

# Cafe Spice Namaste Sample Menu

## Appetisers

*Bhael poori (v) (g) £6.75*

*The Bombay walla's favourite roadside snack at any time is Bhael poori.*

*A combination of puffed rice, chickpea vermicelli, crushed crisp poories, diced potato, chopped shallots, fresh coriander and chilli are blended with tamarind and green chutney.*

*Dahi saev batata poori (v) (g) £6.75*

*Crisp puffed poories filled with crushed potato, topped with spiced yoghurt, tamarind & date chutney, sprinkled with chickpea vermicelli and fresh coriander.*

*Beetroot & coconut samosa (v) (g) £7.25*

*A South Indian style filling of diced Cheltenham beetroot blended with diced potato, tossed with freshly grated coconut and sizzled with mustard seeds, curry leaves, cumin and chilli. This may sound unusual but, when cooked with coconut, the beetroot is an entirely different beast, and tastes delightful. The potato here is primarily used to hold the beetroot dices together.*

*Prawns patia (g) £8.95*

*Sustainably sourced white prawns from the Red Sea, tossed with a hot sweet and sour gravy, traditional made with minced shallots, diced Aubergine, red pumpkin with red masala, malted cane vinegar, tamarind extract and jaggery (raw cane sugar). This is the classic Parsee version and cannot be compared with its namesake elsewhere, served with chapatti.*

*Tandoori Goosnargh sausage £8.25*

*Our duck sausage is made from Goosnargh ducks bred by Reg Johnsom and his daughter Kara near Blackburn, using our special masala, then marinated traditionally, skewered and chargrilled in the tandoor. Served on bed of potato bhajee.*

*Squid dynamite peri-peri £8.95*

*This one is not for the faint hearted but, it is most popular with our regulars and all those smitten by it. So we have had to bring it back even though the fumes almost cripple us in the kitchen each time the order comes in. Squid rings simply tossed in Goan style piri-piri masala and served on a salad.*

*The original dosa (v) £8.50*

*Dosa filled with a traditional potato bhajee also known in India as dosa bhajee.*

*Frankie lamb dosa (h) £9.95*

*An original Bombay street-side specialty filling of tiny dices of lamb in a rich well spiced masala.*

**Tandoor – clay oven**

*Our meat, fish & poultry are either organic or free range or friendly farmed and come from sustainable resources wherever possible. Most tandoor items where marked can be ordered either as a starter or as a main course*

*Mixed vegetable shaslik (v)*

*Main course - £16.50*

*Portobello mushroom, Indian whey cheese (paneer), quarters of mixed peppers, tomato, sweet potato & onion, marinated in classical tandoori masala, skewered, chargrilled, and served with saffron rice and coconut*

*curry.*

*Marinated salmon in green chutney*

*Starter - £8.95, main course - £18.50*

*Fillet of salmon marinated in a Parse-style fresh green chutney, skewered and chargrilled in the tandoor.*

*This chutney is derived from my mother's own family recipe and the family as well as our regulars who have eaten it hundreds of times before unanimously agree that it is the best way of marinating fresh fish for grilling.*

*Masala grilled halibut on garlic and red chilli risotto (g)*

*Main course - £20.50*

*Halibut fillet lightly marinated, grilled and served on a bed of garlic and shredded red chilli risotto. The halibut which is most sustainably sourced is guaranteed 5.5 years old and comes from the Norwegian fjords.*

*Chicken tikka (h)*

*Starter - £8.50, main course - £17.95*

*The favourite of many of our guests since 1991, Café Spice Namaste's traditional chicken tikka, needs no further introduction (served with tadka daal & steamed rice for main course only).*

*Duck tikka a'la Mrs. Matthew*

*Starter - £8.95, main course - £18.50*

*Breast of Barbary duck marinated in a Keralan-Syrian-Christian style. Marinated simply in yoghurt with tamarind extract, crushed red chilli, toasted fennel, ginger & roasted cardamom, chargrilled to a medium rare.*

*Venison tikka aflaton*

*Starter - £9.50, main course - £18.95*

*Venison tikka flavoured with a dual hit of anise with both fennel and star anise which gives this great venison form Michael & Cecelia's Denham Estates in Suffolk the right balance.*

