

ZiNG & ZEST

INDIAN RESTAURANT

0161 343 2131

ORDER **ONLINE** at www.zingandzest.co.uk

FREE DELIVERY

on orders over £15 within 3 mile radius

TAKEAWAY MENU



2 FREE DRINKS

Soft or alcoholic when you spend £25 or more.

4 FREE DRINKS

Soft or alcoholic when you spend £40 or more.

T&C Free Drinks - Minimum spend must be on food only. Beer subject to availability for those aged 18 or over. Please drink responsibly. Soft cans of pop alternative available.

Appetisers

Plain Papadom	£0.60
Spicy Papadom	£0.60
Chutneys	£0.60
Onions / Mango / Mint Sauce / Hot Sauce Pickle / Coleslaw.	

Starters

Served with salad, yoghurt mint sauce and hot sauce

Meat Samosa	£3.25
Triangular crispy fried pastry filled with lightly spiced lamb mince.	
Chicken Pakora	£3.45
Succulent chicken tikka coated with gram flour batter and fried.	
Fish Pakora	£3.45
Lightly spiced fish, coated in special batter and fried.	
Prawn Cocktail	£3.45
Prawns on a bed of lettuce smothered with seafood sauce. Garnished with tomato, cucumber and cherry.	
Thelapiya Biraan	£3.45
Fish fillets of Bangladesh lightly spiced and shallow fried and served with caramelised onions.	
Pepper Keema	£3.45
Grilled pepper with a filling of lightly spiced lamb mince.	
Chicken Kumbi	£3.45
Chicken tikka in a tangy sauce cooked with onions and peppers with squeezed orange. Served on a puri bread.	
Chicken Chat Puri	£3.45
Chicken tikka cooked with chat massala served on a freshly cooked flaky puri bread.	
Prawn Puri	£3.95
Prawns cooked in a rich medium sauce served on a freshly cooked flaky puri bread.	
King Prawn Puri	£5.45
King prawns cooked in a rich medium sauce served in a freshly cooked flaky puri bread.	

Veg Starters

Served with salad, yoghurt mint sauce and hot sauce

Vegetable Samosa	£2.45
Triangular crispy fried pastry filled with lightly spiced vegetables.	
Onion Bhaji	£2.45
Spiced, round onions fritters in a gram flour batter and fried.	
Mushroom Pakora	£2.45
Mushrooms coated in gram flour batter, lightly spiced and fried.	
Paneer Pakora	£3.25
Indian cottage cheese lightly coated in gram flour batter and fried.	
Pepper Sabzi	£3.25
Grilled pepper with a filling of lightly spiced vegetables.	
Saag Paneer Puri	£3.25
Spinach and Indian cottage cheese served on a freshly cooked flaky puri bread.	
Garlic Mushroom Puri	£3.25
Pan fried butter mushrooms with garlic served on a freshly cooked flaky puri bread.	
Aloo Chana Puri	£3.25
Potatoes and chick peas cooked in a rich medium sauce and served on a freshly cooked flaky puri bread.	
Chilli Paneer چٹچٹ	£3.95
Indian cottage cheese spiced then pan cooked with peppers, onions, green chillies and tomatoes.	



Tandoori & Grill

Starters & Mains

Marinated in special sauces made from yoghurt with herbs and spices then barbecued in Tandoor. **Starters** are served with salad, mint and hot sauce. **Main course** is served with a separate medium curry sauce, alternatively choose your own sauce or have it with a salad.

