

Meat & Poultry Appetisers

EastzEast Mix Starter for 2	1,3,4,6	£13.95
<i>A combination of fish tikka, seekh kebabs, chicken wings, chicken pakora & samosas. Served on a sizzler platter with fried onions.</i>		
MIXED KEBAB	3,6	£5.95
<i>Lamb kebab, chicken kebab & shami kebab</i>		
LAMB CHOPS	1,6,H,*	£5.95
<i>Pieces of lamb chops on the bone, marinated in spices & char grilled</i>		
SEEKH KEBAB	3,6,H	£4.95
<i>Minced Lamb mixed with fresh herbs & spices, formed on a skewer and char grilled</i>		
CHEESE SEEKH KEBAB	3,6	£4.95
<i>Minced lamb or chicken mixed with fresh herbs & spices & mozzarella cheese formed on a skewer and char grilled</i>		
CHICKEN KABLI	6	£6.50
<i>Succulent chicken inner fillet chargrilled with melted mozzarella cheese on top. Served with spicy baby potatoes</i>		
LAMB SEEKH KABLI	6	£6.95
<i>Minced lamb char grilled with mozzarella cheese on top. Served with spicy baby potatoes.</i>		
CHICKEN SEEKH KEBAB	3,6,H	£4.50
<i>Minced chicken, mixed with fresh herbs & spices, formed on a skewer & char grilled</i>		
CHICKEN WINGS	1,6,H,*	£3.95
<i>Pieces of chicken wings, marinated in eastern spices & char grilled</i>		
CHICKEN LIVER TIKKA	1,H,*	£4.95
<i>Fresh pieces of chicken liver, marinated in spices & fresh herbs, char grilled with fried onions</i>		
CHICKEN BOTI TIKKA	1,6,H,*	£4.50
<i>Pieces of chicken breast off the bone, marinated in eastern spices & char grilled</i>		
CHICKEN TEMPURA	1,7	£4.95
<i>Succulent pieces of chicken marinated in our special EastzEast spices & fried with tempura crispy batter</i>		
SHAMI KEBAB	3,7	£4.95
<i>Minced Lamb with lentils, cinnamon, cardamom, ginger & spices, coated with egg yolk & shallow fried</i>		
CHICKEN SAMOSA or MEAT SAMOSA	1	£3.95
<i>Crispy leaves of pastry, filled with spiced minced chicken or meat, onions & fresh coriander, deep fried</i>		
CHICKEN PURI	1,2,3,6	£4.95
<i>Chicken freshly cooked in a massala sauce, served on a crispy puri</i>		

Vegetarian Appetisers

EastzEast VEG MIXED STARTER (for 2)	1,6,7,V	£10.95
<i>A combination of onion bhaji, paneer pakora, mixed vegetables pakora & aloo pakora, served on a sizzler platter</i>		
ONION BHAJI	1,7,V	£3.95
<i>Fresh pieces of onions, marinated in our EastzEast special batter & deep fried</i>		
PANEER PAKORA	1,6,7, V	£4.95
<i>Pieces of paneer (cheese) marinated in our EastzEast, special batter, deep fried</i>		
PANEER TIKKA	1,6	£4.95
<i>Pieces of paneer (cheese), marinated with spices, grilled with pieces of fresh tomatoes, pepper & onions</i>		
GARLIC MUSHROOMS	V	£4.95
<i>Fresh mushrooms, cooked in massala sauce with onions & peppers</i>		
CHANA PURI	1,7,V	£4.95
<i>Chickpeas, cooked in a massala sauce, served on a crispy puri</i>		
BENGAN PAKORA	1,V	£3.95
<i>Fresh aubergine cutlets, marinated in our special batter & deep fried</i>		
VEGETABLE ROLL	1,V	£3.95
<i>Crisp leaves of pastry, filled with fresh vegetables, onions & fresh coriander, deep fried</i>		
ALOO TIKKA	1,V	£3.95
<i>Spicy mashed potatoes cutlets, filled with lentils, battered & deep fried</i>		
MIX VEGETABLE PAKORA	1,V	£3.95
<i>Fresh gobi, palak & aloo mixed with fresh coriander, herbs & spices, deep fried</i>		
ALOO PAKORA or MUSHROOM PAKORA	1,V	£3.95
<i>Fresh potatoes or mushrooms, marinated in our special batter & deep fried</i>		

