

TRADITIONAL DISHES

All these dishes can be prepared with:

CHICKEN / LAMB	£9.99	CHICKEN TIKKA	£10.99
VEGETABLE	£8.99	LAMB TIKKA	£10.99
PRAWN	£9.99	KING PRAWN	£13.99

CURRY

Traditional medium/mild sauce, seasoned with various spices.

MADRAS

South Indian dish, strong spices to give a rich taste, nice & hot.

VINDALOO

Very hot with potatoes.

BHUNA

Gently spiced with a touch of our secret blend of garam masala.

PATHIA

Hot, sweet and sour with a thick tomato and onion sauce.

DUPIAZA

Medium dish, spiced tarka, garnished with capsicum & onions.

DHANSAK

A Parsi dish. Hot, sweet and sour cooked with split lentils.

ROGAN JOSH

Sliced tomatoes in a gently spiced sauce.

KORMA

A very mild dish cooked in a rich sauce with coconut & fresh cream.

BOMBAY

Cooked with egg and potato in a medium spiced sauce.

FRESH VEGETABLE DISHES

	Side	Main
MIXED VEGETABLE CURRY	£6.99	£8.99
MUSHROOM BHAJI	£6.99	£8.99
TARKA DALL	£6.99	£8.99
BRINJAL BHAJI	£6.99	£8.99
CHANA BHAJI	£6.99	£8.99
SAG BHAJI	£6.99	£8.99
NIRAMISH	£6.99	£8.99
BOMBAY ALOO	£6.99	£8.99
CAULIFLOWER BHAJI	£6.99	£8.99
BHINDI BHAJI	£6.99	£8.99
ALOO CHANA	£6.99	£8.99
ALOO GHOBI	£6.99	£8.99
SAG ALOO	£6.99	£8.99
VEGETABLE BAKARA	£6.99	£8.99
SAG PANEER	£7.99	£9.99
MOTOR PANEER	£7.99	£9.99

RICE

STEAMED RICE	£4.49
PILAU RICE	£4.49
MUSHROOM RICE	£5.49
GARLIC RICE	£5.49
EGG RICE	£5.49
SPECIAL RICE	£5.49
COCONUT RICE	£5.49
LEMON RICE	£5.49

SUNDRIES

PLAIN NAN	£3.49	CHAPATI	£2.49
KEEMA NAN	£4.49	MIXED RAITHA	£2.99
CHEESE NAN	£4.49	PAPADOM	£0.90
PESHWARI NAN	£4.49	MASALA PAPADOM	£0.90
GARLIC NAN	£4.49	CHUTNEY TRAY	£2.99
CHEESE & GARLIC NAN	£4.49	CHUTNEY/RELISH	£0.80
PARATHA	£3.49	CHIPS	£2.99

COMMUNITY

Proud Sponsors of Byrne Black Belt Academy.

Proud Sponsors of St. Columb Major AFC.

Proud Sponsors of Cornwall Air Ambulance.

Education Partners with Local Primary Schools.

BCA Chef Of The Year Award.

Donated over 4500 meals
during Covid Lockdowns

Mayors Commendment Award.

Cornwall & Devon Police
Covid-19 Hero's Award.

Interviewed on BBC News.

Currylife Award - Editors Choice

Selection of soft drinks available, please enquire.

Plastic plates and cutlery available on request.

We use vegetable cooking oil that contain
genetically modified ingredients

All Poultry, meat and seafood are of premium quality
and fresh ingredients are locally sourced

ALLERGY NOTICE

If you have any food allergies, please inform our staff



Delivery Charge Applicable | Menu; V5



Eat in | Takeaway | Catering

Telephone:

01637 871 010

01637 499 006

**DELIVERY SERVICE AVAILABLE
TO HOME AND CAMP SITES**



OPENING TIME

5:00pm to 10:30pm

Open 7 Days a Week

07494 44 44 14

(24 hours text bookings or enquiries)

**142 Henver Road, Newquay,
Cornwall TR7 3EQ**

www.zamansrestaurant.co.uk

STARTERS

ONION BHAJI	£4.49
GARLIC MUSHROOM	£4.49
SOMOSA <i>Meat or Veg.</i>	£4.49
MUSHROOM PAKORA	£4.49
CHICKEN PAKORA	£5.49
SHEEK OR SHAMI KEBAB	£5.49
CHICKEN OR LAMB TIKKA	£5.49
PRAWN PURI	£5.49
CHICKEN CHAT PURI	£5.49
SPECIAL TANDOORI MIX	£6.49
BUFFALO WINGS	£6.49
KING PRAWN PURI	£7.49

ZAMAN'S TANDOORI

By ordering a Tandoori dish you may ask the question, what is a Tandoori?

A Tandoori is a clay oven made from a very special clay imported from Punjab region of India and assembled in the UK. All food is cooked and grilled over charcoal fire in the Tandoori. Practically no fat is used to cook any Tandoori dishes, so a gift to weight watchers.

