

## vegetarian choice

	Main	Side
<b>Paneer Makhani</b> Homemade Indian cheese cubes cooked in a creamy sauce of butter, tomatoes and cane molasses.	£4.95	£2.95
<b>Sag Paneer</b> Leaf spinach and paneer, cooked together with subtle spices, fresh garlic and ginger.	£4.95	£2.95
<b>Motor Paneer</b> Paneer and peas cooked with ground spices, curry leaves and a touch of fresh cream.	£4.95	£2.95
<b>Palak Chana Dall</b> Pureed spinach and pea lentils enhanced with cardamom and ginger.	£4.95	£2.95
<b>Lehsun Ka Baingan</b> Aubergine cubes cooked in a puree of tomatoes, flavoured with lots of garlic, black pepper, fresh and dry herbs.	£4.95	£2.95
<b>Tadka Dhall</b> A thick sauce of lentils flavoured with garlic infused butter ghee.	£4.95	£2.95
<b>Dhall Massalla</b> Like the tadka version but with added kick from ginger, cumin, coriander and crushed chilli peppers.	£4.95	£2.95
<b>Sag Bhaji</b> Spinach cooked in ghee with a generous helping of garlic and a hint of lemon, the cooking style is known as bhaji as it involves a method of sautee before simmering in a small quantity of sauce.	£4.95	£2.95
<b>Mushroom Bhaji</b> Sliced fresh mushrooms cooked with diced onions, tomato and indian herbs and seasoning spices.	£4.95	£2.95
<b>Bindi Bhaji</b> Fresh okra cooked medium strength with Indian herbs and spices, also known as ladies fingers.	£4.95	£2.95
<b>Chana Bhaji</b> Chick peas, lightly spiced cooked bhaji style.	£4.95	£2.95
<b>Bombay Aloo</b> This well known dish is the Indian way of cooking potatoes, with an array of spices including cumin, coriander and onion seed.	£4.95	£2.95
<b>Aloo Methi</b> Potatoes made more distinct with the use of lots of fresh and dried fenugreek.	£4.95	£2.95
<b>Aloo Gobi</b> A variation of Bombay aloo, which includes cauliflower as well.	£4.95	£2.95

## continental menu

<b>Sirloin Steak</b> <i>Served with chips, vegetables and gravy.</i>	£7.50
<b>Chicken Steak</b> <i>Searred fillet of chicken breast served with chips and vegetables.</i>	£5.50
<b>Fried Scampi and Chips</b>	£5.50
<b>Fish and Chips</b> <i>Lightly battered cod served with chips and peas.</i>	£5.50
<b>Roast Chicken and Chips</b>	£5.50

## children's menu

<b>Chicken Tikka</b> <i>Served with salad and wedges</i>	£4.30
<b>Chicken Tikka Massalla</b> <i>Served with boiled rice and chips.</i>	£5.30
<b>Chicken Bhuna</b> or any other popular curry <i>Served with pilau rice.</i>	£4.30
<b>Lamb Bhuna</b> or any other popular curry <i>Served with pilau rice.</i>	£4.50
<b>Prawn Bhuna</b> or any other popular curry <i>Served with pilau rice.</i>	£4.50
<b>Lentil Curry</b> <i>Served with boiled rice.</i>	£3.95
<b>Chicken Dippers with Chips</b>	£4.30
<b>Fried Scampi with Chips</b>	£4.30



## side orders

<b>Boiled Rice</b>	£1.50
<b>Pilau Rice</b>	£1.70
<b>Mushroom Pilau</b>	£2.40
<b>Vegetable Pilau</b>	£2.40
<b>Keema Pilau</b>	£2.40
<b>Coconut Rice</b>	£2.40
<b>Badami Pilau</b> (cashews and pistachio)	£2.70
<b>Chips</b>	£1.50
<b>Spicy Chips</b>	£1.60

## bread

<b>Naan</b>	£1.70
<b>Garlic Naan</b>	£1.95
<b>Peshwari Naan</b>	£2.50
<b>Keema Naan</b>	£2.50
<b>Kulcha Naan</b>	£1.95
<b>Chapatti</b>	£0.70
<b>Tandoori Roti</b>	£1.00
<b>Roti Peeta</b> <i>(unleavened flatbread made with rice flour)</i>	£0.70
<b>Paratha</b>	£2.30
<b>Puri</b>	£0.70