*Beef tikka in crushed red chilli and black pepper*

*Starter - £11.50, main course - £21.50*

*Cubes of the prime fillet are marinated with pureed red chilli, crushed black peppercorns, home ground mustard, garam masala and ginger.*

*This one is 'hot' and not to be taken lightly.*

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*Café Spice mixed grilled with curried rice*

*Main course - £20.50*

*A taste of nearly all of the above except bream! A combination of each of the above tikkas, including paneer & portobello mushrooms, served with soft curried steamed rice.*

### **Main courses**

*Goan prawn curry & organic red rice £18.95*

*If there is one combination of food in Goa that is eaten daily come hell or high-water, it is the classic Goan coconut curry. Adaptable mostly to seafood and sometimes chicken this curry compliments king prawns like no other. Cooked here with Red Sea king prawns (This is the white king prawn and is unlike what we commonly use in Britain & may be slightly smaller but*

*tastier by far, however this one is sustainably sourced). The rice served is unpolished red kernel rice traditionally served with Goan curry (if you prefer basmati rice instead, please do let us know).*

*Parsee style chicken curry & rice with potato (h) (n)*

*£17.95*

*The task we have here at Café Spice Namaste at times becomes rather difficult, what with all the favourites our regulars seem to want on the menu all the time! To these requests we often succumb and this time it is for Ray Tully and this is his favourite curry. Traditional Parsee-style chicken curry made by first roasting then pureeing peanuts, almonds, cashew nuts, poppy seeds and fresh coconut with red chillies and a host of spices and condiments, making it a lush rich and exotic curry no doubt. Cooked with chicken and chunks of potato, we serve it with steamed rice, as it should be. Someone please tell him that it takes over ten hours to make this masala.*

*Murgh pasanda makhani (n) (h) £17.95*

*This classic North Indian Punjabi sauce, taking its routes from the princely state of Oudh where a great deal of India's most popular dishes were created, has led to the creation of the 'British Indian' — I repeat, 'British Indian' chicken tikka masala sauce. Whole breast of chicken is first stuffed with Indian whey cheese blended with pistachio, crushed almonds and roasted fennel, partly grilled then simmered in this creamy tomato sauce, enriched with pureed white poppy seeds flavoured with shredded ginger, green chilli and crumbled toasted quasoori methi (sun dried fenugreek), served with saffron rice. Quasoor is a town in Pakistan renowned for its fenugreek and all sun-dried methi is simply now called*

*by this name.*

*Ostrich bhuna £18.95*

*I know that the Ostrich is not a native to either India or Britain but it is indeed a fabulous meat, extremely lean and lower in saturated fats, cholesterol & calories than chicken & turkey, though expensive. Strips of ostrich fan fillet are tossed with the ever so classic of Sub-continental Indian preparations, the 'bhuna'. Ours is a classical sauce and is not necessarily hot, served with pulao & chunks of fried potato to complete the dish.*

*Dhaansaak (h) £18.25*

*The efforts that go into making a traditional Parsee Sunday roast, or "dhaansaak" are enough to deter many chefs! We are delighted therefore to offer you this all-time classic lamb dish, prepared in an authentic style.*

*Dhaansaak is composed of two words "dhaan" meaning rice and "saak" meaning the puréed vegetable and lentil combination with lamb. For optimum flavour, we blend sliced shin on-the-bone. Please do not confuse or compare this dish with its namesake sold elsewhere as many do, we are Parsees and we know exactly how to prepare this dish the correct way, served with brown onion rice, kachumber (an onion salad, but served optionally if you so desire) and a meat kebab placed in the brown rice.*

*Traditionally, the Parsee will only use the word Dhaansaak which would to us refer to lamb or mutton only. If some people do not like red meat or cannot eat for health reasons, is chicken ever substituted and never anything else, vegetable dhaansaak is sacrilege! And we do only lamb here. This is best eaten the way we serve it, with the traditional accompaniments & we recommend you eat it with the onion salad.*

