



paradise



DAIRY



GLUTEN



NUTS

Starters

MULLIGATAWNY SOUP

A hearty soup inspired by the Anglo Indian communities of more than three centuries ago

£4.10



DAAL SOUP

A mild-flavoured lentil soup flavoured with cloves, peppercorn and turmeric, served with lemon wedges

£4.10

SAMOSA

Deep-fried savoury pastry, either with mildly spiced vegetables or delicious mince lamb

Vegetable £4.10 Lamb £4.10



ONION BHAJI

Sliced onion with fresh herbs and spices golden fried in a gram flour batter

£4.10

TANDOORI CHICKEN

A quarter spring chicken marinated in yoghurt and herbs, roasted to perfection in the Tandoor (Clay Oven)

£5.50



PRAWN PURI

Deliciously spiced prawns served on traditional leavened bread

£6.80



SEEKH KEBAB

Lamb minced with onion, cumin and coriander skewered and barbequed in the Tandoor

£5.50

KING PRAWN BUTTERFLY

Delicately seasoned king prawn in a crispy breaded coat

£8.70



CHICKEN TIKA

Marinated cubed breast of chicken grilled in the Tandoor

£5.60



SHAMI KEBAB

Tender mince lamb and split peas blended together with fresh herbs and spices

£5.50

CHICKEN CHAAT

Delicious zesty-spiced chicken strips

£5.50



RESHMI KEBAB

Mince lamb blended with fresh herbs and cumin covered with a thin coriander omelette

£5.80

ALOO CHOP

Mildly spiced mash and vegetable cutlet in a crunchy breadcrumb coat

£5.50



GRANT'S PURI

A delicious blend of spiced potato and mushrooms served on a puri

£5.60



Tandoori Dishes

The Tandoor is a vat-shaped clay oven that originated from the Punjab but is now common to most regions of the Indian Sub-continent. The heat inside the oven builds up to such high temperatures that the skewered chicken or lamb, placed within the Tandoor, cooks in a matter of minutes, but more importantly retains the natural juice and the flavours of the chosen marinade. The result is that Tandoori dishes are full of flavour and low in fat as there is little or no oil used in the cooking process. Tandoori dishes are a spectacularly delicious and healthy way to enjoy Indian cooking.

TANDOORI CHICKEN

Spring chicken marinated in yoghurt, fresh herbs and spices and cooked to perfection in the Tandoor

Half £8.70 Whole £16.70



TANDOORI FISH

A whole Rainbow Trout marinated in yoghurt, coriander, lime and garlic grilled in the Tandoor

£11.80

TIKKA

Succulent diced Chicken or Lamb marinated in fresh herbs and spices and cooked in the Tandoor

Chicken £10.00 Lamb £10.50



SHASHLIK

Onions, Green Peppers, and Tomatoes skewered with either marinated Chicken or Lamb and roasted in the Tandoor

Chicken £10.50 Lamb £11.00



TANDOORI KING PRAWNS

Juicy jumbo fresh water prawns gently marinated and barbequed in the Tandoor

£17.20



SEEKH KEBAB

Tender roasted mince lamb kebabs

£9.90

MIXED TANDOORI GRILL

A selection of chicken and lamb Tikka, Seekh kebab, and Tandoori chicken accompanied by a nan bread

£17.20



paradise epicure

BUTTER CHICKEN

Chicken cooked in a sumptuous butter, yoghurt and cream sauce

£11.00



CHICKEN OR LAMB TIKKA MASSALA

“The Nation’s favourite” classic Tikka cooked in a mild cream sauce

£11.00



LAMB PASSANDA

The finest cuts of lamb marinated in yoghurt and nutmeg and then cooked with ground almonds, cream and cultured yoghurt

£11.60



SHAHI CHICKEN OR LAMB

A North Indian dish, prepared using aromatic spices, ground pistachio, cultured yoghurt and cream. Everyone will enjoy this mild dish.

£11.00



KORAI

The name Korai is actually the small wok like dish that this curry is served in. Cooked with tomatoes, ginger, green peppers, sautéed onions and coriander. A spectacular dish.

Chicken £11.60 Lamb £12.20 King Prawns £17.20

MURG HYDERABADI

Succulent chicken cooked with tamarind, fresh herbs, spices and cream giving a slight sour taste in a medium hot sauce

£11.00



KHANDANI GOSHT

A favourite of the Moghul Emperors of the past, lamb chunks cooked with fresh mint and almonds in a cream sauce. A truly Royal dish.

