

## Traditional Dishes Cont.

<b>Shatkora</b> Citrus macroptera cooked with various spices in a tangy sauce with medium heat.	<b>£6.20+</b>
<b>Chameli Special</b> A medium dish in a rich sauce with chick peas, green peas, mushroom, garlic and coriander.	<b>£6.20+</b>
<b>Methi</b> A traditional home style dish with fresh fenugreek and hints of garlic in a simple but delicious sauce.	<b>£6.20+</b>
<b>Sagwala</b> A spinach based dry style curry dish stir fried with garlic.	<b>£6.20+</b>
<b>Dansak</b> A fairly hot, sweet & sour dish cooked with lentils base.	<b>£7.95+</b>
<b>Patia</b> A sweet/sour /hot dish cooked with sugar cane syrup.	<b>£7.95+</b>

## Biriyani

*An aromatic rice dish where long grains of basmati pilau rice are stir fried with various accompaniments using light mixed spices including turmeric, garam masala and Indian seasoning. Served with a mixed vegetable sauce*

<b>Chicken Biriyani</b>	<b>£10.00</b>
<b>Chicken Tikka Biriyani</b>	<b>£11.50</b>
<b>Lamb Biriyani</b>	<b>£11.50</b>
<b>Lamb Tikka Biriyani</b>	<b>£12.95</b>
<b>King Prawn Biriyani</b>	<b>£14.95</b>
<b>Prawn Biriyani</b>	<b>£10.50</b>
<b>Garden Vegetables Biriyani</b>	<b>£9.95</b>
<b>Mixed Biriyani</b> Chicken, lamb and Prawn	<b>£14.95</b>

## Vegetable Side Dish

*Our fresh vegetables are cooked to the crunch if you would like it well done please tell a member of staff when ordering.*

<b>Mixed Vegetable Bhaji</b> Seasonal vegetables stir fried with fresh garlic, onion and coriander.	<b>£4.50</b>
<b>Mushroom Bhaji</b> Baby button mushroom tossed in garlic, onion and coriander.	<b>£4.50</b>
<b>Cauliflower Bhaji</b> Oven cooked with coriander seeds, cumin seed, a touch of turmeric and then tossed with onion and coriander.	<b>£4.50</b>
<b>Mixed Chana Bhaji</b> Mixed chickpeas cooked with chatpoti spice and coriander.	<b>£4.50</b>
<b>Sag Bhaji</b> Palak is cooked with garlic, ginger and fresh coriander.	<b>£4.50</b>
<b>Bhindi Bhaji</b> Fresh raw lady fingers tossed with turmeric and curry leaf.	<b>£4.50</b>
<b>Baby Brinjal Bhaji</b> Baby aubergine cooked with vegetable oil, and then stir fried with garlic.	<b>£4.50</b>
<b>Tarka Dhal</b> Mixture of lentil soaked in water for 6 hours before pressure cooked with onion, turmeric then garnished with garlic and coriander.	<b>£4.50</b>
<b>New Baby Potato Bhaji</b> Roasted in the oven with clove, fennel, coriander, cumin, salt, olive oil and then slow cooked with vine tomatoes.	<b>£4.50</b>
<b>Hari Pyazi</b> Baby potato with spring onion pan fried.	<b>£4.50</b>
<b>Aloo Gobi</b> Baby potato and cauliflower tossed with coriander, tomatoes, mixed spice made in house.	<b>£4.50</b>
<b>Sag Gobi</b> Spinach tossed with garlic and cauliflower.	<b>£4.95</b>
<b>Aloo Baigan</b> Baby aubergine with baby potato with spring onion with a hint of garam masala.	<b>£4.95</b>

## Vegetable Side Dish Cont.

<b>Masala Dhal</b> Lentil and chickpeas cooked together with green chilli, tossed with ginger and garnished with coriander.	<b>£4.95</b>
<b>Mutter Paneer</b> Homemade paneer cheese with garden peas cooked with rich creamy sauce.	<b>£4.95</b>
<b>Saag Paneer</b> Homemade paneer cooked with baby spinach with hint spicy rich masala and creamy sauce.	<b>£4.95</b>
<b>Vegetable Curry</b> Seasonal vegetables cooked with curry sauce lightly spiced.	<b>£4.95</b>
<b>Saag Aloo</b> Baby spinach mixed with baby potato cooked caramelised onion and coriander.	<b>£4.95</b>
<b>Mushroom Mutter</b> Mushroom and garden peas cooked with lightly spiced.	<b>£4.95</b>
<b>Sag Dhal</b> Tarka dhal cooked with baby spinach.	<b>£4.95</b>

