



# TANISHQ

RESTAURANT & BAR

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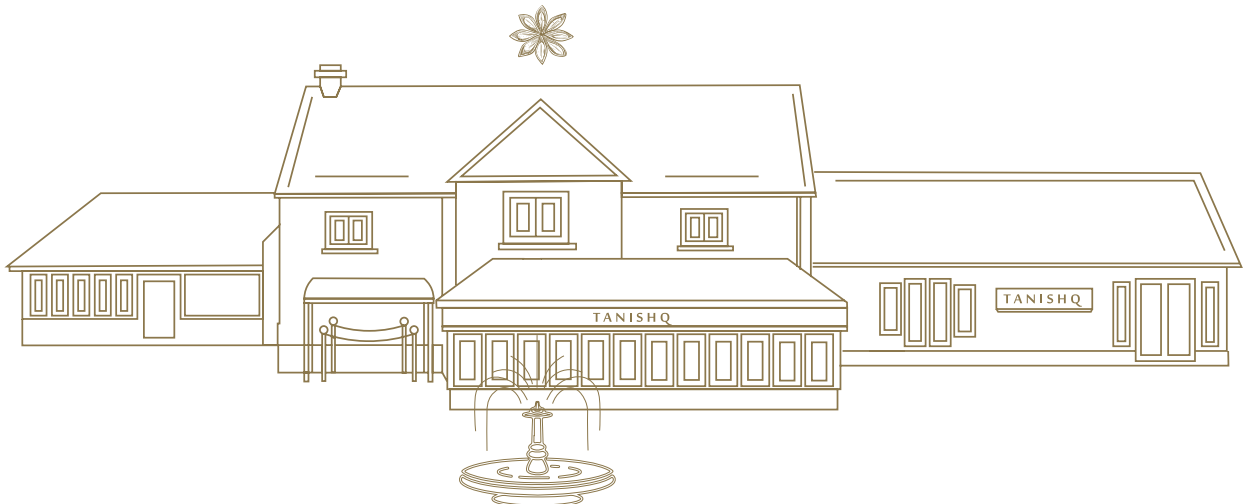
## ALLERGEN NOTICE

Please speak to your server for allergens information.

Dishes may contain traces of allergens/nuts despite our persistent efforts.

Menus are subject to change.

VE- Vegan Friendly, N- Nut, D- Dairy, G- Contains Gluten, Mus- Contains Mustard,  
C-Contains Crustaceans, MO- Contains Molluscs, F- Contains Fish, S- Contains Sesame.



# APPETISERS

**Poppadom's** £2.50

Trio of Exquisite Dips - spiced mango, mint yogurt sauce (D), verde coriander garlic relish.

# STARTERS

**Tanishq Gillafi Sheekh (D)** £8.00

Welsh lamb mince, bell papers, coriander ground whole spices, red onion.

**Grilled Eggplant Rollatini (VE)** £7.00

Mixed roast peppers, seasonal veg, julienne carrots, sweet spicy tomato and date chutney.

**Lahsooni Chargrill Jhinga (C) (D)** £12.00

Cornish tiger prawns, garlic, ground roasted garam masala, avocado and mango salsa.

**Onion Bhaji (E)** £6.00

Thinly sliced onions, enveloped in a crisp, spice-infused batter, delivering a perfect balance of crunch and flavour.

**Afghan Shinwari (D)** £10.00

Welsh lamb cutlets, dry spice rub, tandoor baked, lahsooni mooli and carrot ribbons.

**Garlic Chicken Tikka (D)** £7.00

Cornfed chicken luxuriously marinated in a medley of garlic paste, creamy yoghurt with cheese and refreshing mint.

**Calcutta Samosa Chat (V) (G) (D) (E)** £7.00

Homemade filled pastry, chickpeas, tamarind, spiced potatoes, green relish, pomegranate pearls.

**King Scallop Moilee (MUS) (MO)** £11.00

King scallops, coconut, ginger, mushroom, chili, cumin, mustard seeds, curry leaf, fresh lime juice, mango relish

**Bharwan Grilled Paneer (V) (D)** £7.00

Locally sourced finest cut of organic venison, quail egg, tamarind, coriander seeds, tellicherry peppercorns, ground spices

**King Prawn Puree (C) (D) (G)** £10.00

Sumptuous king prawns embraced in a fragrant sauce infused with garlic, ginger, onions, garam masala, and tomatoes, elegantly presented on a golden flatbread.

**Venison Hunter Kabab (E) £10.00**

Locally sourced finest mince of organic venison, quail egg, tamarind, coriander seeds, tellicherry peppercorns, ground spices.

**Meat/Veg Samosa (G) (E) £6.00**

Triangular parcels of delicate, crispy pastry filled with a savoury blend of spices and vegetables or meat, accompanied by a zesty onion and herb sauce.

**Bengali Crab & Cod Cake (F) (E) (G) (C) £8.00**

Handpicked crab, black cod, maris piper potatoes, micro herbs, fresh mango and avocado.

