



TAMARIND
TABLE

WESTHOUGHTON

TAKEAWAY MENU

405 Wigan Rd, Westhoughton, Bolton BL5 2BS

T: 01942 811 006

www.tamarindwesthoughton.co.uk

**15%
OFF**

on all collection orders. Minimum order £10. Not available on Public and Bank Holidays.

TAMARIND SPICE GUIDE

To help you choose the best dishes for your taste, we have attributed a 'Heat Guide' to illustrate the level of spice within each dish.



Mild



Medium



Hot



Very Hot



Suitable for Vegetarians

STARTERS

Set Starter

Set Starter A (For Two)

Chicken Tikka – Meat Samosa – Onion Bhaji – Sheek Kebab

£8.95

Set Starter B (For Two)

Stuffed Khumbi – Sheek Kebab – Chicken Chaat – Chicken Tikka – Chicken Pakura

£10.95

Set Starter C (For Two)

Onion Bhaji – Vegetable Somosa – Vegetable Stuffed Khumbi – Aloo Chat

£8.95

Tamarind Table Appetiser

Pappadum

Traditional thin Indian crisp

£0.75

Spicy Pappadum

Traditional spicy thin Indian crisp

£0.75

Chutney Tray

A fine selection of tamarind table relishes

£2.00

Indian Pickle

Lime, Chilli or Mix Pickle

£0.50

Tamarind Table Poultry

Chicken Tikka

Breast pieces of chicken pieces marinated in yoghurt, lemon and delicate spices. Gently barbequed.

£3.50

Tandoori Chicken

Tender piece of chicken on the bone marinated in yoghurt and spices. Gently barbequed.

£4.50

Chicken Pakura

Marinated chicken pieces coated in Tamarind Table's very own crisp batter and deep fried.

£3.95

Chicken Garlic

Diced chicken cooked with unsalted butter, slithers of garlic, parsley, lemon and infused with hand-selected spices.

£3.95

Chicken Tikka Puri

Pre-marinated and barbequed chicken pieces cooked with sweet tomatoes finely chopped onions and selected spices and coriander. Served onto a crisp light whole wheat bread.

£4.50

Chicken Chat

Chicken cooked with sweet tomatoes, finely chopped onions and selected spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

£4.50

Mexican Chilli Chicken

Marinated and barbequed chicken pieces cooked with fresh green chilli and hot spices garnished with coriander. Served onto a crisp light whole wheat bread.

£4.50

Soup

Chicken or Mushroom Soup

With warm nan bread

£4.95

Dhall Soup

Blend of lentils, mix spices garnished with fresh coriander.

£4.95

Mulligatawny

Blend of lentils mix spices, paprika, and cayenne pepper and garnished with lemon and fresh coriander.

£4.95

Tamarind Table Meat Starter

Sheek Kebab

Lamb mince, marinated tandoori style, skewered and gently barbequed.

£3.95

Shami Kebab

Crisp croquette of spiced minced meat. Gently grilled.

£3.95

Stuffed Khumbi

Button mushrooms filled with mince meat, bread crumbed and deep fried.

£3.95

Meat Somosa

Light pastry filled with spicy meat shaped into baby pastries and lightly fried.

£3.50

Lamb Garlic

Diced lamb cooked with unsalted butter, slithers of garlic, parsley, lemon and infused with hand-selected spices.

£3.95

Lamb Tikka

Diced lamb pieces marinated in yoghurt, lemon and delicate spices. Gently barbequed.

£3.95

Mix Kebab Starter

A mixture of sheek kebab, chicken tikka, lamb tikka, meat samosa and onion bhaji. Brought together to compliment each other.

£4.95

Tamarind Table Seafood Starter

Fish Pakura £4.95

Delicate fish pieces coated in Tamarind Table's very own spiced crisp batter and lightly fried.

Fish Tikka £4.95

Fish pieces marinated consistently in yoghurt, lemon and delicate spices. Gently barbequed.

