

Vegetarian Side Dishes

Mixed Vegetable Curry	3.95
Bombay Aloo	3.95
Sag Aloo <i>Combination of spinach & potatoes</i>	3.95
Mushroom Bhaji	3.95
Sag Bhaji <i>(spinach)</i>	3.95
Channa Masala <i>(boiled chick peas)</i>	3.95
Bindi Bhaji <i>(okra)</i>	3.95
Cauliflower Bhaji	3.95
Brinjal Bhaji <i>(aubergine)</i>	3.95
Sag Paneer <i>(spinach & cheese)</i>	4.15
Matter Paneer <i>(peas & cheese)</i>	4.15
Tarka Dall <i>(lentils with garlic)</i>	3.95
Garlic Mushrooms	3.95
Aloo Gobi <i>Combination of potatoes & cauliflower</i>	3.95

Kodu Bhaji <i>(butter-nut squash)</i>	3.95
Courgette Bhaji	3.95
Pepper Bhaji	3.95
Chana Aloo <i>(boiled chick peas & potatoes)</i>	4.15
Sag Dhall <i>(spinach & lentils)</i>	4.15
Aloo Methi <i>Bombay potatoes & dry fenugreek leaves</i>	3.95

Sundries

Boiled rice	2.10
Basmati Pilau rice	2.40
Mushroom rice	3.50
Egg rice	3.50
Vegetable rice	3.50
Peas Pilau	3.50
Special rice	3.50
Keema Pilau rice	3.95
Onion rice	3.50
Methi Shahi rice	3.95
Lemon rice	3.50
Plain Naan	2.10
Cheese Naan	2.95
Keema Naan	2.95
Garlic Naan	2.50
Chilli Naan	2.50
Garlic Chilli Naan	2.50
Peshwari Naan	2.95
Vegetable Naan	2.95
Parata	2.50
Puff Parata	1.50
Stuffed Parata	2.95
Chappati	1.55
Tandoori Roti	2.10
Papadoms plain or masala	0.65
Chutney <i>Mixed selection; Mango, Mint, onion, lime (Individual)</i>	0.65
Onion or cucumber Raita	1.95

Healthy Option

Medium spices with garlic or ginger in sauce.

Chicken	7.50
Lamb	7.50
Chicken Tikka	8.50
Prawn	7.50
King Prawn	10.50
Vegetable	6.95

Mixed Selections

Chicken & Mushroom	9.50
Sag Gosth Chicken	9.50
Methi Chicken	9.50
Jeera <i>Chicken/lamb/prawns</i>	9.50

prepared with whole cumin seeds in a Bhuna sauce

Sag Prawn	9.50
Sag King Prawn	10.95

English Dishes

Fish fingers and chips	6.95
Nugget and chips	6.95
Mushroom Omelette & chips	6.95

Our chef will be delighted to prepare any dishes at your request.

All major credit cards are welcome.

The management reserves the right to refuse service to any person or persons without a given reason. Please advise us of any allergies before you order



Please like & visit us at www.methibrookmanspark.com

Wednesday Banquet £12.95 (Per Person)

Dining in only

1 Starter, 1 Main Dish, 1 Side Dish
1 Rice or 1 Naan

*(king prawns, all fish dishes £4.50 per item
and duck slices £3.00 per order)*

Kursi Lamb £95.95

Set meal for 4 specially prepared with a whole leg of lamb, spiced and marinated overnight, accompanied by:

4 Starters, 2 Side Dishes, 2 Rice &
2 Naan Bread

1 Hot Sauce, 1 Medium Sauce

24 hours notice required with a deposit.

Methi

Indian Cuisine

We at the Methi, take pride in preparing our food, every dish is prepared fresh and individually. Therefore the extra few minutes are vital for Methi in delivering your requests to the highest standard possible.

Your patience is appreciated

FREE DELIVERY

On take away orders over £12.00
within 4 miles radius

10% DISCOUNT

on collected orders over £12.00

Opening Hours:

Open 7 days a week,
including bank Holidays
5:30pm till Late

81-82 Bradmore Green,
Brookman's Park

Reservations & Takeaway Orders
Tel: 01707 662233/01707 655200
www.methibrookmanspark.com

Appetisers

Tandoori Chops	5.15
Fish Tikka	4.95
Chingry Biran <i>Tiger prawns lightly spiced, stir fried</i>	5.50
Chicken Chauck	4.30
<i>Chicken breast with potatoes lightly spiced. Covered in bread crumbs, deep fried.</i>	
Chicken Pakora <i>Chicken in batter</i>	3.75
Duck Slices <i>Duck breast in sweet and sour sauce</i>	4.75
Tandoori King Prawns	6.75
Methi Sizzlers	5.95
<i>Tiger prawns in strips of onion, peppers & lemon juice sauce</i>	
Chicken Tikka <i>(off the bone)</i>	3.75
Lamb Tikka <i>(off the bone)</i>	3.95
Tandoori Chicken <i>(on the bone)</i>	3.75
Sheek Kebab <i>(minced meat)</i>	3.75
Shami Kebab <i>(Spicy minced burger)</i>	3.75
Mixed Starter <i>Samosa, onion bhaji, chicken tikka</i>	4.75
Mixed Kebab <i>Chicken tikka, lamb tikka, sheek kebab</i>	4.75
Chicken or Aloo Chatt	3.75
King Prawn on Puree	5.95
Prawn on Puree	4.15
King Prawn Butterfly	5.15
Tiger King Prawn Butterfly <i>Crispy prawns coated in coconut</i>	3.95
Onion Bhaji	3.35
Samosa <i>(lamb or vegetable)</i>	3.75
Brinjal Pakora <i>Aubergine rings in batter, spread with honey or plain</i>	3.95
Garlic Mushrooms/ Wine Mushrooms	3.75
Tortilla Wrap <i>Lamb, chicken or vegetable</i>	3.95
Paneer Tikka <i>(Lightly spiced grilled vegetable cheese)</i>	4.15
House Special Starter <i>(For 2)</i>	11.95
<i>Chicken tikka, lamb tikka, sheek kebab, onion bhaji, duck slices</i>	

Balti

Balti is a traditional style of cooking from the region of Kashmir. The dish is served in a thick sauce made from selection of kashmiri spices to give a unique taste in Indian Cuisine. Accompanied with a Pilau rice or Plain Naan.

