

Sundries

STEAMED RICE	£2.45	GARLIC NAN	£2.65
PILAU RICE	£2.65	CHEESE NAN	£2.65
LEMON RICE	£3.35	PARATHA	£2.45
ONION FRIED RICE	£3.35	STUFFED PARATHA	£2.95
SPECIAL FRIED RICE	£3.35	CHAPATHI	£1.75
MUSHROOM FRIED RICE	£3.35	PLAIN PAPADOM	£0.70
VEGETABLE FRIED RICE	£3.35	MASSALA PAPADOM	£0.70
CHICKEN FRIED RICE	£3.75	MANGO CHUTNEY / LIME PICKLE	£0.70
PLAIN NAN	£2.25	ONION SALAD	£0.70
TANDOORI ROTI	£2.55	YOGHURT (RAITHA)	£1.45
KEEMA NAN	£2.65	CUCUMBER RAITHA	£1.75
PESHWARI NAN	£2.65		

Sunday Buffet

12 noon - 3.00pm

EAT AS MUCH AS YOU LIKE!!!

Enjoy a Sumptuous Feast with a large selection of Assorted Salads, Starters & Main Courses

Kids eat for £1.00

(140cm | 4'7" height restriction applies)

Adult £9.95 | Children under 12 £4.95
under 5's free



Gift Vouchers



Treat your family to a special night out with our **Cafe Massala Gift Vouchers.**

Available in £5 and £10 Vouchers.

Allergy Awareness

The 14 Allergens

Celery (All Curries)

This includes celery stalks, leaves and seeds and celeriac. It is often found in celery salt, salads, some meat products, soups and stock cubes.

Gluten (Nan, Puri, somosa, Chapati, Roti)

This includes wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats. It is often found in foods containing flour, such as some baking powders, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and foods dusted with flour. The cereal will need to be declared. However, it is up to you if you want to declare the presence of gluten with this.

Crustaceans (All prawn, fish, crab & king prawn dishes)

This includes crabs, lobster, prawns and scampi. It is often used in shrimp paste used in Thai curries or salads.

Eggs (Biryani's, onion bhajis, nan, special rice, egg rice)

This is often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and foods brushed or glazed with egg

Fish (All fish dishes)

This is often found in some fish sauces, pizzas, relishes, salad dressings, stock cubes and in Worcestershire sauce.

Nuts (Used in all mild dishes, silsila cafe bagari gosht, biryani)

This includes almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia or Queensland nuts. These can be found in breads, biscuits, crackers, desserts, ice cream, marzipan (almond paste), nut oils and sauces. Ground, crushed or flaked almonds are often used in Asian dishes such as curries or stir fries.

Lupin

This includes lupin seeds and flour, and can be found in some types of bread, pastries and pasta.

Milk (Nan, yoghurt, tea)

This is found in butter, cheese, cream, milk powders and yoghurt. It is often used in foods glazed with milk, powdered soups and sauces.

Mustard (Used in all tandoori dishes and xacuti chicken)

This includes liquid mustard, mustard powder and mustard seeds. It is often found in breads, curries, marinades, meat products, salad dressing, sauces and soups.

Peanuts (Trace can be found in the above)

This can be found in biscuits, cakes, curries, desserts and sauces such as for satay. It is also found in groundnut oil and peanut flour.

Sesame seeds (Nan bread)

This can be found in bread, breadsticks, houmous, sesame oil and tahini (sesame paste).

Soya (Medium dishes, egg rice, mushroom rice)

This can be found in beancurd, edamame beans, miso paste, textured soya protein, soya flour or tofu. It is often used in some desserts, ice cream, meat products, sauces and vegetarian products.

Sulphur dioxide

This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in wine and beer.

Aubergine (Brinjal bhaji)

Itchy skin or mouth, mild headache, and stomach upset after handling or eating eggplant

We can not guarantee 100% that there will be no traces of nuts.
For further into allergies relations to curries please ask management

The Expert on the Healthier Option.

