

SEAFOOD MAINS

Served with Plain Basmati Rice and Plain Naan • All Gluten Free

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|----|---|------|
| 32 | Fish Masala
Fresh fish pieces cooked in a thick onion sauce with ground spices & a touch of cashew nut. | \$14 |
| 33 | Fish Madras (highly recommended)
Fresh fish fillets cooked with coconut milk and a mild blend of herbs & spices. | \$14 |
| 34 | Fish Vindaloo (Hot!)
Boneless, skinless fish fillets cooked with hot vindaloo paste in Goan style. | \$14 |
| 35 | King Prawn Curry
King prawns cooked with fresh coconut milk, herbs & spices for a delicate palate – a speciality dish from Maharashtra. | \$14 |
| 36 | King Prawn Saag (highly recommended) (HO)
Fresh prawns cooked with fresh spinach & exotic spices. | \$14 |
| 37 | King Prawn Malabari
King prawns cooked in a creamy curry base with capsicum, tomatoes, onion & spices. | \$14 |

BREADS

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|----|--|--------|
| 38 | Plain Naan White meal flour bread | \$3.5 |
| 39 | Butter Naan White meal flour bread with butter | \$4 |
| 40 | Garlic Naan Naan with a touch of garlic | \$4 |
| 41 | Onion Kulcha Naan stuffed with chopped onion | \$5 |
| 42 | Cheese Naan Naan stuffed with tasty cheese | \$6 |
| 43 | Cheese Garlic Naan Naan stuffed with tasty cheese & garlic | \$7 |
| 44 | Keema Naan Naan stuffed with spiced lamb mince | \$6 |
| 45 | Chicken Tikka Naan Naan stuffed with chicken mince | \$6 |
| 46 | Roti (HO, Vegan) Whole meal flour bread | \$4 |
| 47 | Peshwari Naan Naan stuffed with dried fruit & nuts (sweet) | \$7 |
| 48 | Parantha Flakey whole meal butter bread | \$5 |
| 49 | Aloo Paratha Wholemeal flour bread filled with mashed potatoes, heaven spices and fresh coriander, shallow fried. | \$7 |
| 50 | Papadom (V, GF) Crispy crackers | \$0.80 |
| 51 | Bread basket
Selection of plain Naan, garlic Naan, one stuffed Naan of your choice & Roti | \$17 |

TANDOORI DISHES (GF)

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|----|---|------|
| 52 | Tandoori Chicken (whole)
Served with salad & mint sauce. | \$25 |
| 53 | Chicken Tikka / Fish Tikka
Boneless pieces marinated in selected spices overnight & roasted in the tandoori oven. | \$22 |

RICE (GF)

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|----|---|-----|
| 54 | Basmati Rice (HO) Boiled Indian rice. | \$5 |
| 55 | Nabratan Pulao (HO)
Saffron Basmati rice with mixed vegetables, fruit & nuts. | \$8 |

RICE DISHES (GF)

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|----|--|------|
| 56 | Chicken / Lamb / Beef Biryani
Cooked with rice & spices. | \$16 |
| 57 | Vegetable Biryani
Vegetables fried in saffron rice with fruit, nuts & coriander. | \$15 |
| 58 | King Prawn Biryani
King prawns cooked with rice & spices. | \$17 |

ACCOMPANIMENTS (GF)

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|----|--|-----|
| 59 | Raita cool yoghurt cucumber | \$4 |
| 60 | Mango chutney sweet mangoes mildly spiced | \$4 |
| 61 | Mixed pickles selection of hot & sour pickles | \$4 |
| 62 | Fresh mint chutney mint leaves ground into a sauce | \$3 |
| 63 | Tamarind chutney hot & sour mildly spiced sauce | \$3 |
| 64 | Banana & coconut bananas sliced with grated coconut | \$6 |
| 65 | Green salad chopped onion, tomato & cucumber | \$8 |

KIDS MENU

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|----|---|------|
| 66 | Chips | \$5 |
| 67 | Chicken Nuggets | \$5 |
| 68 | Butter / Mango Chicken
Served with rice | \$10 |
| 69 | Vanilla Ice Cream | \$8 |

DESSERTS

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|----|--|-----|
| 70 | Gulab Jamun
Mixed dumplings fried in ghee until golden brown & then soaked in sugar syrup. | \$8 |
| 71 | Mango Kulfi
Reduced milk ice cream with mangos & nuts – a traditional Indian ice cream. | \$8 |

DRINKS

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|----|---|-----|
| 72 | Mango Lassi Yoghurt & mango flavoured makes people feel cool | \$5 |
| 73 | Sweet or Salted Lassi | \$4 |
| 74 | Juice Orange, Apple, Tomato | \$4 |
| 75 | Soft Drink Coke, Diet Coke, Coke Zero, Sprite or Fanta | \$3 |
| 76 | Ginger Beer | \$4 |
| 77 | Raspberry & Soda | \$4 |
| 78 | San Pellegrino Sparkling Mineral Water | \$6 |
| 79 | Chai Indian Spiced Tea | \$5 |
| 80 | Tea English breakfast, Earl Grey, Peppermint or Camomile | \$5 |