Chicken.....	8.95
Lamb	8.95
Chicken or Lamb Tikka	9.95
Tikka Masala	10.50
Prawn.....	8.95
King Prawn	11.50
Vegetables	7.95
Tandoori King Prawns	13.95

House Special

Methi Raja	10.30
<i>Chicken or lamb prepared with strips of green peppers, onions, methi and selection of Tandoori spices. Drowned in red wine. Served with pilau rice.</i>	
Modwala.....	10.30
<i>Chicken or meat, Tandoori prepared served in rich sauce made with cream, butter, crushed onions, peppers, mint and white wine to finish. Served with pilau rice.</i>	
King Prawn Suka	12.95
<i>Whole prawns off the shell in tangy sauce, served with basmati rice.</i>	
Methi Maas	10.30
<i>Dish of Bengal. Chunks of fish in citrus sauce.</i>	
King Prawn Delight	12.95
House Special Chilli Masala	10.30
Grilled Sea bass	10.95
<i>Fillet of sea bass lightly spiced. Grilled in tandoori.</i>	
King Prawn Rashun.....	12.95
<i>Exquisite prawns cooked in shells, strong in garlic.</i>	
Lemon Salmon.....	11.95
<i>Fillet of salmon in white wine and lemon juice with lemon rice.</i>	
Salmon Bhuna	11.95
<i>Fillet of salmon, medium hot and grilled.</i>	
Bombay Chicken.....	10.30
<i>Spicy chicken on the bone, bhuna style in sweet and sour sauce</i>	
Shatkora Bhuna	10.30
<i>Chicken or meat flavoured with chef's spicy sauce with coriander, garlic, green peppers, onion, Bangladeshi shatkora achar, medium hot.</i>	
Naga Mirchi Bhuna.....	10.30
<i>Scotch bonnet, pickled sauce</i>	
Zia Shalis Special <i>(Chef's Signature Dish)</i>	10.30

Traditional Dishes

Korma, Bhuna, Malayan, Kashmir, Pathia, Rogan, Dupiaza, Madras, Curry, Vindaloo, Phall, Ceylon

Chicken.....	6.95
Lamb	6.95
Prawn.....	6.95
Chicken Tikka.....	7.95
King Prawn	9.95
Vegetable	5.95

Biriany

Stir-fried with Basmati Pilau rice (served separately) with a Vegetable Curry.

Chicken.....	8.95
Lamb	8.95
Chicken or Lamb Tikka.....	9.95
Prawn.....	8.95
King Prawn	10.95
Vegetables	7.95
<i>Persian Biriany also available on request.</i>	

Chefs Selection

Sweet and Sour Chicken.....	10.30
Mixed Special Korahi	10.30
Chicken Tikka Masala.....	8.95
<i>Rich sauce of Tandoori spices, coconut, almond and cream. Garnished with flake almonds.</i>	
Murghi Masala.....	10.30
<i>Pieces of chicken breast cooked with grilled mince meat.</i>	
Chicken Chilli Masala.....	8.95
<i>Hot sauce made with fresh green chillies, garlic and coriander.</i>	
Shashlik Masala	9.50
<i>Grilled chicken or lamb in Tandoori sauce with onions & peppers.</i>	
Passanda <i>Chicken or lamb. Very rich mild sauce.</i>	8.95
Butter Chicken <i>Mild chicken Tikka in rich buttery sauce</i>	8.95
Chicken Jalfrezi <i>With fresh green chillies</i>	8.95
Kashmiri Bahar.....	8.95
<i>Chicken or lamb cooked with crushed pineapple, lychees and methi giving it fruity taste.</i>	
Chicken Silsila.....	9.50
<i>Skewered chicken breast lightly spiced, cooked in a nutty sauce.</i>	
Nawabi Honey Sticks.....	9.50
<i>Speared strips of chicken breast, tossed in a light spice.</i>	
Duck Bhuna <i>Grilled duck slices in a lightly spiced sauce</i>	9.50
Fish Tikka Bhuna <i>Grilled fish in a lightly bhuna spiced sauce</i>	10.95
Chicken Tikka Jalfrezi	9.50
Korahi Chicken or Lamb <i>(Onion & green pepper)</i>	9.50

Dansak

Strong spices blended with lentils creating a subtle, but fairly hot, sweet and sour taste. Served with Basmati Pilau rice.

Chicken.....	8.50
Lamb	8.50
Chicken Tikka.....	9.50
Prawn.....	8.50
King Prawn	10.50
Vegetable	7.95

Tandoori Cuisine

Prepared in advance, marinated in delightful, delicate spiced yoghurt for 24 hours allowing the meat to tenderise & giving it a seductive and tantalising taste. Served with fresh salad and cool mint sauce.

Paneer Tikka <i>Lightly spiced vegetable cheese triangles</i>	8.50
Methi Tikka <i>With Cheddar cheese</i>	8.95
Chicken or Lamb Tikka.....	7.95
Fish Tikka.....	9.95
1/2 Tandoori Chicken <i>(on the bone - leg & breast)</i>	8.50
Shashlik	8.50
Tandoori King Prawn.....	13.95
Mixed Grill.....	12.50
Lamb Chops.....	10.50