

ALL OUR DISHES ARE COOKED TO THE HIGHEST STANDARD USING THE VERY BEST INGREDIENTS

VEGETABLE SIDE DISHES

All Side Dishes also available as Main dishes at £5.90 each

Each of these vegetarian curries is delicately and carefully cooked using only the finest ingredients, including fresh herbs and hand-crushed spices. Be sure to order some warm nans and/or some rice and really enjoy these entrees the way they are meant to be.

Mixed Vegetable Curry or Bhaji	4.00
Mushroom Bhaji	4.00
Cauliflower Bhaji	4.00
Bombay Aloo (potatoes)	4.00
Sag Aloo (spinach & potatoes)	4.00
Aloo Gobi (potatoes & cauliflower)	4.00
Chana Gobi (chickpeas & cauliflower)	4.00
Aloo Chana (chickpeas & potatoes)	4.00
Chana Masalla (chickpeas tempered with ginger garlic & fenugreek)	4.00
Tarka Dall (lentil & tumeric stew tempered with garlic and cumin)	4.00
Dall Samba (lentils with vegetables & a little spinach)	4.00
Motor Paneer (Indian cheese - A mild dish cooked with peas)	4.00
Sag Paneer (Indian cheese - cooked with spinach)	4.00
Sag Bahji (spinach)	4.00
Mushroom Sag (spinach & mushroom)	4.00
Mushroom Paneer (mushroom & Indian cheese)	4.00

RICE

All rice dishes are available in large size for extra £1.00 each

Boiled Rice (steamed basmati rice)	2.80
Pilau Rice (basmati rice cooked in milk perfumed with saffron and spices)	3.00
Special Rice (cooked with eggs, peas & subtle spices)	4.00
Vegetable Rice	4.00
Mushroom Rice	4.00
Keema Rice (cooked with mince meat)	4.00

DRINKS

Coke Can	£1.00
Bottle (1.5 ltr)	£3.00

WE WILL BE PLEASED TO ADJUST THE STRENGTH OF ANY OF OUR DISHES TO SUIT YOUR TASTE OR EVEN PREPARE A DISH NOT ON THE MENU FOR YOU AT YOUR REQUEST

NB Some dishes may contain traces of nuts

NAN BREAD

A nan is a flat bread baked in the tandoor (clay oven). each comes out piping hot and is brushed with butter, Slightly chewy, flakey and even a little crunchy. Nans will enhance your dinner whether eaten with our entrees or as an appetiser on its own.

Nan (wheat flour dough baked in a clay oven)	2.80
Peshwari Nan (stuffed with coconut almonds & sultanas)	3.00
Keema Nan (stuffed with minced lamb)	3.00
Garlic Nan	3.00
Garlic & Chilli Nan	3.00
Garlic & Cheese Nan	3.00
Cheese & Chilli Nan	3.00
Cheese Nan (Monteray Jack and Cheddar cheese baked into the nan)	3.00
Tandoori Roti (leavened bread baked in a clay oven)	2.80
Paratha (unleavened bread, buttered and baked)	2.80
Chapati or Puree	2.20

PAPADUMS & SUNDRIES

Papadum (Crispy thin lentil wafers)	0.80
Spiced Papadum (Roasted papadum)	0.80
Mint Yoghurt or Onion Salad	0.80
Mango Chutney or Lime Pickle	0.80
Raitha (Sweet and spicy yoghurt made with shredded cucumber)	2.80
Chips	2.80

SET MEAL FOR 1 PERSON

Starter: Onion Bhaji	
Main: Chicken Kurma, Pilau Rice, Nan	£15

SET MEAL FOR 2 PEOPLE

Starter: Chicken Tikka, Onion Bhaji	
Main: Chicken Tikka Masalla, Chicken Bhuna, Pilau Rice (2), Nan (1) Papadum (2)	£30

SET MEAL FOR 4 PEOPLE

Starter: Papadum (4), Chicken Tikka(2), Onion Bhaji (2)	
Main: Chicken Passanda (2), Chicken Bhuna (1), Lamb Saag (1), Lrg Sag Aloo (1), Lrg Pilau Rice (2), Garlic Nan (2)	£60

A Brief History of the Indian Takeaway

Britain's love affair with Indian food started as a direct result of the British involvement in India - as far as the British are concerned curry first appeared on the menu as long ago as 1780.