## Rice

<b>Steamed White Rice</b>	<b>£3.50</b>
<b>Basmati Pilau Rice</b> Rice cooked with caramelised onion and cumin seed garlic and ginger and turmeric and coriander powder.	<b>£4.00</b>
<b>Coconut Rice</b> Boiled rice cooked with coconut oil, coconut slices and grated coconut.	<b>£4.95</b>
<b>Mushroom Pilau Rice</b> Button mushroom tossed with onion and pinch of salt mixed with rice.	<b>£4.95</b>
<b>Boiled Egg Rice</b> Sliced boiled egg cooked spring onion pinch of salt and rice.	<b>£4.95</b>
<b>Lemon Rice</b> Boiled rice cooked with lemon / lime zest and coriander.	<b>£4.95</b>
<b>Garlic Rice</b> Finely diced garlic cooked with olive oil and boiled rice.	<b>£4.95</b>
<b>Onion Rice</b> Chopped onion, spring onion, cooked with boiled rice and crispy fried onion.	<b>£4.95</b>
<b>Keema Rice</b> With minced lamb.	<b>£4.95</b>
<b>Special Fried Rice</b> Garden peas / boiled eggs and spring onion tossed with rice.	<b>£4.95</b>
<b>Aamnah's Rice</b> Prawns / Mushroom / Green Peas and Egg cooked bell peppers with pilau rice finished with coriander.	<b>£5.95</b>

## Breads

*We use good quality charcoal for our tandoor so the naan are super soft and fresh tasting.*

<b>Plain Naan</b>	<b>£3.50</b>
<b>Peshwari Naan</b> Fresh coconut mashed with mango and honey.	<b>£3.95</b>
<b>Keema Naan</b> Lightly spiced with coriander, garam masala, ginger and mixed spice.	<b>£3.95</b>
<b>Garlic Naan</b> Fresh garlic	<b>£3.95</b>
<b>Chilli Naan</b> Finely chopped green chilli and red chilli flakes.	<b>£3.95</b>
<b>Cheese Naan</b> Mozzarella and cheddar cheese stuffed inside the naan.	<b>£3.95</b>
<b>Chapati</b>	<b>£1.95</b>
<b>Puri Thin Deep Fried</b>	<b>£2.25</b>
<b>Tandoor Roti</b>	<b>£3.50</b>
<b>Paratha Plain</b>	<b>£3.75</b>
<b>Vegetable Stuffed Paratha</b>	<b>£3.95</b>
<b>Chips</b>	<b>£3.95</b>



# aamnah's

INDIAN KITCHEN | WEST TOTTON

**02380 192 250**

**www.aamnahs.co.uk**

**m.07796103081**

**Opening Times:**

**Open 7 days a week**

**4.30pm till 10.00pm**

**Find us at:**

**3 Watson Walk, Totton, Hampshire, SO40 8JT**

**20% DISCOUNT FOR ALL**

**NHS WORKERS/FIRE SERVICE'S/PARAMEDICS  
HAMPSHIRE CONSTABULARY/ARMED FORCES  
SCHOOL TEACHERS**

**15% DISCOUNT  
FOR PEOPLE WITH A**



**Discounts Valid on Sunday to Thursday**

Discount is only available when ordering for collection only and cash payment with a valid form of ID to verify employment.

Not valid Friday, Saturday or bank holiday weekends.

Not valid with any other offer.

Terms and conditions apply. Please ask for details.





## Starters

<b>Plain or Spicy Poppadoms</b>	<b>£0.80</b>
<b>Pickles - Per Dip</b>	<b>£1.00</b>
Choice of sauces: mint/mango/lime/chopped onion/spicy plum	

## Signature Starters

<b>Aamnah's Platter</b>	<b>£12.95</b>
Consists of lamb chops, makhani chicken, salmon tikka and potato cake.	
<b>Mixed Meat Platter</b>	<b>£11.95</b>
Consists of spicy minted lamb, hariyali chicken tikka, lamb shish and chicken tikka.	
<b>Mixed Sea Food Platter</b>	<b>£10.95</b>
Consists of zafrani prawns, salmon tikka, scallops and calamari chaat.	
<b>Grilled Lamb</b>	<b>£6.95</b>
Tender lamb chops with clove, mace, crushed green chillies and coriander.	
<b>Minted Lamb</b>	<b>£6.95</b>
Baby lamb marinated in fresh mint, garam masala with a hint of lime zest and fresh coriander.	
<b>Hariyali Chicken Tikka</b>	<b>£5.95</b>
Basil, mint, dill, thyme, ginger, green chilli and coriander marinated chicken.	
<b>Chilli Panir</b>	<b>£5.95</b>
Indian cheese (paneer) stir fry with onion, pepper and spicy chilli flake sauce.	
<b>Squid Chaat</b>	<b>£5.95</b>
Chilli fried squid, dried coriander and mint and mango chutney.	
<b>Mustard Salmon</b>	<b>£5.95</b>
Wholegrain mustard, coriander, jeera with a pinch of kali mirch and salmon grilled in the tandoor.	