Our food is free from preservatives | No food colouring (Excluding Chicken Tikka Massala)
100% Pure Vegetable & Mustard Oil used | 100% Cholesterol free Oil and Ghee | 98% Gluten free
Fresh produce, meat & poultry sourced locally.

Sponsored by Food Standards Agency.

Awarded by: The Good Curry & Chef of the year 2002/2003.

National Curry Chef

Chartered Institute of Environmental Health 2002/2003

We would like to remind our patrons that smart dress is requested when dining in the restaurant.
The management reserves the right not to serve if one behaves in a disorderly manner.
The management reserves the right to provide no reason for refusal of service.
We reserve the right to change price at any time, without prior notice.

OPEN 7 DAYS A WEEK (including Bank holidays)

Sunday 12 noon to 3.00pm, Monday to Thursday 12 noon to 2.30pm & 5.30pm to 11.00pm
Friday & Saturday 12 noon to 2.30pm & 5.00pm to 12 midnight



Tel: 01787 378658 | 01787 378535

Foundry House, Hall Street,
Long Melford, Suffolk CO10 9JR



Appetisers (Vegetarian)

ONION BHAJEE	£3.25
VEGETABLE SAMOSA	£3.25
ALOO PAKORA	£3.25
ALOO CHAT PUREE	£4.25

Appetisers (Non vegetarian)

MIXED PLATTER	£5.45
TANDOORI CHICKEN	£3.95
CHICKEN TIKKA OR LAMB	£3.95
SHEEK KEBAB	£3.95
RESHMI KEBAB	£3.95
CHICKEN PAKORA	£3.95
CHICKEN CHAT PUREE	£4.45
CHICKEN MOMO	£4.45
<i>Shreaded chicken wrappen in puree</i>	
MEAT SOMASA	£3.45

Appetisers (Seafood)

TANDOORI FISH TIKKA	£5.45
KING PRAWN BUTTERFLY	£4.95
TANDOORI KING PRAWN	£5.45
KING PRAWN PUREE	£5.45
PRAWN PUREE	£4.75
PRAWN COCKTAIL	£3.95
CRAB CAKE	£5.45
<i>Medium spiced with spicy tomato sauce</i>	

Tandoori Specialities

Tandoori dishes are marinated in a tandoori massala sauce and grilled in our traditional clay oven. All the dishes below include a salad & mint sauce.

CHICKEN TANDOORI (half)	£7.95
CHICKEN OR LAMB TIKKA	£7.95
CHICKEN OR LAMB SHASHLICK	£9.45
TANDOORI MIXED GRILL	£9.95
<i>(includes nan bread)</i>	
TANDOORI KING PRAWN	£11.95
FISH SHASHLICK	£11.95

Bangladeshi Dishes

BENGAL FISH MASSALA	£10.95
<i>Marinated for several hours then cooked in freshly made coriander sauce with tomatoes, ginger root, red pepper, chilli, lemon sauce</i>	
BENGAL FISH JALFREZI (Fairly hot)	£10.95
<i>Fish battered and cooked with green chilli, onion and tomato</i>	

Specialities

NAWABI LAMB	£11.95
<i>Lamb shank roasted slowly - served in a medium spiced sauce</i>	
RAJASTANI KING PRAWN	£13.95
<i>Highly spiced king prawn cooked with lamb mince, onions, capsicum, tomatoes, selected herbs and spices</i>	
GREEN CHICKEN CHILLI MASSALA (Hot)	£8.95
<i>Pieces of chicken cooked with oriental spices, fresh green chillies - highly flavoured - medium or hot</i>	
CHICKEN OR LAMB ACHAR (Hot)	£8.95
<i>Chargrilled and tossed in a special tamarind sauce</i>	

Napalease Dishes (mild)