The first Indian Curry house outside of India was opened in London by Shaykh Din Muhammad, a captain in the British East India Company. It was opened in 1810 but closed a year later due to lack of trade. It was ahead of it's time but blazed a trail which has been followed by thousands of successful businesses serving the British love of Indian cooking.

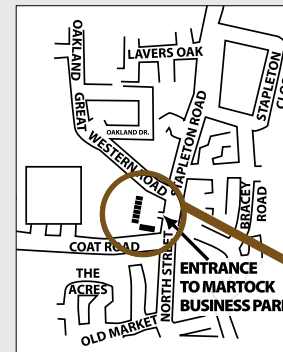
London's Veeraswamy's Indian Restaurant, which opened in 1929 claims to be the oldest surviving Indian Restaurant. It is believed that it was there that lager was introduced to become the now traditional accompaniment to curry.

Initially only in London, Indian restaurants spread all over the UK between the wars. In 1970 there were 1200 Indian Restaurants in the country and it was at about this time that the Indian Take away was born - they spread rapidly, only 30 years later it was estimated that there were 8,000 Indian Takeaways in the UK!

Most Indian restaurants are not actually owned by Indians at all but by Bangladeshis and, particularly in the north of the country, Pakistanis. But wherever they are from these take way owners keep the British palette satisfied with cuisines from all over Asia, including dishes from Indian, Bangladesh, Nepal, Pakistan, Persia and many more cultures.

One extremely popular dish, Chicken Tikka Masalla, has its origins much closer to home - a British diner who had ordered Chicken Tikka in an Indian restaurant, complained that the dish lacked gravy and the chef improvised with a can of Tomato soup, some cream and some spices to produce a sauce - Chicken Tikka Masalla was born! This dish was declared a British national dish in 2001 by the then Foreign Secretary Robin Cook and today 23 million portions of Chicken Tikka Masalla a year are sold by Indian Restaurateurs

The British love affair with Indian Cuisine is complete!



HOW TO FIND US

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Aysha's INDIAN TAKEAWAY

WE SPECIALISE IN LARGE PARTIES We have over 25 years of experience in the Indian Food Industry

Aysha's INDIAN TAKE AWAY MARTOCK

01935 826464
01935 826416

3 MARTOCK BUSINESS PARK
NORTH STREET, MARTOCK
SOMERSET TA12 6HB

www.ayshas.co.uk

OPENING TIMES

Daytime:
12.00 - 2.00 pm
Evening:
5.00 - 10.30 pm

7 days a week
(including Bank Holidays)

WE CATER FOR LARGE PARTIES

Sorry No Card Payments

NEW!
YOU CAN NOW ORDER ONLINE

Welcome to Aysha's

PLEASE NOTE:
 All our dishes are cooked to order and the timing given is only an estimate. The actual time to cook your order may vary especially during busy times.
WE THANK YOU FOR YOUR PATIENCE

STARTERS

(Comes with salad & mint yoghurt)

Onion Bhaji	3.90
<i>Finely chopped onion mixed with lentils, chickpea flour & a selection of herbs and spices shaped into balls and deep fried</i>	
Meat or Vegetable Samosa	3.90
<i>Triangular savoury pastry parcels stuffed with either lamb or vegetables</i>	
Aloo Chat	4.90
<i>Pan-fried spicy sweet and sour potato cooked with cucumber</i>	
Chicken Tikka Chat	5.90
<i>Pan-fried spicy sweet and sour chicken tikka cooked with cucumber</i>	
Mixed Kebab	5.90
<i>Chicken tikka, lamb tikka and sheek kebab</i>	
Chicken Tikka	4.90
<i>Diced chicken marinated with mild spices & barbecued over charcoal</i>	
Lamb Tikka	5.50
<i>Tender diced lamb marinated with mild spices</i>	
Sheek Kebab	4.90
<i>Spicy minced lamb cooked in a tandoori oven</i>	
Tandoori Chicken (on the bone)	4.90
Prawn Puree	4.90
<i>Prawns cooked with rich spices & served on deep fried bread</i>	
King Prawn Puree	5.90
<i>King prawns cooked with rich spices & served on deep fried bread</i>	
Tandoori King Prawn	5.90

TANDOORI MAIN DISHES

(Comes with salad & mint yoghurt)

Tandoori & Tikka dishes are not curries. They are marinated, skewered and slow roasted in a Tandoor (clay oven) which gives an exquisite smoked flavour to meat. The taste is deliciously sensational and defies description. To go with the meal and for perfect satisfaction try a vegetable side dish.