## wines

<b>Sunscape Chardonnay</b> <i>A textbook Chardonnay that combines ripe fruit and subtle oak flavours.</i>	£6.95
<b>Sunscape Cabernet Sauvignon</b> <i>Deep in colour but light to mid bodied, with youthful blackcurrant flavour.</i>	£6.95
<b>Sunscape Grenache Rose</b> <i>a vibrant rose has raspberry fruit and a medium sweet palate.</i>	£6.95

(full selection of restaurant wine menu available to take away at 25% discount)

## bottled beers & cider

<b>Becks &amp; Stella</b>	£1.80
<b>Budweiser, Cobra &amp; Corona</b>	£1.90
<b>Strongbow &amp; Woodpecker</b>	£1.80
<b>Magners</b>	£2.50

## soft drinks

<b>Coke, Diet Coke, Fanta &amp; Lemonade</b>	(Cans)	£0.60
	(1.5l Bottle)	£1.50
<b>J20</b>		£1.50
<b>Appletise</b>		£1.50
<b>Red Bull</b>		£1.50



## take-out menu

Order on

01942 879292 or 01942 871475

Astley Services (next to BP Garage), East Lancashire Road, Astley, M29 7HX

[www.zest-astley.co.uk](http://www.zest-astley.co.uk)

Zest  
Astley Services (next to BP Garage)  
East Lancashire Road  
Astley  
M29 7HX

OPENING TIMES  
Mon - Thurs 4.30pm till 11.30pm  
Fri & Sat 4.30pm till 12.00 midnight  
(late bar available by prior arrangement)  
Sunday 1.00pm till 10.30pm



We do not add any artificial colours, flavours or preservatives in our dishes. Some dishes may contain nuts, please consult our staff. We welcome your suggestions or feedback. Please advise the management. © 2011 Zest Restaurant.

Join our



# appetisers

**Papadums** £0.45  
**Dips** each £0.45  
 (mango chutney, diced onions, mint yoghurt, lime pickle & tamarind sauce)

## starters

Just perfect for getting your tastebuds going.

**Vegetable Somosa** ✓ £2.30  
**Onion Bhaji** ✓ £2.30  
**Meat Samosa** £2.50  
 Home-made pastry triangles filled with minced lamb and peas.

**Zest Special Mix Tikka** £2.95  
 A sample of all the different tikka marinades.

**Chicken Pakora** £2.75  
**Mushroom Pakora** ✓ £1.90  
**Paneer Pakora** ✓ £2.50  
**Aloo Baingan Puri** ✓ £2.60  
 Spiced potatoes and aubergine cooked with garlic cloves, served on a fried flatbread.

**Garlic Mushroom Puri** ✓ £2.60  
**Chicken Chat Puri** £2.95  
**Chutney Glazed Peri Peri Wings** £2.60  
 Chicken wings glazed with chutney and peri peri chillies.

**Malai Wings** £2.60  
 Chicken wings drizzled in a sauce of butter, caramelised onions and pureed ginger, with a sprinkle of roasted cumin seeds.  
**Salt & Peri Peri Ribs** £2.75  
 Lamb ribs marinated in sun dried chilli peppers and ground black pepper, seasoned with sea salt.

**Shami Kebab** £2.75  
 Pan fried patties of minced lamb, diced onions, finely chopped green chillies, fresh herbs and ground spices.

**Prawn Cocktail** £2.75

**Zesty Nimbu Fish** £2.95  
 Chunky colley fillet seasoned and pan fried, drizzled with freshly squeezed lemon juice before serving.

**Lahori Fish** £3.25  
 Seabass fillet lightly coated in our homemade spicy gram batter.

**King Prawn Kastoori** £3.75  
 Tail on freshwater king prawn dipped in our own gram batter, skewered and cooked in the tandoor.

**Lahori King Prawn** £3.75  
 Tail-on freshwater king prawn with coarse ground spices in a light gram batter.

**Garlic Chillii King Prawn** £3.95  
 King prawn cooked in a sweet chillii sauce infused with garlic oil and diced root ginger.

**Bhuna Prawn Puri** £2.95  
 Cooked in a medium Bhuna sauce with curry leaves served on a puri (deep fried flat bread).

**King Prawn Puri** £3.75  
 King prawn cooked in a medium Bhuna sauce with curry leaves, served on a puri (deep fried flat bread).

**Thai Style Chillii Chicken** £2.95  
 Chicken dumplings stir-fried in a sweet chillii sauce with onions and peppers. Also available in paneer and white fish.