TANDOORI CHICKEN (Half)	£8.99
SHEEK KEBAB	£8.99
CHICKEN OR LAMB TIKKA	£8.99
TANDOORI FISH	£10.99
CHICKEN OR LAMB SHASHLIK	£10.99
LAMB CHOPS	£12.99
TANDOORI MIXED GRILL	£13.99
TANDOORI KING PRAWN	£14.99
ZAMANS PLATTER FOR 2	£24.99

ZAMAN'S BALTI

Served with a Plain Nan Bread.

CHICKEN OR LAMB	£11.99
CHICKEN OR LAMB TIKKA	£12.99
VEGETABLE	£10.99
SPECIAL MIXED	£12.99
KING PRAWN	£15.99

INTRODUCING...

Azhari	£11.99
<i>Chicken or lamb cooked with grilled onion, peppers & caramelised onions in a medium sweet chilli & garlic sauce</i>	

ZAMAN'S SPECIALITIES

ZAMAN'S MULTANI	£10.99
<i>Highly flavoured bbq chicken, with garlic coriander & oriental spices.</i>	
ZAMAN'S CHAMATKAR	£10.99
<i>Char grilled breast pieces of chicken cooked with minced lamb in special herbs and spices.</i>	
SHO-COO-TEE	£10.99
<i>Exotic curry of Goa, tender chicken cooked to perfection, spicy but not hot.</i>	
CHICKEN OR LAMB PASSANDA	£10.99
<i>Mildly cooked with fresh spice, coconut and mild cream blend.</i>	
CHICKEN TIKKA MASSALA	£10.99
<i>Cooked in our house special masala sauce.</i>	
KORAHİ CHICKEN OR LAMB	£10.99
<i>Spiced with capsicum & onions tossed with herbs in an iron pan.</i>	
ROSHUNI CHICKEN, LAMB OR PRAWN	£10.99
<i>Cooked with fresh garlic and herbs.</i>	
CHICKEN TIKKA REZALA	£10.99
<i>With green chillies, capsicum & tomatoes and thick yogurt sauce.</i>	
CHICKEN & MUSHROOM TIKKA RIZOTI	£10.99
<i>Cooked with fresh spices and garnished with mushrooms.</i>	
LAMB LAZIZ	£10.99
<i>Slow cooked lamb cooked in minced lamb flavoured by mimbrum.</i>	
BUTTER CHICKEN	£10.99
<i>Aromatic blend with a thick butter sauce.</i>	
SPECIAL CHICKEN OR LAMB TAWA	£10.99
<i>Grilled green peppers, onions and tomatoes in a spicy sauce.</i>	
CHICKEN GASTOBA	£10.99
<i>Fairly hot with thick sauce.</i>	
SPECIAL CHICKEN, LAMB OR PRAWN PALAK	£10.99
<i>Cooked with highly flavoured Indian spinach.</i>	
CHICKEN OR LAMB DIL JOLE	£10.99
<i>Full Flavour of Bengal Naga uniquely hot and exquisite flavour.</i>	
SHATKORA CHICKEN OR LAMB	£10.99
<i>Bangladeshi lime zest, medium and aromatic.</i>	
ZAMAN'S CHANGASI	£10.99
<i>Chicken or lamb cooked in Zaman's spiced special garlic sauce.</i>	
KING PRAWN CHANGASI	£14.99
<i>King prawns cooked in Zaman's spiced special garlic.</i>	

ZAMAN'S JALFREZI

Unmissable, hot and spicy, cooked in white vinegar, ginger, green chillies and peppers.

CHICKEN, LAMB OR PRAWN	£10.99
CHICKEN OR LAMB TIKKA	£11.99
KING PRAWN	£14.99

ZAMAN'S BIRYANI

Cooked with Basmati rice, fried with spiced chicken, lamb or prawn, garnished with salad and egg, served with vegetable curry.

CHICKEN, LAMB OR PRAWN	£11.99
CHICKEN OR LAMB TIKKA	£12.99
VEGETABLE	£10.99
ZAMAN'S SPECIAL MIX	£12.99
KING PRAWN	£15.99

VEGETARIAN MAIN DISHES

KORAHİ VEGETABLE	£8.99
VEGETABLE MASSALA	£8.99
VEGETABLE CHANGASI	£8.99
VEGETABLE KORMA	£8.99
VEGETABLE JALFREZI	£8.99
VEGETABLE KUFTA	£8.99
CHILLI PANEER	£9.99
PANEER MASSALA	£9.99

SEAFOOD SPECIALITIES

SAFFRON SHAGUNDA	£12.99
<i>Fish of Bengal, marinated and cooked in Zaman's special creamy and caramelised onion recipe.</i>	
SPECIAL FISH TAWA	£12.99
<i>Grilled in tandoori spices with onion, peppers and tomatoes cooked in a spicy tangy sauce.</i>	
SPECIAL FISH JALFREZI	£12.99
<i>Hot & spicy, cooked in wine vinegar, ginger, green chillies & peppers.</i>	
IMLI MAAS	£12.99
<i>Fish in mustard, honey and dill marinade, tandoor grilled further cooked with sweet mango, tangy tamarind, garlic and coriander.</i>	
TANDOORI KING PRAWN MASALA	£14.99
<i>Grilled king prawns cooked in our house special masala sauce.</i>	