

INTRODUCTION

Indian Ocean welcomes you to a next step of a truly exhilarating experience. The inspiration behind Indian Ocean is to bring a new way of experiencing Indian food that is very tasty, clean and healthy, yet very authentic.

In order to achieve this revolution; we went back to the roots of Indian cuisine and worked together with professional chefs from various regions of the Indian sub-continent.

We put customers first and promise you a fast efficient service to compliment our excellent food. Should you require anything that is not listed on our menu please ask and we will do our best to please you.

So, enjoy and do come again

APPETISERS

Papadoms (Plain or Spiced)	£0.60
Pickle Tray (Per person)	£0.50
Onion Bhaji	£2.95
Samosa (Meat or Vegetables) Spiced minced lamb or vegetable fried in a crisp light pastry	£2.95
Chicken Chatt Slices of chicken Tikka cooked with chatt massala	£3.50
Aloo Chatt Cubes of potatoes cooked with chatt massala	£3.50
Garlic Mushroom	£3.50
Chicken Tikka Boneless pieces of spring chicken cooked in tandoori on skewers	£3.50
Lamb Tikka Tender lamb marinated cooked in tandoori on skewers	£3.50
Tandoori Chicken A quarter of spring chicken marinated cooked in tandoori on skewers	£3.50
Kebab-E-Sheek Spiced minced lamb marinated cooked in tandoori on skewers	£3.50
Shami or Rashmi Kebab	£3.50
Lamb Chops Spicy lamb chops marinated in yoghurt with black pepper & ginger, cooked in a charcoal oven	£4.50
Meat Platter Comes with chicken tikka, lamb tikka and sheek kebab	£4.50
Harryali Kebab Chicken breast pieces dusted with garlic, mint, green chilli and coriander then lightly charged for a delicious taste	£4.50
Vegetable Platter Comes with onion bhaji, vegetable pakora and vegetable samosa	£3.95

FISH APPETISERS

Prawn Cocktail	£2.95
Prawn Chatt Prawn cooked with chatt massala	£3.95
King Prawn Butterfly Mildly spiced king prawn fried in butter	£4.50
Prawn Puree Spiced prawns served on fried unleavened bread	£3.95
King Prawn Puree Spiced king prawns served on fried unleavened bread	£4.95
Crab Puree Spiced crab served on fried unleavened bread	£4.95
Seafood Platter Black tiger prawns, mussels, crab and salmon tikka	£5.95
Mussels Puree Spiced mussels served on fried unleavened bread	£4.95
Black Tiger Prawns Spiced with green chilli and garlic, then tossed in ghee	£4.95
Salmon Tikka Pink salmon matured in a mildly spiced marinade of dill, fennel, mustard and lemon grass cooked in tandoor.	£4.95
Calamari Squid tossed with onions and garlic	£3.95

TANDOORI DISHES

Tandoori Chicken	Half £6.95 Full £9.95
Spring chicken marinated in spices and yoghurt	
Chicken or Lamb Tikka	£6.95
Diced, marinated chicken, cooked over charcoal on skewers	
Chicken or Lamb Shaslick	£7.50
Cooked on skewers with onions, capsicum, coriander, and tomatoes	
Tandoori King Prawn	£10.95
King prawn marinated spices in special herbs & spices & cooked in the tandoori	
Tandoori Mixed Grill	£10.95
Marinated lamb, chicken, kebab & tandoori chicken with naan bread	
Sheek-E-Kebab	£6.95
Spiced minced lamb cooked over charcoal on skewer	
King Prawn Silsila	£10.95
King prawn, cooked on skewers with onions, capsicum & tomatoes	
Salmon Shashlick	£10.95
Salmon cooked on skewers with onion, capsicum and tomatoes	

TRADITIONAL DISHES

Chicken or Lamb Prawn King Prawn Vegetable	£5.95 £6.25 £8.95 £5.50
Korma With cream & dried fruits, very mild	
Curry Medium hot	
Madras Fairly hot	
Vindaloo Very hot	
Bhuna Medium, with onion & fresh coriander	
Rogan Medium, spiced with tomatoes & onions	
Dansak A Persian delight, hot, sweet and sour with lentils	
Pathia Cooked with herbs, hot & sour flavour	
Dupiaza Medium hot with chopped briskly fried onions	
Saag Cooked with oriental spices & spinach	