Seafood appetisers

EastzEast SEAFOOD MIX STARTER (for 2) <i>A combination of fish tikka, king prawn, fish pakora, served on sizzler platter</i>	1,4,5	£15.95
SALMON FISH TIKKA <i>Fresh pieces of salmon, marinated with eastern spices & fresh herbs, char grilled</i>	1,4,H	£7.95
MASSALA FISH <i>Fillet of fresh fish, marinated with our EastzEast marinade & deep fried</i>	1,4	£5.95
FISH PAKORA <i>Fresh fillet pieces, marinated in our EastzEast spices & deep fried</i>	1,4	£4.95
TIGER PRAWN GRILLED <i>Fresh tiger king prawns, marinated with our EastzEast spices & deep fried</i>	1,4,5,H	£7.95
TIGER PRAWN TEMPURA <i>Fresh tiger king prawns, marinated with our EastzEast spices & fried with tempura crispy batter</i>	1,4,5	£7.95
TIGER PRAWN KABLI <i>Succulent tiger king prawn chargrilled with melted mozzarella cheese on top. Served with spicy baby potatoes.</i>	1,4,5	£8.95
KING PRAWN PURI <i>Fresh juicy pieces of king prawns, cooked in a massala sauce, served on a crispy puri</i>	1,4,5	£7.95

The Grill

All Special Grills Are Served With Chips Or Vegetable Pilau Rice, Peppercorn Sauce As A FULL Meal

TANDOORI MIX GRILL <i>Grilled fresh lamb chops, seekh kebabs, chicken wings & chicken tikka boti</i>	1,3,H	£15.95
LAMB CHOPS SHASHLIK <i>Fresh lamb chops grilled & served with baby potatoes & mushrooms</i>	1,*,H	£16.95
CHICKEN STEAK <i>Fresh chicken fillet grilled & served on a sizzler with peppers, mushrooms & onions</i>	1,*,H	£15.95
CHICKEN SHASHLIK <i>Fresh chicken breast pieces grilled, served with peppers, mushrooms & onions</i>	1,*,H	£15.95
HALF TANDOORI CHICKEN <i>Succulent baby chicken grilled to perfection with mushrooms, herbs & spices</i>	1,6,*,H	£15.95
JHINGA KING PRAWNS TANDOORI <i>Juiciest king prawns marinated with spices & grilled to perfection</i>	1,*,H	£18.95
MACHLI TANDOORI <i>Succulent fish fillet grilled & served on a sizzler with peppers, mushrooms & baby potatoes</i>	1,4,*,H	£15.95
COD STEAK FILLET <i>Succulent fresh cod steak grilled & served on a sizzler with peppers, mushrooms & baby potatoes</i>	1,4,*,H	£17.95
SEA BASS STEAK <i>Fillet of sea bass lightly spiced & char grilled</i>	1,4,*,H	£17.95
SALMON STEAK TIKKA <i>Succulent Salmon steak grilled & served on a sizzler with peppers, mushrooms & baby potatoes</i>	1,4,*,H	£17.95
PANNER SHASHLIK <i>Char grilled diced cheese with peppers, mushrooms & tomatoes</i>	1,6,*	£13.95

Punjabi Traditional Desi Dishes

Very popular Lahori dishes cooked in a special sauce.