£11.00



CHICKEN OR LAMB TIKKA BHUNA

Marinated chicken or lamb grilled in the Tandoor and then stir fried with chopped tomatoes, green peppers and onion in a moorish thick sauce

£11.00



MURG MASSALA

Diced chicken cooked with minced lamb, cumin coriander and ground almond in creamy sauce garnished with cucumber and lettuce

£11.00



CRAGOE MURG

The distinguished historian Professor Cragoe’s favourite chicken curry. Spicy chicken cooked with crushed mustard seeds, cumin, coriander, fresh herbs and methi leaves served in a sizzling Korai.

£11.60

MAGNUS GOSHT

Finest cuts of lamb marinated in yogurt and slow cooked with fresh green chilli’s in a reduced sauce, served in a sizzling korai

£13.10

KEEMA & ALOO MADRAS

Created for a good friend of Paradise, Andrew Lever and his son Matt, seasoned mince lamb and potato in a hot and spicy madras style curry

£11.00

OLLIE JEROME’S SPECIAL MASSALA

A delicious combination of marinated chicken breast in a savoury hot mince lamb sauce with sautéed spinach

£13.10

ARCTIC MURG

In tribute to our friends, the band Arctic Monkeys - a super spicy Butter Chicken

£11.60



KORMA

Korma is an excellent dish for the newcomer to Indian cuisine. It has a delicious creamy mild flavour with a hint of coconut. Kormas are traditionally eaten on special occasions and is a favourite at Indian dinner parties.

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10



KASHMIRI

There are several interpretations of Kashmiri dishes, but here in Paradise our Kashmiri curries are truly mouth watering. A combination of exotic fruit including lychee and pineapple pieces in a coconut and cream sauce.

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10



CURRY

Kari, or Curry is a Tamil (southern Indian) word that literally means gravy or sauce. Here in paradise our chicken, lamb, prawn and king prawn curry has a smooth medium spicy sauce.

Chicken £7.40 Lamb £8.00 Prawn £8.30

King Prawn £15.70 Salmon £17.10

BHUNA

Similar to our curry but slow cooked to give a thicker sauce. Delicious accompanied with Indian breads like naan, chapattis and paratha’s.

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10

DO PIAZA

Do Plaza “with onions” is a dry curry with its origin from Hyderabad. Cooked with sautéed onions it has a savoury taste with a sweetness that comes from the onions, and fresh coriander.

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10

ROGON JOSH

A classic Kashmiri dish cooked with either lamb or chicken in a rich tomato and onion sauce

Chicken £8.40 Lamb £8.70

SAAG GOSHT

Tender cubed lamb cooked with fresh spinach, grated nutmeg and roasted garlic in a reduced sauce. An irresistible combination.

Lamb £8.70

METHI GOSHT

Lamb or chicken slow cooked with cumin, coriander and methi leaves (fenugreek) reduced to give an aromatic herb sensation

Chicken £8.40 Lamb £8.70

JALFREZI

Jalfrezi or jhal frezi, “dry fry”. A deliciously hot dish. With a thick sauce that tantalisingly clings to spicy chunks of chicken or lamb and pepper. Hot with a delicious taste of peppers and green chillies.

Chicken £10.10 Lamb £10.60

DHANSAK

Dhansak is a spicy hot, sweet and sour curry, combining lentil daal with tomatoes. It has a delicious earthy flavour.

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10

MADRAS

Traditional spicy curry

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10

CEYLON

A curry with its origins from southern India. A hot and spicy chicken curry with coconut.

Chicken £8.40

PATIA

A tasty hot and sour curry

Chicken £8.40 Lamb £8.70 Prawn £8.90

King Prawn £16.50 Salmon £17.10

VINDALOO

A Goan dish with Portuguese influence. Chicken or lamb in a fiery hot sauce with cubed potato. A must for all lovers of hot food.

Chicken £8.40 Lamb £8.70

COWAN’S MURG

Chicken curry cooked with ground red chilli’s and fresh green chillies, this is our hottest curry and only for the brave.

Chicken £9.10

ਚਵਫ਼ਲਾਬਲੇ ਵੇਭੇਫ਼ਲੇ

Vegetable dishes are served as side orders but can be ordered as a main

ਭੇਭਾਫ਼ੇਫ਼ੇ

The term Bhajee describes vegetables that are stir-fried using ground coriander seeds, cumin, mustard seeds, Kashmiri chillies, turmeric and nutmeg

