

zaikaa

THE ART OF INDIAN FOOD

At Zaikaa we are passionate about great food. We aim to provide our customers with the very best Indian food and exceptional service, we are constantly trying to improve your experience and would appreciate any feedback that you may have to help us achieve this, so let us know what you think either via email or phone: manager.zaikaa@gmail.com or 01992 575 122

Our professional skills lie in the balancing and blending of spices, and this is what Zaikaa want to share with you. Taste the Real Indian food.

Bon Appetit...

The Zaikaa team

FOOD ALLERGIES AND INTOLERANCES

Before ordering please speak to our staff about your requirements.



starters

Papadom Plain or spicy	£0.60
Pickle Tray Per portion	£0.60
Chilli Prawn Prawn garnished with red onions, tomatoes, green chilli and greek yoghurt.	£4.50
Fresh Water King Prawns Dusted with garlic and coriander, then barbecued to perfection.	£5.95
Tiger Prawns Pepper Fry Fresh crisp tiger prawn tossed in a peppery malabar coast masala.	£4.95
Chicken Tenga Mari Chicken tikka with tamarind based tangy sauce, chopped onion and capsicums.	£4.95
Mumbai Style Duck Tikka In a melange of tandoori spices.	£5.50
Seafood Platter Tiger prawn, salmon tikka, crab potli and baby squid.	£6.95
Meat Platter Lamb chop, chicken tikka, sheek kebab and meat samosa.	£5.95
Vegetable Platter Aloo tikki, onion bhaji, paneer tikka, vegetable samosa.	£4.95
Salmon Tikka Fresh salmon in a medley of light spices flavoured with lime leaf and dill, accompanied with spiced yoghurt.	£5.95
Aloo Ki Tikki Shallow fried potato pancakes with ginger and green peas.	£2.95
Spicy Crab Cake Crab meat infused with coconut, crushed chillies and mashed potatoes.	£4.50
Lamb Cutlets Char-grilled spiced lamb cutlets marinated in yoghurt with black pepper and ginger.	£5.95
Onion Bhaji Sliced onion mixed with spices, deep fried in mustard oil.	£2.95
Samosa Meat or vegetable Parcels of lamb or vegetable fried in crispy light golden pastry.	£2.95
Chicken or Lamb Tikka Succulent pieces of meat marinated in yoghurt and spices, grilled in the clay oven.	£3.95
Fried Squid Capsicum, red onion and tamarin.	£4.95
King Prawn Puri King prawns cooked to a sweet and sour flavour, served on a deep fried "puri" bread base.	£5.95
Tandoori Chicken Chicken marinated in special blend of medium spices and barbecued over charcoal (on the bone).	£3.95
Sheek Kebab Spicy mince lamb mixed with coriander and onions, grilled in a clay oven on skewers.	£3.95



tandoori and grills

These dishes are served with chutney and special salad.

Lamb Cutlets	£10.95
Marinated with fresh ginger and traditional spices cooked on a char-grill.	
Paneer Shashlik	£6.95
Homemade curd cheese marinated in mild spices, cooked on skewer in the clay oven with capsicum, onions and tomatoes.	
Chicken or Lamb Tikka	£6.95
Tandoori Chicken (half)	£6.95
Chicken or Lamb Shashlik	£7.95
Chicken or lamb marinated in freshly ground aromatic herbs and spices, barbecued with onions, capsicum and tomatoes.	
Tandoori Mixed Grill	£11.95
An assortment platter of lamb cutlet, tandoori king prawn, salmon tikka and tandoori chicken.	
Tandoori King Prawn	£12.95
Whole prawns marinated in spices, grilled in the clay oven.	
Salmon Shashlik	£12.95
Marinated pieces of salmon grilled with onion, capsicum and tomatoes.	
King Prawn Shashlik	£13.95
Marinated king prawn grilled with onion, capsicum and tomatoes.	
Wild Duck Shashlik (As above)	£10.95

house specials Served with Rice

Chicken Pistachio Paneer Masala	£11.95
Marinated pieces of chicken cooked with traditionally prepared sauce, freshly ground pistachio nuts, green chillies, served in a creamy, slightly hot sauce and yoghurt.	
King Prawn Peri Peri Jumbo prawns cooked in hot and sweet sauce.	£14.95
Curry Lababdar Chicken or Lamb	£11.95
A south Indian home style curry with fresh coconut, ginger and sweet sauce.	
Mumbai Style Wild Roasted Duck Breasts	£12.95
With fresh coriander, garlic, red onion and pepper, accompanied with baby aubergine.	
Bangalore Chicken	£11.95
Strips of chicken breast cooked with honey and coconut in a spicy sauce with a hint of cream.	
Kerala Style Black Tiger Prawns	£12.95
In a traditional south Indian sauce with curry leaves and coconut oil served with a mixed leaf salad and raitha.	
Sea Bass Fillets Fried sea bass with zucchini and coconut sauce.	£13.95
Salmon Masala	£14.95
Boneless salmon cooked in a special masala sauce and spices.	
Lamb Sukka	£11.95
Fried onion with tangy sauce.	
Duck Razeswala	£12.95
Chefs special recipe.	
Jheenga Kazi Mirch	£13.95
Jumbo prawns cooked in onions, tomato masala with crushed black pepper.	
Maska Chicken	£11.95
Chef's own recipe cooked with mince meat, spinach, herbs and spices.	
Rezalla Chicken	£11.95
With minced meat, garlic, ginger, green pepper and tomatoes, fairly hot.	
Chicken Tenga Mari	£11.95
Chicken tikka with tamarind based tangy sauce, chopped onion and capsicums, served with naan.	

old time favourites

Please select from the following:

Chicken or Lamb Tikka	£8.50
Prawn	£8.95
King Prawn	£11.95

Masala

Cooked in special masala sauce and spices.

