



biryani bowls

aromatic pilau rice cooked with fragrant onions and mint leaf, served with salad and a bowl of raita or masala sauce!*

chicken	9.95
lamb	10.45
seafood	10.95
veggie	8.95
*masala sauce +50p	



tandoor plates

expertly cooked in our clay tandoor oven, these dishes are succulent, healthy and delicious. they come served with a small salad and daal; you just need to decide between rice, naan or tamatanga chips to complete your feast! add on a side of our zingy tama slaw, too, for the perfect extra touch.

malai lamb chops	11.95
tender lamb chops marinated overnight with ginger, garlic & freshly ground cloves, with mint & coriander chutney. bear with us, these take a little longer to perfect than our other dishes	
tandoori chicken	11.45
not one, but two chicken breasts marinated & roasted in the tandoor, served with mint & coriander chutney	
tamatanga salmon	12.45
succulent tamatanga spiced salmon fillet served with tamatanga chutney	
chicken & lamb shashlik	12.95
succulent pieces of marinated lamb and chicken on skewers with peppers, cooked to perfection in the tandoor	
tama feast	14.95
two malai lamb chops, one piece of tandoori chicken, one piece of tamatanga salmon and one tandoori hara jhinga prawn	
veggie heaven	10.95
two paneer kebab skewers, one mushroom shashlik skewer and two pieces of achari broccoli	



kathi rolls

originating in india in the 1930s, these soft wraps with wonderfully warming fillings are presented to you with our very own tama chips and our zingy tama slaw.

chicken	8.45
lamb	8.95
paneer	7.95



our thali dishes really are an

ABSOLUTE MUST TRY!



meaning ‘platter’, they are a nutritionally balanced selection of dishes served in small bowls or katoris on a stainless steel tray. these incredible meals are an age old indian tradition of true

home-style eating



combining a variety of flavours and textures to create a real feast



curry bowls

(rice or naan included!)

chicken	10.25
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chicken korma
chicken breast pieces in a mild and creamy sauce

chicken karahi **hot!**
chicken breast pieces tossed in a karahi pan with peppers, tomatoes & coriander seeds

chicken tikka masala
the nation’s favourite needs little introduction!

garlic chilli chicken **hot!**
chicken thigh meat cooked with crushed garlic & green chillies

butter chicken
chicken tikka pieces in a rich and creamy tomato-based sauce

homestyle chicken curry
tender thigh meat cooked lovingly just the way grandpa would make it!

lamb	10.75
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lamb rogan josh
a traditional north indian style tender lamb curry

railway lamb madras **hot!**
a traditional recipe served in the first class railway cabins of india. lamb is cooked on a slow fire with garlic, whole red chillies & curry leaves resulting in a spicy, rich dish

palak gosht
spinach greens cooked with garlic & succulent pieces of lamb

lamb mirch masala **hot!**
tender pieces of lamb in a tomato & onion sauce tempered with whole spices and flavoured with fresh green chillies

keema mutter
a simple but hearty & traditional dish of spiced minced lamb cooked with green peas. real homely goodness!

the thali

our chefs prepare and choose the veg dishes for your thali, changing them regularly to keep your tastebuds entertained! you then choose any curry from our curry bowls below to go on your thali. whether you’re a meat lover or prefer to keep things strictly veggie, this is simply a great way to eat indian food..

thali	11.95
you get a veg snack, salad, poppadums & chutney, two veg dishes, daal, rice OR naan & any curry of your choice	

tamatanga thali	14.95
you get salad, poppadums & chutney, two veg dishes, daal, raita, rice, naan and any TWO curries of your choice	

these lovely big bowls of curry are hearty and wholesome and arrive on a plate with rice or naan. tip your curry out, dunk your naan or drown your rice. they taste great whichever way you eat them!

seafood	11.25
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meen moilee fish curry
a keralan specialty of white fish stewed in a coconut sauce flavoured with curry leaves & spices

balchao prawn curry
goan style prawns, whole coriander and dry roasted red chillies in a coconut finished sauce

	side	main
veggie	4.75	9.25

tarka daal
yellow lentils cooked with cumin & garlic

daal makhni
creamy and flavoursome black lentils

masala chickpeas
chickpeas in a rich sauce with onion & tomato

saag paneer
diced paneer cooked with garlic infused spinach

baigan masala
aubergine cooked with tomatoes, onions, garlic & cumin

bhindi do piazza
okra tossed with caramelized onions and spices

veggie korma
mixed veg cooked in a mild and creamy sauce

paneer makhni
cubes of paneer in a creamy tomato-based sauce



any day of the year can be a

SALAD DAY!



we’ve boosted our salads for the cooler months so they are a little heartier, but still just as good for you as ever

packed with protein



mixed lush greens (no iceberg in sight) and lots of other lovely, decadent ingredients, they really are super tasty

salad bowls

luscious lamb salad	9.95
lamb tikka pieces, roasted tandoori butternut squash and spiced chickpeas topped with pine nuts make this a tama favourite!	