BRINJAL BHAJEE	SAAG ALOO BHAJEE
Cubed aubergine	Spinach and potatoes
BHINDEE BHAJEE	ALOO GOBI BHAJEE
Ladies fingers or okra	Potato and cauliflower
MUSHROOM BHAJEE	BOMBAY ALOO
Button mushrooms	Hot and spicy potatoes
SAAG BHAJEE	DAAL/TARKA DAAL
Finely chopped fresh spinach	Delicious pureed Masoor and Moong lentils with optional fried garlic (tarka). A wonderful earthy flavour.
CAULIFLOWER BHAJEE	MADRAS DAAL
Cauliflower florets	A robust, hot and spicy yellow split pea daal
VEGETABLE BHAJEE	CHANA MASSALA
Garden fresh mixed vegetables	Delicious Indian bazaar style, spicy chickpeas
CAPSICUM BHAJEE	VEGETABLE CURRY
Green peppers	Assorted vegetables in mild curry sauce
ALOO PEAS BHAJEE	
Sautéed potatoes and peas	

Side Order £5.10 Main Dish £7.40

ਪਾਨੇਫ਼ਰ ਵੇਭੇਫ਼ਲੇ

Paneer is a delicious mild fresh cheese that’s made with curdled milk and is popular through out the Indian sub-continent. All the paneer served in Paradise are made daily by our own chefs.

SAAG PANEER
a combination of creamed spinach and paneer flavoured with mild spices
MATTAR PANEER
fresh garden peas with paneer in a fine coriander and cream sauce
PANEER MAKKHANI
Paneer in a gentle blend of cultured yoghurt, cream, ghee, coconut, garam massala and nutmeg

Side Order £5.80 Main Dish £7.90

ਬਿਰਯਾਨੀ

Biryani is one of our most elaborate rice dishes with Moghul origins and is generally served during banquets and feast. Your choice of lamb, chicken, prawn, king prawns, vegetables and Basmati rice cooked in a sealed copper pot, flavoured with cardomon, cinnamon and exotic spices. (All Biryani`s are accompanied by a vegetable sauce.)

Chicken £13.70	Chicken Tikka £15.00	Lamb £14.70
Vegetable £11.40		
Prawn £15.00	King Prawn £19.70	
EDMOND’S BIRYANI		
A vegetarian biryani inspired by journalist David Edmond from his travels in India. The Edmond’s biryani has a combination of fresh mixed vegetable cooked with chick peas and garnished with sautéed aubergine.		
£14.50		

ਭੇਭਾਫ਼ੇ ਜੇਹਾਨ ਬਿਰਯਾਨੀ

Named after the Moghul Emperor Shah Jahan, an exquisite blend of tender lamb marinated in yoghurt and mint, cooked with basmati rice and garnished with sultanas and almond

£15.90



ਰੋਟੇ ਫ਼ ਬਰੇਫ਼ਾਫ਼ੇ

Pilau Rice fragrant fluffy fried basmati rice £3.90	Plain Rice steamed Patna rice £3.10
Special Pilau Rice, basmati rice, fried with peas and eggs £5.10	Mushroom Rice sautéed mushroom and fried basmati rice £5.10
Naan is a leavened flat bread shaped like a teardrop. The Naan is stuck to the walls of the Tandoor to bake and is delicious to eat with curries and Tandoori dishes.	Stuffed Paratha stuffed with lighty spiced vegetables £3.80
Naan £2.80	Egg Paratha with an egg topping £3.90
Peswari Naan stuffed with coconut and almonds £4.50	Tandoori Roti flat whole wheat bread cooked in the Tandoor £2.80
Keema Naan with mince lamb stuffing £4.30	Puri deep-fried puffy bread, they are crispy soft and can be eaten with all Indian meals £2.45
Kulcha Naan lightly spiced mash potato and vegetables stuffed naan £4.30	Chapati thin soft whole wheat bread cooked in tawa £2.45
Garlic Naan with a garlic topping £4.30	
Paratha delicious whole-wheat flaky bread, fried in ghee cooked in a tawa (concave cast-iron plate) £3.70	

ਭੁਪਾਨੇਰੋਫ਼ਲੇ

Papadum deep-fried wafer crisp £0.90	Dhai thick natural yoghurt £2.60
Massala Papadum dry roasted spicy wafer crisp £0.90	Spooner Raita, named after a friend of Paradise, a refreshing blend of yoghurt and pineapple £4.90
Chutneys, Pickles and Onion Salad (per person) £0.90	Arnold’s pickle - a smokey flavoured, very hot naga chilli pickle £1.20
Cucumber Raita a cool blend of yoghurt and cucumber £4.10	

Due to the presence of nuts in some of our dishes, we cannot guarantee the absence of nut traces in our menu items. Please inform the manager if you have any other special dietary requirements. All prices are inclusive of VAT. A minimum of £10 per person. The management reserve the right to refuse service in any circumstances.



H A M P S T E A D
EST. 1969

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