

SUNDRIES

NAAN	1,2,3,6	3.50
ANY FAMILY NAAN	1,2,3,6,9	5.95
KEEMA NAAN	1,2,3,6,9	4.50
CHILLI NAAN	1,2,3,6,9	4.50
GARLIC NAAN	1,2,3,6,9	4.50
GARLIC & CORIANDER NAAN	1,2,3,6,9	4.50
CHEESE NAAN	1,2,3,6,9	4.50
KULCHA NAAN	1,2,3,6,9	4.50
PESHWARI NAAN	1,2,3,6,9	4.50
TANDOORI ROTI	1,V,H	1.50
CHAPATI	1,V,H	1.00
PLAIN PARATHA	1,6	4.50
KEEMA PARATHA	1,6	4.50
ALOO PARATHA	1,6	4.50
RAITHA	6	2.95
FRESH GREEN SALAD	V	2.95
POPPADOM	1,7	1.00
PICKLE TRAY	6	3.95
CHIPS		3.50
SMALL NAAN (garlic & chilli)		3.95

VEGETARIAN SIDE DISHES

BOMBAY ALOO (Potato)	GF, V))	6.50
BHINDI (Okra)	GF, V))	6.50
TARKA DAAL (Lentils)	GF, V,7))	6.50
SAAG ALOO (Spinach & Potato)	GF, V))	6.50
BENGAN (Aubergine)	GF, V))	6.50
ALOO GOBI (Potato & Cauliflower)	GF, V))	6.50

RICE

BASMATI PILAU RICE	GF, V)	3.95
STEAMED RICE	GF, V,H)	3.00
MUSHROOM PILAU RICE	GF, V)	4.50
KEEMA PILAU RICE	GF)	4.50
VEGETABLE PILAU RICE	GF, V)	4.50
EGG PILAU RICE	GF,3)	4.50
LEMON PILAU RICE	GF, V)	3.95
MUTTER (Peas) PILAU RICE	GF, V)	3.95
ZEERA (Cumin) RICE	GF, V,9)	3.95
ONION RICE		3.95
GARLIC RICE		3.95

BEVERAGES

PASSION FRUIT REFRESH		6.95
PINEAPPLE SMOOTHIE Natural yoghurt, pineapple juice and honey		5.95
DELIGHT Strawberry syrup shaken with cream		5.95
MANGO SUN RISE Fresh orange and lime shaken with mango juice, topped up with cranberry juice		5.95
PRINCESS PRIDE Orange juice shaken with pineapple and laced with grenadine		5.95
REFRESH Mint, lime and brown sugar, topped with soda		6.50
SWEET DREAM Raspberries and blackberries top up with water lemon syrup shaken with apple and cranberry juice		5.95
EAST BREEZE Strawberry, raspberry and blackberry shaken with apple juice and cranberry juice		6.50
STRAWBERRY DREAM Strawberries and raspberries shaken with apple juice		5.95
HAWAIIN Kiwi syrup and apple juice topped with lemonade		5.95
TOUCH Strawberry, raspberry and blackberry shaken with elderflower and cranberry juice		5.95

PUNJABI TRADITIONAL LASSI

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

	500ml	1 Litre
Special Lassi	6	4.95 7.95
Mango Lassi	6	4.95 7.95
Strawberry Lassi	6	4.95 7.95
Desi Sweet Lassi	6	4.95 7.95
Desi Salty Lassi	6	4.95 7.95
Desi Plain Lassi	6	4.95 7.95

SOFT DRINKS

	2.95
Orange Juice	2.95
Pineapple Juice	2.95
Jug of soft drink (Coke, Diet Coke & Lemonade)	7.95

WATER

Still /Sparkling Water	3.95
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J20 FLAVOURED DRINKS

Apple & Mango	2.95
Apple & Raspberry	2.95
Orange & Passion Fruit	2.95

DISHES MAY CONTAIN:
Celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, soya, sulphur dioxide, mono sodium glutamate or wheat gluten.

The story of the World's Love affair with Indian Subcontinent Foods dates back to the First Millennium.....

...Our Story

EastzEast is a family owned & managed business. The family has been in the Restaurant Business since 1976 and All our chefs are trained in house. The EastzEast brand has been established over a decade ago, here at EastzEast we pride ourselves in using fresh & high quality ingredients which are sourced locally and internationally. We source Fresh & Tender Whole Lambs, Grass fed from the Valleys of Cheshire & Lancashire then prepared by our expert butchers for our renowned chefs.

We source fresh Whole Chickens from Cumbrian farms, ready for our expert butchers and chefs to prepare.

We use Natural Sea & Rock salt sourced from the Atlantic ocean & Himalayan hills to season our food.

The Food is seasoned daily & freshly prepared on site by our Expert Chefs. The Desserts are also freshly prepared by our chefs. We thank all our Loyal patrons for supporting our Brand for over Ten Years and We hope to continue serving high quality food for many years to come.....

**The Riverside, Blackfriars Street
Deansgate, Manchester M3 5BQ
T: 0161 8343500**

**117 Bury New Road,
Whitefield Manchester M45 6AA
T: 0161 7967117**

**19 Church Street, Preston, PR1 3BQ
Tel: 01772 200084**

**Deli Food 2 go, 100A Waterloo Road,
Manchester M8 8AW
T: 0161 8390237**

**Kings Water Front, Keel Wharf
Kings Dock, Liverpool L3 4FN
Tel: 0151 7079377**

**1362 Leeds Road, Bradford BD3 8ND
01274 668669**

Allergens: 1 = Gluten | 2 = Nuts | 3 = Eggs | 4 = Fish | 5 = Crustaceans | 6 = Dairy | 7 = Lentils
8 = Sulphur 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.



eastzeast restaurants winner of multiple awards and loved by many celebrities.
(See wall of fame at the Riverside branch)

follow us on

Please review us on to qualify for 5% discount on total bill.

info@eastzeast.com

FOR PARTIES OVER 10 PLEASE SEE THE BANQUET MENUS

eastzeast[®]
THE HOME OF PUNJABI COOKING

"There is no sincerer love than the love of food and you don't need a silver fork to eat good food"
(G. B. Shaw)

MANCHESTER | PRESTON | LIVERPOOL | BRADFORD

www.eastzeast.com