CHEF'S SPECIALITIES

Speciality Of The Indian Ocean	£11.95
Please ask for details of how this most sumptuous dish is prepared	
Jaflong Chicken Or Lamb	£7.50
Medium dish cooked with chickpeas	
North Indian Garlic Chilli Chicken or Lamb	£7.50
Very hot dish	
Chicken or Lamb Tikka Massala	£7.50
Boneless chicken or lamb cooked in special massala	
Dhakeshawari Chicken or Lamb	£7.50
Mild, tender pieces of chicken or lamb in creamy sauce, fresh spices & almond	
Korai Chicken or Lamb	£7.50
Chicken or lamb cooked with onions, tomatoes & capsicum in a medium sauce	
Chicken or Lamb Makhani	£7.50
Marinated chicken or lamb from the tandoori in butter sauces	
Chicken or Lamb Jalfrezi	£7.50
With onion, green chillies & tomatoes, fairly hot	
Chicken or Lamb Passanda	£7.50
Sliced chicken or lamb, cooked with fresh cream & yoghurt, with ground cashew nuts & almond	
Maharaja Mixed Karahi	£10.95
Spices of tandoori chicken, chicken tikka, lamb tikka & king Prawn	
Tandoori King Prawn Massala	£10.95
King prawn cooked in special massala sauces & spices	
Rajeshwari Chicken or Lamb	£7.50
Diced chicken or lamb with fresh ginger, a touch of garlic and green chilli	
Bengal King Prawn	£11.50
King prawns in chef's special home made sauce, medium ground spices and herbs	
Lamb Chops	£10.50
Spiced lamb chops marinated in yoghurt with black pepper, ginger and cooked in a charcoal oven	
Bhaartiya	£10.50
Chicken breast stuffed with raisin and garlic spiced mixed vegetables in a spicy sauce	
Dalcha Gothh	£10.50
Toasted lamb strips fused with fresh green chillies and coriander	
Salmon Masala	£10.95
Salmon cooked in special massala sauces & spices	
Filleted Sea Bass	£12.95
Sea bass marinated with ginger and garlic paste with spices, served with vegetable bhaji and sauce	
Machli Masala	£10.95
Fresh sea fish cooked with curried sauce & fresh herbs & fried onions	
Machli Chilli	£10.95
Fresh bengal fish cooked in sliced green chillies & spices in a thick masala sauce dressed with fried onions and fresh herbs	

BALTI DISHES

All Balti dishes are cooked in cast iron Kashmiri pan with special spices, fresh tomatoes, coriander, with herbs & medium spices

Balti Chicken or Lamb	£7.50
Balti Chicken or Lamb Tikka	£7.95
Balti Prawn	£7.95
Balti King Prawn	£10.95
Balti Crab	£9.95
Balti Mussels	£9.95
Balti Vegetable Bhuna	£6.95
Balti Special	£10.95

Pieces of lamb tikka, chicken tikka, king prawn cooked with fresh garlic, tomatoes, capsicum, methi leaf & coriander in medium spices.

DUCK DISHES

Duck-E-Roshidi	£9.95
Medium dish with tomatoes, garlic, green pep per, onions and coriander	
Duck Jalfrezi	£9.95
With onion, green chillies and tomato, fairly hot	
Duck massala	£9.95
Boneless duck cooked in special massala sauces & spices	
Duck Peshwari	£9.95
Sliced duck cooked with fresh cream and yoghurt with ground cashew nuts	
Duck Jalsha	£9.95
Lean duck pieces first crisped over charcoal then mixed with mango and ginger, then cooked on fairly strong spiced sauce with bay leaf and cardimon, garnished with strew potatoes and coriander.	
Duck Tikka	£8.95
Marinated duck cooked in tandoor on skewers with herbs and spices	
Duck Shashlick	£9.95
Marinated duck cooked on skewers with onion, capsicum and tomatoes	