chicken chaat salad	9.45
chicken tikka pieces, tandoori masala marinated apple & pear and spiced chickpeas top this gorgeous salad finished with roasted walnuts	

plush paneer salad	8.95
pieces of paneer tikka, roasted peppers, spiced chickpeas and roasted tandoori butternut squash along with crunchy sugar snap peas combine to make this delicious creation	



the little extras

naan (plain, garlic or coriander)	2.95
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chilli cheese naan	3.95
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peshwari naan	3.95
sweet naan with a coconut & pistachio stuffing	

tandoori roti	2.95
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side salad with dressing	2.95
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raita	3.45
a refreshing mix of yoghurt & cucumber	

pilau rice	2.95
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poppadums & chutneys	2.95
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tamatanga chips	3.95
more-ishly crumb fried and tossed in our own unique blend of herbs & spices	

tama slaw	2.95
zingy and refreshing, this is our own take on coleslaw	



alcoholic drinks

cocktails

these pack a punch; no single measures here! all 6.95

raspberry mojito
white rum, lime, sugar & mint muddled with raspberries

berry bombay
vodka & pink lemonade with raspberries, blackberries & mint

passionfruit mai tai
white rum, triple sec & grenadine with passion fruit juice

vanilla velvet
vodka, vanilla, guava and strawberries topped with raspberries & mint

goan rum punch
white rum, lime & passion fruit topped with mango juice

winter warmer
rum, grenadine & cinnamon with pineapple & orange juice, finished with mint & lime

indian beer 330ml 660ml

cobra 3.95 6.95
impossibly smooth and outrageously complex. a traditional indian blend of ingredients and less gas than other lagers. could this be the perfect beer for indian food? we think so.

spirits

spirits 25ml 3.25
vodka, rum, whisky and gin

mixers 200ml 1.65
tonic, slimline tonic, orange juice, coke, diet coke

sparkling wine

corte alta, prosecco doc 24.95
veneto, italy
light & fine bubbles- apple & apricot

white wine 175ml bottle

fernlands, sauvignon blanc 5.90 22.95
marlborough, new zealand
powerful & pungent- lime & guava

bantry bay, chenin blanc 4.65 14.95
western cape, south africa
zesty & fresh- pineapple & peach

malandrio, pinot grigio 5.25 18.45
south east australia
soft & lush- green apple & melon

rose wine 175ml bottle

blushmore zinfandel, rose 4.85 16.95
italy
intense & tangy- strawberry & raspberry

red wine 175ml bottle

two ridge trail, merlot 4.85 16.95
australia
rich & round- blackberry & raspberry

claro reserva pinot noir 5.95 22.95
central valley, chile
rich & fruity – strawberry, redcurrants & wood smoke

125ml wine glass available

have you tried a

lassi drink?

so refreshing!

and just perfect with indian food

made with yoghurt and yummy things added for flavour and is actually good for you in so many ways

the all new nutella one

is simply divine

and the mango and pistachio flavours

are just classics

soft drinks

lassi 2.95
a very popular indian yoghurt based drink; light & refreshing! mango, pistachio or nutella

juices 2.25
mango, passionfruit, pineapple & coconut, or orange

coca cola, diet coke, sprite 2.65
we reckon they taste best served from their iconic bottle!

belvoir fruit farm pressé 2.95
real fruit juices blended with sparkling belvoir spring water.. elderflower, raspberry or apple

still/ sparkling mineral water 330ml 1.95
750ml 3.85

all our dishes are made freshly. if you have a food allergy, intolerance or sensitivity, please let your server know before you order your food and they'll be able to suggest the best dishes for you. if needed, we do have more detailed allergen information. please ask a member of the team for a copy. please note: our dishes are prepared in areas where allergenic ingredients are present so we cannot guarantee that our dishes are 100% free of these ingredients at all times.

presenting our

oh so good

all-singing all-dancing

tama menu

featuring

all of your old favourites-
curry bowls, thalis, biryanis,
tandoors, rolls, veggie bits,
tapas, salads & sides (phew!)

tamatanga®



are you indecisive? or do you just like

A BIT OF VARIETY?

whichever it is, the answer may be our

tapas treat!

you can choose

any 3 things from below for £13, or any 5 for £20

sides & snacks

onion bhaji 3.95
onion and carrot bhajis with a mint & coriander dip

samosas (lamb / veg) 4.45 / 3.95
two triangle lovelies with a tamarind sauce on the side

fish fry 5.45
succulent pieces of white fish coated in a lightly spiced crisp batter served with tamatanga chutney

lasooni murgh tikka 4.95
chicken breast pieces marinated overnight in spices and garlic then cooked in the tandoor

seekh kebab 4.95
lamb kebabs flavoured with mint, ginger & whole spices, served with a mint & coriander dip

chicken 65 4.95
a spicy, deep fried chicken snack flavoured with curry leaves, with a coriander dipping sauce & a slice of lime

chowpatty pakora 4.25
peppers, babycorn, potatoes, aubergine & okra fried in a crispy tama coating, served with an imli sauce

prawn tempura 5.95
batter fried succulent prawns marinated in tamatanga spices with tamatanga chutney on the side

lamb tikka 5.45
tender chunks of lamb marinated with black pepper, turmeric and spices, served with a mint & coriander dip

ragda pattice 4.95
true bombay street food; crisp potato cakes on masala yellow peas with our home made chutneys

chilli paneer 4.25
paneer pieces tossed with peppers & onions in a sweet chilli sauce

papdi chaat 4.75
chickpeas, whole wheat crisp, mint chutney and sweetened yoghurt topped with blueberries and tamarind chutney; incredibly more-ish!

chilli cheese toast 4.25
mouthwatering; the tama version of cheese on toast featuring coriander, peppers & chilli, served with a sweet lime pickle