



blue tiffin™

INDIAN & BANGLADESHI RESTAURANT



WELCOME TO THE BLUE TIFFIN
RESTAURANT & TAKEAWAY.



blue tiffin™

INDIAN & BANGLADESHI RESTAURANT

Welcome to the Blue Tiffin, thank you for choosing to dine at our restaurant. We endeavour to tickle your taste buds with real wholesome food from the Indian sub-continent.

Our menu is based on the highest quality produce and fresh seasonal ingredients from all corners of South East Asia. Our chef's possess a vast wealth of experience and knowledge that combines with natural flair to bring out the sublime taste, daring to be different. Our chef's are masters in creating classical dishes marrying traditional with modernity at the Blue Tiffin.

We promise we only use the freshest & the finest ingredients, carefully selected by our chef's to create dishes full of freshness and flavour for you to enjoy.

If you require a certain dish which is not on our menu, please do not hesitate to ask and our chef will be more than happy to create it for you.

If you require Gluten Free Dishes please ask a member of staff who will be happy to help.

ALLERGY AWARENESS

Some dishes may have the following allergens, if concerned please mention so that a suitable dish may be recommended. We cannot guarantee our dishes are 100% nut free.



Crustacean



Sesame



Nuts



Gluten



Egg



Fish



Shellfish



Mustard



Celery



Peanuts



Milk Products



Sulphate



Soya



Lupines

b

APPETIZERS

b

Onion Bhaji	£3.75	Samosa (veg, meat or chicken)	£3.75
Prawn Cocktail	£3.75	Shami Kebab	£3.95
Sheek Kebab	£3.95	Shish Kebab	£3.75
Tandoori Chicken	£3.95	Chicken or Lamb Tikka	£3.95
Chicken or Prawn Chat on Puree	£3.95	Aloo Chat on Puree	£3.75
Chicken or Lamb Shashlick	£3.95	Garlic Mushroom	£3.75
Mix Kebab	£3.95	Blue Tiffin Special Mix	£4.25
Chicken Pakora	£3.95	King Prawn Butterfly	£4.25
Breaded Crab Claws	£3.95	King Prawn on Puree	£4.25
Sweet Chili Chicken or Lamb	£3.95		

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CHEF'S SPECIAL MAIN DISHES

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Chingri Ambotik	£10.95
<i>A sweet & sour marinated King Prawn dish, cooked with garlic, ginger, onions, green pepper & tomatoes.</i>	
Murgh Bahar (Lamb or Chicken)	£9.95
<i>This Fabulous dish with Royal Families in India. Mince Meat in chicken, cooked with fresh herbs.</i>	
Pista Korma (Lamb or Chicken)	£9.95
<i>Marinated chicken cooked with ground pistachio nuts & fresh mild spices, herbs, cream, a touch of yogurt & garnished with roasted pistachio nuts</i>	
Murgh Pili Pili (Lamb or Chicken)	£9.95
<i>Cooked with fresh beans & chillies – slightly hot</i>	
Achari Special (Lamb or Chicken)	£9.95
<i>Spicy dish cooked with fresh spices and herbs with a touch of lime pickle – medium to hot</i>	
Karahi Deshi Salan (Lamb or Chicken)	£10.95
<i>Fabulous dish cooked with fresh herbs and spices, onions, green peppers and potatoes served in a sizzler – medium</i>	
Methi Gosht (Lamb or Chicken)	£9.95
<i>Medium spiced dish cooked with fresh herbs and spices and fenugreek leaves</i>	
Keema Kofta	£9.95
<i>Meatballs cooked with fresh herbs and spices with bhuna sauce – medium</i>	
Nawabi Murgh (Lamb or Chicken)	£9.95
<i>Tender barbecued chicken or lamb cooked with mince meat and boiled egg seasoned with medium spices – medium dish</i>	
Zeera Chicken	£9.95
<i>Cooked with cumin seeds, herbs and spices – medium</i>	
Kolshi Special (Lamb or Chicken)	£9.95
<i>Sweet and tangy curry cooked with fresh herbs and spices – medium dish</i>	
Handi Special (Lamb or Chicken)	£10.95
<i>Served in a piyala cooked with fresh herbs, spices, tomatoes and chefs special sauce- fairly hot</i>	
Telapia Special	£10.95
<i>Fresh Bangladeshi lake fish cooked in a bhuna sauce with green peppers, tomatoes, onions, fresh herbs and spices</i>	
Shaz Mae (Chicken, Lamb or Veg)	£9.95
<i>Fruity curry cooked with banana, mango, lychees, pineapple, almond powder, raisons, fresh herbs and spices – mild dish</i>	
Blue Tiffin Exotic Special	£10.95
<i>Chicken, lamb, prawns, mushrooms cooked with garlic, special herbs, medium with wine</i>	
Salmon Bahar	£10.95
<i>Delicate salmon cooked in medium spiced sauce which gives it a unique taste</i>	
Amritsari Special (Lamb or Chicken)	£9.95
<i>Medium dish cooked with fine onions and green peppers with a touch of cumin which gives it an aromatic flavour</i>	
NEW Phil Special Chicken or Lamb (Award Winning Dish)	£9.95
<i>Medium dish cooked with fine onions and green peppers with a touch of sweet chili sauce</i>	
NEW Garlic Chili Chicken or Lamb (Fairly Hot Dish)	£9.95
NEW Shashlik Bhuna Chicken or Lamb (Medium Dish)	£10.95

