

BIRYANI

VEGETABLE BIRYANI VG GF **£9.50**

Rice cooked with Indian spices & vegetables

LAMB BIRYANI GF **£11.50**

Rice cooked with Indian spices & tender pieces of lamb

CHICKEN BIRYANI GF **£10.99**

Rice cooked with Indian spices & tender pieces of boneless chicken

CHICKEN TIKKA BIRYANI GF **£10.99**

Rice cooked with Indian spices & boneless marinated tender pieces of chicken tikka

PRAWN BIRYANI GF **£12.50**

Rice cooked with Indian spices & succulent pieces of prawns

THE SOAK SPECIAL BIRYANI GF **£13.99**

Rice cooked with Indian spices, chicken, lamb & prawns

WITH A CHOICE OF RAITA
OR CURRY SAUCE

INDO-CHINESE STYLE

NOODLES

VEG NOODLES VG **£7.50**

Noodles stir fried in a wok with vegetables, cabbage & peppers

EGG NOODLES **£8.50**

Noodles stir fried in a wok with eggs, cabbage & peppers

CHICKEN NOODLES **£9.50**

Noodles stir fried in a wok with boneless pieces of chicken, cabbage & peppers

PRAWN NOODLES **£12.50**

Noodles stir fried in a wok with prawns, cabbage & peppers

SOYA NOODLES **£13.50**

Noodles stir fried in a wok with soya chunks, cabbage & peppers

NAAN & ROTI

COOKED FRESH TO ORDER
IN A CLAY TANDOOR

PLAIN NAAN VG **£2.50**

BUTTER NAAN **£2.99**

GARLIC NAAN **£2.99**

Topped with fresh garlic & coriander

CHILLI NAAN **£2.50**

Topped with fresh green chillies

PESHWARI NAAN N **£3.99**

Stuffed with a sweet mango & coconut filling

KEEMA NAAN **£4.99**

Stuffed with a minced lamb filling

CHEESE NAAN **£3.99**

Stuffed with cheese

CHEESE & ONION NAAN **£3.99**

Stuffed with cheese & onions

CHEESE & GARLIC NAAN **£3.99**

Stuffed with cheese & topped with fresh garlic & coriander

CHILLI & CHEESE NAAN **£3.99**

Stuffed with cheese & topped with fresh green chillies

CHEESE, GARLIC & ONION **£3.75**

Stuffed with cheese, onion & topped with fresh garlic & green chillies

THE SOAK SPECIAL NAAN **£5.50**

Stuffed with cheese, onion, keema & topped with fresh garlic, green chillies & coriander

TANDOORI ROTI VG **£2.50**

Chapati cooked in a clay tandoor

CHIPS & FRIES

PLAIN FRIES VG **£2.99**

MASALA FRIES VG **£3.50**

Fries tossed in lemon juice, dry Indian spices & coriander

CHEESY FRIES **£3.99**

Fries smothered with melted cheese

CHILLI FRIES VG **£3.99**

Fries coated in Chefs special Indo-Chinese sauce

BATTERED CHIPS VG **£3.75**

Chunky chips, battered & fried

BATTERED MASALA CHIPS VG **£4.50**

Chunky chips battered, fried & tossed in lemon juice, dry Indian spices & coriander

BATTERED CHILLI CHIPS VG **£4.75**

Chunky chips battered, fried & coated with Chefs special Indo-Chinese sauce

LOADED FRIES **£5.99**

Fries smothered with melted cheese, jalapeños & choice of either lamb keema or chicken tikka pieces, or both!

