mix platter £17.99 **D]]**

Chicken tikka trio, 2 pcs king prawn, 2pcs seekh kebab, 1 piece tandoori chicken served with green salad.

SALADS

Peanut masala salad £3.99 **)**

Chicken tikka salad £7.99 **D)**

Green salad £3.99

RICE AND BREAD

(All rice and bread dishes may contain dairy)

Plain rice £3.49

Pulav rice £4.49

Vegetable pulav rice £5.49

Coconut rice/Lemon rice £5.49

Mushroom rice/Tomato rice £5.49

Plain naan £3.25

Garlic naan/Butter naan/ £3.99

Chilli coriander naan £3.99

Peshwari naan £4.49

Tandoori roti £2.99

Chapatti £2.99

Kerala porotta £2.99

ENGLISH DISHES

Fish and chips £8.99

Chicken and chips £8.99

KIDS MENU

Chicken nuggets and chips £4.99

Fish fingers and chips £4.99

DESSERTS

Ice Cream £4.99 **D**

Vanilla/strawberry/chocolate

Kulfi ice cream £4.99 **D**

Mango/pistachio

Cheesecake £5.99 **D**

Matka Kulfi £6.99 **D**

Gulab jamun £5.99 **D**

Gulab jamun is an Indian dessert of fried dough balls that are soaked in a sweet, sticky sugar syrup and served with ice cream.

DRINKS MENU

SOFT DRINKS

Coke £2.95

Coke Zero £2.95

Diet Coke £2.95

J2O £2.95

Rio Tropic £2.95

Fresh Lime Soda - (sweet, salt) £3.50

Lemonades £3.50

(passion fruit, strawberry, orange, pineapple)

Appletiser £2.95

Orange Juice, Apple £2.95

Squash - Orange / Black Current £1.95

Still mineral water £1.95

Sparkling mineral water £1.95

COCKTAILS

Classic Mojito £7.95

Rum, fresh mint, lime juice

Sex on the Beach £7.95

Archers, Vodka, cranberry juice, orange juice

Passion Fruit Collins £7.95

Gin, passion fruit Purée, soda

Amaretto Sour £7.50

Amaretto, lime juice

MARTINIS

Pornstar Martini £8.25

Prosecco, passion fruit Purée, vodka, passoa

Espresso Martini £8.25

Vodka, Tia Maria, Coffee

MOCKTAILS

Tender Coconut Surprise £ 5.50

Fresh tender coconut water, lime juice, mint

Passion Fruit Punch £4.95

Passion fruit, lime juice pineapple juice

Virgin Mojito £4.95

Fresh mint, lime juice, apple juice

Tropical Fruit Crush £4.95

Orange Juice, passion fruit Purée, grenadine

All dishes that have a **D** symbol contain Dairy. **)** Mild **]]** Medium **]]]]** Hot

FOOD ALLERGIES AND INTOLERANCES

We cannot guarantee our dishes are allergen free. Please speak to your server while placing the order. This menu is subject to change.

Thank you.

Add drinks for £1.29

Squash - Orange/Blackcurrant

Passion fruit lemonade

Strawberry lemonade

Milk - Chocolate/Strawberry/Banana

Juice - Apple/Orange

HOT DRINKS

Indian Masala Tea £2.95

Selection of Teas £3.15

Americano £2.45

Cappuccino £3.25

Latte £3.25

Espresso £2.95/3.25

Hot Chocolate £3.25

LASSI

Mango lassi/Strawberry lassi/ £4.99 **D**

Sweet lassi/Masala lassi

BEER /CIDER

Cobra £4.95 / 6.95

Cold River Cider £4.50 / 6.50

kamasutra 660ml £7.49

Kingfisher 330ml £4.95

Tiger £4.50

Corona £4.50

Heineken "0" (Non-alcoholic) £4.25

Old Mout Berries & Cherries £5.25

Magners £5.25

Thatchers Gold £5.25

Bombay bicycle IPA £4.95

WINE

WHITE 175ml/250ml/Bottle

Pinot Grigio £5.50/6.95/19.95

Chenin Blanc £5.50/6.95/19.95

Sauvignon Blanc £6.95/8.95/25.95

Chardonnay £5.25/7.25/20.95

RED 175ml/250ml/Bottle

Merlot £5.95/7.50/21.95

Malbec £6.25/8.50/23.95

Mazuelo Rioja Crianza £6.25/8.50/23.95

Shiraz £5.95/7.50/21.95

ROSE 175ml/250ml/Bottle

Pinot Grigio Blush £6.25/8.50/23.95

Zinfandel £5.50/6.95/20.95

SPARKLING Bottle

Prosecco £28.95

Cuvée Rosé Sparkling £29.95

Moët & Chandon brut £49.95

SPIRITS & LIQUEURS 25ml £5.50 / 50ml £7.50

Full range of spirits & liqueurs available

MALABAR
KITCHEN
MODERN INDIAN CUISINE

57 VICARAGE STREET, BARNSTAPLE, EX32 7BT

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