Chicken Tandoori (on the bone)	8.50
<i>A leg and breast portion of chicken marinated in a blend of yoghurt and ground spices</i>	
Chicken Tikka	8.50
Lamb Tikka	8.90
Shaslick	Pieces of chicken, lamb or king prawn flavoured with special spices and cooked with onions, green peppers and tomato
Chicken ...	9.50
Lamb ...	9.90
King Prawn	11.90
Tandoori Mixed Grill	10.90
<i>A meat lovers dream . A combination of grilled chicken tikka, lamb tikka, tandoori chicken & sheek kabab. Also includes a nan bread.</i>	
Tandoori King Prawn	10.90

THE BALTI DISHES

(Comes with Nan Bread)

The "Balti" is a large spicy dish developed in Pakistan and India. It is cooked in an iron wok and then condensed to give its distinctive flavour.

Chicken	8.90	Chicken Tikka	9.90
Lamb	9.50	Lamb Tikka	10.50
Prawn	8.90	King Prawn	10.50
Mixed Vegetable ..	7.50		

CHEF'S RECOMMENDATIONS

	Chicken	Lamb	K.Prawn
Tikka Masala Dishes	8.50	8.90	10.90
<i>Pieces of juicy chicken/lamb/king prawn cooked in a rich tomato sauce with fresh cream, spice and herbs.</i>			
Pasanda Dishes	8.50	8.90	10.90
<i>Cooked with almonds, cashew nuts, fresh cream, yoghurt and selected mild spices</i>			
Peshwari Dishes	8.50	8.90	10.90
<i>Cooked in a specially blended Tandoori Sauce with green peppers, onions and tomatoes</i>			
Rezella Dishes	8.50	8.90	10.90
<i>A well spiced medium to mild strength dish, cooked with yoghurt, onions and green peppers</i>			
Jalfrezi Dishes	8.50	8.90	10.90
<i>Cooked with fresh green chillies, coriander, onions, green peppers and special herbs - HOT</i>			
Garlic Chilli Dishes	8.50	8.90	10.90
<i>Cooked fairly HOT with green chilli, garlic, tomatoes and special spices</i>			
Butter Dishes	8.50	8.90	10.90
<i>Cooked in a tomato sauce with garlic, butter and fresh cream. A special medium/ mild dish</i>			
Achari Dishes	8.50	8.90	10.90
<i>A spicy dish cooked with homemade pickles and selected herbs</i>			

CHEF'S SPECIALITIES

	Chicken	Lamb	Prawn	Ch. Tikka	K.Prawn
Badami Dishes	7.90	8.20	7.90	8.50	9.90
<i>a mild dish cooked with fresh cream and mushrooms</i>					
Akhbori Dishes	7.90	8.20	7.90	8.50	9.90
<i>a creamy dish cooked with Indian cheese (paneer)</i>					
Garlic Dishes	7.90	8.20	7.90	8.50	9.90
<i>in a rich and spicy gravy with garlic</i>					
Kashmiri Dishes	7.90	8.20	7.90	8.50	9.90
<i>A mild dish cooked with fresh cream and mixed fruit</i>					
Muglai Dishes	7.90	8.20	7.90	8.50	9.90
<i>Cooked in a rich but mild sauce with selected fresh spices & almonds, garnished with egg.</i>					

CHEF'S SPECIALITIES (continued)

	Chicken	Lamb	Prawn	Ch. Tikka	K.Prawn
Chilli Masala Dishes	7.90	8.20	7.90	8.50	9.90
<i>Very HOT - with fresh chilli and coriander</i>					
Karai Dishes	7.90	8.20	7.90	8.50	9.90
<i>Medium spiced, cooked with onions, green peppers and herbs</i>					
Multan Dishes	7.90	8.20	7.90	8.50	9.90
<i>Medium spiced dish, cooked with mushrooms and herbs</i>					
Saag Dishes	7.90	8.20	7.90	8.50	9.90
<i>Medium strength with spinach and lots of garlic</i>					
Bengal Dishes	7.90	8.20	7.90	8.50	9.90
<i>A fairly hot dish cooked with mixed vegetables</i>					
Ceylon Dishes	7.90	8.20	7.90	8.50	9.90
<i>Cooked with coconuts and & lemon - a very hot dish.</i>					
Himalayan Dishes	7.90	8.20	7.90	8.50	9.90
<i>A medium dish cooked with cauliflower and herbs.</i>					