KUKU COCO PAKA	£8.95
<i>A superb Nepali dish prepared with tender chicken cooked in baby coconut juice with pulp, coconut cream, fresh cream, almond powder and served with coconut milk on top</i>	
BUTTER MURGH	£8.95
<i>chicken marinated with ginger, garlic and yoghurt, served in a creamy butter sauce</i>	
CHICKEN / LAMB PASSANDA	£8.95
<i>Thin slices of lamb or chicken marinated in spices and herbs, simmered in a rich creamy sauce with nuts</i>	
CHICKEN OR LAMB MAKHANI	£8.95
<i>Cooked with rich cream sauce and bananas with nuts, Highly flavoured</i>	
KING PRAWN MAKHANI	£12.95

Haryali Dishes (mild)

Creamy dish with ginger, almonds and spinach

HARYALI CHICKEN OR LAMB	£8.95
HARYALI KING PRAWN	£12.95

Malaysian Dishes (mild)

The following dishes are cooked with fruits and mild creamy thick sauce

VEGETABLE MIXED FRUITS	£7.45
CHICKEN TIKKA MIXED FRUITS	£8.95
LAMB TIKKA MIXED FRUITS	£8.95
KING PRAWN MIXED FRUITS	£12.95

Sri Lankan Dishes (fairly hot)

VEGETABLE JALFREZI	£7.45
CHICKEN TIKKA JALFREZI	£8.95
LAMB TIKKA JALFREZI	£8.95
KING PRAWN JALFREZI	£12.95
CHICKEN CHILLI MASSALA (Hot)	£8.95
LAMB CHILLI MASSALA (Hot)	£8.95

Chefs Specials

CHICKEN TIKKA MASSALA (Mild)	£8.95
LAMB TIKKA MASSALA (Mild)	£8.95
TANDOORI KING PRAWN MASSALA	£12.95
TANDOORI MIXED GRILL BHUNA (medium)	£11.95
TANDOORI MIXED GRILL MASSALA (med-mild)	£12.95
CHICKEN SHASHLICK BHUNA	£10.95
<i>Marinated pieces of chicken with green pepper, onion and tomato, chargrilled and tossed in a medium special sauce</i>	
CHICKEN SHASHLICK MASSALA	£10.95
<i>Marinated pieces of chicken with green pepper, onion and tomato, chargrilled and tossed in a mild creamy sauce</i>	
CHICKEN CHAT MASSALA	£8.95
<i>Special chat massala sauce with tomato & cucumber</i>	
KAHSMIRI METHI (Chicken or lamb)	£8.95
<i>New Indian noble dish cooked with onions, fenugreek and exotic fresh Indian herbs paneer and spinach, (mild to med).</i>	
SILSILA CAFE MASSALA	£8.95
<i>(Chicken or lamb) New Indian noble dish cooked with onions and exotic fresh Indian herbs, (mild to med).</i>	

Indian Dishes

XACUTI CHICKEN (Medium Hot) £11.95

A south Indian chicken dish of whole chicken breast stuffed with mince and spinach which is highly spiced and fairly hot, prepared using coconut making it typical a goan speciality

KALI MIRCH (Hot) £8.95

An unusual yet delightful combination of diced chicken with roasted groundpeppercorn. A hot spicy goan dish much admired

BAGARI GUSTH (Medium) £9.95

A Hyderabad recipe cooked in specially made spicy and fairly hot pink nut sauce

CHICKEN PARDANASHIN (Medium) £10.95

Breast of chicken cooked with coconut, herbs and spices.