RICE

PLAIN RICE **£3.75**

Boiled basmati rice

JEERA RICE VG **£3.99**

Rice stir-fried with cumin seeds

PEAS RICE VG **£3.99**

Rice stir-fried with peas

FRIED RICE **£3.99**

Rice stir-fried with blended spices & onions

EGG FRIED RICE **£3.99**

Rice stir-fried with fresh egg

MUSHROOM RICE VG **£3.99**

Rice stir-fried with diced mushrooms

PULAO RICE **£3.99**

Rice cooked with desi ghee & blended spices

CHICKEN TIKKA RICE **£4.50**

Rice stir-fried with diced pieces of tandoori grilled chicken tikka

MIX VEG RICE VG **£3.99**

Rice cooked with mixed veg & blended spices

LEMON RICE VG **£3.99**

Rice cooked with fresh lemon, Indian spices & mustard seeds

SAUCES & SALADS

CURRY SAUCE VG **£4.99**

A rich gravy cooked with onions, tomatoes, Indian spices & coriander

MASALA SAUCE MILD N **£4.99**

A rich & creamy sauce made with tomatoes, butter & cream

MADRAS SAUCE **£4.99**

Chefs specially prepared Madras sauce made with green chillies & coriander

KORMA SAUCE MILD **£4.99**

A mild creamy sauce made with blended spices, herbs & coconut

RAITA **£3.50**

Yoghurt dip with diced cucumber, onion, coriander & sprinkled with chaat masala

PLAIN YOGHURT **£2.50**

Natural plain yoghurt

GREEN SALAD VG **£3.25**

Lettuce, cucumber, red onion, tomato & green chillies

DESI SALAD VG **£3.25**

Lettuce, cucumber, red onion, tomato, green chillies, sprinkled with lemon juice & chaat masala

VG vegan GF gluten free N contains nuts

Allergy Advisory: All our food and grill items may contain nuts, dairy products and other allergens. Further information can be advised by asking a senior member of staff.

www.soakbar.co.uk

   @thesoakbargrill



THE SOAK
BAR & GRILL

menu

GOOD TIMES. GOOD VIBES.

BURGERS SERVED WITH FRIES

CHICKEN BURGER

Crispy chicken breast fillet, lettuce, mayo, soft glazed bun

£6.99

CHEESE BURGER

1/4 pounder beef patty, lettuce, chopped onions, gherkins, burger sauce, soft glazed bun

£6.99

MAKE IT DOUBLE FOR EXTRA £2

FISH BURGER

Cod fish fillet, cheese, tartar sauce

£6.99

VEGGIE BURGER VG

Mix vegetable patty, lettuce, chopped onions, tomatoes, vegan mayo

£5.99

VG vegan GF gluten free N contains nuts **Allergy Advisory:** All our food and grill items may contain nuts, dairy products and other allergens. Further information can be advised by asking a senior member of staff.

meat & fish

TANDOORI CHICKEN WINGS **GF** **£7.50**
Chicken wings marinated with Indian spices & yogurt, cooked in a clay tandoor & served on a sizzling hotplate with onions

CHICKEN TIKKA SIZZLER **GF** **£8.50**
Tender pieces of boneless chicken marinated with Indian spices & yogurt, cooked in a clay tandoor & served on a sizzling hotplate with onions

CHICKEN PAKORA **£8.50**
Boneless chicken battered with Indian spices & served with salad

SHEESH KEBAB **GF** **£8.50**
Minced lamb marinated with ginger, garlic & Indian spices, cooked in a clay tandoor & served on a sizzling hotplate with onions

CHILLI FISH **IN INDO-CHINESE SAUCE** **£8.99**
Lightly battered fish marinated with Indian spices, cooked with onions, peppers

FISH PAKORA **£8.99**
Fish lightly battered with Indian spices, served with salad

LAMB CHOPS **£8.99**
Lamb chops marinated with mint, ginger & garlic cooked in a clay tandoor & served on a sizzling hotplate with onions

CHILLI CHICKEN **IN INDO-CHINESE SAUCE** **£8.50**
Boneless chicken pieces marinated with Indian spices, cooked with onions, peppers

MALAI CHICKEN TIKKA **£8.50**
Tender pieces of boneless chicken marinated with Indian spices & cream, cooked in a clay tandoor

HARIYALI CHICKEN TIKKA **£8.50**
Tender pieces of boneless chicken marinated with Indian spices, mint & coriander leaves, cooked in a clay tandoor

TRIPLE CHICKEN TIKKA SIZZLER **£15.50**
Chicken tikka, malai chicken tikka, hariyali chicken tikka, cooked in a clay tandoor & served on a sizzling hotplate with onions