	Starter	Main
Tandoori Chicken Spring chicken on the bone.	£3.45	£6.95
Garlic Chicken Tikka Cubes of chicken breast in a special garlic sauce.	£3.45	£6.95
Chicken Tikka Succulent cubes of chicken.	£3.45	£6.95
Cheesy Chicken Tikka Cubes of chicken smothered in molten cheese.	£3.95	£7.95
Paneer Tikka Indian cottage cheese.	£3.45	£6.95
Shami Kebab Spiced minced meat patties.	£3.45	£6.95
Seekh Kebab Spiced minced lamb.	£3.45	£6.95
Seekh Hot Rods   Spicy seekh kebabs with extra green chilli and garlic.	£3.95	£7.95
Lamb Tikka Prime cubes of lamb.	£3.95	£7.95
Lamb Namkeen Boti   Prime pieces of lamb marinated with black pepper and crushed chilli seeds.	£4.15	£8.45
Lamb Chops Lightly spiced lamb chops.	£4.15	£8.45
Spicy Lamb Chops   Lamb chops in crushed chillies, grilled with hot spices.	£4.45	£8.95
Tandoori King Prawns Succulent King Prawns.	£5.45	£11.45
Mixed Tandoori Grill Chicken Tikka, Garlic Chicken Tikka, Lamb Chops, Tandoori Chicken and Seekh Kebab.	N/A	£9.45

Sharing Starter Platters

Served with salad, yoghurt mint sauce and hot sauce

	for 2	for 4
Vegetarian Platter Onion bhaji, vegetable samosa, paneer pakora and mushroom pakora.	£6.95	£12.95
Mixed Platter Onion bhaji, meat samosa, chicken tikka and seekh kebab.	£7.45	£13.95
Tandoori Platter Chicken tikka, lamb chops, seekh kebab and garlic chicken.	£7.95	£14.95



Shashlik Starters & Mains

These dishes are barbecued in the tandoor and grilled over charcoal with peppers, onions and tomatoes.

Starters are served with salad, mint and hot sauce.

Main course is served with a separate medium curry sauce, alternatively choose your own sauce or have it with a salad.

	Starter	Main
Shashlik Chicken  	£4.45	£8.95
Shashlik Paneer 	£4.45	£8.95
Shashlik Lamb 	£4.95	£9.95
Shashlik King Prawn  	£6.45	£12.95



Signature Dishes

Chicken Cheese Kofta ۳ ۷.95

Chicken tikka and minced lamb meatballs and cheese cooked into a thick medium sauce of dry consistency.

Chicken Chom Chom ۳ ۷.95

Strips of chicken tikka with onions and peppers cooked in a special garlic and almond massala sauce.

Balti Exotica ۳۳ ۷.95

Chicken tikka, lamb tikka, lamb chops and garlic chicken prepared with the finest of spices in a special balti sauce.

Fangaash Machli ۳۳ ۷.95

Fillets of Bangladeshi fish cooked to a medium strength with tomatoes and spring onions in a unique sauce.

Murgh Akbari Mosalam ۳۳ ۷.95

Fillet of chicken breast cooked together with mince meat in a medium spicy sauce, garnished with a boiled egg.

Balti Chicken Keema Jalfry ۳۳۳ ۷.95

Strips of tandoori chicken and minced lamb cooked with peppers, onions and chillies forming a dry rich sauce.

Chefs Specials

Shashlik Exotic Karahi ۳۳۳

Cooked with onions, peppers and roasted garlic cloves that are added to this dish to give an authentic aromatic taste.

Bangla Balti Thawa ۳۳۳

Tikka fillings cooked into a rich medium balti sauce, garnished with peppers.

Chilli ۳۳۳۳

Smothered in egg and corn flour then stir fried with peppers, onions, garlic, chillies and soya sauce.

Gorkhali ۳۳۳۳

An exotic mix of spices with chillies, peppers, lemon juice and

Afghani ۳۳۳۳

A dish of slight dry consistency from Kabul using special chilli

South Indian Garlic ۳۳۳۳

Cooked with heaps of roasted sliced garlic, plum tomatoes and chillies.

Chicken or Lamb £7.25 King Prawn £12.45

House Specials

Lasani ۳۳۳۳ Chicken or Lamb £7.45

A Punjabi style dish made of garlic achar with a touch of naga, flavoured with bay leaf and cinnamon.

Oriental Fusion ۳۳۳ Chicken or Lamb £7.45

Chicken or lamb barbecued in the tandoor then pan cooked with chillies, onions, capsicum & sweet chilli sauce.

Rezzela ۳۳۳ Chicken or Lamb £7.45

Tikka filling cooked with a generous use of mint & coriander with fenugreek leaves, onions & capsicum.