GOLDA CHINGRI PARDANASHIN £13.95

A typical goan style. This coconut flavoured pardanashin features giant prawns

SPECIAL NAGA (Chicken or lamb) (Hot) £9.95

Special Bangladeshi green naga chilli cooked with garlic, ginger, onions, tomatoes and green pepper in very thick sauce (fairly hot)

SPECIAL KING PRAWN NAGA MASSALA(Hot) £13.95

Karai Dishes (medium)

All dishes are medium hot, curried with rich spices and cooked in a special pot

VEGETABLE GARLIC KARAI £7.45

CHICKEN OR LAMB TIKKA KARAI £8.95

CHICKEN OR LAMB GARLIC KARAI £8.95

KING PRAWN KARAI £10.95

KING PRAWN GARLIC KARAI £11.45

New Dishes

ANAROSHI CHICKEN £9.95

Tandoori tikka cooked with garlic, tomato, fresh pineapple, and fresh coriander

MALWA LAMB OR CHICKEN £9.95

Marinated and cooked in a sweet & mild mango sauce with cream

SPECIAL MURGH MASSALA £12.95

Half a tandoori chicken on the bone, cooked with mince and peas in chef's special medium spice sauce

Karachi Balti Dishes (medium)

Our master chef will prepare and present the best Indian and balti cuisine.

All dishes are cooked with special spices, tomatoes and coriander.

Most dishes are prepared medium hot to suit you. Served with nan

VEGETABLE BALTI £8.45

CHICKEN OR LAMB TIKKA BALTI £9.45

TANDOORI KING PRAWN BALTI £12.95

PRAWN BALTI £9.95

Biryani Dishes

(Served with curry sauce) medium

SPECIAL MIXED BIRYANI £11.95

VEGETABLE BIRYANI £7.95

CHICKEN OR LAMB BIRYANI £9.45

TIKKA BIRYANI (CHICKEN OR LAMB) £10.45

TANDOORI CHICKEN BIRYANI £10.45

PRAWN BIRYANI £9.95

KING PRAWN BIRYANI £11.95

Persian Dishes (fairly hot)

Served with pilau rice

Pathia: Thick sauce with coconut, sweet & sour fairly hot

Dansak: Sweet and sour sauce with lentils, fairly hot

VEGETABLE DANSAK £8.45

CHICKEN OR LAMB DANSAK £9.45

CHICKEN TIKKA DANSAK £10.45

PRAWN DANSAK £10.95

KING PRAWN DANSAK £12.95

VEGETABLE PATHIA £8.45

CHICKEN OR LAMB PATHIA £9.45

PRAWN PATHIA £10.95

KING PRAWN PATHIA £13.95

Curry Dishes

CHICKEN OR LAMB CURRY £6.95

CHICKEN OR LAMB MADRAS £6.95

CHICKEN OR LAMB VINDALOO £6.95

CHICKEN OR LAMB BHUNA £7.45

CHICKEN OR LAMB DUPIAZA £7.45

CHICKEN OR LAMB ROGAN £7.45

CHICKEN OR LAMB METHI £7.45

CHICKEN OR LAMB KORMA £7.45

PRAWN CURRY £7.45

PRAWN MADRAS £7.45

PRAWN VINDALOO £7.45

PRAWN BHUNA £7.95

PRAWN DUPIAZA £7.95

PRAWN ROGAN £7.95

PRAWN KORMA £7.95

KING PRAWN CURRY £9.45

KING PRAWN MADRAS £9.45

KING PRAWN VINDALOO £9.45

KING PRAWN BHUNA £9.95

KING PRAWN DUPIAZA £9.95

KING PRAWN ROGAN £9.95

KING PRAWN KURMA £9.95

Vegetable Side Dishes

MIXED VEGETABLE CURRY £3.75

NIRAMISH (DRY VEGETABLE) £3.75

BOMBAY POTATOES £3.75

MUSHROOM BHAJI £3.75

CAULIFLOWER BHAJI £3.75

SAG BHAJI £3.75

SAG ALOO £3.75

ALOO GOBI £3.75

CHANA MASSALA (Chick peas) £3.75

BRINJAL BHAJI (Aubergine) £3.75

BHINDI BHAJI (Okra) £3.75

TARKA DALL £3.75

SAG PANIR £3.75

(Spinach with cheese & cream)

MOTOR PANIR £3.75

(peas with cheese and cream)