Fish Puri £4.95

Fish cooked with sweet tomatoes, finely chopped onions and selected spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

Prawn Puri £4.95

Small prawns peeled and cooked with sweet tomatoes, finely chopped onions and selected spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

King Prawn Puri £6.50

Large king prawns, peeled and cooked with sweet tomatoes, finely chopped onions and selected spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

King Prawn Tikka Puri £6.50

Large king prawns, peeled and pre barbecued then cooked with sweet tomatoes, finely chopped onions and spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

King Prawn Tikka £6.50

Large king prawns peeled, marinated consistently in yoghurt, lemon and delicate spices. Gently barbequed.

King Prawn Garlic £6.50

Large king prawns peeled and cooked with unsalted butter, slithers of garlic, lemon and infused with hand-selected spices.

Tamarind Table Vegetable Starter

Onion Bhaji £3.50

Finely sliced onions mixed with Tamarind spices. Deep fried.

Vegetable Somosa £3.50

Light pastry filled with spiced vegetables shaped

Vegetable Stuffed Khumbi £3.95

Flat button mushrooms filled with spicy vegetables, bread crumbed and deep fried.

Aloo Chat £4.50

Diced potato barbecued and cooked with sweet tomatoes, finely chopped onions and selected spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

Khumbi Puri £4.50

Mushroom cooked with sweet tomatoes, finely chopped onions and selected spices with coriander and chat massala. Served onto a crisp light whole wheat bread.

Mushroom Garlic £3.95

Mushroom garnished with the juices of limes and lemons. Cooked in a special garlic sauce.

MAIN COURSE

Tamarind Table Tandoori

All tandoori dishes are served on a sizzling platter and comes with a separate medium strength curry sauce.

Chicken Tikka or Lamb Tikka £9.95

Beautiful pieces of chicken breasts or tender pieces of lamb, cut into small succulent cubes and marinated delicately in yoghurt, juices of lemon and selective spices and ingredients. Roasted in a clay oven.

Tandoori Chicken £9.95

Pieces of luscious chicken cooked on the bone in the clay oven after a gentle infusion of Tamarind spices and yoghurt.

Tandoori Mix Grill £12.95

A mix of exquisite tandoori flavours including chicken and lamb tikka, king prawn tikka and shish kebab. A sensational mix.

Fish Tikka £9.95

Fish pieces marinated consistently in yoghurt, lemon and delicate spices. Gently barbequed.

King Prawn Tikka £12.95

Juicy King Prawns marinated consistently in yoghurt, lemon and delicate spices. Gently barbequed.

Chicken or Lamb Shashlik £10.95

Marinated in tandoori spices and herbs, grilled with onion, pepper and tomato.

Paneer Shashlik £8.95

Indian cheese marinated in tandoori spices and herbs, grilled with onion, pepper and tomato.

King Prawn Tikka Shashlik £13.95

Juicy king prawn marinated in tandoori spices and herbs, grilled with onion, pepper and tomato.

Fish Shashlik £10.95

Boneless white fish marinated in tandoori spices and herbs, grilled with onion, pepper and tomato.

Exotic Shashlik £13.95

Chicken, lamb and couple of pieces of king prawn marinated in spices barbecued slowly under the grill giving it a tender succulent taste, with onions, peppers and herbs.

Tamarind Table Biryani £12.95

A classic rice dish stir fried with onions and fragrant mild spices. Complimented with a medium strength plain curry sauce.

Chicken /Lamb £8.95

Chicken Tikka / Lamb Tikka £9.95

Prawn £8.95

King Prawn Tikka £12.95

Tamarind Table Specials

Nawabi Lamb £9.95

A fairly hot dish consisting of lamb tikka cooked with mincemeat, potato, green chilli and tomato.

Shashlik Karai Chicken £9.95

Marinated chicken prepared with green pepper, onion, tomato an infusion of flavour are added with fresh coriander.