Jalfrezi

Cooked in a specially prepared aromatic sauce, garnished with onions, capsicum and green chillies.

Pasanda

Simmered in a sauce of almond and cashew nut, finished with a dash of cream.

Korai

Moghul speciality cooked in a skillet with medium spices, spring onion, capsicums and tomatoes.

Makhani

Cooked in a rich creamy sauce.

Balti

Cooked with special herbs, fresh tomatoes in medium spicy sauce.

Garlic Chilli Masala

Cooked with ginger, garlic, green pepper, fried green chillies & coriander, cooked to a sour spice taste.

traditional dishes

Please select from the following:

Chicken or Lamb	£7.50
Chicken or Lamb Tikka	£8.50
Prawn	£8.95
King Prawn	£10.95

Korma

A mild, sweet dish cooked with ground almonds and coconut in a creamy sauce.

Curry

Medium strength and lightly spiced with thick gravy.

Madras

Fairly hot dish, lightly spiced.

Vindaloo

A very hot dish cooked with potatoes.

Bhuna

Medium spicy, well cooked with thick gravy and tomatoes.

Dansak

Slightly hot, sweet and sour with lentils and herbs.

Rogan Josh

A medium dish cooked with herbs, plump tomatoes and spring onions in thick gravy sauce.

Saag

Medium spiced, cooked with baby spinach.

Pathia

A sweet, sour and slightly hot dish.

biryani

Biryani dishes are stir-fried with basmati rice in aromatic spices and ghee together with tomatoes, onion and garlic, served with chef's special sauce.

Chicken or Lamb	£8.95
Chicken or Lamb Tikka	£9.95
Prawn	£9.95
Vegetable	£7.95
King Prawn	£11.95

vegetable side dish

Spicy Snake Beans	£3.25
A southern Indian dish cooked with black mustard seeds and coconut milk.	
Spicy Egg Plant	£3.25
Baby aubergine cooked with ripe tomatoes and kalonji seeds.	
Khumb Matar	£3.25
Chick peas, mushrooms and spinach pan fried in lightly spiced sauce.	
Wild Mushroom Stir-Fry	£3.25
Stir-Fried Spinach & Sweet Pumpkin	£3.25
With garlic and coriander.	
Gujarati Koddu	£3.25
Red pumpkin sauteed with fennel and onion seeds.	
Cauliflower with Mustard	£3.25
Cooked in mild spices with whole black mustard seeds.	
Saag Bhaji	£3.25
Fresh spinach cooked with onion and garlic.	
Bombay Aloo	£3.25
Potatoes sauteed in mild spices, then slowly cooked in the oven until soft and fluffy.	
Bindi Masala	£3.25
Fresh okra fried in a blend of mild masala spices in light onion based sauce.	
Saag Paneer	£3.25
Spinach cooked with curd cheese.	
Tarka Dhal	£3.25
Lentils cooked with garlic and fresh herbs.	
Vegetable Curry	£3.25
Mixed vegetable cooked in a thick gravy sauce.	
Saag Aloo (Spinach cooked with potatoes)	£3.25
Hyderabadi Salad	£3.95
With mixed leaf and fruits drizzled with roasted pine nuts, honey and mango dressing.	

accompaniments

rice

Darjeeling Style Egg Fried Rice	£3.50
Saffron Flavoured Basmati Rice	£3.25
Steamed Basmati Rice	£2.50
Lemon Rice with Cashew Nut	£3.50
Stir-Fried Mushroom Rice	£3.50
Oriental Rice with Prawns	£3.50

bread

Plain Naan	£2.25
Vegetable Naan	£2.95
Cheese and Chilli Naan	£2.95
Garlic Naan	£2.95
Peshwari Naan	£2.95
Keema Naan	£2.95
Roti	£2.50
Paratha	£2.50
Chapati	£1.95



Sunday Banquet

Open from 4pm to 11pm

£10.95*

Wednesday Banquet

From 5:30pm to 11:30pm

£11.95*

Starter: Choice of any Starter

Main: Choice of any Main Dish

(For House Specials, King Prawn or any Fish dishes
please add £2.95)

Side Dish: Choice of any Veg Side Dish

Sundries: Rice or Nan



201 High Street, Epping, Essex CM16 4BL

Opening Hours:

Open 7 days a week 5.30pm - 11.30pm, including Bank Holidays

Sunday 4.00pm - 11.00pm

- We can cook any dish of your choice not listed on this menu at your request.
- We cannot guarantee that all our dishes are 100% free from nuts or their derivatives, so please ask while placing your order.
- All major credit and debit cards accepted. We do not accept cheque payments.
- The management reserves the right of admission.
- Free from colours and artificial preservatives.
- All prices are inclusive of VAT.



01992 575 122

www.zaikaa.co.uk