**Goan Hara Chicken (D) £8.00**

Organic free range chicken breast, fresh mint, garlic, coriander, raw mango, green chillies.

**Tandoori Garlic King Prawn (C) (D) £11.00**

Savor tender king prawns, soaked in a flavourful mix of garlic paste, creamy yogurt, cheese, and fresh mint, then expertly charred in the tandoor.

**Tandoori Chicken (D) £7.00**

Spiced chicken, tandoor-roasted, served with fresh ribbon salad.

**Meat Platter (G) (D) £14.00**

Garlic chicken tikka, Gilafi sheekh, Meat samosa, Goan hara chicken.

**Veg Platter (G) (E) £12.00**

Samosa chaat, Bharwan grilled paneer, Eggplant rollatini, Onion bhaji.

# MAIN COURSE

**Chandigarh Da Makhanwala (D) (N) £13.00**

Free range chicken supreme, rich tomato and butter sauce, shahi jeera, fenugreek, cashew, house blend roasted garam masala, oyster, shiitake and spinach fricassee.

**Vadouvan-Infused Pan-Seared Seabass (F) £18.00**

Delicately stuffed and pan-seared colchester-sourced seabass fillet, enriched with the exquisite blend of vadouvan spices, alongside tomatoes, kaffir lime leaves, coconut, and ginger.

**Rosemerry Infused Kofte (D) (N) £12.00**

Paneer kofta in creamy, smooth and rich sauce, fenugreek, tomato, cream, edible silver.

**Ember-Charred Welsh Lamb Chops (D) £20.00**

French-Trimmed lamb cuts, imbued with the essence of smoke, paired with delicate baby carrots, baby potatoes, asparagus serve luxurious saffron sauce.

**Chattinad Chicken South Indian Style (D) (N) (MUS) £14.00**

Organic chicken escalope, kalpasi, fennel, cardamom, coconut milk, poriyal

**Keralan Sigri Duck £18.00**

Gressingham duck breast humanly raised, spiced tamarind glazing, raw mango, coconut, ginger.

**Alappuzha Coast Spice-Rubbed Salmon (MUS) (F) £19.00**

Sustainably farmed scottish salmon, garlic, fresh mustard, chilli, cilantro, turmeric, tossed red onion potatoes.

**Zafrani Lamb Shank (D) £17.00**

Slow cooked welsh lamb shank, saffron strigs, organic tomatoes, cinnamon, cardamom, kashmiri chilli.

**Anglo-Indian Wild Prawn (C) (MUS) £21.00**

Colchester sourced giant prawns, coconut cream, tomato, curry leaf, ground spices

**Rajputana Spice-Roasted Lamb Curry (D) £15.00**

Morsels of slow cooked shoulder of welsh lamb simmered with onions, roasted red chili, bay leaf, infused cloves and cinnamon.

## Dum Biryani

**Chicken £13 | Lamb £15 | King Prawn £18 (C)**

Slow-cooked Saffron Rice with Your Choice of Meat: Enjoy our fragrant saffron rice, cooked to perfection and served with your preferred meat option. Just ask your server for details.

# MAIN COURSE

**Chicken £11 | Lamb £13 | King Prawn £18 (C)**

**Korma** Indulge in a velvety sauce infused with fragrant spices, coconut, cream, and cashew nuts for a mild and luxurious experience. (N) (D)

**Masala** Savour a luxurious creamy sauce infused with coconut, almond, garlic, ginger, and aromatic spices, balanced with yoghurt and cream. (N) (D)

**Dopiaza** Enjoy an aromatic dish with generous onions in a rich, flavoursome gravy for a medium-spiced delight.

**Dansak** Experience a harmonious fusion of aromatic spices and lentils, creating a slightly hot, sweet, and tangy curry.

**Saag** Organic spinach infused with aromatic spices for a delightful blend of flavours.

**Jhalfrazi** A flavoursome curry with onions, green chillies, peppers, and tomatoes in a moderately spicy sauce.

**Madras** Savour a refined blend of bold heat and subtle spice, accented with fresh coriander for an exquisite palate.

## Chef's Signature Achari

**Chicken £13.00 | Lamb £15.00 | King Prawn £18.00 (C)**

An exquisite masterpiece of medium-spiced flavours, featuring a symphony of garlic, green pepper, onion, pickle, coriander, and tomato, meticulously crafted by our chef.

**Tandoori Mix Platter (D) (C) £20.00**

Tantalising assortment of tandoori specialties including lamb cutlets, lamb sheesh Kabab, garlic chicken tikka, and tandoori king prawn, tandoori chicken straight from the clay oven.

**Shaslik (D)**

**Paneer £12.00 | Chicken £14.00 | King Prawn £19 (C)**

Marinated with coriander, cumin, and mace, grilled alongside onions, tomatoes, and peppers, served with a refreshing salad.