CHILLI PRAWNS **£12.00**
Prawns cooked with fresh garlic, onions, peppers & finished in Chefs special Indo-Chinese sauce

SALMON TIKKA **£12.99**
Salmon fillets marinated in Indian herbs & spices, grilled & served on a sizzling hotplate with onions, peppers & tomatoes

PRAWN PAKORA **£9.50**
Prawns lightly battered with Indian spices & served with salad

vegetarian

POPADOM **VG GF** **£1.99**
Served with three different chutneys

ONION RINGS **VG** **£3.50**
Onion rings dipped in batter & deep fried

ONION BHAJI **VG** **£4.99**
Onion fritters coated with gram flour, Indian herbs & spices

VEGETABLE SAMOSA **VG** **£5.99**
Mashed potatoes & vegetables seasoned with Indian spices, encased in a light pastry

ALOO TIKKI **£5.99**
Mashed potatoes seasoned with ground spices & herbs, formed into crispy savoury patties

TIKKI CHAAT **£5.99**
Aloo tikki served on a bed of chickpeas topped with fresh onion, yoghurt, mint & tamarind sauces

SPRING ROLL **VG** **£5.99**
Mixed vegetables seasoned with Indian spices, wrapped in a light pastry

VEGGIE KEBAB **£7.50**
Minced vegetables marinated & seasoned with Indian spices, cooked in a clay tandoor & served on a sizzling hotplate with onions

PANEER TIKKA **£7.99**
Cottage cheese pieces marinated in Indian spices, cooked on skewer in clay tandoor with onions & peppers

CHILLI PANEER **IN INDO-CHINESE SAUCE** **£7.99**
Cottage cheese cooked with onions & peppers

MANCHURIAN **VG** **£5.99**
Mixed vegetable fried balls marinated with Indian spices & served in a spicy sauce

SOYA TIKKA **£8.99**
Soya pieces marinated with Indian spices & yoghurt, cooked in a clay tandoor & served on a sizzling hot plate with onions

MIXED GRILLS

MEDIUM MIX GRILL
SERVES 2

Tandoori wings, chicken tikka, sheesh kebab & fish pakora
£17.00

VEG MIX GRILL
SERVES 2

Veggie kebab, soya kebab, paneer tikka & manchurian
£16.00

BONELESS MIX GRILL
SERVES 2

Chicken tikka, sheesh kebab & fish pakora
£19.00

LARGE MIX GRILL
SERVES 3

Tandoori wings, chicken tikka, sheesh kebab, lamb chops & fish pakora
£25.00

THE SOAK SPECIAL MIX GRILL
SERVES 4

Tandoori wings, chicken tikka, malai chicken tikka, hariyali chicken tikka, sheesh kebab, lamb chops, fish pakora & king prawns
£29.50

FOOD ITEMS ON A GRILL CAN ONLY BE EXCHANGED FOR OTHER FOOD ITEMS ALREADY ON THAT GRILL

CURRY MAINS

chicken

CHICKEN CURRY **GF** **£9.50**
Pieces of chicken cooked in a rich gravy with onions, tomatoes, Indian spices & coriander

CHICKEN VINDALOO **£9.50**
Chicken cooked in a rich gravy with onions & fresh green chillies

CHICKEN BALTI **GF** **£9.99**
Pieces of chicken cooked with specially prepared balti sauce, fresh onions, peppers & tomatoes

SAAG CHICKEN **£9.99**
Tender pieces of chicken cooked in desi ghee, fresh spinach, mustard leaves, ginger, garlic & onion

CHICKEN MADRAS **GF** **£9.50**
Chicken pieces cooked in Chefs Madras sauce, fresh green chillies & coriander

CHICKEN JALFREZI **GF** **£9.50**
Tender pieces of chicken sautéed with julienned peppers, onions, tomatoes & Indian spices

CHICKEN METHI MALAI **£8.99**
Chicken cooked with ground Indian spices, fresh fenugreek & cream

CHICKEN TIKKA MASALA **MILD N** **£9.25**
Pieces of tandoori grilled chicken tikka cooked in a creamy tomato sauce, with ground spices & cream