Garlic Chicken Mosalam ۳۳ ۷.45

Strips of chicken breast with cloves of garlic slices cooked into a thick creamy sauce.

Tandoori Chicken Massala ۳ ۷.45

Strips of off the bone tandoori chicken cooked in a rich, mild creamy almond based massala sauce.

Chingri Saag ۳۳۳ ۱2.45

Whole king prawns cooked in chefs five spices. Served on a bed of curried spinach.

Mild ۳ Medium ۳۳ Medium to Spicy ۳۳۳
Fairly Hot ۳۳۳۳ Very Hot ۳۳۳۳۳



Traditional Dishes

Choose a **filling** followed by the **style of cooking** from below.

Chicken	£5.75	Prawns	£6.95
Chicken Tikka	£6.25	King Prawns	£11.95
Lamb	£6.25	Mixed Chicken, Lamb and Prawns	£6.95
Lamb Tikka	£6.75	Paneer Cubes of Indian cottage cheese	£5.75
Keema Mince meat	£6.25	Mix Vegetables	£5.25

Korma

Cooked with mild spices in a creamy mixture with ground coconut.

Bhuna

A combination of a special blend of spices, onions and tomatoes, fried & cooked to a medium strength sauce.

Dupiaza

A dish similar to Bhuna prepared with greater use of briskly fried onions.

Handi

A dish from Punjab flavoured with methi, herbs and spices. Simmered with yoghurt.

Rogan Josh

Delicately spiced, cooked with sweet pimentos, capsicum and tomatoes. Original authentic Indian dish.

Acharee

Cooked in a spicy tangy sauce which is made from a unique blend of Indian pickles and herbs.

Madras

A south Indian dish with a hot and spicy taste.

Ceylon

Traditional Sri Lankan dish cooked with strongly flavoured spices with an abundance of ground coconut.

Jalfrazi

Sautéed dish cooked with onions, peppers, garlic, ginger and green chillies.

Sambar

Cooked with lentils and lemon juice to give a sharp and distinctive taste.

Pathia

Lightly chopped onions in a thick red hot & sour sauce.

Dhansak

A mild and tangy dish cooked with pineapple and lentils to form a sweet and sour dish.

Methi

Cooked mainly with fenugreek leaves and spices of medium strength and consistency.

Chana Massala

Cooked in exotic spices with chickpeas in a thick sauce, garnished with roasted cashew nuts.

Saagwala

Spinach prepared with garlic, ginger and tomatoes to form a dish of dry consistency.

Karahi

Cooked in a mixture of spices, onions, garlic, pepper and a strong presence of coriander.

Balti

Cooked using a unique Balti sauce with onions, garlic and ginger.

Vindaloo

Fiery hot dish cooked with chillies, ginger, garlic and mix of hot ground spices.

Naga Chilli

Cooked with chillies, ginger, garlic, tomatoes, onions and special mix of hot ground spices. Naga chilli paste is added for an exotic hot taste and aroma.

Mild Dishes

Choose a **filling** followed by the **style of cooking** from below.

Chicken Tikka	£7.45	Tandoori King Prawns	£12.45
Lamb Tikka	£7.95	Paneer <i>Cubes of Indian cottage cheese</i>	£7.45
Prawns	£7.95	Mix Vegetables	£6.25

Massala 🍽️

The nations favourite dish cooked in a unique mild and creamy almond massala sauce.

Makhani 🍽️

Cooked with butter in a creamy ground almond sauce of thick consistency.

Passanda 🍽️

Cooked in mild spices with yoghurt, tomato puree, cream and almonds.

Badami 🍽️

Cooked in a creamy sauce with ground cashew nuts, pistachios and almonds.

Biryani Dishes

Prepared by cooking basmati rice, together with a mixture of aromatic spices and almonds. Garnished with an omelette & served with a medium curry sauce or a choice of sauce.

