

## balti dishes

Exotic dishes, aromatically spiced, freshly cooked from the balti pan. Served with nan bread

Chicken or Lamb Balti	£8.25
Chicken or Lamb Tikka Balti	£8.95
Prawn Balti	£8.95
King Prawn Balti	£13.95
Vegetable Balti	£7.95
Exotic Balti	£13.95

A combination of chicken tikka, lamb tikka and king prawn

## biriani dishes

Specially cooked with basmati rice, flavoured with cardamom, cinnamon and bay leaf. Served with a vegetable curry.

Chicken or Lamb	£8.25
Chicken Tikka or Lamb Tikka Biriani	£8.95
Prawn Biriani	£8.25
King Prawn Biriani	£13.95
Vegetable Biriani	£7.95
Mint Special Biriani	£13.95

Lamb tikka, chicken tikka, prawn and egg cooked in special spices

## side dishes

Mushroom Bhaji Chopped mushroom in spices	£3.95
Sag Aloo Spinach and potatoes	£3.95
Sag Bhaji Spinach with garlic and spices	£3.95
Bhindi Bhaji Okra cooked in spices	£3.95
Aloo Gobi Potatoes and cauliflower	£3.95
Baigon Bhaji Crushed and roasted aubergines cooked in spices	£3.95
Bombay Aloo Potatoes cooked in spices	£3.95
Tarka Dall Garlic and lentils	£3.95
Sag Paneer Spinach and cheese	£3.95
Chana Massala Chickpeas cooked in spices	£3.95
Muttar Paneer Peas and cheese	£3.95
Mint Special Vegetables A selection of fresh vegetables cooked in a thick sauce	£3.95

## rice

Mint Special Rice	£3.95
Steamed rice fried with prawns, chicken and egg	
Boiled Rice	£2.50
Pilau Rice	£2.95
Mushroom Rice	£3.25
Keema Rice	£3.25
Egg Rice	£3.25
Vegetable Rice	£3.25
Coconut Rice	£3.25

## sundries

Nan Leavened bread	£2.50
Keema Nan Filled with spicy minced lamb	£2.95
Peshwari Nan Herbs and coconut	£2.95
Cheese Nan	£2.95
Garlic Nan With fresh garlic and coriander	£2.95
Massala Kulcha Leavened bread filled with vegetables	£2.95
Paratha Round shaped bread fried in butter	£2.10
Stuffed Paratha Fried whole wheat bread	£2.95
Tandoori Roti	£1.95
Chapati Unleavened bread	£1.50
Cucumber Raita	£1.95
Poppadom (each)	£0.60
Spicy Poppadom (each)	£0.65
Chips Southern fries	£1.95
Assorted Pickles (each) Mint sauce, onion salad, mango chutney, lime pickle and mixed pickle	£0.60



## drinks\*

Coke, Diet Coke or Lemonade Cans	£1.50
Coke, Diet Coke or Lemonade Bottle	£3.95
Bangla Beer Large Bottle	£4.95
White, Red or Rosé House Wine Bottle	£14.95

\*We are a fully licensed restaurant and takeaway. Please ask to order other restaurant wines. Proof of ID will be required when purchasing any alcoholic drinks.

## set meals

### SET MEAL FOR 2 £20.00

Starter	Meat Samosa   Onion Bhaji
Main Course	Chicken Tikka Massala   Lamb Bhuna
Side Dish	Bombay Aloo   Pilau Rice   Nan

### VEGETARIAN SET MEAL FOR 2 £16.00

Starter	Two Vegetable Samosa
Main Course	Vegetable Korma   Vegetable Bhuna
Side Dish	Sag Aloo   Pilau Rice   Nan

Some dishes may contain nuts or dairy products, so please inform us of any allergies when placing your order

Please remember at Mint our Chef can prepare any dish not listed on the menu

We can also do outside catering for private parties and weddings etc. Please contact us for more details



01202 733 438

4 Station Road | Lower Parkstone | Poole | BH14 8UB



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W E L C O M E T O



## appetisers

**Hot Lamb** £4.25

Pieces of lamb marinated with garlic in a sweet and sour sauce with a touch of sweet chilli

**Chilli Fry** £4.25

Pieces of chicken breast cooked in a mouth watering sauce of sweet chillies and ground mustard

**Peshwari King Prawn** £4.95

Jumbo king prawn marinated with fried gram flour and spices, grilled in Tandoori with cashew nuts and almonds, flavoured

**Salmon Tikka** £4.95

Pieces of salmon marinated in light spices and barbecued in the Tandoori

**Ponir Tikka** £3.95

Pieces of ponir marinated in light spices and barbecued in the Tandoori

**Aloo Tikka** £3.95

Pan fried patties of mashed potatoes with petit peas, served with yoghurt, tamarind and mint sauce

**Duck Tikka** £4.25

Tender pieces of duck marinated with Chef's special spices

**Mixed Starter** £4.95

Chicken tikka, lamb tikka, sheek kebab and onion bhaji

**Spicy Crab Cake** £4.25

White crab meat in ginger and coriander

**Bhuna Tiger Prawns** £4.95

Garlic flavoured king prawns with onions and tomatoes

**Squid Ball** £4.95

Squid cooked with hot spices to tickle your taste buds

**Lamb Chop** £5.95

Two pieces

## old favourites appetisers

**Onion Bhaji** £2.95

Sliced onions in a spicy batter, then deep fried

**Chicken or Lamb Tikka** £3.95

Marinated in a special blend of mild spices and barbecued

**Sheek Kebab** £3.95

Minced lamb blended with spices and onions grilled in the Tandoori

**Tandoori Chicken** £3.95

Succulent pieces of chicken on the bone, marinated in special spices and roasted in the Tandoori