Enquire about our Winelist



SUPER LUNCH SPECIAL

YOUR CHOICE OF ANY CURRY WITH RICE & NAAN BREAD FROM \$12

LUNCH MENU

Mon-Sat, 11.00am-2.30pm

8 Bond Street, Te Aro

Ph: 04 472 0025

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www.curryheaven.co.nz

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APPETIZERS

Served with Mint / Tamarind Sauce & Salad

VEGETARIAN

- 01 **Onion Bhaji** (GF, DF, V) \$8
Chopped onion battered with chickpea flour & spices, deep fried until crispy.
- 02 **Vegetable Samosa** (DF, V) \$8
Deep fried triangular pastry with spiced vegetables.
- 03 **Vegetable Pakora** (GF, DF, V) \$8
Fresh mixed vegetables battered with chickpea flour & fried in deep oil.
- 04 **Aloo Puri** (DF, V) \$8
Potato battered with flour & fried until crispy (From Bangladesh).

NON VEGETARIAN

- 05 **Chicken Tikka** (GF) \$11
Boneless chicken pieces marinated & then roasted in the tandoori oven.
- 06 **Seekh Kebab** (GF) \$11
Spiced tender lamb mince rolls cooked in the tandoori oven.
- 07 **Chicken Wings** (GF) \$11
Chicken wings marinated in mild spices overnight & barbecued in the tandoori oven.
- 08 **Tandoori Chicken** (GF) (half size) \$17
Chicken pieces marinated in mild spices overnight, then roasted to perfection in the tandoor.

CURRY HEAVEN SPECIAL

- 09 **Lamb Sabnam** (HO) \$14
Tender succulent lamb cooked with onion, fresh crisp capsicum, mushrooms & tomatoes – *a sensational dish not to be forgotten easily.*

MAINS

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Option of: Chicken / Lamb / Beef

- 10 **Butter Chicken** \$13
(a delicacy not to be missed)
Boneless tandoori chicken cooked in a rich creamy tomato sauce.
- 11 **Balti** \$13
“Balti” described dishes which are unique & exquisitely flavoured with exotic ingredients, achieving a sweet tangy taste as we as being fairly spicy.
- 12 **Khara Masala** \$13
Boneless tender chicken or tender beef cooked with dry fruit & nuts in a mild creamy sauce for the discerning palate – *a dish that words can't describe.*
- 13 **Korma** \$13
Tender chicken, beef or lamb pieces simmered in a cashew nut sauce with ground spices.
- 14 **Madras** \$13
Boneless chicken, tender beef or lamb pieces cooked with exotic ground spices & coconut milk.
- 15 **Malabari** \$13
Tender succulent chicken/lamb/beef cooked in a creamy curry base with mild spices, onions & tomatoes – *this dish is unique to Curry Heaven.*
- 16 **Mango Chicken** \$13
Boneless chicken pieces cooked with mango pulp and thick gravy.
- 17 **Pasanda** \$13
Marinated chicken or lamb in a mild sauce rich with the luxurious taste of almonds – *nothing too fancy other than the taste.*
- 18 **Rogan Josh** \$13
(highly recommended)
Boneless lean beef or lamb cooked in spicy gravy in traditional Punjab style.
- 19 **Saagwala** \$13
(highly recommended) (HO)
Boneless chicken, beef cubes or tender lamb simmered with fresh spinach & exotic spices.
- 20 **Tikka Masala** \$13
(highly recommended)
Boneless tandoori chicken or lamb pieces cooked in a ginger, garlic, tomato, capsicum & onion sauce.
- 21 **Vindaloo** (Hot!) \$13
Highly spiced boneless chicken, beef or lamb cooked in hot vindaloo paste – *a dish that words can't describe.*

VEGETARIAN MAINS

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- 22 **Palak Paneer** (highly recommended) (HO) \$12
Homemade cottage cheese & fresh blended spinach cooked with aromatic spices.
- 23 **Vegetable Korma** \$12
A selection of mixed vegetables cooked with a creamy cashew nut sauce.
- 24 **Paneer Tikka Masala** \$12
Homemade cottage cheese cooked with ginger, garlic, onion, tomatoes & mild spices – *a speciality from northern India.*
- 25 **Malai Kofta** \$12
Deep fried homemade cottage cheese, blended with potatoes & spices cooked with a cashew nut gravy.
- 26 **Dhal Makhni** \$12
Mixed lentils cooked in spices with onion & tomatoes.

VEGAN

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- 27 **Saag Aloo** (HO) \$12
Sautéed potatoes & fresh spinach cooked with a thick onion sauce & spices.
- 28 **Sabzi Bahar** (HO) \$12
Mixed vegetables cooked with a selection of herbs & spices.
- 29 **Mushroom Masala** (HO) \$12
Mushrooms cooked with fresh tomatoes, onions & green spices.
- 30 **Chana Masala** (DF, HO) \$12
Chickpeas cooked with garlic, ginger, onion, lime juice in a dry sauce. Slightly hot in taste. Slow cooked and fluffy. *Perfect simplicity, like eating a hug!*
- 31 **Tarka Daal** (highly recommended) (DF, HO) \$12
Slow cooked fluffy lentils infused with perfect balanced spices and lifted with vine tomatoes.

Please request according to your taste:

Mild 0% / Medium 50% / Kiwi Hot 75% / Indian Hot 100%

GF: Gluten Free DF: Dairy Free V: Vegan HO: Healthy Option

www.curryheaven.co.nz