CHICKEN KORMA **MILD** **£9.25**
Pieces of chicken cooked delicately with blended spices, herbs & coconut in a mild creamy sauce

KADHAI CHICKEN **DESI STYLE** **£9.50**
Chicken pieces cooked with specially prepared spices, fresh diced peppers, onions & coriander

BUTTER CHICKEN **MILD N** **£9.50**
Pieces of tandoori chicken tikka cooked in a rich creamy tomato sauce with blended spices & butter

CHICKEN ROGAN JOSH **GF** **£9.50**
Chicken braised with fresh julienned peppers, tomatoes, garlic & ginger in a rich aromatic gravy

lamb

LAMB CURRY **GF** **£10.50**
Pieces of lamb cooked in a rich gravy with onions, tomatoes, Indian spices & coriander

LAMB MADRAS **GF** **£10.50**
Pieces of lamb cooked with Chefs Madras sauce, fresh green chillies & coriander

LAMB JALFREZI **GF** **£10.50**
Tender pieces of lamb sautéed with julienned peppers, onions, tomatoes & Indian spices

LAMB SAAG **£10.50**
Tender pieces of lamb cooked in desi ghee, fresh spinach, mustard leaves, ginger, garlic & onion

LAMB BALTI **£10.50**
Tender pieces of lamb cooked with specially prepared balti sauce, fresh onions, peppers & tomatoes

LAMB KADHAI **DESI STYLE** **£10.50**
Lamb pieces cooked with specially prepared spices, fresh diced peppers, onions & coriander

LAMB ROGAN JOSH **£10.50**
Tender pieces of lamb braised with fresh julienned peppers, tomatoes, garlic & ginger in a rich aromatic gravy

KEEMA **£9.99**
Minced lamb cooked with fresh Indian spices, herbs & peas

fish

PRAWN CURRY **£11.99**
Prawns cooked with onions, tomatoes, Indian spices & coriander

FISH CURRY **£11.50**
Pieces of fish cooked with onions, tomatoes, Indian spices & coriander

THE SOAK SPECIAL CURRY **£13.50**
Pieces of chicken, lamb & prawns all cooked in a rich gravy with onions, tomatoes, Indian spices & coriander

vegetarian

TADKA DAAL **£6.99**
Specially prepared yellow lentils cooked with Indian spices, garlic & tomatoes

DAAL MAKHANI **£7.99**
Specially prepared mixed lentils & kidney beans cooked with ginger, cumin seeds & spices

MIX VEG CURRY **VG GF** **£6.99**
Mixed vegetables cooked in Chefs two special sauces

SAAG **VG** **£8.50**
Fresh spinach & mustard leaves cooked with Indian spices, fresh ginger, garlic & onion

SAAG PANEER **£8.50**
Cottage cheese, fresh spinach & mustard leaves cooked with fresh ginger, garlic, onion & Indian spices

CHANNA MASALA **VG GF** **£6.99**
Chickpeas cooked fresh onions & Chefs special masala

ALOO MATTAR **VG** **£6.00**
Potato & green peas cooked in a reduced onion & tomato sauce

ALOO GOBI **VG** **£6.99**
Fresh cauliflower & potato sautéed with fresh garlic, onions & tomatoes

BHINDI MASALA **VG** **£6.99**
Okra cooked with fresh garlic, onions, tomatoes & Indian spices

MATTAR PANEER **£7.99**
Cottage cheese pieces green peas in a reduced onion & tomato sauce

KADHAI PANEER **DESI STYLE** **£8.99**
Cottage cheese pieces cooked with fresh diced pepper, onions & fresh coriander

BUTTER PANEER **N** **£8.99**
Cottage cheese pieces cooked with blended spices, cream & butter in a rich tomato gravy

SHAHI PANEER **£8.50**
Cottage cheese pieces cooked with Indian spices & Chefs special masala

SOYA TIKKA CURRY **£9.99**
Pieces of tandoori soya tikka cooked in a rich gravy with onions, tomatoes, Indian spices & coriander