

CILANTRO

Pan-Indian Restaurant | Takeaway | Café

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www.thecilantro.co.uk

Appetizers

Onion Bhaji (V) Deep fried shredded white and red onion fritter served with salads.	£2.90
Tandoori Portobello Mushroom (V) Spicy marinated jumbo mushrooms roasted in clay oven.	£2.90
Stuffed Pepper (V) Spiced minced vegetable and cheese stuffed in pepper roasted in clay oven.	£3.20
Cumin and Potato Cake (V) Mash potato and roasted cumin pan fried with tamarind sauce.	£3.20
Aloo and Chana Chaat (V) Slices of potato and chick peas with chaat massala served on a pastry.	£2.90
Samosa (meat or veg) (V) Delicately spiced vegetables or meat in puff pastry triangles.	£2.90
Tiger Prawn Tortilla Marinated tiger prawns in a wheat flour pastry.	£4.20
Spiced Fish Fritter Pieces of battered white fish in a mixed spice coating.	£3.50
Crispy Fried Squid Crispy fried squid roundels with salad and chutney.	£3.60
Crab and Coriander Cake Crab meat with crushed coriander and cucumber relish.	£3.50
Spiced Lamb Skewers Minced lamb and spices skewered cooked in tandoor.	£3.20
Chicken Thyme Chaat Slices of chicken tikka flavoured with chaat and thyme served on a pastry.	£3.20
Nigella Crispy Chicken Onion seed flavoured, gram flour battered crispy chicken.	£3.50
Murgh Lassoni Garlic and cheese flavoured supreme piece of chicken cooked in clay oven.	£3.40
Chicken Chilli Tikka Succulent pieces of chicken marinated in chilli flake and spices.	£3.20
Lamb Chilli Tikka Succulent pieces of lamb marinated in chilli flake and spices.	£3.40
Clay Oven Chicken Spiced yogurt and paprika marinated leg or breast chicken cooked in tandoor.	£3.40
Fish Tikka Ajwini Delicately roasted Pangasius white fish marinated with ajwini flavoured sauce.	£3.50
Mixed Kebab Platter A platter of chicken & lamb tikka, lamb skewers and minted prawns – all from the clay oven.	£5.20
Cilantro Veg Platter (V) Spiced onion fritter, cumin potato cakes, stuffed pastry triangles with salad.	£4.50
Seafood Platter A Platter of spiced fish fritter, fried squid, Crab and coriander cake.	£4.90

Spice level expression: Veg (V) | Mild  | Medium  | Hot  | Very Hot 

Some dishes may contain nuts and green chilli, if any dishes not on our menu will be available please ask member of staff

Adraki 🍴	Chicken or lamb pieces cooked in medium spiced bhuna sauce and finished with sliced ginger.	£7.90 £8.40
Aachari 🍴	A popular dish from Bhopal, chicken or lamb cooked in pickling spices and mustard oil.	£7.90 £8.40
Andhra Chilli Murgh 🍴🍴	Spiced chicken deep fried and tossed in chilly sauce, garnished with curry leaves and mustard seeds.	£8.40
Chettinadu 🍴🍴🍴	Chicken or lamb cooked in south Indian style sauce with many popular spices and coconut milk.	£8.40 £8.90
Garlic Chilli Massala 🍴🍴	Chicken or Lamb cooked with fine chopped garlic, onion, tomatoes in thick sauce with green chillies.	£8.40 £8.90
Garlic Saag 🍴	Chicken or Lamb cooked with chopped garlic and spinach with medium spices.	£7.20 £7.90
Lamb Shank Jhul 🍴	Traditional classic slow cooked lamb shank served on a bed of spiced vegetable.	£9.90
Lamb Stew Malabar 🍴	Lamb cooked in cashew nut and coconut milk, carrot, beans, potato, tempered in mustard seeds.	£8.90
Chicken Lavender Korma 🍴	Chicken supreme pan finished served with a massala rice and lavender korma sauce.	£9.90
Pistachio Korma 🍴	Chicken tikka pieces cooked in rich creamy pistachio and almond based sauce.	£7.90
Saffron Murgh 🍴	Supreme pieces of chicken tikka cooked in rich cashew gravy and finished with saffron and cardamom.	£8.40
Malai Murgh 🍴	Chicken fillet in mild malai sauce with black pepper and pineapple.	£7.90
Murgh Passanda 🍴	Stuffed chicken supreme served with a rich creamy mild sauce.	£8.90
Makhani 🍴	Chicken or Lamb tikka simmered in tomatoes, fenugreek and cream garnished with cheese.	£8.40 £8.90
Tikka Massala 🍴	Classic dish, supreme pieces of chicken or Lamb tikka cooked in spiced creamy mild sauce.	£8.40 £8.90
Tandoori Murgh Massala 🍴	Sliced tikka tossed with medium spices, onion, green pepper and minced meat, topped with boiled egg.	£8.90
Murgh Chom Chom 🍴	Chicken cooked with potato and chickpeas in medium sauce, garnished with coriander and cumin.	£8.40
Chicken & Mushroom Balti 🍴	Chicken in selected spices and herbs with mushroom, onion and tomatoes in balti sauce.	£8.40
Lamb & Spinach Balti 🍴	Lamb in selected spices and herbs with spinach, onion and tomatoes in balti sauce.	£8.90
Bhindi Methi Gohst 🍴	Traditional Lamb dish cooked with ground spices and okra with fenugreek leaves.	£8.90
Karai 🍴	Traditional classic dish, cooked with selected spices with cubes of onion and pepper.	£7.90 £8.40
Jhalfryzi 🍴🍴	Chicken or Lamb with sliced fried onions, green peppers, green chilli and spices.	£7.90 £8.40
Cilantro Special Bhuna 🍴	Spiced onion, tomatoes, and coriander cooked with chicken or lamb in medium sauce with mixed vegetable.	£8.90 £9.40
Bhuna 🍴 Dupiaza 🍴 Rogan Josh 🍴 Madras 🍴🍴	Chicken	£5.90
Dansak 🍴🍴 Pathia 🍴🍴 Vindaloo 🍴🍴🍴	Lamb	£6.50

