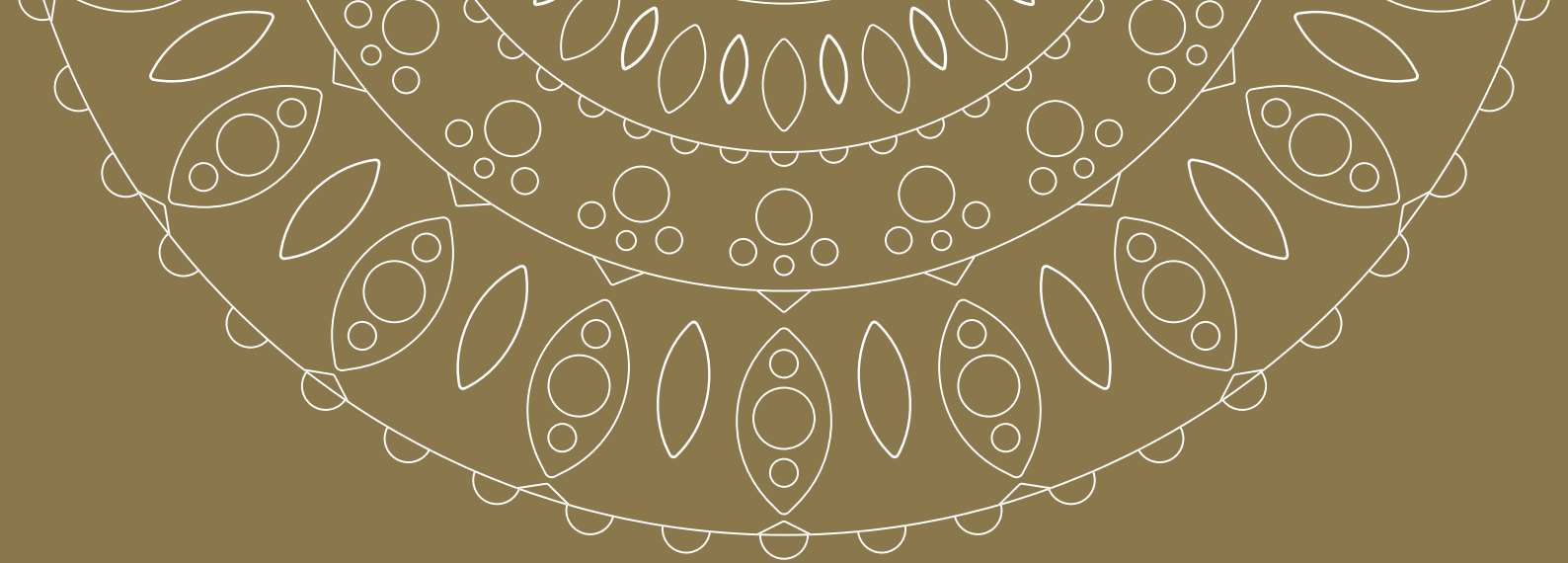




TANISHQ
RESTAURANT & BAR



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Tanishq means a hidden gem - something rare and precious, the name reflects a place created with intention, where elegance, warmth and attention to detail come together naturally.

Set within a tranquil golf-course setting, overlooking a peaceful pond, Tanishq is designed to be experienced rather than simply visited. From Michelin-quality cuisine to refined hospitality, it is about meaningful moments and an atmosphere that quietly leaves a lasting impression.



ALLERGEN NOTICE

Please speak to your server for allergens information.
Dishes may contain traces of allergens/nuts despite our persistent and best efforts.
Menus are subject to change.

(N) Nuts | (D) Dairy | (G) Gluten | (M) Mustard | (C) Crustaceans | (MO) Molluscs | (F) Fish | (S) Sesame
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APPETISERS



Poppadoms with Trio of Dips

£2.50 (per Person)

Crispy poppadoms served with spiced mango & pineapple chutney (M), refreshing mint (D), and red onion, tomato and tamarind chutney (M).

STARTERS

A Taste of Tradition, Re-imagined

Begin your dining journey with refined small plates, balanced in flavour and crafted with care.

Jungle Style Lamb (D) (M)

£9

Welsh lamb infused with crushed coriander, black pepper, and crushed chilli, chargrilled over open flame and finished with a touch of lime. Spicy!

Venison Hunter Kebab (E)

£12

Local venison marinated with Tellicherry pepper and warm spices, topped with quail egg and tamarind glaze — inspired by India's royal hunting feasts.

Coriander, Mint & Lime Chicken Tikka (D)

£8

Free-range chicken marinated in fresh mint, coriander, raw mango, and green chilli for a vibrant, refreshing flavour.