LAMB SOOKHA BUNAH <i>on/off the bone</i>	GF	£11.95
PESHAWARI GOSHT <i>Well renowned dish from Peshawar tender lamb cooked with tomatoes, ginger & fresh chillies</i>	GF	£11.95
LAHORI LAMB CHOP HANDI <i>Fresh lamb chops grilled & cooked in handi sauce</i>	1,*	£12.95
ACHARI LAMB/CHICKEN HANDI <i>Fresh baby lamb/chicken with pickles</i>	GF	£11.95
KOFTA (MINCED MEAT BALLS) <i>Prepared with tomato puree & boiled egg</i>	G,3	£10.95
LAMB KERELA <i>(Fresh bitter gourd)</i>	GF	£11.95
LAMB SHANK NIHARI <i>Baby lamb shanks slowly cooked overnight and prepared to perfection with sauce & spices</i>	1,6,7	£13.95
SHAHI KEEMA HANDI <i>Fresh minced lamb with lentils and scrambled egg</i>	3,7, GF	£11.95
CHICKEN MASSALA DESI <i>On/off bone</i>	GF	£10.95
CHICKEN/GHOST BHINDI <i>Chicken or Lamb & Okra</i>	GF	£11.95
PESHAWARI CHICKEN <i>Well renowned dish from Peshawar .Fresh chicken cooked with tomatoes, ginger & fresh chillies</i>	GF	£10.95
LAHORI MURGH (Chicken) <i>Fresh baby chicken on bone prepared with fresh chillies, tomatoes & ginger</i>	GF	£10.95
LAHORI JHINGHA KING PRAWN <i>Tiger king prawns cooked in handi sauce</i>	1,4,5,*	£14.95
KARAHI FISH <i>Freshly prepared in eastern spices & herbs in karahi sauce</i>	1,4	£11.95
BUTTER CHICKEN <i>Freshly cooked chicken with light spices & touch of cream with slice of butter</i>	GF,6	£10.95
MURGH TIKKA MAKHANI <i>Grilled chicken cooked with fresh cream, pistachio & almond</i>	GF,2,6	£10.95
MASH DAAL & CHANA <i>Yellow ground lentils with split chickpeas cooked with ginger & garlic</i>	GF,7,V	£9.95
KARAHI TARKA DAAL <i>Yellow split chickpeas cooked with garlic & ginger</i>	GF,7,V	£9.95
DAAL MAKHANI <i>Urad & Rajmah lentils cooked with desi makhan (butter)</i>	GF,7,V	£9.95

Meat & Poultry Karahis

An authentic punjabi style of cooking. Freshly prepared with onions, garlic, ginger, tomatoes & a blend of EastzEast spices & garnished with fresh coriander & slice of lemon

MURGH (chicken) TIKKA MASSALA <i>Grilled chicken in karahi sauce</i>	GF	£10.95
MURGH (chicken) TIKKA JALFRAZI <i>Grilled chicken prepared with scrambled egg</i>	GF,3	£10.95
MURGH (chicken) <i>Fresh chicken in karahi sauce</i>	GF	£10.95
GOSHT (lamb) GINGER <i>Tender lamb infused with ginger in karahi sauce</i>	GF	£11.95
GOSHT (lamb) SHORWA POTATOES <i>Tender lamb with potatoes in karahi sauce</i>	GF	£11.95
GOSHT (lamb) <i>Fresh lamb in karahi sauce</i>	GF	£11.95
KEEMA ALOO MUTTER <i>Minced lamb, potatoes & peas in karahi sauce</i>	GF	£10.95

Mixed Baltis

Balti is a special method of cooking a dish in an authentic Punjabi style. All of our balti's are prepared with our chef's finest ingredients & special balti sauce

BALTI CHICKEN & KEEMA <i>Fresh chicken & minced lamb cooked in sauce</i>	GF	£10.95
CHICKEN TIKKA GARLIC <i>Fresh grilled chicken cooked in sauce</i>	GF	£10.95
GARLIC CHILLI CHICKEN <i>Also available in lamb/prawn/veg</i>	GF	£10.95
LAMB BALTI <i>Fresh tender lamb</i>	GF	£11.95
LAMB SAAG <i>Fresh spinach with lamb (Also available in chicken/prawn/veg)</i>	GF	£11.95
CHICKEN JALFRAZI <i>Fresh chicken cooked with scrambled egg</i>	GF,3	£10.95
CHICKEN TIKKA KEEMA <i>Fresh grilled chicken with minced lamb</i>	GF	£10.95
CHICKEN & LAMB BALTI <i>Fresh chicken & tender lamb</i>	GF	£11.95
SEAFOOD <i>combination of prawns, tiger king prawns & fish cooked in sauce</i>	GF,4,5	£12.95
TIGER KING PRAWNS <i>The biggest king prawns cooked in sauce</i>	GF,4,5	£13.95

