

## SEAFOOD MAINS

Served with Plain Basmati Rice and Plain Naan • All Gluten Free

- |    |   |             |
|----|---|-------------|
| 32 | <b>Fish Masala</b><br>Fresh fish pieces cooked in a thick onion sauce with ground spices & a touch of cashew nut.                                 | <b>\$13</b> |
| 33 | <b>Fish Madras</b> ( <i>highly recommended</i> )<br>Fresh fish fillets cooked with coconut milk and a mild blend of herbs & spices.               | <b>\$13</b> |
| 34 | <b>Fish Vindaloo</b> ( <i>Hot!</i> )<br>Boneless, skinless fish fillets cooked with hot vindaloo paste in Goan style.                             | <b>\$13</b> |
| 35 | <b>King Prawn Curry</b><br>King prawns cooked with fresh coconut milk, herbs & spices for a delicate palate – a speciality dish from Maharashtra. | <b>\$13</b> |
| 36 | <b>King Prawn Saag</b> ( <i>highly recommended</i> ) (HO)<br>Fresh prawns cooked with fresh spinach & exotic spices.                              | <b>\$13</b> |
| 37 | <b>King Prawn Malabari</b><br>King prawns cooked in a creamy curry base with capsicum, tomatoes, onion & spices.                                  | <b>\$13</b> |

## BREADS

- |    |  |               |
|----|--|---------------|
| 38 | <b>Plain Naan</b> White meal flour bread   | <b>\$3.5</b>  |
| 39 | <b>Butter Naan</b> White meal flour bread with butter  | <b>\$3.5</b>  |
| 40 | <b>Garlic Naan</b> Naan with a touch of garlic   | <b>\$4</b>    |
| 41 | <b>Onion Kulcha</b> Naan stuffed with chopped onion  | <b>\$4.5</b>  |
| 42 | <b>Cheese Naan</b> Naan stuffed with tasty cheese  | <b>\$5</b>    |
| 43 | <b>Cheese Garlic Naan</b> Naan stuffed with tasty cheese & garlic  | <b>\$5.5</b>  |
| 44 | <b>Keema Naan</b> Naan stuffed with spiced lamb mince  | <b>\$5</b>    |
| 45 | <b>Chicken Tikka Naan</b> Naan stuffed with chicken mince  | <b>\$5</b>    |
| 46 | <b>Roti</b> (HO, Vegan) Whole meal flour bread   | <b>\$3.5</b>  |
| 47 | <b>Peshwari Naan</b> Naan stuffed with dried fruit & nuts ( <i>sweet</i> )   | <b>\$6</b>    |
| 48 | <b>Parantha</b> Flakey whole meal butter bread   | <b>\$4.5</b>  |
| 49 | <b>Aloo Paratha</b> Wholemeal flour bread filled with mashed potatoes, heaven spices and fresh coriander, shallow fried. | <b>\$7</b>    |
| 50 | <b>Papadom</b> (V, GF) Crispy crackers   | <b>\$0.80</b> |
| 51 | <b>Bread basket</b><br>Selection of plain Naan, garlic Naan, one stuffed Naan of your choice & Roti                      | <b>\$15</b>   |

## TANDOORI DISHES (GF)

- |    |   |             |
|----|---|-------------|
| 52 | <b>Tandoori Chicken</b> (whole)<br>Served with salad & mint sauce.  | <b>\$25</b> |
| 53 | <b>Chicken Tikka / Fish Tikka</b><br>Boneless pieces marinated in selected spices overnight & roasted in the tandoori oven. | <b>\$22</b> |

## RICE (GF)

- |    |   |              |
|----|---|--------------|
| 54 | <b>Basmati Rice</b> (HO) Boiled Indian rice.  | <b>\$4.5</b> |
| 55 | <b>Nabraton Pulao</b> (HO)<br>Saffron Basmati rice with mixed vegetables, fruit & nuts. | <b>\$8</b>   |

## RICE DISHES (GF)

- |    |  |             |
|----|--|-------------|
| 56 | <b>Chicken / Lamb / Beef Biryani</b><br>Cooked with rice & spices.                         | <b>\$15</b> |
| 57 | <b>Vegetable Biryani</b><br>Vegetables fried in saffron rice with fruit, nuts & coriander. | <b>\$14</b> |
| 58 | <b>King Prawn Biryani</b><br>King prawns cooked with rice & spices.                        | <b>\$16</b> |