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Seafood

- Jinga Jaflongi** 🌶️🌶️ **£10.90**
Fresh water king prawns with sliced onions, green peppers, coriander leaves and cumin seeds.
- Pan Roasted Sea Bass** 🌶️ **£10.90**
Pan finished Sea bass served on bed of Jalfryzi chick peas mossala.
- Monkfish Malabar** 🌶️ **£9.90**
Monkfish cooked in a kerala style spiced sauce with mustard seeds.
- Chingri Saagwala** 🌶️ **£9.90**
Tiger prawns cooked in spicy methi flavored sauce with spinach.
- Goan Fish Curry** 🌶️ **£8.90**
Marinated deep fried monkfish cooked, roasted ground spices and tamarind pulp.
- Fish Jhalfry** 🌶️🌶️ **£8.90**
Marinated white fish deep fried with selected spices, cooked with garlic, ginger, sliced onions, mushrooms and peppers.
- Prawn Malai Curry** 🌶️ **£7.20**
A creamy prawn curry cooked in coconut milk, mint leaves and chilli

Tandoori & Grill

- Chicken Chilli Tikka** **£6.90**
Chicken marinated in red chilly paste and cooked in clay oven.
- Lamb Chilli Tikka** **£7.40**
Lamb marinated in red chilly paste and cooked in clay oven.
- Lamb Sheek Kebab** **£7.20**
Minced lamb seasoned with garlic and mint cooked in Tandoor.
- Clay Oven Chicken** **£8.90**
Yogurt and paprika marinated chicken leg and breast cooked in tandoor.
- Tandoori Veg Shaslick** **£7.20**
Mixed vegetables and cottage cheese cooked in tandoor.
- Tandoori Mix Platter** **£10.90**
Platter of grilled chicken supreme, cubes of lamb and chicken tikka with minced skewers.
- Fish Tikka** **£8.20**
Dices of white fish marinated in yoghurt sauce and spices cooked in clay oven.
- Barbequed Duck** **£10.90**
Indian style BBQ duck served with coconut rice and sauce.
- Barbecued King Prawns** **£11.90**
Char grilled spiced prawns served with cherry tomato and cilantro.
- Spiced Sirloin Steak** **£10.90**
Steak grilled to order served with Jhalfryzi peppers and Bombay cilantro chips.

Biryani

Meat or veg cooked with fragrant rice and spices served with vegetable sauce.

Chicken	£7.20	Lamb	£7.50
Vegetable	£6.70	Tikka	£8.90
Special Hyderabadhi Biryani	£9.90	King Prawn	£9.90

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Vegetarian

Mili Jhuli Bahar £5.90
Mixed vegetables cooked in medium spiced bhuna sauce and garnished with coriander.

Veg Jhalfryzi £5.90
Mixed vegetables cooked in selected spices, with sliced onions, peppers, and green chilli.

Veg Balti £5.90
Mixed vegetables cooked in medium spiced Balti sauce with tomato and coriander.

Dhingri Mutter £5.90
Diced mushroom and peas cooked mildly spiced creamy sauce.

Palak Paneer £5.90
Home made cottage cheese cooked in creamy spinach sauce.

Panneer Makhani £5.90
Shallow fried cottage cheese cooked in tomato based makhani sauce.

Bombay Aloo
Lightly spiced diced potato with coriander.

Saag Aloo
Blanched spinach and cooked potato flavoured with cumin.

Saag Paneer
Spinach and Indian homemade cheese.

Chana Aloo Bhaji
Braised potato and chick peas with bhuna sauce.

Mushroom Bhaji
Sliced mushroom and onion sweated with medium spiced sauce.

Bhindi Bhaji
Okra in medium spiced bhuna sauce.

Chickpeas Massala
Chickpeas stewed with yogurt and spices.

Tarka Dall
Cooked lentils flavoured with garlic and cumin.

Rajma Dal
Red kidney beans cooked in mild spiced bhuna sauce

Sides

£3.20

£3.20

£3.20

£3.20

£3.20

£3.20

£3.20

£3.20

£3.20

Mains

£5.50

£5.50

£5.50

£5.50

£5.50

£5.50

£5.50

£5.50

£5.50

Rices & Bread

Steamed Rice £2.20

Plain Pilau £2.40

Garlic Pilau £2.80

Mushroom Pilau £2.80

Lemon Pilau £2.80

Veg Pilau £2.80

Egg Pilau £2.80

Special Pilau £3.20

Plain Nan £2.20

Peshwari Nan £2.40

Garlic Nan £2.40

Keema Nan £2.40

Chilli, Cheese & Onion Nan £2.50

Garlic & Coriander Nan £2.50

Butter Paratha £2.50

Tandoori Roti £2.20

Chapathi £0.90

Chips £2.20

Raita £1.20

Green Salad £1.50

Papadom £0.60

Pickle tray £2.00

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