

VEGETARIAN

MAIN £8.95 | SIDE – £4.95

Baingan Kalonjee (Aubergine)

Broccoli Bhaji

Tarka Daal (D)

Bhindi Bhaji (Okra)

Bombay Aloo

Chana Masalla (Chickpeas) (D)

Aloo Gobi

Mixed Vegetable Bhaji

Saag Paneer (D)

Paneer Bhaji (D)

ACCOMPANIMENTS

Plain Naan Bread (G) (D).....£3.45

Add flavours for 50p per item: Garlic, Keema, Chilli, Peshwari, Coriander, Cheese, Onion

Chapati (G)..... £1.50

Puri (G)..... £1.50

Paratha (G) (D)..... £3.95

Tandoori Roti (G).....£3.45

Pickles (Per tray) (D) £2.00

Poppadoms (G) £0.95

Basmati Rice£3.45

Plain steamed rice

Pilau Rice (D)..... £3.75

Add flavours for 50p per item: Mushroom, Vegetable, Garlic, Keema, Egg, Onion, Nut - 50p each

Chips£2.95

Spicy Chips.....£3.95

ENGLISH DISHES

Chicken Nuggets(G) (D)

Small: £4.95 | Main: £7.95

Served with chips and salad.

Omelette (D)

Small: £4.95 | Main: £7.95

Chicken, Prawn (F), Mushroom or Plain Served with chips and salad.

Scampi (F) (G)

Small: £4.95 | Main: £7.95

Served with chips and salad.

EVERYDAY SET MEAL £17.95

CHOOSE A STARTER

Onion Bhaji (G) (D)

Chicken Pakura (G) (D)

Prawn Cocktail (F)

Samosa (G)

(Meat or Vegetarian)

Seekh Kebab

Medium spicy dish with oriental spices and tamarind

Tikka Chicken (D)

Chicken marinated in yoghurt, lemon, ginger, garlic, spices and herbs

Bhuna Prawn on Puree (F) (G)

Bhuna Keema on Puree (G)

Chicken Chatt on Puree (G)

Garlic Mushrooms

on Puree (G)

CHOOSE A MAIN

Select a mild, medium or hot dish style. Choose from: Chicken, Prawn, Vegetables
For Chicken Tikka Add £1.00 | Lamb Add £1.00 | King Prawn Add £2.00

MILD DISHES

Plain Curry

A rich flavour of oriental spices.

Korma (D) (N)

Traditional recipe with lots of fresh cream.

Kashmiri

(D) (N)

Mild spices, similar to Malayan but with sultanas.

Malayan

(D) (N)

Mild spices, cream, banana & pineapple – a unique flavour.

Masala

(D) (N)

Coconut, peanuts, almond and cream.

Pasanda

(D) (N)

Light curry cooked with peanuts and cashew nuts.

MEDIUM DISHES

Bhuna

Fried spices, medium strength and dry consistency.

Dupiaza

Similar to Bhuna, onions are fried with spices.

Rogan

Delicate sauce with tomatoes and a sprinkle of Dania.

Dansak (D)

Sweet and sour dish, fruit juice and lentils.

Korai (D)

Richly spiced sauce, garlic, ginger, peppers, tomato, onions and coriander.

Balti

Mince meat, garlic, spices, chillies, tomatoes and coriander.

HOT DISHES

Madras

The classic curry.

Vindaloo

Fiery hot Portuguese king of curries.

Pathia (D)

Tomatoes, hot spices.

Sri Lanka (N)

Strong flavours with lots of coconut.

Jalfrezi (D)

Hot green chillies, onions and peppers.

Chilli Mosalla (D)

(N)

Tomatoes, hot green chillies, peppers and sautéed onions.

ALLERGY AND FOOD INTOLERANCE GUIDE

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Please inform our staff if you suffer from any food intolerance.
We will do our best to accommodate your needs.

Dykelands Road, Sunderland SR6 8DD

www.malabarseaburn.co.uk

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MALABAR

Indian Reataurant & Bar

SMALL PLATES

Bata Vada (G)(D)(M).....£5.95
Spiced potato dumplings served in a chickpea masala

Chicken Tikka Paneer (D).....£6.50
Chicken and cheese - very creamy

Onion Bhaji (G)(D).....£4.50

Chicken Tikka Pakora (D) (G).....£4.95

Prawn Cocktail.....£4.95

Samosa (Meat or Veg) (G).....£4.95

Bhuna Prawn on Puree (F)(G).....£5.95

Chicken Chat on Puree (G).....£5.95

Bhuna Keema on Puree (G)£5.95

Garlic Mushrooms on Puree (G).....£4.95

King Prawn on Puree (F)(G).....£6.95

Tikka Chicken (D).....£5.50
Pieces of Chicken marinated yoghurt, lemon juice, ginger, garlic and tandoori spices and herbs

Sheekh Kebab.....£5.50
Medium spicy dish with specially selected oriental spices and tamarind

Mixed Kebab (D)£6.50
Tikka Chicken, Meat Chop, Kebab

Punjabi Samosa Chaat (G)£5.50
Samosa served Delhi style with chickpeas, yoghurt, tamarind and mint sauce.

Honey Chilli Chicken£5.95
Crispy chicken in a sweet spicy honey sauce.

Tangra Chilli Paneer (D)£5.50
Paneer, fried in a sweet & sour chilli sauce with onion & peppers.

Chicken & Cheese Momo (D) (G)£5.95
Authentic Malabar-inspired chicken & cheese sauce wrapped in a flatbread

Tandoori Broccoli.....£4.95
Marinated in medium spices.