South Indian Murgi £9.95

Pieces of chicken marinated off the bone tandoori style, cooked slowly together with minced lamb and mixed with coriander and spices. Garnished with boiled egg.

Chicken Gorkal £9.95

Chicken cooked in an exotic mixture of spice with inclusion of red and green pepper, whole dried red chilli, fresh tomato and special Nepalese sauce to give this dish a truly sensational taste.

Badhonia £9.95

Tender piece of lamb or chicken in butter beans complimented with lots of fresh coriander also a medium spices which is infused into our chefs very own secret sauce to give a luscious taste.

Akbari Cham Cham £9.95

Chicken fillet cooked with aromatic herbs and spices garnished in pepper and coriander.

Nepali Chicken £9.95

Chicken chopped in pieces prepared and garnished in onion, pepper, chillies then cooked slowly adding soya sauce bringing out a mouth watering taste for your palate.

Sali Chicken £9.95

A medium hot dish nicely garnished with onion, capsicum and complimenting fried potato to finish the dish off nicely.

Balti Exotica £10.95

Mixture of chicken, lamb and prawn indulging in to a nice medium balti spice prepared and garnished with fresh herbs.

Balti Sali Chicken £10.95

A medium hot dish nicely garnished with onion, capsicum and complimenting fried potato to finish the dish off nicely and a touch of balti spice with green chillies. Madras Strength.

Butter Chicken £8.95

Chicken cooked with pure butter for a rich mild creamy texture.

Lamb Podina £9.95

Lamb cooked with fresh mint in a bhuna texture medium strength sauce.

Chicken / Lamb Ceylon £9.95

Cooked with tomatoes, lemon and Tamarind Table's very own strong irresistible spices, with added coconut for that exotic smooth taste.

Tamarind Table Signature

Monsuryha Chicken £11.95

A delicately spiced dish with a touch of cream. Served with fried naan bread.

Makonwala £11.95

Barbecued chicken or lamb fillet cooked in a rich creamy sauce with cheese and chef's special spices.

Koshi / Murgi Special £11.95

Lamb or Chicken cooked in five different spices cooked with off the bone strips of delicate meat in creamy massala sauce, onions, tomato, garlic, ginger.

Tamarind Biryani £12.95

Chicken off the bone stir fried with rice in a tandoori style with the added flavours of chick peas, roasted garlic and tomato juice. Served with our own medium strength curry sauce.

Mango Mango £8.95

A rich creamy chicken dish closely related to the Korma but combined with mango, blended to give an exclusive sweet taste.

Phangash Biraan £13.95

Fish steamed and fried onto a bedded medium sauce, cooked in onions and peppers.

Tamarind Table Massala

Chicken Tikka Massala £8.95

Pre-marinated and barbequed chicken cubes made with a delicious blend of fresh cream and coconut, made into a rich but mild and sweet dish.

Tandoori Chicken Massala £8.95

Tender tandoori chicken, pre-marinated and barbecued then stripped off the bone and made with a delicious blend of fresh cream and coconut, made into a rich but mild and sweet dish.

Lamb Tikka Massala £8.95

Tender pieces of lamb pre-marinated and barbecued made with a delicious blend of fresh cream and coconut, made into a rich but mild and sweet dish.

King Prawn Tikka Massala £12.95

Large king prawns pre-marinated and barbecued made with a delicious blend of fresh cream.

Aloo Gobi Massala £7.95

Potatoes and cauliflower made with a delicious blend of fresh cream, almonds and coconut, made into a rich but mild and sweet dish.



Tamarind Table Special Balti

Balti Jalfrezi

Prepared using only the finest fresh hot green chillies to intensify the flavours. Meticulously chosen spices added with touch of special Balti flavours, onions and green capsicums give this already popular dish a distinguishing aroma and taste.

Balti Madras

A unique twist to the already renowned classic. Consisting of tomatoes, lemon and Tamarind Table's very own special Balti flavours, strong irresistible spices. Carefully chosen coriander leaves added for that exquisite taste.

