

## Bangladeshi Balti

All the dishes on our main menu can be served as Balti dishes by request, but below are a few of our recommendations which can be served to your preference.  
Mild, medium or hot. Served with Nan

Balti Chicken Tikka Massala 9.95

Spring chicken marinated in yoghurt and spices, cooked with fresh & dried herbs & special Balti spices.

Balti Chicken or Lamb 9.95

or King Prawns 12.95

Juicy chunks of chicken, lamb or king prawns cooked with very exotic Balti spices & thick gravy.

Balti Jalfrezi 9.95

Pieces of spring chicken of fillet or lamb cooked with Khasa Morris, Khasa Piaz and special moja balti spiced sauce. Can be served medium or hot only.

Balti Garlic 9.95

Tender pieces of breast chicken or lamb cooked with khasa piaz in a thick sauce garnished with fresh coriander & garlic.

Maachli Balti 9.95

Boneless fillets of fresh fish cooked with green herbs.

## Sundry Dishes

Nan 2.25

Special leavened bread freshly baked. (V)

Peshwari Nan (V) 2.50

Nan prepared with oriental nuts & fruits.

Stuffed Nan (V) 2.50

Stuffed with spices, mashed potato & vegetables.

Keema Nan 2.50

Freshly baked with mincemeat.

Garlic Nan 2.50

Freshly baked with garlic. (V)

Chilli Nan 2.50

Freshly baked with chilli. (V)

Cheesy Nan 3.50

Freshly baked with cheese.

Garlic Cheesy Nan 3.50

Freshly baked with garlic & cheese

Paratha 2.50

Thick multi-layered fried bread. (V)

Chapati 1.95

Soft thin Indian bread - not fried. (V)

Plain Papadum 0.60

Spiced Papadum 0.60

Chutney 0.60

per portion.

## Rice Dishes

Plain Rice (V) 2.50

Pulao Rice (V) Pure basmati rice cooked with spices & saffron 2.50

Garlic Rice (V) Rice cooked with fresh garlic and spices. 3.25

Special Fried Rice Rice cooked with spices, egg & peas 3.25

Vegetable Pulao Rice (V) Rice cooked with vegetables. 3.25

Shahhee Pulao Rice (V) An aromatic pulao with nuts. 3.25

Mushroom Pulao Rice (V) Rice cooked with mushrooms. 3.25

Keema Rice Slightly spiced, cooked with spiced lamb mincemeat 3.25

Lemon Rice (V) Rice cooked with fresh lemon. 3.25

## Vegetable Dishes

Cauliflower Bhajee (V) Fresh cauliflower cooked with spices 3.50

Mushroom Bhajee (V) Fresh mushrooms cooked with spices 3.50

Vegetable Curry (V) Mixed vegetables with various spices 3.50

Aloo Gobi (V) Fresh cauliflower & potatoes with mild spices 3.50

Bhindi or Brinjal Bhajee (V) 3.50

Fresh okra or aubergine cooked with fried onion and tomatoes slightly spiced.

Niramish (V) 3.50

Mixed fresh vegetables cooked with herbs and delicate spices

Sag Bhajee (V) Fresh spinach cooked in butter, slightly spiced 3.50

Bombay Aloo (V) Potatoes cooked with butter, slightly spiced 3.50

Sag Aloo Potatoes and spinach mixed. (V) 3.50

Madrassi Aloo 3.50

Spring salad potatoes, lightly stir fried with ground

turmeric fresh green chilli & coriander

Chana Bhoona (V) Chick peas cooked with spices. 3.50

Tarka Dhal (V) Spiced lentils with garlic. 3.50

Vegetable Samber (V) Sweet and sour, hot with lentils. 3.50

Aloo Ponir (V) Spiced potatoes with cheese. 4.25

Chana Ponir (V) Spiced chick peas with cheese. 4.25

Sag Ponir (V) Spinach cooked with cheese. 4.25

Motor Ponir (V) Peas cooked with cheese. 4.25

Cucumber or Onion Raita or Yoghurt (V) 1.55

Curry Sauce All types of sauces available 2.95

(kurma, massala, dansak, patia, madras, vindaloo)