All above dishes do not include extras (rice or chips)



BLUE TIFFIN TANDOORI CHARCOAL BARBEQUES



Tandoori dishes served with salad & vegetable curry

Tandoori Murgh	£10.95
<i>Tender Chicken Pieces on the bone, marinated in special herbs</i>	
Blue Tiffin Special Mixed Grill	£11.95
<i>Combination of Tandoori dishes</i>	
Chicken or Lamb Tikka	£10.95
<i>Pieces of Chicken Breast or Boneless Lamb</i>	
Chicken or Lamb Shashlick	£10.95
<i>Grilled with onions and green peppers in our chefs special sauce</i>	
Tandoori Lamb Chop	£9.95
Tandoori King Prawn	£11.95



CHEF'S SPECIAL BALTI DISHES



Mixed Balti (<i>chicken / lamb / sheek kebab</i>)	£9.95
Chicken or Lamb Balti	£9.95
Prawn Balti	£8.95
Keema Balti	£8.95
Tandoori Chicken Balti (off the bone)	£8.95
Chicken Mushroom Balti	£9.95
Prawn Mushroom Balti	£9.95
King Prawn Balti	£10.95
Extra chana, spinach or mushroom	£0.50



KARAHI DISHES



Dishes specially prepared by our chef on the Karahi with fresh garlic, ginger, green pepper, tomatoes, coriander and delicate herbs and spices.

Chicken or Lamb Karahi	£9.95	Tandoori Chicken Karahi	£9.95
Mixed Karahi Grill	£9.95	Tandoori King Prawn Karahi	£11.95
Karahi Gosht (Lamb or Chicken)	£9.95	Karahi Bindi (Lamb or Chicken)	£9.95
Extra mushroom, spinach or chana ...	£0.50		



HOUSE SPECIAL MOSSALLA DISHES



Chicken or Lamb Tikka	£9.95	Tandoori Chicken (off the bone)	£9.95
Tandoori King Prawn	£11.95	Muglai Lamb or Chicken	£9.95
Mixed Tikka	£10.95	Lamb or Chicken Pasanda	£9.95
Extra mushrooms or chana	£0.50		



POPULAR DISHES BHUNA, DUPIAZA AND ROGAN JOSH



A Dish or medium strength prepared with onions, garlic, tomatoes and a few selected spices.

Chicken or Lamb	£8.95	Prawn or Keema	£8.95
King Prawn	£9.95	Special Mixed	£9.50
Extra mushroom, veg or spinach	£0.50		



FISH DISHES (*Telapia or Salmon*)



Machli Bhuna	£10.95	Machli Jalrezi	£10.95
Machli Mossalla	£10.95	Machli Karahi	£10.95
Garlic Machli	£10.95	Extra mushroom, spinach or chana ...	£0.50

All above dishes do not include extras –rice or chips etc

*Some of our Menu items contain nuts, seeds and other allergen's. Please state of any known allergies.
If you have any special dietary requirements, please inform a member of staff. Gluten free options available.*

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DANSAK DISHES

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Sweet and Sour Curry Thickened with lentils and pineapple.

Chicken or Lamb Dansak	£8.95	Prawn or Keema Dansak	£8.95
King Prawn Dansak	£9.95	Extra mushroom, chana or spinach ...	£0.50

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KORMA DISHES

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A Very Mild curry, cooked with fresh cream and coconut.

Chicken or Lamb Korma	£8.95	Prawn Korma	£8.95
King Prawn Korma	£9.95	Mixed Korma	£9.95
Extra mushroom or chana	£0.50		

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MADRAS / VINDALOO DISHES

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Hot & Spicy Mixed Curry	£9.95	Chicken or Lamb Curry	£8.95
Prawn or Keema	£8.95	King Prawn	£10.95
Extra mushroom, veg or spinach	£0.50		

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JALFREZI DISHES

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Cooked with onion, tomatoes, capsicum, green chillies and fresh herbs.