**Machley Biraan** £3.25  
 Fish filets marinated and slightly spiced, shallow fried over a slow flame.

## starter platters

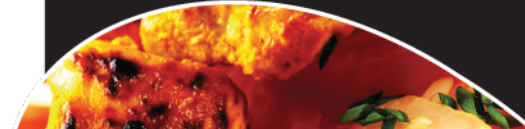
don't know what to have.... have a platter.

**Vegetable Platter** £5.50 £9.25  
 Paneer shashlick, baingan pakora and onion bhaji.

**Tandoori Platter** £5.75 £10.00  
 Chicken tikka nargisi, chicken harri boti and seek kebab.

**Seafood Platter** £7.25 £13.50  
 Cod & cheddar samosa, lahori fish and garlic chillii king prawns.

**Mixed Platter** £5.75 £10.00  
 Vegetable samosa, chicken tikka nilgri and salt and peri peri ribs.



## tandoori selection

The tandoor is an oven, made of clay, shaped like a dome to concentrate the heat inside which in turn allows food to be cooked very quickly thus retaining most of the natural juices and flavours, food is typically skewered and placed vertically in the oven which allows oils and fats to drip off giving you a much healthier meal.

**Tandoori Chicken** Starter £2.75 Main £5.50  
 Fresh spring chicken quarters (breast on the bone) marinated in a blend of fresh herbs, seasoning, ground spices and natural yoghurt.

**Chicken Tikka** £2.75 £5.50  
 Tender pieces of chicken breast in a similar marinade as the tandoori chicken. Choose your tikka marinade...

Garlic: this marinade emphasises on garlic.  
 Nilgri: a marinade of mint, coriander, garlic and ginger.  
 Nargisi: a marinade of honey, coconut milk & ground nuts.  
 Peri Peri: a fiery hot marinade of sun dried chillii peppers.

**Chicken Harri Boti** £2.40 £5.10  
 Filleted chicken thigh, marinated in a blend of green herbs, ground spices, garlic and ginger.

**Lamb Tikka** £3.75 £7.35  
 Strips of lean, tender lamb leg marinated in a blend of yoghurt, fresh herbs and ground spices.

**Lamb Chops** £3.95 £7.95  
 Succulent lamb chops, soaked overnight in our own marinade of fresh herbs and ground spices. Fired to perfection in the tandoor.

**Seekh Kebab** £2.50 £5.50  
 Sausage shaped kebabs of lean minced lamb, green herbs and chillies, diced onions and seasoning.

**King Prawn Tikka** £4.25 £8.50  
 Jumbo king prawns, shelled and deveined, marinated in a delicate blend of yoghurt, herbs and spices.

**Tandoori Mixed Grill** £7.50  
 Tandoori chicken, chicken tikka, lamb tikka, lamb chop & seekh kebab.

**Shaslick**  
 Onions, pepper and tomato skewered with either...  
**Chicken** £3.25 £5.95  
**Lamb** £3.75 £6.50  
**Paneer** £3.20 £5.95

Any curry sauce of your choice is available with the above meals for an extra £2.00

Chilli Guide.  
 ✓ Vegetarian M Mild M,M Medium  
 ⚡ Slightly Hot ⚡⚡ Fairly Hot ⚡⚡⚡ Really Hot

## chefs choice

**Peshawari Murgh** ⚡ £6.50  
 Spicy tandoor cooked Chicken finished in a rich sauce of date molasses, flavoured with cinnamon and garnished with roasted cashew nut and a drizzle of fresh double cream, total indulgence on a plate.

**Exquisite Karahi** £5.75  
 Chicken or lamb tikka cooked in chef's special spicy Karahi sauce, with roasted garlic & onions, flavoured with mustard oil.

**Palak Murgh Makhani** ⚡ £5.75  
 Chunky chicken tikka simmered into a creamy tomato and spinach sauce, flavoured with jaggery.

**Chillii Massala** £5.50  
 Diced pieces of chicken or lamb tikka cooked in a sauce made with delicate blend of aromatic spices. A moderate use of fresh green chillies makes this dish fairly hot.

**Gorkali** ⚡ chicken £5.75 lamb £6.50 prawn £6.50 king prawns £8.50

Long strips of chicken cooked in an exotic mix of whole spices, red & green peppers, fresh tomatoes and Nepalese sauce in olive oil. Garnished with Mexican chilli.