Above dishes served as main course. 6.25

## ALL DAY SUNDAY BUFFET

Choose from a selection of various dishes on display

Open all-day from 12 midday till late

**£10.95 PER PERSON**

(Children aged 10 years and under £6.50)

## SET MEAL FOR 2

2 Papadum, 2 Chicken Tikka (Starter)

1 Chicken Tikka Massala, 1 Chicken Bhuna

1 Aloo Gobi, 1 Pilau Rice, Nan

**£24.90**

(£3.50 extra for King Prawns & fish dishes)

You may change dishes to suit your taste

Discount does not apply on collected orders

## FUNCTION ROOM AVAILABLE FOR HIRE

[www.indianoceanluton.com](http://www.indianoceanluton.com)

(V) Vegetarian Meal - Any dish not on the menu can be ordered on request.

Please note that VAT is included in the price.

Starters and side dishes only served with main meals.

Drinks and coffee served on premiums to Diners.

We accept major Credit Cards inc Visa & Maestro. We do NOT accept Cheques

The management reserves the right to refuse service.

Menu minimum charge £6.50 per person. \*Excludes Coffee



## FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

**NUTS:** Please inform us if you are allergic to nuts or other ingredients and we will cater for your needs

FREE HOME DELIVERY  
MINIMUM ORDER £15

10% DISCOUNT  
ON COLLECTED  
ORDERS OVER £15.00



# Indian Ocean

RESTAURANT

TAKE AWAY MENU

## SPECIAL GOURMET NIGHT

Every Sunday, Tuesday & Wednesday  
from 6.00pm to 11.30pm

Choose from our extensive menu

1 Starter, 1 Main Dish, 1 Side Dish,

1 Rice or Nan & Coffee

**£12.95 PER PERSON DINE-IN**

**£13.95 PER PERSON TAKE-AWAY**

£3.50 extra for King Prawns & Fish dishes

£1.50 extra for Tandoori Mixed Grill, Biryani & Balti dishes

Not to be used in conjunction with any other offer

## Function Room available

Opening hours:

Monday - Thursday: 5pm - 11.30pm

Friday: 5pm - 12 midnight,

Saturday: 5pm - 12 midnight

Sunday: 12 noon - 11.00pm (inc Sunday Buffet)

Open 7 days a week, including Bank Holidays



5 Sundon Parade, Sundon Park Road, Luton, Beds. LU3 3BH

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## Starters

Indian Ocean Special	3.45
Pieces of thinly sliced chicken stir fried with green peppers & onions	
Special Chat Puree	3.45
Chicken or lamb in chat massala sauce	
Pakura	3.45
Chicken or vegetable dumplings in special batter.	
Meat Puree	3.45
Shredded spiced meat on flat bread.	
Chilli Paneer	3.45
Homemade Indian Panir stir-fried with chilli sauce	
Prawn Cocktail	3.45
Freshwater prawns in salad & cocktail sauce	
King Prawn Butterfly	4.75
Deep fried whole kingprawn in breadcrumbs	
Prawn / King Prawn Puri	3.75 / 4.75
Lightly spiced prawns layered on fried bread.	
Tandoori Salmon	4.75
Salmon fillet marinated in fresh ginger and garlic paste, with light delicate spices. Grilled in tandoor oven	
Chicken or Lamb Tikka	3.45
Spiced cubes of chicken or lamb grilled in tandoor oven.	
1/4 Tandoori Chicken	3.45
Spiced on the bone grilled chicken	
Sheek Kebab	3.45
Spiced minced lamb.	
Mixed Kebab	4.75
Lamb tikka, chicken tikka, sheek kebab	
Samosa	3.45
Chicken, meat or vegetable filled in thin pastry	
Tandoori Chops	3.95
Well spiced lamb grilled in tandoor oven.	
Garlic Mushrooms	3.45
Stir fried mushrooms with onions & garlic	
Onion Bhajee	3.25
Deep fried onion balls.	
Sonf Maachli Biran	4.75
Salmon steaks, stir fried with onion, pepper and fennel seed.	
Maachli Dakshin	4.75
Pan fried tuna, onion & fresh peppers.	
Jhinuk Mala	3.45
Stir fried mussels in garlic, onions & bell peppers	

