

# Mumtaz

## INDIAN HAUTE CUISINE RESTAURANT AND TAKE AWAY

Our haute cuisine is freshly prepared using the finest ingredients available and cooked to an age old family recipe.

Ingredients are locally sourced where possible.

# MENU

10% DISCOUNT ON TAKE AWAY ORDERS

478 - 480 Mumbles Road  
Mumbles, Swansea, SA3 4BX  
Tel: 01792 367210 / 01792 367196

### **OPENING HOURS:**

Sunday - Thursday 5.30pm - 11pm  
Friday - Saturday 5.30pm - 11.30pm

Fully Licensed  
Fully Air Conditioned  
Ample convenient parking to front and rear

MANAGEMENT RESERVES ALL RIGHTS

## Starters

- Chicken or Lamb Tikka** £3.95  
Boneless morsels of chicken or lamb, marinated in yoghurt and spices then skewered in clay oven.
- Sheek Kebab** £3.95  
Minced lamb with special herbs and spices, cooked in the tandoor.
- Tandoori Chicken** £3.95  
Spring chicken marinated in yoghurt with herbs and spices cooked on skewers in the tandoor
- Tandoori King Prawn** £6.00  
Mildly spiced succulent king prawns grilled in the tandoor.
- King Prawn Butterfly** £6.00  
Whole spiced king prawn covered with breadcrumbs and deep fried.
- Chicken or Lamb Chaat** £3.95  
Marinated chicken or lamb pieces fried in butter with lemon, tomato and cucumber, sweet and sour.
- Aloo Chana** £3.95  
Small Juicy pieces of potato, soft chickpeas spiced with a hot and sour sauce.
- Samosa** Vegetable £3.25 Meat £3.50  
Triangular shaped pastry stuffed with a choice of your filling.
- Onion Bhaji** £3.25  
Thinly sliced onions, gram flour and herbs shaped into round cakes and deep fried.
- Prawn Cocktail** £3.50  
Succulent prawns in our own mayonnaise on a bed of green salad.
- Prawn Puri** £4.50  
Spiced prawns served with fried bread.
- Kebab Platter** £4.95  
An extravagant assortment of sheek kebab, chicken and lamb tikka.
- Mahashash** £3.95  
Cabbage leaves stuffed with spiced lamb mince and rice. Slightly hot, sweet and sour.
- Aloo Chaat** £3.25  
Small juicy pieces of potato in a sweet and sour sauce.
- Shami Kebab** £3.95  
Spiced mince lamb shaped into round cakes and shallow fried.
- Sonali Fry** £4.95  
Whitebait golden fried with green chillies and spices.
- Mushroom Surprise** £4.50  
A whole mushroom stuffed with spicy lamb minced meat.
- Lamb Chops** £4.95  
Choice lamb chops marinated in a special recipe of spices and grilled in the clay oven.
- Salmon Tikka** £6.00  
Fillet of salmon lightly spiced in aromatic spices and cooked in the tandoor.
- Murgh Angara** £4.95  
Battered fried boneless chicken, flavoured with curry leaves and green chillies.
- Paneer Tikka** £4.50  
Indian cheese marinated in yoghurt and spices, skewered and cooked in our clay oven.
- King Prawn Puri** £6.50  
Succulent spiced king prawns, served with fried bread.

## Health Conscious Menu

These dishes are cooked with olive oil, low calorie ingredients, fresh vegetables and garlic.

### Mixed Salad £2.95

Lettuce, tomatoes, cucumber, lemon, peppers and onions and green peas.

### Chicken or Lamb Tikka Salad

Boneless chicken or lamb tikka prepared with garlic and olives, served with a special salad.

Starter £5.95 Main £10.95

### Hara Singri Piyazi £12.95

King prawns cooked with fresh spring onions, ginger garlic, tomatoes, olives and apricot. Garnished with fried onions.

