

## CLASSIC INDIAN FAVOURITES

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

## VEGETABLE DISHES MAIN

Side dishes £4.50

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

<b>CHICKEN OMELETTE</b> .....	6.95
<b>PRAWN OMELETTE</b> .....	7.50
<b>FRIED SCAMPI</b> .....	7.50
<b>CHICKEN NUGGETS</b> .....	6.50

## RICE

<b>BOILED RICE</b> .....	2.75
<b>PILAU RICE</b> .....	2.95
<b>MUSHROOM PILAU RICE</b> ...	3.50
<b>EGG PILAU RICE</b> .....	3.50
<b>KEEMA PILAU RICE</b> .....	3.50
<b>LEMON CASHEW RICE</b> .....	3.50
<b>VEGETABLE PILAU RICE</b> ...	3.50
<b>MATTER PILAU RICE</b> .....	3.30
<b>SPECIAL RICE</b> .....	3.50
<b>ONION RICE</b> .....	3.30
<b>CHILLI RICE</b> .....	3.30

## SUNDRIES

<b>NAAN</b> .....	2.75
<b>GARLIC NAAN</b> .....	2.95
<b>GARLIC &amp; CORIANDER NAAN</b> ..	3.30
<b>CHEESE NAAN</b> .....	3.50
<b>PESHWARI NAAN</b> .....	3.50
<b>KEEMA NAAN</b> .....	3.50
<b>CHILLI NAAN</b> .....	3.30
<b>KEEMA PARATHA</b> .....	3.50
<b>ALOO PARATHA</b> .....	3.30
<b>TANDOORI ROTI</b> .....	1.50
<b>CHAPATTI</b> .....	1.25
<b>RAITA</b> .....	2.45
<b>FRESH SALAD</b> .....	2.50
<b>CHIPS</b> .....	2.55

## DRINKS

	Jug	Glass
<b>Mango Lassi</b> .....	5.95	2.50
<b>Sweet Lassi</b> .....	5.25	2.20
<b>Salt Lassi</b> .....	5.25	2.20

### Soft Drinks

<b>Coke/ Diet Coke/ Lemonade</b> .....	2.00/ 3.00
<b>Tonic and Soda Water</b> .....	2.00/ 3.00
<b>Fresh Orange juice/ Fresh Pineapple juice</b> .....	2.20/ 3.20
<b>J20 various</b> .....	2.20
<b>Still / Sparkling Mineral Water (500 ml)</b> .....	2.00

### Draught Lager & Beer

I P 1/2 P

<b>Cobra</b> .....	3.70/ 2.20
<b>Kingfisher</b> .....	3.70/ 2.20
<b>Worthington</b> .....	3.50/ 1.90

### Bottled Beer (330ml) & Bottled Cider

<b>Budweiser</b> .....	3.00
<b>Heineken</b> .....	3.00
<b>Copparberg (500ml)</b> .....	4.00
<b>Woodpecker</b> .....	3.00
<b>Strong Bow</b> .....	3.00

### Liquers

<b>Liquers</b> .....	3.00
<b>Liquers and Mixers</b> .....	3.50



# Spices Balti

## 0114 275 76 95

### AUTHENTIC INDIAN CUISINE

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

15% Off  
on collection  
orders

10% Off  
delivery orders  
within 4 miles

120 Mayfair Court, West Bar, Sheffield S3 8PP

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

## STARTERS

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

### MEAT

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

### VEGETABLE

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

### SEAFOOD

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

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

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

## 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 and salad*

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

## BALTI MIX SPECIALS

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

## HANDI SPECIALS

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

## SEAFOOD SPECIALS

<b>KARAHI FISH</b> .....	<b>9.95</b>
<i>Fresh cod pieces cooked with tomatoes, ginger, lime juice and spices, garnished with fresh coriander</i>	
<b>KARAHI KING PRAWN MASALA</b> .....	<b>10.95</b>
<i>cooked with onions, green peppers and spices, a blend of our special masala sauce, garnished with fresh coriander</i>	
<b>KARAHI KING PRAWN MAKHANI</b> .....	<b>10.95</b>
<i>Marinated then grilled and cooked with tomatoes, ground almonds, pistachios, butter and spices</i>	
<b>AROMATIC MONKFISH &amp; SPICY VEGETABLES</b> .....	<b>10.50</b>
<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>	