Tanishq Signature Lahsooni Jhinga (C) (D)

£12

Cornish tiger prawns marinated in roasted garlic and garam masala, chargrilled and served with an avocado-mango salsa.

Tanishq Gilafi Sheekh (D)

£9


Minced Welsh lamb mixed with bell peppers, coriander, and warm spices, skewered and chargrilled; served with red onions.



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Coastal King Scallop Moilee (MO) (M)

£13

Pan-seared scallops with ginger, curry leaves, and lime, finished with a mango relish.

Afghan Shinwari Lamb (D) (M)

£11

Smoky lamb cutlets marinated in Afghan dry spices, flame-grilled and paired with garlic mooli and carrot ribbons.

Old Delhi Beetroot & Aloo Tikki (V) (G) (E)

£7

Golden potato cakes, spiced tamarind and mint chutneys — a taste of Old Delhi's street flavours.

Bay of Bengal Crab & Cod Cake (F) (E) (G) (C) (M)

£10

A blend of Devon crab and black cod with Maris Piper potato, served with fresh tomato salsa, honey mustard and micro herbs.

Bharwan Grilled Paneer (V) (D)

£8

Homemade paneer stuffed with baby spinach, marinated with ginger, garlic, and coriander, and gently grilled.

Onion & Kale Bhaji (V) (E)

£7

Finely sliced onions and kale in a crisp, spiced gram-flour batter.

King Prawn Purée (C) (D) (G)

£11

King prawns tossed in a fragrant garlic, ginger, and tomato sauce, served on golden fried flatbread.

Meat or Vegetable Samosa (G) (E) (D)

£6

Crisp pastry parcels filled with spiced minced meat or vegetables, served with a zesty onion-herb relish.

Garlic Chicken Tikka (D)

£8

Corn-fed chicken marinated in yoghurt, cheese, garlic, and mint, grilled to tender perfection.

Kolkata Samosa Chaat (V) (G) (D) (E)

£8

Crisp samosa served with chickpeas, sweet tamarind, mint yoghurt, and sev — inspired by the vibrant streets of Calcutta.

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CHEF'S SPECIALITIES SIGNATURE CREATIONS



Our signature specialities embody the spirit of Tanishq – authentic flavours, refined techniques, and exceptional ingredients. Each dish is a culinary journey designed to delight and inspire, crafted under the direction of Chef Abhishek Sharma, whose experience spans the renowned kitchens of Benares and The Cinnamon Club. His artistry combines classic Indian tradition with contemporary finesse, creating dishes that celebrate both heritage and innovation.

Delhi 6 Butter Chicken – Tanishq Signature (D) (N) **£15**

Chicken supreme in a velvety tomato-butter sauce with shahi jeera and fenugreek, paired with a shiitake–spinach fricassee. A refined homage to the original Old Delhi creation.

“Delhi 6 refers to the historic Old Delhi district, celebrated for its legendary cuisine”

Vadouvan-Infused Pan-Seared Seabass (F) **£20**

Fresh Colchester seabass pan-seared with French Indian vadouvan spice, complemented by tomato, kaffir lime and ginger.

Rosemary-Infused Kofte (V) (D) (N) (G) **£14**

Delicate paneer koftas in a creamy tomato and rosemary sauce, enriched with fenugreek and finished with edible silver.

Chettinad Chicken – South Indian Style (D) (M) **£16**

Organic chicken cooked with kalpasi, fennel, and cardamom in a rich coconut gravy, served with a traditional vegetable poriyal.

Keralan Sigr Duck (D) **£18**

Gressingham duck breast glazed with tamarind and coastal spices, complemented by notes of ginger, mushroom, and smoke from the sigri grill.

Alappuzha Coast Spice-Rubbed Salmon (M) (F) **£21**

Scottish salmon marinated in garlic, chilli, and coriander, finished with a hint of mustard and served with red-onion potatoes.


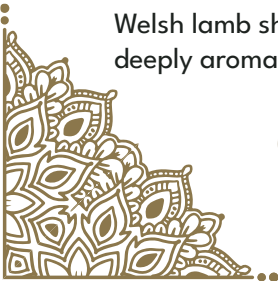
Zafrani Lamb Shank (D) **£18**

Welsh lamb shank slow braised with saffron, tomato, cinnamon, and Kashmiri chilli, creating a deeply aromatic and tender dish.

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Anglo-Indian Wild Prawn (C) (M)

£21

Giant prawns gently poached in a creamy coconut, delicately flavoured with curry leaves and mustard seeds.

Railway Beef Curry (D)

£16

Slow-cooked Beef in a rich sauce of caramelised onions, roasted red chillies, bay leaves, and warming cinnamon.

Goan Style Green Chicken Curry

£16

Free-range chicken simmered in a vibrant coriander and green-chilli sauce, lifted with the freshness of raw mango.