### Vegetable dishes for the health conscious

### Prince Niramish £7.95

Seasonal Bangladeshi vegetables cooked with olive oil and garlic.

### Bengal Shabzi £7.95

Bangladeshi mixed vegetables cooked with light exotic spices

## Specialities of the Tandoor

From North India and the North West Frontier Tandoori dishes are marinated in unique spices and skewered in the tandoor (Clay Oven).

**Served with fresh green salad and mint yoghurt sauce.**

### Tandoori Chicken £7.95

Half Chicken marinated in yoghurt with delicate herbs and spices cooked in the tandoor.

### Chicken or Lamb Tikka £7.95

Boneless morsels of chicken or lamb marinated in yoghurt, spices then skewered in the tandoor.

### Chicken or Lamb Shashlik £9.95

Diced chicken or lamb, onions, tomatoes, and capsicums marinated in yoghurt, spices then skewered in the tandoor.

### Lamb Chops £12.50

Choice lamb chops marinated with fresh herbs and spices, grilled in the tandoor.

### Tandoori Mixed Grill £12.50

Extravagant assortment of tandoori chicken, lamb tikka, chicken tikka and sheek kebab served with a naan bread.

### Tandoori King Prawn £13.50

Mildly spiced succulent king prawns cooked in the clay oven.

### Tandoori Trout £13.95

A whole trout marinated in our chef's special recipe and grilled in the clay oven.

### Salmon Tikka £11.95

Fillets of salmon lightly spiced with fresh herbs, spices and cooked in the tandoor.

### Paneer Shashlik £8.95

Indian cheese spiced in a special tandoori paste and skewered with onions, tomatoes and capsicums.

## Balti Dishes

Our Balti dishes are carefully marinated in a specially prepared recipe of dried herbs and onions, cooked with authentic Indian spices it is a unique medium spiced dish. **Served with Naan or Tandoori Roti**

### Chicken, Lamb or Prawn Balti £8.95

### Chicken or Lamb Tikka Balti £9.95

### Vegetable Balti £8.50

### King Prawn Balti £12.95

### Khyberli Balti £10.95

### Chicken or Lamb Shashlik Balti £10.95

### Lahore Special Balti £10.95 (Chicken Tikka, Lamb Tikka and Prawns)

# Indian Regional Dishes

Delicately blended exotic spices create the distinctive flavours found in many regions of India, each dish is routed in traditional family recipes and showcases the diversity of Indian cuisine.

## Chicken or Lamb

### Tikka Massala £7.95

Boneless diced chicken of lamb, cooked in a luxuriously creamy sauce and topped with fresh cream.

### Tandoori Chicken Massala £7.95

Tandoori baked chicken cooked in butter and a creamy sauce, topped with fresh cream.

## Chicken or Lamb

### Badam Passanda £7.95

Boneless pieces of chicken or lamb marinated in yoghurt cooked with fresh cream, ground nuts and spices.

### Kochi Murgh £7.95

Tender chicken cut in a special way, cooked in garlic & ginger, medium spiced sauce garnished with fried onions.

### Chicken Makhani £7.95

Barbecued boneless chicken pieces, flavoured with fresh herbs and spices, cooked in purified butter.

### Chicken or Lamb Jalfrezi £7.95

Boneless chicken or lamb tikka, cooked with green chillies, capsicums, fresh coriander and shredded ginger, in a hot spicy sauce.

### Karahi Chicken or Lamb Tikka £7.95

Chicken or lamb marinated in spices, cooked with onions, green peppers, and tomatoes in a medium sauce.

### Nawabi Chicken £7.95

Mildly spiced chicken, blended with almonds mixed ground nuts and fresh cream, a princely dish.

### Hasina Chilli Chicken £7.95

Very hot chicken tikka cooked in garlic, green chillies and special spices.

### Achari Murgh or Gosht £7.95

Chicken or Lamb cooked with our homemade pickle.