**Prawn Puree** £4.25

Prawns cooked in a spicy sauce served on deep fried bread

**Samosa** £3.25

Triangular pastry filled with a choice of minced lamb or vegetable

**Tandoori King Prawn** £4.95

King prawn marinated in delicate spices and barbecued on skewers

## tandoori dishes

**Tandoori Chicken** £7.50

Succulent pieces of on the bone chicken

**Chicken or Lamb Tikka** £7.50

Tender pieces of diced chicken or lamb

**Tandoori King Prawns** £12.95

King prawns marinated in delicate spices and barbecued on skewers

**Tandoori Mixed Grill** £14.95

A combination of Tandoori chicken, chicken tikka, lamb tikka, sheek kebab and king prawn, served with nan bread

**Tandoori Salmon** £12.95

Pieces of salmon marinated in light spices and barbecued in Tandoori

**Chicken or Lamb Shashlick** £9.95

Pieces of chicken or lamb marinated in light spices and barbecued in the clay oven

**Tandoori Lamb Chops** £12.95

Succulent chops of young lamb chargrilled in an Indian style, marinated in fresh coriander, garlic and cardamom in a thick yoghurt

**Whole Sea Bass** £15.95

Whole sea bass marinated with ginger, garlic, pesto, mustard oil, cardamom seeds, chopped green chillies in a thick yoghurt



## chef's specials

**Lamb Shank** £15.95

Shank of baby lamb marinated with extracts of ginger, garlic, cumin and fresh green chilli, medium spiced dish with a mouth watering gravy, the most popular dish in our Mint Restaurant

**Mint Lamb (Medium)** £13.95

Rack of British lamb marinated in a Rajasthani style with fresh coriander and mint, then chargrilled and served with gravy of exotic Kashmiri mint flavour

**Methi Murgh (Medium)** £7.95

Chicken breast chargrilled then cooked with rich fenugreek and Indian herbs

**Shahi Murgh (Mild)** £7.95

Chicken breast cooked in an onion and cashew nut gravy and topped with fruit and fresh cream

**Mint Duck (Medium)** £13.95

Duck fillet cooked with medium spices. A moist and full flavoured dish

**Chicken or Lamb Naga (Hot)** £8.95

Succulent pieces of chicken or lamb cooked in a traditional naga paste with a very spicy sauce

**Achari Gosht (Medium)** £8.95

Lamb cubes cooked with pickling spices

**Chicken Jal (Fairly Hot)** £8.95

Tender pieces of chicken marinated with fresh ground spices and cooked with spring onions, capsicums and green chillies

**Nawabe (Medium)** £9.95

Chicken and king prawns well spiced with chunks of onion, tomatoes and fresh green chillies

**Murg Mirch Massala (Medium)** £7.95

Tender pieces of chicken marinated with fresh green chillies, slices of capsicum, cooked in a rich spring onion sauce

**Chicken or Lamb Badam Passanda** £7.95

Barbecued chicken or lamb pieces cooked with ground almonds, fresh mango and served in a nice creamy sauce

**Rezela (Fairly Hot)** £8.95

Chicken or lamb cooked with minced lamb, fresh green chillies in a yoghurt and coconut sauce

**Butter Chicken** £7.95

Pieces of marinated chicken cooked in butter with mild spices, creamy and rich, cooked with ground almond

## THE DISHES BELOW ARE SERVED WITH PILAU RICE

**Chicken Tikka or Lamb Tikka Korai** £9.95

Made with capsicums, tomatoes and onion. Korai boasts a full flavoured medium taste, served with pilau rice

**Chicken Tikka or Lamb Tikka Jalfrezi** £9.95

Stir fried chicken or lamb, well spiced with fresh green chillies. A hot and tasty dish. Served with pilau rice

**Garlic Chilli Chicken** £9.95

Chicken, cooked in a garlic sauce and mixed with peppers and spring onions, then garnished with fresh coriander. Served with pilau rice

**Chicken Tikka or Lamb Tikka Massala** £9.95

Tender chicken in a delicately flavoured creamy sauce with coconut. Served with pilau rice

## seafood specials

**Fillet of Sea Bass** £10.95

Lightly spiced Sea Bass delicately filleted and served on a bed of mixed vegetables

**Salmon Zalmuri** £13.95

Salmon cooked with curry leaf, dill and turmeric

**Malai King Prawn (Mild)** £15.95

King prawns cooked in a unique cashew and coconut East Indian style sauce

**Nil Giree Fish** £12.95

Fillet of Tilapia fish cooked with fresh coriander, spinach, coconut milk and Indian herbs

**King Prawn Balcho** £15.95

Tiger prawns cooked in a delicious hot, sweet and sour massala sauce, with fresh coriander. A classic Goan dish

**Whole Ginger Crab (Medium)** £16.95

A delicious flavoured mixture of fresh herbs and garlic cooked with medium spices. A flavour you will love

## old favourite dishes

**Chicken** £5.95 **Prawn** £7.25

**Lamb** £6.25 **King Prawn** £12.95

**Chicken Tikka** £7.95 **Vegetable** £5.50

**Lamb Tikka** £8.25 **Duck** £12.95

**Madras** **Bengal**

Fairly hot and sour

Prepared in the same way as a madras adding maximum quantity of onions, tomatoes and green peppers

**Vindaloo** **Pathia**

Very hot with potatoes

Sweet and sour, hot

**Korma** **Dupiaza**

Very mild with fresh cream and coconut

Bangalore style curry with spicy fried onions in a delicious sauce

**Ceylon** **Rogan Josh**

With coconut and lemon juice, a sweet, sour and hot dish

Medium spicy with tomatoes based sauce

**Bhuna** **Dansak**

With onion and tomatoes, a dry medium flavour

With lentils sweet, sour and hot