## Traditional Starters

<b>Samosa (Lamb)</b>	<b>£4.25</b>
Minced lamb cooked with nutmeg, chilli flakes, green peas and coriander	
<b>Samosa (Vegetable)</b>	<b>£3.75</b>
Garden vegetables steamed then garnished with coriander seeds, pomegranate, turmeric, garlic and coriander.	
<b>Samosa (Chicken)</b>	<b>£4.00</b>
Lightly spiced chicken cooked with olive oil with corinda seeds and jeera and corinda	
<b>Onion Bhaji</b>	<b>£3.95</b>
Finely sliced onions, potato ginger mixed with chives, basil, poppy seeds, dried garlic powder, mixed spice and then deep fried	
<b>Puri Chingri</b>	<b>£4.75</b>
Prawn cooked in light spice with garlic.	
<b>King Prawn Butterfly</b>	<b>£5.95</b>
Flattened with a hint of mint and mixed spice, then coated in golden panko breadcrumbs.	
<b>Chatt</b>	Chicken, Lamb <b>£4.50</b> or Aloo (V) <b>£3.95</b>
Specially prepared sauce with a tangy twist cooked with chat masala.	
<b>Chot Poti</b>	Chicken, Lamb <b>£4.50</b> Chana <b>£3.95</b>
Cooked with a range of herbs, finely chopped green chilli, spices, diced potatoes and egg topped with fresh coriander.	
<b>Chicken Tikka</b>	<b>£4.50</b>
Marinated chicken in Indian peri peri chicken spice.	
<b>Lamb Tikka</b>	<b>£4.75</b>
Marinated in various spices for 6 hours for that special Indian BBQ flavour.	
<b>Tandoori Chicken</b>	<b>£4.95</b>
Chicken on the bone marinated for 6 hours in lime juice, garlic and ginger paste, paprika and turmeric.	
<b>Lamb Shish Kebab</b>	<b>£4.95</b>
Chunks of lamb minced with tomato, bell pepper, onion, pinch of salt to taste and then sprinkled with parsley, rosemary and a handful of coriander.	
<b>Mixed Kebab</b>	<b>£5.95</b>
Onion bhaji, chicken tikka, lamb tikka.	

## Signature Collection

<b>Bengal Fish</b>	<b>£14.95</b>
Spiced halibut, green chilli, tomato and spinach.	
<b>Chingri Masala</b>	<b>£14.95</b>
Jumbo king prawn, curry leaf, saffron and coconut milk.	
<b>Monkfish</b>	<b>£14.95</b>
Spiced marinated monkfish, chickpeas, spinach and crispy potatoes.	
<b>Garlic Chilli Murgh</b>	<b>£10.95</b>
Chicken cooked with fresh garlic, fresh mixed chillies, onion, pepper and served with spicy sauce.	
<b>Murgh Sixty5</b>	<b>£10.95</b>
Crispy chicken, onion, mustard seed, tomato and hot chilli and Garlic sauce.	
<b>Pista Badam Murgh</b>	<b>£10.95</b>
Grilled makhani chicken with pistachio, cashew nut.	
<b>Kali Mirch Murgh</b>	<b>£10.95</b>
Black pepper crusted chicken with onions, tomato, black cardamom and fennel sauce.	
<b>Garlic Chilli Lamb</b>	<b>£11.95</b>
Lamb cooked with fresh garlic, onion and pepper, served with green salad and spicy sauce.	
<b>Lala Lamb Shank</b>	<b>£16.95</b>
Slow roast lamb shank, spiced caramelised onion, tomato sauce and crushed new potatoes.	
<b>Darjeeling Lamb</b>	<b>£12.95</b>
Lamb cooked in spicy tamarind sauce and garlic pickle.	

## From the Tandoori

*All tandoori dishes are Marinated for at least 12 hours so the flavours of the spice are well mixed in with the meat all tandoor dishes are cooked in charcoal Tandoor for BBQ Grilled flavour all served with Green salad and homemade authentic dips*