### Shah Jahani Chicken £8.95

Chicken tikka, cooked with a sauce of fresh herbs, garlic, tomatoes and onions, in fairly hot sauce.

### Gosht Kata Massala £7.95

Succulent lamb cooked in the tandoor and braised golden brown with chopped onions, ginger, garlic and garam masala.

### Murgh Bengal £7.95

Chicken marinated in Bengali spices, cooked in the tandoor. Served in a Slightly hot sauce garnished with eggs and tomatoes.

### Tandoori King Prawn Massala £12.95

An established choice of the societies of past and present. Baked in the tandoor, simmered with delicate medium spices, tomatoes, butter and indulged with cream.

### Tak-A-Tin £9.95

(served with a Balti or Pathia sauce)  
Chicken or lamb tikka, cooked with the chef's favourite seasonal ingredients and spices.

### Murgh Massalam £8.95

Grilled spring chicken marinated in spices with minced lamb cooked in a special curry sauce.

### Roshun-e-Bahar £7.95

Chicken or lamb tikka, cooked in special herbs, freshly ground spices, green chillies and aromatic garlic.

### Mirch Zal-Zala £8.95

Tandoori baked chicken cooked in fresh crushed garlic with sun dried crisp red chillies, a truly hot and wholesome flavour.

### Sali Boti £8.25

Choice pieces of tender lamb, cooked with apricots in spicy masala. Lavishly garnished with straw potatoes.

### Shatkora (Chicken or Lamb) £8.95

A tropical citrus fruit, Shatkora. Gives this medium dish a refreshing flavour and aroma.

### Naga (Chicken or Lamb) £8.95

A fiery Sylheti pepper which works wonderfully well with spices to create a hot but distinctively flavoursome dish.

## Seafood Dishes

- |   |        |   |        |
|---|--------|---|--------|
| <b>Garlic Piazza Chilli Fish</b>  | £10.95 | <b>Dhandiya Telapiya</b>  | £10.95 |
| Fillet of Bangladeshi Telapiya fish cooked with hot spices and onions.                                    |        | Lightly spiced Telapiya fish, gently baked in the tandoor, cooked with onions, tomatoes and special spices. |        |
| <b>Clement Fish</b>   | £10.95 | <b>Roop Chanda Fry</b>  | £12.95 |
| The taste of an Indian summer, sun dried Clementine peels with wholesome Telapiya fish in a medium sauce. |        | Roop Chanda fish, fried with caramelised onions, cooked in a lightly spiced base.                           |        |
| <b>Machli Jalfrezi</b>  | £10.95 | <b>Salamon Tikka Hyderi</b>   | £13.95 |
| White fish cooked with green chillies and capsicums in a fairly hot sauce.                                |        | Fillets of Salmon skewered in the tandoor and cooked in a medium spices sauce.                              |        |

## Biryani Dishes

- |  |       |   |        |
|--|-------|---|--------|
| <b>Lamb or Prawn Biryani</b>   | £8.95 | <b>Tandoori Chicken Biryani</b>   | £10.95 |
| Cooked with basmati rice, flavoured with mild spices. Served with a vegetable curry sauce. |       | Tender strips of tandoori chicken, cooked with basmati rice, flavoured with mild spices. Served with a vegetable curry sauce.                         |        |
| <b>Chicken or Lamb Tikka Biryani</b>   | £9.95 | <b>Tandoori King Prawn Biryani</b>  | £12.95 |
| Cooked with basmati rice, flavoured with mild spices. Served with a vegetable curry sauce. |       | King Prawns cooked with basmati rice, flavoured with mild spices. Served with a vegetable curry sauce.  |        |
| <b>Vegetable Biryani</b>   | £7.95 | <b>Special Biryani</b>  | £13.95 |
| Cooked with basmati rice, flavoured with mild spices. Served with a vegetable curry sauce. |       | A combination of chicken tikka, lamb tikka and king prawns cooked with basmati rice, flavoured with mild spices. Served with a vegetable curry sauce. |        |