## Biryani Dishes

Biryani consists of special fried rice, garnished with tomato & cucumber & served with vegetable curry. Medium, mild or hot.

Chicken Biryani	8.95
Lamb Biryani	8.95
Prawn Biryani	9.25
King Prawn Biryani	11.95
Vegetable Biryani	7.75
Maachli Biryani	9.95
Bangladeshi fresh water fish, stir fried with basmati rice	
Lamb or Chicken Tikka Biryani	9.25
Fried rice and marinated meat or chicken grilled over charcoal & garnished with tomato & cucumber, fried onions and served with vegetable curry sauce.	

## Traditional Dishes

CHICKEN - £6.75	LAMB - £6.95
PRAWN - £7.15	KING PRAWN - £9.25

Kurma	
Chicken or lamb flavoured with Kashmiri herbs and cooked with mild spices and cream.	
Bhoona	
Well spiced with green peppers, tomatoes & thick gravy.	
Jeera Bhuna	
Chicken or lamb cooked with cumin seeds.	
Curry	
Madras, Vindaloo or Phal.	
Dansak	
Sweet, sour and slightly hot, cooked with lentils & herbs.	
Dupiaza	
Cooked with fried onions, green peppers and medium spiced gravy.	
Sag	
Cooked with spinach and spices (Medium Spiced).	
Rogan Josh	
Medium hot tender chicken or lamb, cooked with spices and garnished with tomatoes & green peppers.	
Ceylon	
Slightly hot, cooked with coconut.	
Methi	
Lamb cooked with fenugreek leaves & green herbs, nice & spicy	
Pathia	
Nicely flavoured meat. Fairly moist and slightly sweet, sour. (Hot)	
Malaya	
Prepared in mild spices with pineapple.	

## Tandoori Cuisine

Prepared in clay oven, marinated in a delightfully delicate spiced yoghurt for 24 hours to tenderise the meat and give it a seductive flavour and tantalising aroma.

All these dishes are served with green salad & yoghurt dressing.

Tandoori Chicken (Half)	6.50
Chicken Tikka	6.50
Lamb Tikka	6.50
Tandoori Mixed Grill	11.50
served with nan	
Tandoori King Prawn	13.50
Lamb Shashlik	6.95
with grilled peppers, onions & tomatoes	
Chicken Shashlik	6.95
with grilled peppers, onions & tomatoes	
Tandoori Hash	8.95
Grilled strips of boneless duck fillets	
Tandoori Da Salmon	8.95
Grilled cubes of salmon in tandoori spices	
Tandoori Chops	8.95
Well spiced lamb grilled in tandoor oven	

## House Speciality

The dishes below are a recommendation, although they can be cooked with meat, chicken, fish or vegetables. You may also choose the strength of your dish, mild, medium or hot.