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|----------------------------|-------|
| Chicken / Lamb | £8.95 |
| Chicken Tikka / Lamb Tikka | £9.95 |

Balti Rogan Josh

An exclusive Indian dish with touch of special Balti flavours, extensive use of tomatoes bursting with beautiful flavours.

Balti Massala

Cooked very very slowly with inclusion of balti massala spices to give this dish a truly sensational taste. A slightly spicier version of the Traditional Massala Dish.

Balti Garlic Chilli

A spicy dish cooked with abundance of garlic and chillies, specially blended together with traditional spices and coriander. Together with the flavour of balti, this dish brings out the uniqueness of Indian cooking.

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|------------------|--------|
| King Prawn | £11.95 |
| King Prawn Tikka | £12.95 |

Tamarind Table Classic

| | |
|---------------|-------|
| Chicken | £7.95 |
| Lamb | £8.50 |
| Chicken Tikka | £8.95 |
| Lamb Tikka | £9.50 |
| Prawn | £8.95 |

| | |
|--|--------|
| King Prawn | £11.95 |
| Vegetable | £6.95 |
| King Prawn Tikka | £12.95 |
| Special Mixed Tikka | £12.95 |
| Chicken Tikka, Lamb Tikka & King Prawn Tikka | |

Sagwala

Lightly spiced with onions tomatoes, herbs and spices, cooked with fresh spinach, sprinkled with coriander.

Naga

Cooked in a hot chilli (this special chilli is called Naga) sauce with fresh tomatoes and onions, sprinkled with fresh coriander leaves.

Garlic Chilli

Cooked in green chilli and garlic infusing fresh herbs and spices.

Passanda

Cooked in fresh cream, cultured yoghurt and mixed ground nuts, a very mild dish.

Pathia

A fairly hot, sweet and sour dish. Cooked with tomatoes, onions and fresh herbs. Topped with coriander.

Korma

For the milder of spices and palates, a sublime blend of flaked coconut in a rich creamy sauce and freshly ground spices.

Dansak

Lentils gently braised and blended with pineapple, juice of a lime and a mix of delicate spices, which brings a delicious combination of a sweet and sour flavour.

Duppiaza

A dish cooked very slowly with a medium sauce, finely chopped onions as well as larger onions. Lightly softened and just at perfection whole spices are added for a mouth-watering taste.

Bhuna

A medium spiced curry with an amazing blend of aromatic spices, carefully cooked with onions and tomatoes.

Rogan Josh

Originally only lamb-based, this is an exclusive Indian dish with the extensive use of tomatoes bursting with beautiful flavours.

Sambar

A wonderful combination of hot, sour and spicy using lentils and lemon. Cooked slowly with selected ingredients to achieve a sharp distinctive flavour.

Karahi

The art of this dish is served in a distinctive sizzling hot pan called the Karahi! Seasoned with bay leaves, cinnamon and Tamarind Table's blend of exotic spices.

Madras

A renowned hot classic! Consisting of tomatoes, lemon and Tamarind Table's very own strong irresistible spices. Carefully chosen coriander leaves added for that exquisite taste.

Vindaloo

Mixture of stimulating flavours. A half cut whole tomato and ground chillies cooked slowly with some cayenne peppers to create a tantalizingly hot but flavour some dish.



























Jalfrezi

Prepared using only the finest fresh hot green chillies to intensify the flavours. Meticulously chosen spices added with onions and green capsicums give this already popular dish a distinguishing aroma and taste.

Balti

A very popular Indian dish, specially blended together with traditional spices and coriander. Together with the flavour of balti, this dish brings out the uniqueness of Indian cooking.