## House Thalis

Our Prix Fixe options to sample what our menu has to offer

- |   |        |  |        |
|---|--------|--|--------|
| <b>House Thali for 4</b>  | £62.00 | <b>Vegetable Thali for 2</b>   | £22.00 |
| Spicy Papadoms and Kebab Platter starters, followed by Lamb Roghan, Prawn Palak, Chicken Tikka Massala, and Chicken Pathia accompanied with Vegetable Bhaji, Mushroom Massala, Pilau Rice and Naan. |        | Vegetable Samosa and Onion Bhaji starters followed by, Palak Paneer, Mushroom Massala, Sabzi Massala and Kahbuli Chana Massala, accompanied with Boiled Rice and Naan.   |        |
| <b>House Thali for 2</b>  | £32.00 | <b>Kurz-e-Gosht</b>  | £69.95 |
| Spicy Papadoms, Chicken Tikka and Sheik Kebab Starters followed by, Lamb Dhansak, and Chicken Tikka Massala accompanied with Bombay Aloo, Mushroom Massala, Pilau Rice and Naan.                    |        | (24 hours' notice and 50% deposit required)<br>Truly Royal in heritage, greatly enjoyed by the Mughals. Serves 4;<br>Whole leg of Lamb, marinated in the finest spices, slow roasted.<br>Served with Khabuli Chana Ric |        |
| <b>Murgh Thali for 2</b>  | £24.95 |  |        |
| Chicken Tikka starters, followed by Murgh Masslam and Pilau Rice.   |        |  |        |

## Traditional Dishes

<b>Curry</b> (Medium, Madras or Vindaloo) Chicken, Lamb or Prawn, this old favourite can be adjusted to your choice of sauce	£6.95	<b>Roghan Josh</b> Chicken, Lamb or Prawn cooked with tomatoes and green peppers.	£7.25
<b>Bhuna</b> Chicken, Lamb or Prawn marinated with fresh ground spices served in a medium spiced thick sauce.	£7.25	<b>Chicken Muli</b> Tandoori Chicken, in mild spices garnished with tomatoes and peppers.	£7.50
<b>Dupiaza</b> Chicken, Lamb or Prawn cooked with onions in a medium spiced sauce.	£7.25	<b>Handi</b> (Chicken, Lamb or Prawn) Served in its own saucepan to keep its flavour, cooked in medium sauce.	£7.95
<b>Pathia</b> Chicken, Lamb or Prawn cooked in slightly sweet, sour and hot sauce with tomatoes.	£7.25	<b>Handi Silsilay</b> (Chicken, Lamb or Prawn) A traditional handi dish cooked with mushrooms.	£8.95
<b>Korma</b> Chicken, Lamb or Prawn cooked with mild spices in creamy sauce.	£7.25	<b>Zeera</b> (Chicken, Lamb or Prawn) Cooked with pan roasted cumin seeds in a medium sauce creating a very aromatic dish.	£7.95
<b>Dhansak</b> Chicken, Lamb or Prawn cooked in slightly sweet spices with a hot lentil sauce.	£7.25	<b>Methi</b> Chicken, Lamb or Prawn cooked with fenugreek leaves making it a strong flavoured dish.	£8.50
<b>Palak</b> (Spinach) Chicken, Lamb or Prawn cooked with spinach in fresh herbs and spices.	£7.25	<b>King Prawns</b> Any of the above dishes can be enjoyed with King Prawns.	£11.95

## Spices of Goa

<b>Shakuti Chicken or Lamb</b> Chicken or Lamb tikka simmered with coconut cream and exotic spices in a hot, sweet and sour sauce.	£7.95	<b>Cafreal Chicken or Lamb</b> A hot and spicy dish marinated with lemon juice and green chillies.	£7.95
<b>Goa Chicken or Lamb</b> Fairly hot dish cooked with coconut, pineapple and a blend of several rare spices.	£7.95	<b>Jhinga Caldeen</b> King Prawns with garlic, ginger, lime juice, coconut and green chillies.	£12.50
		<b>Goa King Prawn Massala</b> King Prawns cooked with onions, tomatoes and Goan red masala.	£12.50

## Rice

### Boiled Rice

Boiled basmati rice.