Jhinga Malabar (C) (M)

£21

King prawns prepared in a traditional Malabar-style sauce, gently spiced with chillies, curry leaves, and aromatic mustard.

The Billionaire's Chicken (D) (N)

£17

Succulent stuffed chicken layered with spiced mince, bathed in a rich caramelised onion, coconut, and cashew sauce, edible gold — indulgence in every bite.

Dum Pukht Biryani (D) (G)

Aromatic, sealed-pot biryani layered with spices; served with malai sauce.

Jackfruit £14 | Chicken £16 | Lamb £18 | King Prawn (C) £21

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TIMELESS FAVOURITES

CLASSIC CURRIES

Beloved recipes balanced and beautifully cooked. Each dish is thoughtfully crafted by Chef Junaid Ahmed, whose passion for traditional Indian cuisine brings depth, harmony, and authenticity to every flavour. A celebration of time-honoured classics, refined with modern finesse.

Veg	£11
Chicken	£13
Lamb	£15
King Prawn (C)	£19

Korma (N) (D) Mild and creamy with cashew and coconut.

Masala (N) (D) Creamy tomato style with yoghurt and almond.

Dopiaza Onion-forward, medium-spiced gravy.

Dansak Lentil-rich, gently hot with sweet-tangy balance.

Rogan Josh (D)

Aromatic slow-cooked preparation with tomato and Kashmiri chilli, offering a rich, warming depth of flavour.

Jhalfrazi Peppers, onions and tomatoes in a lively stir-fried sauce.

Madras Bold heat with bright coriander finish.


Achari (D) Pickle-spiced sauce with garlic, green pepper and tomato.



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FROM THE GRILL TANDOOR SELECTIONS



Marinated with care and finished over clay-oven embers for depth and smoke.

Tandoori King Platter (D) (C) **£25**

Lamb cutlets, lamb sheesh, garlic chicken tikka, green chicken tikka, tandoori chicken and king prawns; served with rice and salad.

Ember-Charred Welsh Lamb Chops (D) **£23**

French-trimmed Lamb chops, baby carrots, potatoes and asparagus, stemmed broccoli with saffron sauce.

Shashlik (D)

Paneer £14 | Chicken £16 | King Prawn (C) £21

Chargrilled skewers with peppers, onions and tomatoes.

Fire Grilled Tandoori Chicken (D) **£15**

Tender chicken marinated in a fiery chili, lemon and garlic blend, finished in the tandoor for a smoky, flavorful taste.

Chargrilled wild spiced Lamb (D) (M) **£19**

Welsh lamb with crushed coriander, black pepper and crushed chilli, mustard oil chargrilled and finished with lime.

Tandoor-Charred Jumbo Prawn (D) (C) **£21**


Shell-on, expertly opened jumbo prawn marinated in warm spices, citrus heat and smoked chilli, then roasted in the tandoor for an intense aromatic char and spicy finish.



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VEGETARIAN SIDES & MAINS



Wholesome dishes showcasing fresh produce and pulses.

Baby Roast Potatoes

£6/£11

Cumin, chilli, tomatoes and fresh coriander.

Hyderabadi Baby Aubergine (D) (S) (M)

£7/£14

Baby aubergines simmered Hyderabadi-style in a lightly spiced sesame, mustard and tamarind sauce.

Kesar Daal Makhani (D)

£7/£13

Slow-cooked urad and rajma with butter and cream.

Saag Aloo

£6/£11

Potatoes and spinach with onion, tomato and coriander.

Saag Paneer (D)

£6/£11

Spinach and paneer with gentle spices and a touch of cream.

Aloo Matar Gobi

£6/£11

Potatoes, garden peas and cauliflower in spiced tomato.

Tarka Daal (D)

£6/£11

Lentils tempered with garlic and onions, finished with coriander.

Stir-Fried Mushroom

£6/£11

Stir-fried mushrooms with garlic and onion.

Tanishq Fresh Garden Vegetables

£8/£14

Sugar snaps, baby corn, asparagus and peppers with light spices.

Mango & Avocado Salad



£8

Mango, avocado, pomegranate, lemon and mixed leaves.