EXOTIC SPECIALITIES

Kata Massala

Diced boneless Chicken or Lamb, braised to a golden brown colour and prepared in a thick sauce consisting of onions, ginger and garlic with ground spices

Chicken	9.20
Lamb	9.50

Bengal Flame

A hot curry, cooked with potato in a special chilli sauce. Madras or Vindaloo

Chicken Tikka	9.20
Lamb Tikka	9.50
King Prawn	11.90

Malvani Jhinga Masalla

King Prawns sauted with roasted spices and coked with potato, garlic, onion and tempered with mustard seed. Medium Strength

Special Chana Chicken

Medium dish cooked with chick peas

Sundor Bon Chicken

Minced meat cooked in a medium sauce and spices

Chicken Adrak

Bite-sized chicken cooked with ginger sauce, onion & herbs. Medium strength.

Chicken Moli

Two pieces of tandoori chicken stripped off the bone and cooked with garlic, ginger & spring onion in a medium spicy sauce

Chicken Hariyali

Cooked with fresh green coriander, mint and green chillies

CLASSICAL CURRY DISHES

Curry dishes are cooked in gravy, they are designed to be enjoyed with either rice or nan bread, or both. They vary in flavour and texture from mild to hot to sweet and flavourful. The variation in taste depends on how well the spices are balanced. Often cooked with tomato, onion, garlic, ginger and other herbs and spices.

	Chick.	Lamb	Prawn	Veg.	Ch. Tikka	K.Prawn
Madras	7.50	7.90	7.50	5.90	8.50	9.90

Another most popular dish of south Indian origin. A rich, fairly HOT taste, extensively prepared with chilli, lemon juice and tomato puree

Vindaloo	7.50	7.90	7.50	5.90	8.50	9.90
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A south Indian dish cooked with potato, widely known for its fiery, fabulously rich HOT taste. Lemon and red chillies are a few of the spices added to qualify this dish as 'most extravagantly HOT'. Only suitable for those with a strong constitution.

Kurma	7.50	7.90	7.50	5.90	8.50	9.90
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A delicate preparation of cream, yoghurt and spices producing a very mild but rich, creamy texture. A flavour palatable for every constitution.

Zeera	7.50	7.90	7.50	5.90	8.50	9.90
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A well spiced dish, cooked with cumin seed - medium HOT

Bhuna	7.50	7.90	7.50	5.90	8.50	9.90
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A thoroughly garnished dish with onion, garlic, tomato and a few selected spices. Extensively treated to provide a dish of Medium strength. A little condensed but one of the tastiest.

Rogan Josh	7.50	7.90	7.50	5.90	8.50	9.90
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A special preparation with green peppers and garlic, garnished with tomatoes. A little dry.

Dupiaza	7.50	7.90	7.50	5.90	8.50	9.90
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A maximum quantity of onion, seasoned and fresh, applied with dozens of spices to produce a taste that is medium. Very suitable dishes for those who prefer a medium to sweet taste.

Methi Dish	7.50	7.90	7.50	5.90	8.50	9.90
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This dish is cooked with extensive use of fenugreek and a touch of spinach providing a strong spicy flavour. Medium Strength

Dansak	7.50	7.90	7.50	5.90	8.50	9.90
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A beautiful combination of spices with lentils, garlic, lemon producing a HOT, SWEET & SOUR taste

Pathia	7.50	7.90	7.50	5.90	8.50	9.90
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Garlic, onion, tomato puree, red chilli, lemon are extensively used to give a HOT, SWEET & SOUR taste

BIRYANI DISHES

(Comes with vegetable curry)

Biryani is the most royal of rice dishes. The rice is slow cooked with a variety of herbs and spices

Chicken	8.90	Chicken Tikka	9.90
Lamb	9.50	Lamb Tikka	10.50
Prawn	8.90	King Prawn	10.90
Vegetable	7.50	Tandoori Chicken	10.50

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