**Tandoori Chicken (Half) (D) £14.00**

Spiced chicken, tandoor-roasted, served with fresh ribbon salad.

# VEGETARIAN

## (SIDE/MAIN)

**Baby Roast Potatoes (VE)** £6.00/11.00

Baby potatoes, roasted cumin, chillies, tomatoes & fresh coriander.

**Hyderabadi Baby Aubergine (VE) (N) (S)** £7.00/13.00

Organic baby aubergines seasoned with sesame seeds, turmeric, organic yogurt, and desiccated coconut.

**Amritsari Daal Makhani (V) (D)** £7.00/£13.00

Urad daal, Rajma beans, garlic, tomatoes, ginger, butter, cream, kashmiri chili, garam masala.

**Sarson Chole ka Saag (V)** £6.00/£11.00

Spinach, royal chickpeas, butter, ginger, ground spices, cilantro.

**Saag Aloo (VE)** £6.00/£11.00

Tender potatoes and fresh spinach cooked with onion, tomato, coriander, and aromatic spices.

**Saag Paneer (D) (V)** £6.00/£11.00

Indulge in spinach and malted cheese cooked with light spices, garnished with coriander and mild cream.

**Tarka Daal (VE)** £6.00/£11.00

Experience lentils simmered with flavoursome spices, pan-fried in butter with garlic and onions, garnished with coriander.

**Mushroom Bhaji (VE)** £6.00/£11.00

Stir-fried mushrooms cooked with garlic, onion, and garnished with coriander.

**Tanishq Garden Veg (VE)** £7.00/£13.00

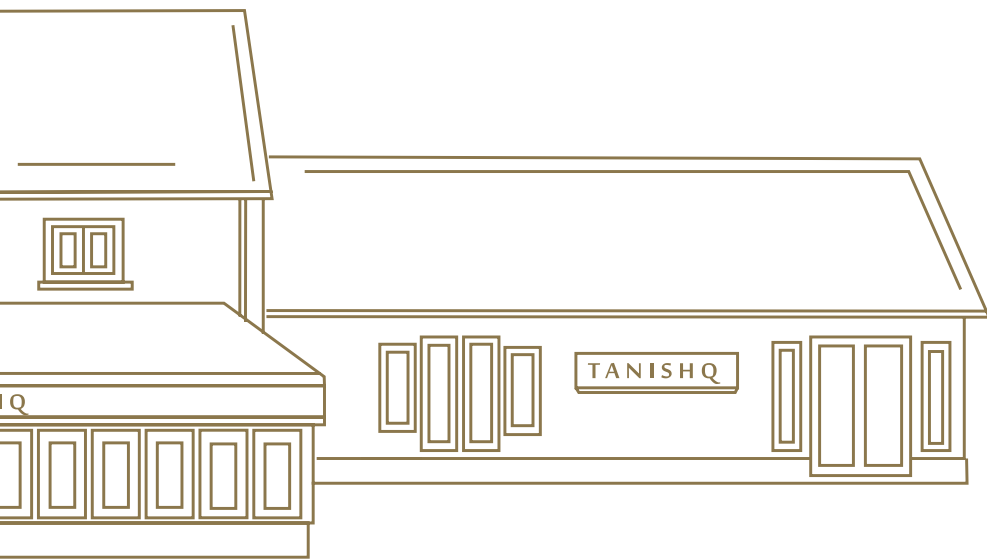
A medley of sugar snaps, baby corn, asparagus, capsicum, red onions, tomatoes, and aromatic spices.

**Mango and Avocado Salad (VE)** £7.00

Mango, avocado, pomegranate pearls, mustard, extra virgin olive oil, lemon juice, mixed leaf salad.

# BREAD & RICE

<b>Safed Rice</b> (VE) Steamed Basmati Rice.	£4.00
<b>Saffron Pulao Rice</b> (VE) Basmati rice, ginger, shallots, saffron.	£5.00
<b>Lemon Rice</b> (VE) Basmati rice with lemon balm oil and poppy seeds.	£6.00
<b>Mushroom Rice</b> (VE) Fragrant basmati rice cooked with tender mushrooms and spices.	£6.00
<b>Buttered Naan</b> (D) (E) (G) Tandoori naan bread with poppy seeds.	£4.00
<b>Garlic and Baby Coriander Naan</b> (D) (E) (G) Oven baked bread, garlic, baby coriander.	£5.00
<b>Peshwari Naan</b> (D) (G) (E) (N) Sweet coconut, raisins, nuts and spices fill this traditional Indian flatbread, baked in the tandoor for a delicious treat.	£6.00
<b>Kulcha</b> (D) (E) (G) Leavened flatbread, paneer, potatoes.	£6.00
<b>Multigrain Roti</b> (VE) Oven baked flat brown bread; healthy option	£5.00
<b>Breadbasket</b> (G) (D) (E) Buttered Naan/Kucha/ Multigrain roti.	£13.00



# TANISHQ

RESTAURANT & BAR

## Contact us

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