BIRYANI DISHES

Saffron flavoured rice dishes served with vegetable curry

Chicken Biryani	£7.95
Spiced chicken cooked with saffron flavoured rice	
Lamb Biryani	£7.95
Spiced lamb cooked with saffron flavoured rice	
Chicken Tikka Biryani	£8.95
Marinated chicken cooked with saffron flavoured rice	
Prawn Biryani	£8.25
Prawns cooked with saffron flavoured rice	
King Prawn Biryani	£10.95
King prawns cooked with saffron flavoured rice	
Vegetable Biryani	£6.95
Mixed vegetables cooked in spices with saffron flavoured rice	
Mushroom Biryani	£6.95
Mushrooms cooked in spices with saffron flavoured rice	

VEGETABLE SIDE DISHES

Mixed Vegetable Curry	£2.95
Vegetables in a medium spicy sauce	
Aloo Gobi	£2.95
Potatoes & cauliflower cooked with herbs & spices	
Bombay Aloo	£2.95
Potatoes cooked in a special blend of spice	
Cauliflower or Broccoli Bhaji	£2.95
Cauliflower cooked with herbs & spices	
Mushroom Bhaji	£2.95
Mushroom cooked with onions & tomatoes in spices & coriander	
Bhindi Bhaji	£2.95
Okra cooked with mixed spices	
Bengal Massala	£2.95
Aubergine with tomatoes, ginger, garlic, coriander, spices & massala sauce	
Saag Paneer	£2.95
Spinach cooked with onions, garlic, cubes of cottage cheese and spices	
Saag Bhaji	£2.95
Spinach with garlic	
Saag Aloo	£2.95
Spinach & potatoes cooked with mixed herbs & spices	
Tarka Dall	£2.95
Lentils cooked with spices & fresh garlic	
Chana Massala	£2.95
Chickpeas cooked in spices	
Mutter Paneer	£2.95
Marrow peas cooked in spices with cubes of cottage cheese	
Sobzi Bahar	£2.95
Spinach, chickpeas and mixed vegetables, dry – medium hot	
Sweet Pumpkin	£2.95
Pumpkin sauteed with fennel and onion seeds	

BREAD

Naan	£1.95
Leavened bread cooked in the tandoor	
Keema Naan	£2.25
Stuffed with minced lamb	
Cheese and Chilli Naan	£2.25
Stuffed with green chilli and coriander with cheese on top	
Kulcha Naan	£2.25
Stuffed with onions, potatoes, egg and coriander	
Peshwari Naan	£2.25
Stuffed with sultana, nuts, coconut and cream	
Garlic Naan	£2.25
Naan with fresh garlic and coriander	
Tandoori Roti	£1.95
Wheat flour bread cooked in the tandoor	
Paratha	£1.95
Wheat flour bread buttered & fried	
Stuffed Paratha	£2.25
Wheat flour bread with mixed vegetables	
Chapatti	£1.50
Wheat flour bread	

RICE

Boiled Rice	£2.25
Plain basmati rice	
Pilau Rice	£2.50
Basmati rice with saffron	
Spring Rice	£3.50
Boiled rice with spring onion and egg	
Lemon Rice	£3.50
Pilau rice with lemon grass	
Kashmiri Rice	£3.50
Pilau rice with leeches, sultana and almond	
Oriental Fried Rice	£3.50
Pilau rice with prawns and peas	
Mushroom Rice	£3.50
Pilau rice with mushrooms, nuts and sultanas	
Vegetable Rice	£3.50
Pilau rice with mixed vegetables	
Special Fried Rice	£3.50
With egg and peas	

indian
ocean

T: 01992 812 658

www.indianoceantheydon.co.uk

Coppice Row, Theydon Bois
Essex CM16 7ES

OPENING HOURS:

Open 7 days a week including Public Holidays
5.30PM to Midnight

All prices are inclusive of VAT.
All major credit cards accepted

The management reserves the right to refuse admission
without explanation.

Please note there may be traces of nuts and GM
ingredients in our dishes.

indian
ocean

10% Discount
on Collection

T: 01992 812 658

www.indianoceantheydon.co.uk