Chicken or Lamb Jalfrezi	£9.95	Prawn or Keema Jalfrezi	£9.95
King Prawn Jalfrezi	£10.95	Mixed Jalfrezi	£10.95
Extra mushroom spinach or bhindi	£0.50		

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TANDOORI CHARCOAL BARBEQUED CURRIES

ⓑ

BHUNA

Chicken/Lamb Tikka Bhuna (off the bone)	£9.95
Tandoori Chicken Bhuna (off the bone)	£9.95
Tandoori King Prawn Bhuna	£11.95
Special Mixed Grill Bhuna	£10.95

DUPIAZA

Chicken or Lamb Tikka Dupiaza	£9.95
Tandoori Chicken Dupiaza (off the bone)	£9.95
Tandoori King Prawn Dupiaza	£10.95

ROGAN JOSH

Chicken or Lamb Tikka Rogan Josh	£9.95
Tandoori Chicken Rogan Josh (off the bone)	£9.95
Tandoori King Prawn Rogan Josh	£10.95

KORMA

Chicken or Lamb Tikka Korma	£9.95
Tandoori Chicken Korma (off the bone)	£9.95
Extra mushroom, chana or bhindi	£0.50

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BLUE TIFFIN SPECIAL DISHES

b

Murgh Curry (Med)	£8.95
Lamb Curry (Med)	£8.95
Garlic Chicken or Lamb	£9.95
Murgh Tok Tok (Chicken or Lamb- Med)	£9.95
Murgh Jalmossalla (Lamb or Chicken) (Fairly Hot)	£9.95
Prawn or Keema Jalmossalla (Fairly Hot)	£9.95
Tandoori King Prawn Jalmossalla (Fairly Hot)	£11.95
Chicken or Lamb Malayan (fruity mild)	£9.95
Extra mushroom, spinach or chana	£0.50

b

BIRIANI DISHES

b

Served with Special flavoured Basmati Rice together with a mixture of spices, sultanas and cashew nuts, served with a vegetable curry

Blue Tiffin Special Biriani	£10.95
Chicken/Lamb or Prawn Biriani	£9.95
King Prawn Biriani	£10.95
Lamb or Chicken Tikka Biriani	£9.95
Tandoori Chicken Biriani (off the bone)	£9.95
Extra mushroom or bhindi	£0.50

b

VEGETARIAN DISHES

b

Blue Tiffin Special Vegetable Curry	£7.95
Vegetable Bhuna	£7.95
Vegetable Dupiaza	£7.95
Vegetable Rogan Josh	£7.95
Vegetable Karahi	£7.95
Vegetable Jalfrezi	£7.95
Vegetable Korma	£7.95
Mixed Vegetable Biriani (with veg curry)	£7.95
Extra bhindi, mushroom or spinach	£0.50

b

SUNDRIES

b

Nan (Plain)	£2.75	Keema Nan	£3.25
Garlic Nan	£2.95	Chilli Nan	£3.25
Cheese Nan	£3.25	Peshwari Nan	£2.95
Paratha (Plain)	£2.50	Garlic & Cheese Nan.....	£3.50
Chappatti	£1.75	Stuffed Paratha.....	£2.95
Garlic Chapati	£1.95	Keema Chilli & Cheese.....	£3.95

b

RICE DISHES

b

Boiled Rice	£2.75	Basmati Pilau Rice	£2.95
Vegetable Pilau Rice	£3.25	Mushroom Pilau Rice	£2.95
Keema Pilau Rice	£2.95	Special Mixed Rice	£3.50
Lemon Rice	£2.95	Garlic Rice	£3.25
Coconut Rice	£3.25	Fried Rice	£2.95
Chips	£2.75	Egg Fried Rice	£3.25

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b

VEGETARIAN SIDE DISHES

b

Cauliflower Bhaji	£3.75	Mushroom Bhaji	£3.75
Bhindi Bhaji	£3.75	Bombay Potatoes	£3.75
Saag Bhaji	£3.75	Mixed Vegetable Bhaji	£3.75
Tarka Dahl (lentils)	£3.75	Fried Mushroom	£3.75
Saag Aloo	£3.75	Aloo Gobi	£3.75
Sag Poneer)	£3.75	Popadom – Plain	£0.75
Raitha (Cucumber or Onion)	£1.95	Spiced Popadom	£0.75
Mixed Pickle Tray	£2.00		

b

ENGLISH DISHES

b

Served with Salad & Chips.

Sirloin Steak (Served with mushrooms & onions)	£10.95	Steak Diane	£11.95
Steak Mossalla	£11.95	Lamb Chop	£9.95
Roast Chicken	£9.95	Fried Scampi	£8.95
Omelette (Chicken or Mushroom)	£8.95	Chicken Tikka Salad	£8.95

b

CHILDREN'S MENU – £6.95

b

All Children's meals served with Rice or Chips.

Chicken Korma, Chicken Curry, Chicken Tikka Massala,
Scampi & Chips & Chicken Nuggets & Chips

b

BLUE TIFFIN SPECIAL PLATTER MIX

b

Popadom, Onion Bhaji, Shish Kebab or Special Mix Starter
Chicken Tikka Mossalla or Lamb or Chicken Tok-Tok
Mushroom Rice, Nan & Bombay Potatoes

1 person – £17.00 2 people – £32.00
3 people £48.00 4 people – £64.00

*(If you wish to order a different starter, main meal, side dish, nan or rice to
the above specified offer please ask a member of staff.)*



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10% Service Charge on tables of 8 and over.

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