## ACCOMPANIMENTS (GF)

- |    |  |              |
|----|--|--------------|
| 59 | <b>Raita</b> cool yoghurt cucumber                             | <b>\$4</b>   |
| 60 | <b>Mango chutney</b> sweet mangoes mildly spiced               | <b>\$3.5</b> |
| 61 | <b>Mixed pickles</b> selection of hot & sour pickles           | <b>\$3.5</b> |
| 62 | <b>Fresh mint chutney</b> mint leaves ground into a sauce      | <b>\$3</b>   |
| 63 | <b>Tamarind chutney</b> hot & sour mildly spiced sauce         | <b>\$3</b>   |
| 64 | <b>Banana &amp; coconut</b> bananas sliced with grated coconut | <b>\$5</b>   |
| 65 | <b>Green salad</b> chopped onion, tomato & cucumber            | <b>\$7</b>   |

## KIDS MENU

- |    |   |             |
|----|---|-------------|
| 66 | <b>Chips</b>                                      | <b>\$4</b>  |
| 67 | <b>Chicken Nuggets</b>                            | <b>\$4</b>  |
| 68 | <b>Butter / Mango Chicken</b><br>Served with rice | <b>\$10</b> |
| 69 | <b>Vanilla Ice Cream</b>                          | <b>\$8</b>  |

## DESSERTS

- |    |  |            |
|----|--|------------|
| 70 | <b>Gulab Jamun</b><br>Mixed dumplings fried in ghee until golden brown & then soaked in sugar syrup. | <b>\$7</b> |
| 71 | <b>Mango Kulfi</b><br>Reduced milk ice cream with mangos & nuts – a traditional Indian ice cream.    | <b>\$7</b> |

## DRINKS

- |    |   |              |
|----|---|--------------|
| 72 | <b>Mango Lassi</b> Yoghurt & mango flavoured makes people feel cool | <b>\$4.5</b> |
| 73 | <b>Sweet or Salted Lassi</b>  | <b>\$4</b>   |
| 74 | <b>Juice</b> Orange, Apple, Tomato                                  | <b>\$3.5</b> |
| 75 | <b>Soft Drink</b> Coke, Diet Coke, Coke Zero, Sprite or Fanta       | <b>\$2.5</b> |
| 76 | <b>Ginger Beer</b>  | <b>\$3.5</b> |
| 77 | <b>Raspberry &amp; Soda</b>   | <b>\$3.5</b> |
| 78 | <b>San Pellegrino Sparkling Mineral Water</b>                       | <b>\$5</b>   |
| 79 | <b>Chai Indian Spiced Tea</b>                                       | <b>\$4</b>   |
| 80 | <b>Tea</b> English breakfast, Earl Grey, Peppermint or Camomile     | <b>\$4</b>   |
| 81 | <b>Coffee:</b>  |              |
|    | Black \$4      Deluxe Vanilla / Cinnamon / Brown Sugar \$5          |              |
|    | White \$4      Hot Chocolate \$5                                    |              |
|    | Mocha / Chai \$4.5      Extra Shot / Soy / Large \$1 extra          |              |

Enquire about our Winelist



## LUNCH MENU

### DINE IN & TAKEAWAY

Mon-Sat, 11.30am-2.30pm

8 Bond Street, Te Aro

Ph: 04 472 0025

A/H: 021 913 033 or 021 123 8043

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www.curryheaven.co.nz

Full Licence (BYO – Wine only)

**SUPER LUNCH SPECIAL**  
YOUR CHOICE OF ANY CURRY  
WITH RICE & NAAN BREAD FROM **\$11**



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## APPETIZERS

Served with Mint / Tamarind Sauce & Salad

### VEGETARIAN

- 01 **Onion Bhaji** (GF, DF, V) \$8  
Chopped onion battered with chickpea flour & spices, deep fried until crispy.
- 02 **Vegetable Samosa** (DF, V) \$8  
Deep fried triangular pastry with spiced vegetables.
- 03 **Vegetable Pakora** (GF, DF, V) \$8  
Fresh mixed vegetables battered with chickpea flour & fried in deep oil.
- 04 **Aloo Puri** (DF, V) \$8  
Potato battered with flour & fried until crispy (From Bangladesh).