£2.50

### Special Fried Rice

With egg and peas.

£3.25

### Pilau Rice

Mildly flavoured basmati rice.

£2.95

### Chana Rice

With chick peas.

£3.25

### Mushroom Rice

With mushrooms.

£3.25

### Lemon Rice

With lemons.

£3.25

### Saag Rice

With Spinach.

£3.25

### Vegetable Rice

With mix vegetables.

£3.25

### Keema Rice

With minced meat.

£3.25

### Chilli Rice

With green chillies.

£3.25

## Vegetable Dishes

Side Dish: £3.95

Main Dish: £5.95

### Vegetable Curry

Mix vegetables cooked with spices and simmered to perfection in a medium sauce.

### Bhindi Bhaji

Okra cooked in butter with onions and spices.

### Achari Sabzi

Seasonal fresh vegetables cooked with panch phoran and our own pickle.

### Bhaingan Bhagari

Aubergine cooked using various spices, onions, and peppers topped with a hint of coriander.

### Chana Dhal

Chick peas and lentils cooked together with onions, tomatoes and coriander.

### Kabuli Chana Massala

Chick peas prepared with onions, tomatoes, herbs and spices. Served fairly dry.

### Saag Aloo

Spicy combination of fresh spinach and potatoes.

### Cauliflower Bhaji

Fresh cauliflower cooked dry with chopped onions and tomatoes with medium spices.

### Bombay Aloo

Spiced potatoes, served fairly dry.

### Mushroom Bhaji

Mushrooms cooked with onions, tomatoes and a combination of spices.

### Aloo Gobi

Sautéed potatoes and fresh cauliflower cooked with tomatoes and green peppers, in mediums spices.

### Tarka Dhal

Lentils cooked in butter, spices, caramelised garlic and fresh coriander. Saag or Matar Paneer, Spinach or chick peas and Indian cheese cooked with mild spices.

## Indian Breads

<b>Naan</b> Bread baked in the tandoor (clay oven).	£2.50	<b>Paratha</b> Lightly fried layered bread.	£2.50
<b>Keema Naan</b> Filled with spiced minced meat.	£3.25	<b>Stuffed Paratha</b> Lightly fried layered bread stuffed with mixed vegetables.	£3.25
<b>Peshwari Naan</b> Filled with a sweetness of coconut, almonds and raisins.	£3.25	<b>Chilli Aloo Paratha</b> Lightly fried layered bread stuffed with potato & chilli.	£3.25
<b>Garlic Naan</b> Filled with crushed garlic.	£3.25	<b>Chapati</b> Thin soft baked bread.	£1.50
<b>Coriander, Garlic &amp; Chilli Naan</b> Filled with crushed garlic, chillies and coriander.	£3.25	<b>Tandoori Roti</b> Indian unleavened bread baked in the tandoor.	£2.50
<b>Kulcha Naan</b> Filled with cheese and onion.	£3.25		

## Sundries

<b>Chips</b>	£1.95	<b>Papadoms</b> Crispy Bread	60p
<b>Spicy Chips</b> slightly hot	£2.95	<b>Masala Papadoms</b> Spiced Crispy Bread	70p
<b>Raitha</b> Cucumber or Onion in mildly spiced yoghurt	£1.95	<b>Chutney Tray</b>	£2.50
		<b>Individual Pickles</b>	75p

## Alternative Choices

<b>Steak &amp; Chips</b>	£14.95	<b>Chicken Nuggets &amp; Chips</b>	£7.95
<b>Scampi &amp; Chips</b>	£8.95	<b>French Fried Chicken &amp; Chips</b>	£9.95

### FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

Thank you.