

Old Favourites

Korma

A very mild spiced dish cooked in coconut cream and butter.

Chicken / Lamb	6.95
Prawn	6.95
King Prawn	10.95

Bhuna

Cooked with onions, capsicum, tomatoes and delicately spiced. Medium spiced.

Chicken / Lamb	6.95
Prawn	6.95
King Prawn	10.95

Madras / Vindaloo **H H**

Fairly hot dish cooked in garlic, fresh lemon juice & spices.

Chicken / Lamb	6.95
Prawn	6.95
King Prawn	10.95

Dansak **H**

A mouth watering dish prepared with lentils, fresh lemon juice and aromatic spices, producing distinctive flavour of hot, sweet & sour tastes.

Chicken / Lamb	6.95
Prawn	6.95
King Prawn	10.95

Rogan Josh

Spiced with herbs, garnished with tomatoes, onion and capsicum giving a medium spiced.

Chicken / Lamb	6.95
Prawn	6.95
King Prawn	10.95

Jalfrezi **H**

Barbecued and stir fried with chopped onions, tomatoes, green peppers & fresh green chillies in a specially prepared hot spicy sauce.

Chicken / Lamb	6.95
Prawn	6.95
King Prawn	10.95

Balti Specialities

Each individual balti dish has its own distinctive flavour and aroma that come from using the finest fresh ingredients, carefully marinated in herbs and spices allowing the flavour to enrich each special dish.

Vegetables	5.95
Chicken / Lamb	7.95
King Prawn	12.95

Sunday Saver

Special Lunch Menu between 12.30pm to 5.30pm
Adult £9.95 Children (Half Price)

Banqueting Night on Monday

25% Discount on meals (except Bank Holidays)(eat in only)

www.loughton-life.co.uk

Biryani dishes are prepared with basmati rice and can be served with chicken, lamb, prawn, king prawns or vegetables. Seasoned with spices, garnished with fried onions and sliced tomatoes, sliced with vegetable curry.

Chicken	8.95
Lamb	8.95
Prawn	9.95
Tandoori King Prawn	10.95
Vegetables	6.95
Mixed Biryani	10.95

Rice & Bread

Pilao / Plain Rice - (Basmati)	2.30
Special Basmati Fried Rice	2.95
Mushroom Rice	2.95
Vegetable Rice	2.95

Naan	1.95
Crisp and puffy bread made from fine leavened flour.	
Chapati	1.95
Light wheat bread baked in traditional style.	
Paratha	1.95
Layered whole wheat bread and fried in butter.	
Tandoori Roti Light crisp flat choco bread	1.95
Peshwari Naan	2.30
Stuffed with almonds, saffron, coconut and honey.	
Kulcha Naan	2.30
Stuffed with mixed vegetables, potatoes and onions.	
Keema Naan	2.30
Stuffed with minced meat, onions and coriander.	
Garlic Naan flavoured with garlic, spices and herbs	2.30
Garlic & Cheese Naan (stuffed with cheese)	2.30

Side Dishes

served as accompaniments to main course

Bombay Potato	2.95
Mushroom Bhajee	2.95
Aloo Gobi (Cauli flower & Potatoes)	2.95
Mixed Vegetable Curry	2.95
Chana Masala (Chick Peas)	2.95
Saag Aloo (Spinach & Potatoes)	2.95
Tarka Dahi (flavoured with Garlic)	2.95
Saag Bhajee (Spinach)	2.95
Saag Paneer (Spinach & Cheese)	2.95
B & B Masala (Aubergine & Ladies finger dahl)	3.95

Bangladeshi Crisp

Plain / Spicy Papadom	0.50
Chutnies (each)	0.50

Reservation..... 020 8502 4322 / 2164

274 High Road, Loughton, Essex IG10 1RB

www.cafe-spice.com

As seen on TV

Cafe
SPICE
Contemporary Indian Cuisine

Once Eaten Forever Smitten

10% Discount on Collection

Opening Hours:

Sunday: 12.30pm to 11.00pm

Monday to Saturday: 5.30pm to 11.30pm

To Start

Onion Bhajec Fresh onion, battered and deep fried in mild spices.....	2.50
Samosa.....	2.95
Meat / Vegetable triangular shaped, flaked pastry served with salad	
Lamb Peri Peri.....	3.95
An Indian stir-fry. Thin strip of crispy lamb lightly spiced with red and yellow peppers & sesame seeds.	
Stuffed Peppers.....	3.95
Green pepper stuffed with lightly spiced mixed vegetables and pilau rice.	
Lamb / Chicken Tikka.....	3.95
Marinated in yoghurt and fresh aromatic spices cooked in the clay oven.	
Chicken Chat Puree.....	3.95
Succulent goujons of chicken, delicately spiced and cooked with hot and sour sauce covered with pancake.	
Prawn on Puree.....	3.95
Prawn cooked in medium fresh spices. Served on a puree bread.	
Spice Roll.....	3.95
Highly recommended mixed vegetable roll, spiced with herbs and fried in butter with a blend of ginger and garlic, covered with spice papadam, served with salad and mint sauce.	
Lamb Chop Succulent lamb chops baked slowly in the tandoori oven.....	4.95
Tandoori Duck.....	4.95
Diced breast of duck marinated in yoghurt, tamarine and garam masala, baked in the tandoori and served with salad.	
Akbari Kebab.....	4.95
Authentic Bengali burger spiced and cooked in butter. Comes with under egg net.	
King Prawn Butterfly.....	4.95
Delicately spiced whole king prawns covered in bread crumbs & deep fried.	
Mach Biran.....	5.95
Special sea bass spiced with garlic, ginger, coriander a touch of garam masala & fried in butter.	
Cafe Spice Platter.....	9.95
Chicken tikka, kebab, samosa, onion bhajec and Tandoori Duck, served with salad & mint sauce.	

Nice And Spice

Darzeeling Dome.....	7.95
Tandoori chicken specially barbecued in the clay oven, then cut into pieces & cooked in chopped onions. Seasoned with fresh herbs and spices, tomatoes, green peppers and coriander leaves-choice of mild, medium or hot.	
Chamak ¹	8.95
Tender barbecue chicken pieces in a sweet and sour sauce, fresh fenugreek, tomatoes, mango chutney and a touch of chilli and fresh garlic.	
Dil Se.....	8.95
A new version of Duplaza. A generous portion of tender bite-sized chicken pieces, served in a specially prepared sauce, consisting of chopped onions, capsicum, tomatoes, ginger, garlic, fresh herbs and spices, giving maximum flavour.	
Shahenshah.....	9.95
Combination of chicken, lamb and spinach, cooked with a tasty, full flavoured sauce, consisting of selected spices and herbs, including capsicum, fenugreek and tomato.	
Chandni.....	10.95
A new version of Duplaza! A generous portion of bite sized chicken, cooked with special spices & herbs, topped with mushrooms. Garnished with capsicum, tomatoes and fresh coriander leaves.	
Champa ¹	6.95
This all vegetable dish consists of cauliflower, aubergine, mushrooms and Indian cheese perfectly fried in vegetable oil with a merge of ginger and garlic, cooked with sweet and sour sauce; finished with the touches of chopped onions, capsicum, tomatoes, fresh herbs and spices, giving maximum flavour.	

www.leighton-life.co.uk

Chicken / Lamb Tikka Masala.....	6.95
The all time favourite.	
Mumtaz Makhani.....	8.95
Diced chicken Tikka fried in butter with a blend of ground almonds, ginger, garlic, coriander, sultanas, cream and topped with a layer of mild exotic sauce to give a very mild taste.	
Kashmiri Lazeez.....	8.95
Succulent pieces of marinated chicken, cooked in the tandoori oven, served in an exotic pineapple and tomato sauce and balanced with ground almonds, garlic, fresh ginger and garnished with coriander.	
Zalka.....	8.95
Pieces of breast chicken barbecued in the tandoori cooked with coconut powder, red chilli, garlic, ginger, tomatoes and spring onions.	
Jecera Zafrani.....	9.95
Pieces of barbecued tandoori chicken breast, cooked with special spices and herbs, garnished with tomatoes, onions, capsicum, fresh coriander and a sparkle of cumin seeds.	
Pinjira ¹	9.95
A grilled marinated supreme dish of either chicken or lamb. Full of flavour and highly elegant. Cooked in a special sauce consisting of tomato, onion, herbs and individual spices. Finished with a delicate garnishing of fresh coriander.	
Aja (Choice of mild, medium or hot) ¹	9.95
A splendid, succulent dish with a remarkable aroma; which comes in the option of chicken or lamb. Barbecued in the tandoori prepared with spices and herbs. Embellished with onions, tomatoes and capsicum. With the essences of garam masala and fresh coriander leaves.	
Pansy ¹	9.95
Prepared in the style of Dansak; mesmerising taste...marinated chicken or lamb cooked until delicate in the tandoori and a touch of lentil with garam masala. Served in a unique sauce with spice, herbs, onions and green peppers. Elegantly finished with cucumber, tomato and fresh coriander.	
Moza (This is an exclusive dish in Cafe Spice) ¹	10.95
A distinctive dish with fresh full flavoured chicken barbecued in tandoori. Very mild and tasty, it consists of succulent, juicy chicken slowly simmered in a pan and served in a specially prepared sauce consisting of ground almonds, coconut, fresh cream, garlic and ginger.	
Duck Sultan.....	12.95
A grilled marinated supreme dish of duck. A generous portion of tender breast pieces, served in a specially prepared sauce, consisting of tomato, onion, capsicum, herbs and special spices. Finished with a delicate garnish of fresh coriander.	
Eastern Desire.....	12.95
Strips of marinated chicken or lamb, cooked until tender in the tandoori oven and served on a sizzling plaque with onions, tomatoes, peppers, garlic and a dash of brandy for an extra flame-grilled taste.	
Zora Zora ¹	12.95
Mouth-watering taste this extraordinary dish comes with a mix of chicken, lamb and potato cooked in addition with sweet and sour sauce flavoured appellingly with fresh fenugreek, other herbs, spices, onions, tomatoes, green pepper and garam masala. Served alongside with a scoop of pilau rice and decorated with coriander.	
Qurbani (This is an exclusive dish in Cafe Spice) ¹	12.95
An exceptional dish with fresh tender pieces of lamb. Barbequed heavenly in the tandoori creating a lovely mild taste. Cooked with a specially prepared sauce with spices, herbs, onions, tomatoes, green pepper with mayonnaise and a touch of lime pickle. Then garnished with garam masala and coriander.	
Shank Bonanza.....	12.95
A unique dish with fresh, tender lamb shank, barbecued in the tandoori, cooked in a specially prepared sauce with spices, herbs, onions, tomatoes, green peppers and garam masala, served with a scoop of pilau rice and garnished with fresh coriander.	