<b>Chicken Tikka off the bone</b>	<b>£8.95</b>
Marinated overnight with a mixture of spice and herbs.	
<b>Lamb Tikka off the bone</b>	<b>£9.95</b>
Marinated overnight with herbs and mixed masala.	
<b>Chicken Shashlik</b>	<b>£10.95</b>
Marinated chicken overnight with a mixture of spice, herbs and then cooked with mixed peppers, onions and tomatoes.	
<b>Lamb Shashlik</b>	<b>£11.95</b>
Marinated lamb overnight with a mixture of spice, herbs and then cooked with mixed peppers, onions and tomatoes.	
<b>Tandoori King Prawns</b>	<b>£12.95</b>
Marinated lamb overnight with a mixture of spice, herbs cooked in clay oven.	
<b>King Prawn Shashlik</b>	<b>£14.95</b>
Lightly spiced king prawns with fresh lime juice, yoghurt paprika, mixed with spices cooked with chunks of tomato, mixed bell peppers and shallots.	
<b>Mixed Shashlik</b>	<b>£14.95</b>
Chicken, Lamb and Salmon cooked with skewered chunks of tomato, mixed bell peppers and shallots.	
<b>Tandoori Chicken on the bone - Half</b>	<b>£8.95</b>
Marinated overnight with a mixture of spice and herbs.	
<b>Tandoor Salmon</b>	<b>£9.95</b>
Lightly spiced with lime juice, garlic and herbs.	
<b>Tandoori Mixed Grill</b>	<b>£14.95</b>
A platter of tandoori chicken, chicken tikka, lamb tikka and shish kebab.	
<b>Hariyali Chicken Tikka</b>	<b>£9.95</b>
Chicken breast marinated in a green herb sauce made with coriander leaves, mint leaves, green chillies and cooked with fenugreek.	
<b>Grilled Lamb Chops</b>	<b>£12.95</b>
Lightly spiced with BBQ style Indian spice marinated over night.	

## Traditional Dishes

*The following dishes can be prepared using meat, seafood or vegetables. Please choose which you would prefer.*

<b>Chicken</b>	<b>£3.00</b>	<b>Garden Vegetables</b>	<b>£3.50</b>
<b>Lamb</b>	<b>£3.50</b>	<b>Poneer</b>	<b>£3.95</b>
<b>Chicken Tikka</b>	<b>£3.50</b>	<b>Fish - Choice of</b>	Salmon <b>£3.50</b>
<b>Lamb Tikka</b>	<b>£4.00</b>		Halibut <b>£4.00</b>
			Prawn <b>£3.00</b>
			King Prawn <b>£4.50</b>

## Creamy/Rich/Mild Dishes

<b>Korma</b>	<b>£5.20+</b>
A very popular mild dish cooked with fresh cream and coconut milk.	
<b>Tikka Masala</b>	<b>£5.20+</b>
Marinated in a prepared sauce of selected herbs & spices barbecued in tandoori oven & enriched with a masala spices.	
<b>Maghan</b>	<b>£5.20+</b>
Rich and creamy blend of tomatoes, mint, purified butter cooked with yogurt.	
<b>Pasanda</b>	<b>£5.75+</b>
A mild, creamy dish with a dash of wild forest berries sauce.	
<b>Kashmiri</b>	<b>£5.75+</b>
An exotic and fruity dish with banana and lychees in a thick sauce.	
<b>Malai</b>	<b>£5.75+</b>
Fresh pineapple and cooked with carnation milk.	

## Tasty/Spicy/Flavour Curries

<b>Curry</b>	<b>£4.75+</b>
Medium strength sauce ideal for beginner.	
<b>Madras</b>	<b>£5.00+</b>
A fiery dish using chilli powder bringing a spicy and fairly hot sensation.	
<b>Ceylon</b>	<b>£5.20+</b>
Desiccated coconut roasted then cooked and then sprinkled with red chilli flakes.	
<b>Vindaloo</b>	<b>£5.20+</b>
A fiery dish with a full bodied sauce of hot chilli spices, suited for those who love to try strong and hot flavours.	
<b>Naga Mirch</b>	<b>£6.20+</b>
Cooked in Bangladeshi chilli pickle with garlic.	
<b>Rogon</b>	<b>£6.20+</b>
A dish made with vine tomatoes, ginger, garlic and thick sauce.	
<b>Korai</b>	<b>£6.20+</b>
Thick sauce based sauce cooked with slices of onion and capsicum, flavoured with garlic, ginger and hint of mint with various massala	
<b>Dopiaza</b>	<b>£6.20+</b>
A dry style full bodied dish made predominantly with glazed onions mixed with spices and herbs.	
<b>Bhuna</b>	<b>£6.20+</b>
A dry clay style dish with mixed spices and onions.	
<b>Chilli Masala</b>	<b>£6.20+</b>
A spicy curry dish with fresh green chillies.	
<b>Jalfrezi</b>	<b>£6.20+</b>
A spicy dish with sauteed onions,, green chillies, capsicum and mixed herbs.	
<b>Kochi chilly</b>	<b>£6.20+</b>
Herbs and spices cooked with special garlic, green chilli.	
<b>Balti</b>	<b>£6.20+</b>
Cooked with garlic, ginger, imlee, puree capsicum, onion and coriander.	