Tamarind Table Sides

- Bombay Aloo**   **£4.50**
Softened potatoes cooked with tomatoes, herbs and spices.
- Aloo Gobi**   **£4.50**
Potato and cauliflower cooked with herbs and spices.
- Gobi Bhaji**   **£4.50**
Cauliflower mixed with spices, cooked in tomatoes and herbs.
- Sabzi Bhaji**   **£4.50**
A mixture of seasoned vegetables, cooked slowly with onions and tomatoes, garnished with spices and coriander.
- Chana Bhaji**   **£4.50**
Extensive use of chick peas cooked in spices, with tomatoes and herbs.
- Chana Saag**   **£4.50**
Chick peas cooked with spinach, onions and tomatoes, garnished with spices and coriander.
- Khumbi Bhaji**   **£4.50**
Mushroom buttons mixed with spices, cooked in tomatoes and herbs.
- Bindi Bhaji**   **£4.50**
Okra gently spiced, garnished with onions, tomatoes and herbs.
- Saag Bhaji**   **£4.50**
Fresh spinach cooked with tomatoes and onions, garnished with gentle spices.
- Saag Aloo**   **£4.50**
Spinach and potato cooked with herbs and spices.
- Saag Paneer**   **£4.95**
Exclusive Indian cubed cheese, cooked in spinach with herbs and spices.
- Matar Paneer**   **£4.95**
Cheese and green peas cooked in spices.
- Tarka Dhall**   **£4.50**
Lentils tempered with garlic and fenugreek leaves.
- Any Curry Sauce** **£3.50**

Allergy Awareness:

Guests with allergies and intolerances should make a member of the team aware, before placing an order for food or beverages.

Guests with severe allergies or intolerances, should be aware that although all due care is taken, there is a risk of allergen ingredients still being present.

Please note: Any bespoke orders requested cannot be guaranteed as entirely allergen free and will be consumed at the guests's own risk.

PLEASE NOTE: ALLERGENS & INTOLERANCES PLEASE ASK FOR ADVICE

Some dishes may have the following allergens, if concerned please mention, so that a suitable dish may be recommended.



CRUSTACEAN



SESAME



NUTS



GLUTEN



EGG



FISH



SHELLFISH



MUSTARD



CELERY



PEANUTS



MILK PRODUCTS



SULPHITE


























SOYA



LUPINS

Tamarind Table Sundries

| | |
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| Saag Rice   | £3.50 |
| <i>Basmati rice cooked with mild spices and fresh spinach.</i> | |
| Pineapple Rice   | £3.50 |
| <i>Basmati rice with pieces of sweet pineapple.</i> | |
| Chana Rice   | £3.50 |
| <i>Basmati rice with the infusion of chick peas and soft herbs.</i> | |
| Khumbi Rice   | £3.50 |
| <i>Basmati rice with the infusion of gently roasted mushrooms and coriander.</i> | |
| Egg Rice   | £3.50 |
| <i>Basmati rice stir fried with beaten eggs and gentle spices.</i> | |
| Keema Rice   | £3.50 |
| <i>Basmati rice cooked until light and fluffy with minced lamb and mixed herbs.</i> | |
| Sabzi Rice   | £3.50 |
| <i>Basmati rice cooked until light and fluffy with mixed vegetables.</i> | |
| Rashun Rice   | £3.50 |
| <i>Basmati rice cooked with fresh garlic.</i> | |
| Onion Rice   | £3.50 |
| <i>Basmati rice cooked with onion.</i> | |
| Chilli Rice   | £3.50 |
| <i>Basmati rice cooked with fresh chillies.</i> | |
| Pilau Rice   | £2.50 |
| <i>Beautifully perfumed Basmati rice.</i> | |
| Plain Boiled Rice   | £2.50 |
| <i>Steamed rice.</i> | |
| Chips | £2.50 |