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BREAD & RICE



Safed Basmati Steamed and fluffy.	£5
Saffron Pulao Rice (D) Butter, ginger, shallots and saffron.	£6
Lemon Rice (M) Poppy seed and lemon balm oil.	£6
Lamb Keema Pilao (D) Spiced minced lamb, green peas, and aromatic whole spices.	£7
Mushroom Rice (D) Fragrant rice with sautéed mushrooms.	£6
Coconut & Pineapple Rice (D) Fragrant rice Light, aromatic basmati rice enriched with coconut, butter, curry leaf and subtly lifted with pineapple.	£7
Buttered Naan (D) (E) (G) Soft, tandoor-baked.	£5
Garlic & Baby Coriander Naan (D) (E) (G) Aromatic and freshly baked.	£6
Pista Peshwari Naan (D) (E) (G) (N) Coconut, raisins and nuts.	£6
Sundried Tomato, Basil & Truffle Naan (D) (E) (G) Tandoor-baked naan layered with sundried tomato, fresh basil, and a hint of truffle aroma.	£7
Keema Naan (D) (E) (G) Spiced minced lamb stuffing.	£7
Multigrain Roti (G) Wholesome oven-baked flatbread.	£5
Breadbasket (for sharing) (D) (E) (G) Buttered Naan, Garlic & Coriander Naan, Multigrain Roti.	£16

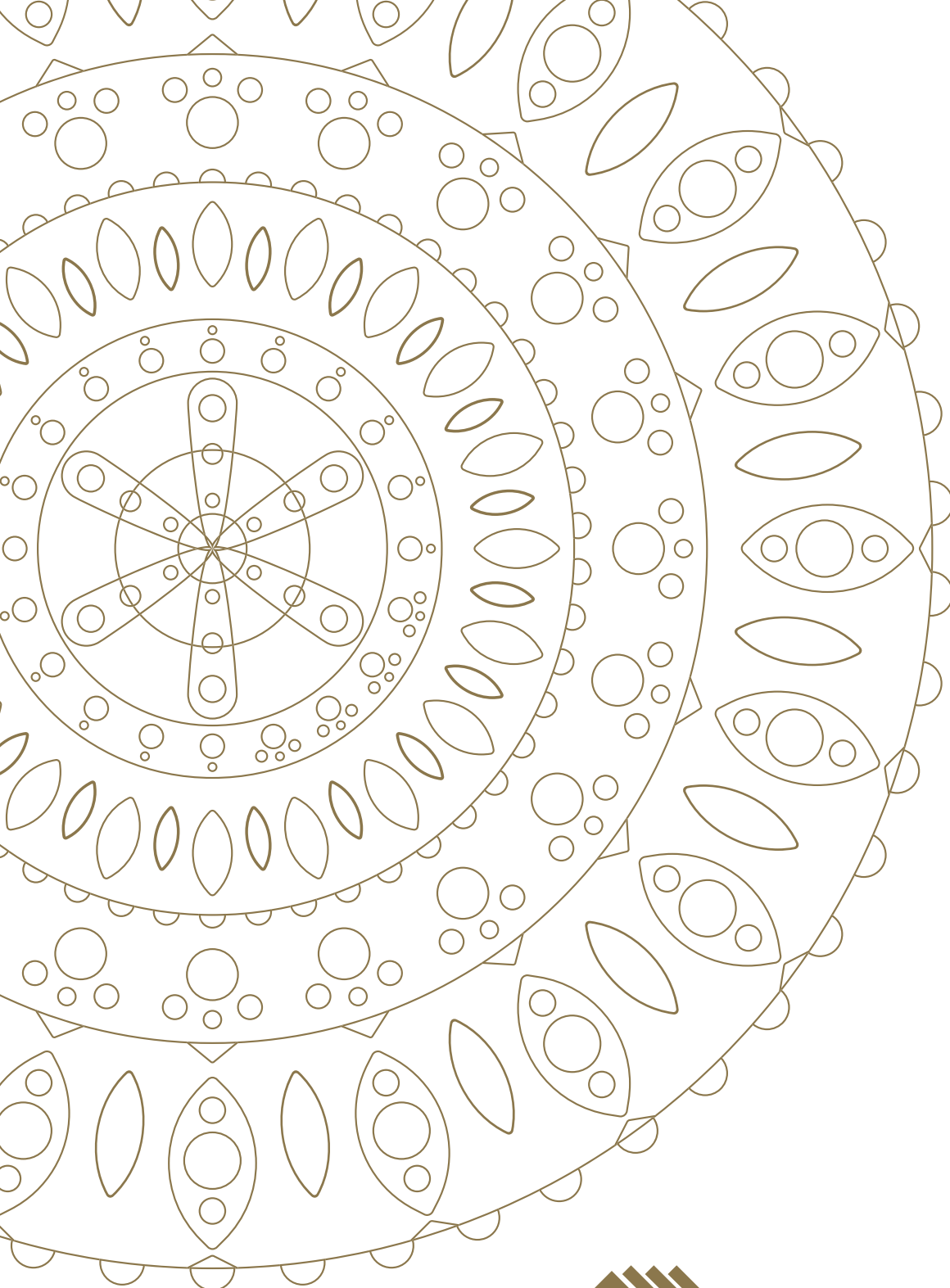


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Contact us

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