Tandoori Special

Tandoori Chicken.....	5.95
Chicken on the bone marinated in yoghurt aromatic spices, barbecued in tandoori, served with salad.	
Chicken / Lamb Tikka.....	6.95
Diced boneless chicken or lamb marinated and mildly seasoned, barbecued in the tandoori and served with salad.	
Shish Kebab.....	7.95
Lamb minced with onions, special herbs and spices. Skewered and barbecued in the tandoori served with fresh salad and mint sauce.	
Vegetable Shashlik.....	8.95
A fabulous vegetable selection cooked Tandoori style, including capsicum, green peppers, tomatoes, cauliflower, onions, aubergines all marinated in fresh herbs and spices, barbecued in the tandoori.	
Special Sizzles Juliette.....	8.95
A fabulous selection from our very own tandoori chicken or lamb marinated in fresh herbs and spices, barbecued in the tandoori with green peppers, tomatoes and served with salad.	
Special Sizzling Duck.....	9.95
Spring duck marinated with fresh herbs and spices and barbecued in the tandoori. Served sizzling on a hot plaque with sliced onions, peppers and tomato and a generous serving of mint sauce.	
Desi Tikka.....	9.95
An extravagant version of chicken tikka. Breast pieces of sweet honey glazed chicken, barbecued until tender in the tandoori oven and served on a sizzling plaque of onions, peppers and tomato.	
Tandoori Lamb Chop.....	9.95
Succulent lamb chops baked slowly in the tandoori oven	
Tandoori Mixed Grilled.....	9.95
A selection from our tandoori menu including tandoori chicken, chicken tikka, lamb tikka, shish kebab and naan bread.	

Seafood Specialities

Ocean Supreme ¹	10.95
Fresh fillet of sea bass, prepared carefully off the bone and served in a tasty and lightly spiced, tomato curry sauce. (If sea bass is your preference but you desire a different sauce, please do not hesitate to ask).	
King Prawn Delight Sylheti.....	10.95
Barbecued King Prawn, sweet, sour and hot tasty dish, prepared with red chillies, onions, tomatoes, coriander and a touch of garlic and selected spices.	
Sizzling Sea Bass.....	12.95
A healthy option of a whole, fresh, sea bass, baked slowly in the tandoori oven until succulent and served on a sizzling plaque, with onions, green peppers, tomatoes and sprinkled with coriander and garam masala.	
Rangeela King Prawn.....	12.95
Another top, delicious dish, exclusive to cafe spice, succulent, garlic king prawns, cooked in the tandoori oven and served on skewers resting over the accompanied, full flavoured sauce, consisting of tomatoes, chopped onions, capsicum, ginger and special spices.	
Paradisical King Prawn ¹	12.95
Cooked in perfection these prawns are full of flavour and have an intense sauce; combinations of peppers and spices prepared uniquely increase the delight.	
Bengal King Prawn.....	12.95
A Seafood banquet consisting of four fresh water king prawns, cooked with special spices and herbs, garnished with onions, capsicum, tomatoes and coriander leaves.	
Sizzling King Prawn.....	12.95
A very popular dish mixed with spices, full of flavour, barbecued in tandoori clay oven. Served with fresh salad.	