Indian Ocean Special	7.45
Pieces of chicken thinly sliced, cooked in clay oven then fried with green pepper and onions in light spice.	
Chicken or Lamb Tikka Massala	7.45
Marinated chicken or lamb cooked in a clay oven & cooked again in a thick creamy almond and coconut sauce with very subtle spices.	
Chicken or Lamb Tikka Passanda	7.45
Marinated chicken or lamb cooked in a rich exotic red wine with an almond and coconut sauce.	
Butter Chicken or Lamb	7.45
Marinated chicken or lamb cooked in butter in very mild coconut and almond sauce to give a rich creamy taste.	
Chicken or Lamb Jalfrezi	7.45
Fairly hot Cooked with fresh onions, capsicums and green chillies.	
Korai Chicken or Lamb	7.45
Are medium spicy dishes cooked in a thick sauce with green peppers and onions.	
Chicken or Lamb Tikka Morisa	7.45
Are hot spicy dishes cooked in chopped onions, garlic and green chillies in a thick sauce.	
Garlic Handi Makani	7.95
Spring chicken or fillet lamb cooked in a very well spiced handi sauce. Also with garnish of garlic, coriander and cheese.	
Garlic Chicken or Lamb	7.45
These dishes are prepared in a thick medium spicy sauce with lots of garlic to give an exquisite taste & aroma.	
Chicken or Lamb Rezala	7.45
Chicken or lamb fillet cooked with fresh yoghurt, mint, dry spices & cream.	
Hash Bhuna	8.25
Grilled fillets of duck, curried in a rich sauce. Can be served mild, medium or hot	
Bakara Tikka (Chicken or Meat)	7.45
Specially prepared in home made curry sauce, slightly hot, cooked with green chilli sauce, coriander, Indian herbs & yoghurt.	
Chicken Tikka Bhuna	7.45
Spring chicken marinated in spices and herbs. Served with green pepper, tomato and spicy gravy.	
Murgh Ka Aloo	8.25
Fairly hot with green chillies Well spiced cubes of chicken with spring salad potatoes.	
Tandoori Chop Bhuna	8.25
Grilled pieces of chops on the bone, cooked in a rich bhuna sauce.	
Achari Gusth	8.25
Chicken or Meat cooked in a traditional home made sauce. Simmered with pickle before serving.	

## Chef's Recommendations

Methi Gusth Jalfrezi	7.15
Thin lamb fillet cooked with methi leaves and fresh green chillies and various kashbu spices.	
Garlic Handi Tikka Mushroom	7.45
Chicken, lamb & king prawn marinated in yoghurt and handi spices. Charcoal grilled in clay oven. Served with garlic mushrooms and garnished with green salad.	
Murgi or Gusth Chana Massala	7.15
medium or hot Chicken or lamb marinated in spices and cooked with chick peas with a thick gravy.	
Murgi or Gusth Rajasthani	7.15
Fillets of chicken or lamb cooked in a special mild mango flavoured sauce.	
Tandoori Mixed Curry	7.15
Off the bone tandoori chicken & sheek kebab cooked in a special curry sauce.	
Naga Chicken or Lamb	7.15
A mouthwatering dish using Bangladeshi traditional hot chillies.	
Chicken or Lamb Chilli Massala	7.15
Cubes of chicken or lamb cooked in Chef's special chilli sauce.	
Modhu Chicken or Lamb	7.15
A special mild dish cooked with cream and honey.	

## Fish Dishes

All fish dishes can be served as medium or hot.  
(mild option available on certain dishes)  
Fish Biryani available - see Biryani dishes

Jhinuk Bhuna	9.50
Served medium to mild. Fresh mussels cooked in a rich bhuna sauce.	
Maachli Bakara	9.50
Specially blended ground spices cooked in fairly hot curry sauce. Garnished with fresh chilli coriander.	
Maachli Ka Bhuna	9.50
Well spiced cubes of fish cooked in a rich thick spicy sauce.	
Sonf Maachli Bhuna	9.50
Salmon steaks, cooked in a lightly spiced fennel flavoured sauce.	
Farsi Salmon	9.50
Cubes of grilled Salmon served with sweet & sour mango sauce. Best served slightly hot.	
Salmon Bhuna	9.50
Cubes of fresh Salmon cooked in a rich gravy.	

**FUNCTION ROOM AVAILABLE FOR HIRE**