Chicken Biryani	£7.45	Prawn Biryani	£8.45
Chicken Tikka Biryani	£7.95	King Prawn Biryani	£13.45
Lamb Biryani	£7.95	Mixed Biryani <i>Chicken, Lamb and Prawns</i>	£8.45
Lamb Tikka Biryani	£8.45	Vegetable Biryani <i>No Omelette</i>	£6.95
Keema Biryani <i>Mince meat</i>	£7.95	Zing & Zest Biryani	£9.95

Chicken tikka, lamb tikka & king prawn stir fried with onions, spices, cashew nuts & almond flakes.

Kids Menu

All served with chips, boiled rice or pilau rice.

Chicken Tikka Massala	£4.95
Chicken Korma	£4.95
Chicken Bhuna	£4.95
Chicken Tikka	£4.95
Chicken Nuggets	£4.95
Chicken Dippers	£4.95
Fish Fingers	£4.95



Vegetable Side Dishes

These medium spiced side dishes are a great accompaniment to your main courses.

But if you prefer, for an extra £2.00 they can be served as a main course.

Mushroom Bhaji Curried Mushrooms.	£3.15	Bhindi Bhaji Okra.	£3.15
Bombay Aloo Cubed potatoes.	£3.15	Gobi Aloo Cauliflower and potatoes.	£3.15
Saag Bhaji Spinach.	£3.15	Chana Aloo Chickpeas and potatoes.	£3.15
Tarkha Daal Lentils flavoured with garlic.	£3.15	Saag Paneer Spinach and Indian cottage cheese.	£3.15
Saag Aloo Spinach and potatoes.	£3.15	Curry Sauce Any sauce of your choice.	£3.15

Sundries

Chips	£1.75
Rice	£1.95
Pilau Rice	£1.95
Onion Rice	£2.45
Mushroom Rice	£2.45
Vegetable Rice	£2.45
Lemon Rice	£2.45
Egg and Peas rice	£2.45
Garlic Chilli Rice	£2.75
Keema Rice <i>Mince meat</i>	£2.75
Peshwari Rice <i>Sweet rice with nuts</i>	£2.75
Raitha <i>Yoghurt with cucumber & cumin seeds</i>	£1.50
Green Salad	£1.50

Breads

Plain Nan	£1.75
Garlic Nan	£2.45
Cheese Nan	£2.45
Peshwari Nan <i>Sweet</i>	£2.75
Garlic Cheese Nan	£2.75
Keema Nan <i>Mince meat</i>	£2.75
Paratha <i>Lightly fried</i>	£2.45
Aloo Paratha <i>Stuffed potatoes</i>	£2.75
Keema Paratha <i>Stuffed mince meat</i>	£2.75
Roti	£1.50
Chapati	£1.00
Garlic Chapati	£1.50
Puri	£1.00

Our aim is for you to experience Indian cuisine at its best. Our menu combines authentic and traditional dishes from the Indian subcontinent.

Each dish is prepared and cooked with the freshest of ingredients and has its own distinctive aroma and flavour.

We can also cater for low fat healthier cooking methods.



Deluxe Meal for 2

WITH 2 FREE DRINKS!



Includes the following:

Papadoms 2 & Chutneys
Any 2 Starters*
Any 2 Main Meals*
Any 2 Sundries
Any 1 Nan Bread
Free 2 Drinks

£25.00

Delivery or
Collection

*T&C's - Delivery within a 3 mile radius, Additional charges will apply for: King Prawns, Lamb Chops, Mix Tandoori Grill and Zing & Zest Biryani. Starters £1 and Main Meal £2 per item. Beer subject to availability for those aged 18 or over. Soft cans of pop alternatives available.

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Order online at www.zingandzest.co.uk

126 Oldham Road, Ashton-under-Lyne, OL7 9AH

OPENING TIMES

Open 7 days a week including all major public holidays

Mon to Thur 5:00pm - 11:00pm

Fri & Sat 5:00pm - 12:00am

Sunday 2:30pm - 10:00pm



FOOD ALLERGIES & INTOLERANCES

Before ordering your food or drinks please speak to a member of staff for further details. Nuts and almonds are used in our kitchens and we cannot guarantee dishes are nut free.