Chicken Manchurian.....£5.95
Tender chicken & cauliflower cooked in medium onion & pepper sauce.

Malabar Salmon (F) (M)£5.95
Salmon cooked in a medium onion & pepper sauce

Malabar Jinga (F) (G) (M) £7.95
King prawns in onion, mustard seed, curry leaves & coconut milk.

Fish Amritsari (F) (D).....£5.95
Tilapia fish dipped in batter & fried.

Malabar Mix Platter (G) (F) (D)..... £8.50
Mixed selection of favourites.

AUTHENTIC INDIAN DISHES

These dishes are the taste of India and are the “classics”

Chicken..... £8.50

Chicken Tikka..... £8.95

Lamb..... £9.50

Vegetable..... £7.95

Prawn £8.95

King Prawn £9.95

MILD DISHES

Plain Curry

A medium consistency sauce made with a wide range of oriental spices giving a rich flavour.

Korma (D) (N)

Traditional Indian recipe with greater use of fresh cream.

Kashmiri (D) (N)

Preparation of mild spices, similar to Malayan but cooked with sultanas.

Malayan (D) (N)

Preparation of mild spices in which cream, banana and pineapple are used to create a unique flavour.

Masala (D) (N)

Mild and creamy cooked with coconut, peanuts, almond and cream.

Pasanda (D) (N)

A light curry with peanuts and cashew nuts.

HOT DISHES

Madras

Need we say more?

Vindaloo

The king of curries, the fiery hot Vindaloo, is of Portuguese origin.

Pathia (D)

Lots of tomato and hot spices.

Sri Lanka (N)

Cooked with strongly flavoured spices but with lots of coconut.

BIRYANI DISHES

A gentle spice blend providing a light but tasty, dry consistency. Biryani is a main dish with saffron basmati fragrant rice served with an accompanying sauce and dressed with salad.

Chicken.....£10.50

Lamb..... £11.95

Vegetables£9.95

Tikka Chicken (D).....£10.95

Prawn (F).....£10.95

King Prawn (F) £12.95

MEDIUM DISHES

Bhuna

A combination of spices, fried to provide a medium strength and dry consistency.

Dupiaza

A method of preparation similar to Bhuna in which onions are mixed with spices and flash fried.

Rogan

Delicately flavoured sauce with lots of tomato and a sprinkle of dania.

Dansak (D)

A sweet and sour dish with fruit juice and lentils.

Korai (D)

Cooked in a richly spiced sauce with fresh garlic, ginger, green peppers, tomato, onions and fresh coriander.

Balti

Cooked with garlic, spices, green chillies, mince meat, tomatoes and coriander.

Jalfrezi (D)

Hot green chillies cooked with onions and peppers.

Chilli Mosalla (D) (N)

A tomato base with hot green chillies, peppers and sautéed onions.

TANDOORI CLAY OVEN MAINS

Chicken Tikka (D).....£9.95
Pieces of Chicken marinated yoghurt, lemon juice, ginger, garlic and tandoori spices and herbs

Mixed Kebab (D)£11.95
Tikka Chicken, Meat Chop, Kebab

Tandoori Chicken (D)£9.95
Tender baby Chicken marinated in yoghurt, lemon juice, ginger, garlic, tandoori spices and herbs

Tikka Chicken Shashlik (D)£10.95
Barbecue Tikka Chicken with onions and mixed peppers on a skewer

Tandoori King Prawns (F) (D)..... £13.95
Marinated King Prawns with a hint of lemon

MALABAR SPECIAL FISH DISHES

All served with Pilau Rice

Malabar Fish Curry (F) (M) £13.95
Malabar spices infused into fresh Telapia (Indian Fish), pan seared with a curry leaf and tomato sauce

Seabass & King Prawns (F) (D) (M) £14.95
Seabass stuffed with King Prawns, and a sauce of tamarind, tomatoes, coconut milk and curry leaves

Bombay Salmon (F) (M) £13.95
Marinated fresh Salmon fillet pan seared and served with a sauce of chilli, ginger & curry leaves

Malabar Prawn Curry (F) (D) (M)..... £15.95
King Prawns cooked in cumin and coriander, dressed with tomatoes and coconut milk

Chilli Rasun Chingri (F) (M)..... £15.95
King prawns cooked with garlic, ginger, coriander and sweet chilli sauce

Malabar Special King Prawn (F) (M)..... £15.95
Medium strength, King prawn served on the shell cooked with green beans

MALABAR SPECIAL

All Served with Pilau Rice

Chicken £13.95
Lamb £14.95

Malabar Sharkar (D)

Chicken or Lamb cooked with baby spinach, caramelised onions, garlic, ginger and pure Indian Ghee butter. Topped with crispy spinach.

Methi Gosht

Medium strength with fenugreek

Hyderabadi Biryani (D)

Cooked with spices and saffron served under a fragrant pilau rice with a separate raitha and dal

Achari

Chicken or lamb cooked in Indian pickle with a hint of lentil - a spicy caramelised onion sauce

Delhi Style Butter (D) (N)

Cooked with indian butter ghee, blended cashew nut and tomatoe paste in a rich creamy sauce.

Hariyali (N) (D)

Fresh green herbs blended with yogurt, cream, cashew paste, and mint

Chettinad Madras

Hot South Indian spice with caramelised onions and tomato (Hot and spicy)

Jerdaloo

Medium with roasted onions, peppers and tomatoes

Pistachio (N) (D)

Marinated with pistachio and cashew nuts infused in a creamy sauce

Malabar Chef Special (D)

Chicken or Lamb cooked in ghee butter, garlic, ginger, coriander, cumin and turmeric - ‘home style’ dish served medium or spicy

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