Vegetarian Karahis

An authentic Punjabi style of cooking. Freshly prepared with onions, garlic, ginger, tomatoes & blend of EastzEast spices & garnished with fresh coriander.

MILLI JULEE SABZI <i>Variety of fresh seasonal vegetables</i>	G,F,V	£8.95
ALOO PALAK <i>Fresh spinach with potatoes</i>	G,F,V	£8.95
ALOO GOBI <i>Fresh cauliflower with potatoes</i>	G,F,V	£8.95
PALAK PANEER <i>Fresh spinach with diced cheese</i>	G,F,6	£9.95
MUTTER PANEER <i>Fresh peas with diced cheese</i>	G,F,6	£9.95
PANEER BHURJI MASSALA <i>Grated cheese cooked in herbs & spices</i>	G,F,6	£9.95
DAAL POTHI <i>Red kidney beans</i>	G,F,V,7	£8.95
KARAHI CHANA MASSALA <i>White chickpeas in sauce</i>	G,F,V,7	£8.95
MUSHROOM KARAHI <i>Fresh mushrooms</i>	G,F,V	£8.95
SARSON-DA-SAAG <i>Traditional mustard spinach cooked in sauce</i>	G,F,V	£8.95
BHINDI TOMATOES <i>Okra with tomatoes in sauce</i>	G,F,V	£8.95
CHANA PANEER <i>Diced cheese with chickpeas</i>	F,F,6,7	£9.95
CHILLI PANEER <i>Diced cheese with crushed chilli & spices</i>	G,F,6	£9.95

Saffron Biryanis

All our biryanis are a complete meal. Prepared with basmati peas pilau rice, onion, garlic, cardamom, cinnamon & with omelette. Served with curry sauce & Punjabi raita

CHICKEN BIRYANI	G,F,3,6	£12.95
LAMB BIRYANI	G,F,3,6	£13.95
TIGER KING PRAWN BIRYANI	G,F,3,5,6	£15.95
VEGETABLE BIRYANI	G,F,7,V	£11.95

Old School Favourites

Widely known & traditional curries available in a choice of Chicken/ Lamb/ Vegetable

BHUNA <i>A dish prepared with tomato, peppers & garnished with coriander</i>	G F	£9.95
DOPIAZA <i>A dish prepared with onions, peppers & garnished with coriander</i>	G F	£9.95
ROGAN JOSH <i>A dish prepared in special sauce & tomatoes</i>	G F	£9.95
KORMA <i>A dish prepared with fresh coconut creams</i>	G F,2,6	£9.95
DANSAK <i>A dish prepared Sweet & sour taste made with mixed fruit & lentils</i>	G F,7	£9.95
MADRAS/ VINDALOO <i>Traditionally very hot curry dish</i>	G F	£9.95

The Street Affair

(Only available Sun-Thur) Freshly prepared street food

KEBAB HEAVEN <i>Fresh lamb, shami & chicken kebab served on a plain naan</i>	1,3,7	£9.95
TIKKA ROLL <i>Succulent chicken pieces served on a cheese naan</i>	1,3,6	£9.95
PUNJABI ZAIKA <i>Samosa chat with chick pilau</i>	1,3,7	£10.95
CHICKEN SAMOSA CHAAT <i>Spiced chick peas, onions, tomatoes, black pepper with tamarind & yoghurt sauce</i>	1,3,6	£5.95