### NON VEGETARIAN

- 05 **Chicken Tikka** (GF) \$11  
Boneless chicken pieces marinated & then roasted in the tandoori oven.
- 06 **Seekh Kebab** (GF) \$11  
Spiced tender lamb mince rolls cooked in the tandoori oven.
- 07 **Chicken Wings** (GF) \$11  
Chicken wings marinated in mild spices overnight & barbecued in the tandoori oven.
- 08 **Tandoori Chicken** (GF) (half size) \$16  
Chicken pieces marinated in mild spices overnight, then roasted to perfection in the tandoor.

### CURRY HEAVEN SPECIAL

- 09 **Lamb Sabnam** \$13 (HO)  
Tender succulent lamb cooked with onion, fresh crisp capsicum, mushrooms & tomatoes – *a sensational dish not to be forgotten easily.*

## MAINS

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### Option of: Chicken / Lamb / Beef

- 10 **Butter Chicken** \$12  
(a delicacy not to be missed)  
Boneless tandoori chicken cooked in a rich creamy tomato sauce.
- 11 **Balti** \$12  
“Balti” described dishes which are unique & exquisitely flavoured with exotic ingredients, achieving a sweet tangy taste as we as being fairly spicy.
- 12 **Khara Masala** \$12  
Boneless tender chicken or tender beef cooked with dry fruit & nuts in a mild creamy sauce for the discerning palate – *a dish that words can't describe.*
- 13 **Korma** \$12  
Tender chicken, beef or lamb pieces simmered in a cashew nut sauce with ground spices.
- 14 **Madras** \$12  
Boneless chicken, tender beef or lamb pieces cooked with exotic ground spices & coconut milk.
- 15 **Malabari** \$12  
Tender succulent lamb cooked in a creamy curry base with mild spices, onions & tomatoes – *this dish is unique to Curry Heaven.*
- 16 **Mango Chicken** \$12  
Boneless chicken pieces cooked with mango pulp and thick gravy.
- 17 **Pasanda** \$12  
Marinated chicken or lamb in a mild sauce rich with the luxurious taste of almonds – *nothing too fancy other than the taste.*
- 18 **Rogan Josh** \$12  
(highly recommended)  
Boneless lean beef or lamb cooked in spicy gravy in traditional Punjab style.
- 19 **Saagawala** \$12  
(highly recommended) (HO)  
Boneless chicken, beef cubes or tender lamb simmered with fresh spinach & exotic spices.
- 20 **Tikka Masala** \$12  
(highly recommended)  
Boneless tandoori chicken or lamb pieces cooked in a ginger, garlic, tomato, capsicum & onion sauce.
- 21 **Vindaloo** (Hot!) \$12  
Highly spiced boneless chicken, beef or lamb cooked in hot vindaloo paste – *a dish that words can't describe.*

## VEGETARIAN MAINS

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- 22 **Palak Paneer** (highly recommended) (HO) \$11  
Homemade cottage cheese & fresh blended spinach cooked with aromatic spices.
- 23 **Vegetable Korma** \$11  
A selection of mixed vegetables cooked with a creamy cashew nut sauce.
- 24 **Paneer Tikka Masala** \$11  
Homemade cottage cheese cooked with ginger, garlic, onion, tomatoes & mild spices – *a speciality from northern India.*
- 25 **Malai Kofta** \$11  
Deep fried homemade cottage cheese, blended with potatoes & spices cooked with a cashew nut gravy.
- 26 **Dhal Makhni** \$11  
Mixed lentils cooked in spices with onion & tomatoes.

## VEGAN

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- 27 **Saag Aloo** (HO) \$11  
Sautéed potatoes & fresh spinach cooked with a thick onion sauce & spices.
- 28 **Sabzi Bahar** (HO) \$11  
Mixed vegetables cooked with a selection of herbs & spices.
- 29 **Mushroom Masala** (HO) \$11  
Mushrooms cooked with fresh tomatoes, onions & green spices.
- 30 **Chana Masala** (DF, HO) \$11  
Chickpeas cooked with garlic, ginger, onion, lime juice in a dry sauce. Slightly hot in taste. Slow cooked and fluffy.  
*Perfect simplicity, like eating a hug!*
- 31 **Tarka Daal** (highly recommended) (DF, HO) \$11  
Slow cooked fluffy lentils infused with perfect balanced spices and lifted with vine tomatoes.