*Vindalho de carne de porco £17.95*

*There is no doubt that British pork is probably the best pork anywhere in the world. Belly and shoulder of organic British Lop (rarest of the rare British breeds) cooked in that most popular of terms in the UK, 'vindaloo'. 'Vindalho' pronounced vinyus de alyoosh, would be its traditional Portuguese/Goan name and it would always be classically cooked with pork only. A Goan vindalho is not the mind blowing hot gravy as it has sadly been branded in the UK, but a rich, hot maybe slightly sweet & sour gravy which is an ideal companion for pork, served with steamed rice. 'Vindalho' sadly is not a barometric term for chilli heat and we Indians do not understand it as such. (The Portuguese classically pickled the pork in wine vinegar & garlic, hence the name. Our Pork is organically produced by Elizabeth Bateman in the Chiltern Hill)*

*Roasted pulled pork balchao £18.25*

*Slow cooked shank of pork simmered in classic Goan balchão masala until soft and tender. Balchão is an ancient art of pickling process which involves slow grinding and roasting spices with minced shallots and curry leaves until cooked through, served with steamed rice.*

**Vegetarian accompaniments**

*Tadka daal £7.25*

*A combination of toor and masoor daal (yellow & pink lentils) cooked and sizzled with chopped garlic, cumin and red chilli. This process of sizzling is known as "tadka", hence the name tadka daal immortalised by our Mr. Brady it is impossible for us to take this daal off our menu.*

*Baingan bharta (n) £7.50*

*Smoked aubergine peeled after charbroiling, chopped and simmered with onions, tomato, garlic, green chilli and cumin, finished with fresh chopped coriander, beaten yoghurt and dices of fried aubergine. This is the Punjabi version of one of the sub-continent's most popular of aubergine dishes.*

*Mushroom & Indian whey cheese in spinach £7.95*

*Chargrilled marinated Indian whey cheese & mushroom, diced, simmered in part puréed, part chopped fresh baby spinach. Sizzled with sliced garlic, red chilli, cumin and crumbled toasted fenugreek.*

*English heritage hot sweet & sour potatoes £7.95*

*Seasonal potatoes from Lucy & Anthony Carrolls farm in Tiptoe simply steamed and tossed with green chilli, lime juice, a dash of sugar and crushed cumin seeds, finished with fresh coriander. The variety cannot be guaranteed as this is purely seasonal governed.*

*Bhindi dopyazza tamatar £7.50*

*Okra tossed with dices of onion, tomato & green peppers in a tomato based sauce flavoured with carom seeds, cumin, fenugreek and black mustard seeds.*

*Spinach and split pea dumpling in Goan curry £7.75*

*Known as kozambu. This is crushed split yellow peas mixed with shredded spinach and ginger, formed in cakes, fried & simmered in a rich coconut and poppy seed curry.*

*The vegetarian thali (g) £17.95*

*A vegetarian meal in itself, this is a platter comprised of*

*three vegetable preparations, plus lentil, rice, roti, raita, a farsaan (snacky bit) & papad.*

**Separate menu available inside for more in season local British vegetarian dishes**

**The breads & essentials**

*Naan (g) £2.95*

*Made with refined white flour, eggs and milk.*

*Roti (g) £2.75*

*Made with unleavened whole-wheat flour.*

*Chapatti (g) £2.75*

*A flat unleavened bread made with wheat flour. Served two in a portion.*

*Pudina roti (g) £2.95*

*Whole-wheat Roti flavoured with crumbled home dried mint.*

*Peshawari naan (g) (n) £3.50*

*Stuffed with a blend of ground almonds, raisins, desiccated coconut and cream, and flavoured with cardamom.*

*Cheese, chilli & garlic naan (g) £3.50*

*Back by popular demand! It has a kick, and is quite addictive too.*

*Mustard, honey and saffron naan (g) £3.50*

*Sada chawal £3.50*

*Plain steamed Basmati rice.*

*Palav / pulao £3.95*  
*Traditional saffron flavoured rice.*

*Goa rice £3.95*  
*Red unpolished rice, high in fiber and great in natural*  
*taste.*