Tamarind Table Breads

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| Keema Naan  | £3.50 |
| <i>Light fluffy naan bread filled with a spicy mince lamb filling, baked in our clay oven.</i> | |
| Peshwari Naan   | £3.50 |
| <i>Light fluffy naan bread filled with shavings of coconut and sultanas baked in oui clay oven.</i> | |
| Garlic Naan   | £3.50 |
| <i>Light fluffy naan bread baked with fresh garlic in our clay oven.</i> | |
| Kulchi Naan   | £3.50 |
| <i>Light fluffy naan bread filled with onions and vegetables, baked in our clay oven.</i> | |
| Chilli Garlic Naan   | £3.50 |
| <i>Light fluffy naan bread filled with fresh chillies and garlic, baked in our clay oven.</i> | |
| Garlic Coriander Naan   | £3.50 |
| <i>Light fluffy naan bread baked with fresh garlic and coriander in our clay oven.</i> | |
| Chilli Naan  | £3.50 |
| <i>Light fluffy naan bread baked with fresh chillies in our clay oven.</i> | |
| Plain Naan  | £2.95 |
| <i>Light fluffy naan bread baked in our clay oven.</i> | |
| Plain Paratha (Mini) | £1.75 |
| <i>Chapatti dough rolled and pan baked with melted butter served faultlessly crispy.</i> | |
| Garlic Coriander Paratha (Mini)   | £1.95 |
| <i>Light chapatti dough filled with garlic and butter; rolled and pan baked with extra butter to give an amazing crispy taste with chopped coriander.</i> | |
| Chapati  | £1.75 |
| <i>Soft unleavened bread.</i> | |
| Garlic Chapati   | £1.95 |
| <i>Soft unleavened bread with a garlic spread.</i> | |
| Garlic Chilli Chapati   | £1.95 |
| <i>Soft unleavened bread with a garlic and chilli spread.</i> | |
| Tandoori Roti  | £1.95 |

Tamarind Table English

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|---|---------------|
| Tamarind Steak | £12.95 |
| <i>Sirloin steak cooked to your liking. Served with chips, peas, salad and gravy.</i> | |
| Omelette Platter | £7.95 |
| <i>Plain, Chicken, Mushroom or Prawn. Served with salad and chips. Choose from one of the following fillings: plain, chicken, mushroom or cheese.</i> | |
| Chicken Nuggets & Chips | £7.95 |
| <i>Served with salad and chips.</i> | |



SET MEAL A FOR 2

Appetisers:

Pappadum & Chutney

Starters:

Chicken Tikka, Lamb Tikka

Main Course:

Lamb Jalfrezi, Chicken Tikka Massala

Sundries:

1 Mushroom Rice, Garlic Naan

£32.95

VEGETARIAN SET MEAL A FOR 2

Appetisers:

Pappadum & Chutney

Starters:

Onion Bhaji, Vegetable Somosa

Main Course:

Vegetable Bhuna, Aloo Gobi Massala

Sundries:

Onion Rice, Garlic Naan

£32.95

SET MEAL B FOR 4

Appetisers:

Pappadum & Chutney

Starters:

**Chicken Tikka, Lamb Tikka, Sheek
Kebab, Prawn Puri**

Main Course:

**Chicken Madras, Chicken Khorai,
Chicken Tikka Massala,
Prawn Jalfrezi**

Sundries:

**Egg Rice, Keema Rice,
Plain Naan, Garlic Naan**

£62.95

VEGETARIAN SET MEAL B FOR 4

Appetisers:

Pappadum & Chutney

Starters:

**Onion Bhaji, Vegetable Somsosa,
Vegetable Stuffed Khumbi,
Aloo Chat Massala**

Main Course:

**Vegetable Madras, Saag Bhuna
Aloo Gobi Massala, Motor Paneer**

Sundries:

**Mushroom Rice, Saag Rice,
Plain Naan, Garlic Naan**

£62.95

TAMARINDTABLE



OPENING HOURS

Monday - CLOSED (Except Bank Holidays)

Tuesday - Thursday 5.00pm till 10.00pm

Friday & Saturday 5.00pm till 11.00pm

Sunday 4.00pm till 10.00pm



Please Note: No discount is available on Christmas Eve/Day, New Years Eve/Day and other special occasions.