Allergens: 1= Gluten | 2= Nuts | 3= eggs | 4= Fish | 5= Crustaceans | 6= Dairy | 7= Lentils |
8= Sulpha Dioxide (E220) | 9= Sesame Seeds | GF= Gluten Free
* = All the Char-grilled Appetisers can be prepared GLUTEN FREE

Info Keys: H = Healthy option (Char grilled). V = Vegetarian

Vegetarian Side Dishes

BOMBAY ALOO (Potato)	GF,V	£4.95
BHINDI (Okra)	GF,V	£4.95
TARKA DAAL (Lentils)	GF,V,7	£4.95
SAAG ALOO (Spinach & potatoes)	GF,V	£4.95
BENGAN (Aubergine)	GF,V	£4.95
ALOO GOBI (Potato & Cauliflower)	GF,V	£4.95

Sundries

NAAN	1,2,3,6	£3.50
KEEMA NAAN	1,2,3,6,9	£3.95
CHILLI NAAN	1,2,3,6,9	£3.75
GARLIC NAAN	1,2,3,6,9	£3.75
GARLIC & CORIANDER NAAN	1,2,3,6,9	£3.95
CHEESE NAAN	1,2,3,6,9	£3.95
KULCHA NAAN	1,2,3,6,9	£3.75
PESHWARI NAAN	1,2,3,6,	£3.95
TANDOORI ROTI	1,V, H	£1.00
CHAPATI	1,V,H	£1.00
PLAIN PARATHA	1,6	£3.50
KEEMA PARATHA	1,6	£3.95
ALOO PARATHA	1,6	£3.75
RAITHA	6	£2.50
FRESH GREEN SALAD	V	£1.95
POPPADOM	1,7	£0.80
PICKLE TRAY	6	£2.95
CHIPS		£2.95

Rice

BASMATI PILAU RICE	GF,V	£3.50
STEAMED RICE	GF,V,H	£2.95
MUSHROOM PILAU RICE	GF,V	£3.95
KEEMA PILAU RICE	GF	£3.95
VEGETABLE PILAU RICE	GF,V	£3.95
EGG PILAU RICE	GF,3	£3.95
LEMON PILAU RICE	GF,V	£3.75
MUTTER (Peas) PILAU RICE	GF,V	£3.75
ZEERA (Cumin) RICE	GF,V,9	£3.75

Beverages

PINEAPPLE SMOOTHIE	£4.95
<i>Natural yogurt, pineapple juice and honey</i>	
EastzEast DELIGHT	£4.95
<i>Strawberry syrup shakes with cream</i>	
MANGO SUNRISE	£4.95
<i>Fresh orange and lime shaken with mango juice topped up with cranberry juice</i>	
PRINCESS PRIDE	£4.95
<i>Orange juice shaken with pineapple and laced with grenadine</i>	
EastzEast REFRESH	£4.95
<i>Mint, lime and brown sugar, topped with soda</i>	
SWEET DREAM	£4.95
<i>Raspberries and blackberries top up with water lemon syrup shaken with apple and cranberry juice</i>	
EAST BREEZE	£4.95
<i>Strawberry, raspberry and blackberry shaken with apple juice and cranberry juice</i>	
STRAWBERRY DREAM	£4.95
<i>Strawberries and raspberries shaken with apple juice</i>	
EastzEast HAWAIIIN	£4.95
<i>Kiwi syrup and apple juice topped with lemonade</i>	
EastzEast TOUCH	£4.95
<i>Strawberry, raspberry and blackberry shaken with elderflower and cranberry juice</i>	

Punjabi Traditional Lassi

What is a lassi? Lassi is a traditional yoghurt based punjabi drink, it is widely consumed in the Indian sub- continent to compliment spicy food

		500ml	1 Litre
EastzEast SPECIAL LASSI	6	£4.95	£6.95
MANGO LASSI	6	£4.95	£6.95
STRAWBERRY LASSI	6	£4.95	£6.95
DESI SWEET LASSI	6	£4.50	£6.50
DESI SALTY LASSI	6	£4.50	£6.50
DESI PLAIN LASSI	6	£4.50	£6.50