**Mangsho Mazzedar** ⚡ £5.95  
 A matured beef dish of dry consistency containing caramelised onion, softened garlic cloves and the odd birds eye chillii pepper.

**Thawa Gosth** ⚡ £8.50  
 Marinated rib eye steak pan cooked in olive oil, with specially blend of Balti sauce, roast garlic and spices.

**Staff Curry** ⚡⚡ £5.50  
 This is what the boys eat, Meat cooked on the bone, just like in an Asian home

**King Prawn Anarkali** £8.75  
 Tiger prawns cooked in a unique blend of spices with onions, peppers and coriander cooked with olive oil..

**Seafood Medley** £8.95  
 An outstanding dish prepared by our chef with a mixture of king prawns, salmon, seabass and white fish. Cooked in a unique blend of spices garnished with lemon and lime zest.

**Salmon Biraan** £6.95  
 Salmon lightly spiced, pan fried with olive oil and cooked with an abundance of onions, tomatoes, garlic, whole chillies and fresh herbs.

**South Indian Chilli** ⚡⚡⚡  
 Various type of chillies give this dish a quite a bit of temper but also lots of chilli flavour, prepared with garlic infused in olive oil and fresh coriander.  
 chicken tikka £6.75 lamb tikka £7.50 king prawns £8.75

Some dishes may contain nuts please consult our staff.

## chefs choice

**Machley Tikka Massala** £6.95  
 The nations favourite dish cooked with chunks of white fish in an almond based creamy sauce.

**Bengal's Favourite Fish Curry** ⚡⚡ £6.95  
 Seared pieces of seabass fillet in a sauce of moderate spice and wild orange. This is a zesty citrusy aromatic dish.

## popular choice

**Massalla** ⚡  
 The most well known Indian dish, sweet and creamy rich taste of butter, almonds, coconut and delicate spices.  
 chicken tikka £6.25 lamb tikka £6.95 tandoori king prawns £8.75

**1. Choose your filling**  
**Vegetable** £4.75  
**Chicken** £5.25  
**Lamb** £5.75  
**Beef** £5.75  
**Prawn** £5.75  
**King Prawn** £8.75  
**Chicken Tikka** £5.75  
**Lamb Tikka** £6.50

**2. Choose your cooking style**  
**Korma** ⚡  
 A sweet and creamy dish, made with ground coconut, palm oil and coconut milk.

**Dhansak** ⚡  
 Sweet and sour tastes embodied in a blend of lentils, fresh cream and pineapple.

**Passanda** ⚡  
 A north Indian classic dish, cooked in a subtle mild mango flavoured creamy sauce.

**Handi** ⚡⚡  
 A savoury dish, moderately spiced, with tomato flavours.

**Bhuna** ⚡⚡⚡  
 Subtle flavours of fresh herbs, cumin and coriander in a nice textured sauce.



**Rogan Josh** ⚡⚡  
 A very tasty dish containing tomatoes, sweet pimentos and green pepper.

**Sagwalla** ⚡⚡  
 Chopped spinach cooked with extra garlic and hints of ginger and lemon zest.

**Dupiaza** ⚡⚡  
 A double helping of caramelised onions feature in this recipe.  
**Balti** ⚡⚡  
 A favourite of the Punjab, yoghurt based savoury dish containing diced onions and pepper and a nice blend of spices.

**Karahi** ⚡  
 A popular dish, originating from the north Indian states of Punjab and Kashmir, strong pungent sauce served in a heated cast iron souk(karahi).

**Jhalfrezi** ⚡⚡  
 Sliced onion, green pepper, green chillies and just enough cayenne pepper to warm you up.

**Pathia** ⚡⚡  
 Tomato based sweet and sour dish that also has a bite to it.  
**Madras** ⚡⚡  
 A straight forward curry sauce with a touch of lemon juice and a certain amount of ground chillies, bordering along the hot and uncomfortable.

**Samber** ⚡⚡  
 A lentil based sauce with plenty of freshly squeezed lemon juice, to give it a bit of sharpness and about the same amount of chillies as the madras.

**Vindaloo** ⚡⚡⚡  
 This is a dish which was influenced by the portugese during their time in india, they really liked the chillies.

**Biryani**  
 Fluffy basmati rice cooked with aromatic spices, caramelised onions and sun dried sultanas, served with a nut garnish and curry sauce. **£1.50 extra for this dish**