



Malabar

ALDRIDGE

Fine Indian cuisine to take-away



Tel: 01922 452345

www.malabaraldridge.com

7 Anchor Road, Aldridge, Walsall WS9 8PT

Opening hours:

Sun to Thur 5:30 - 11:30

Fri & Sat 5:30 - 12:30

20% Discount on collection of take-aways

Free home delivery within 4 mile radius

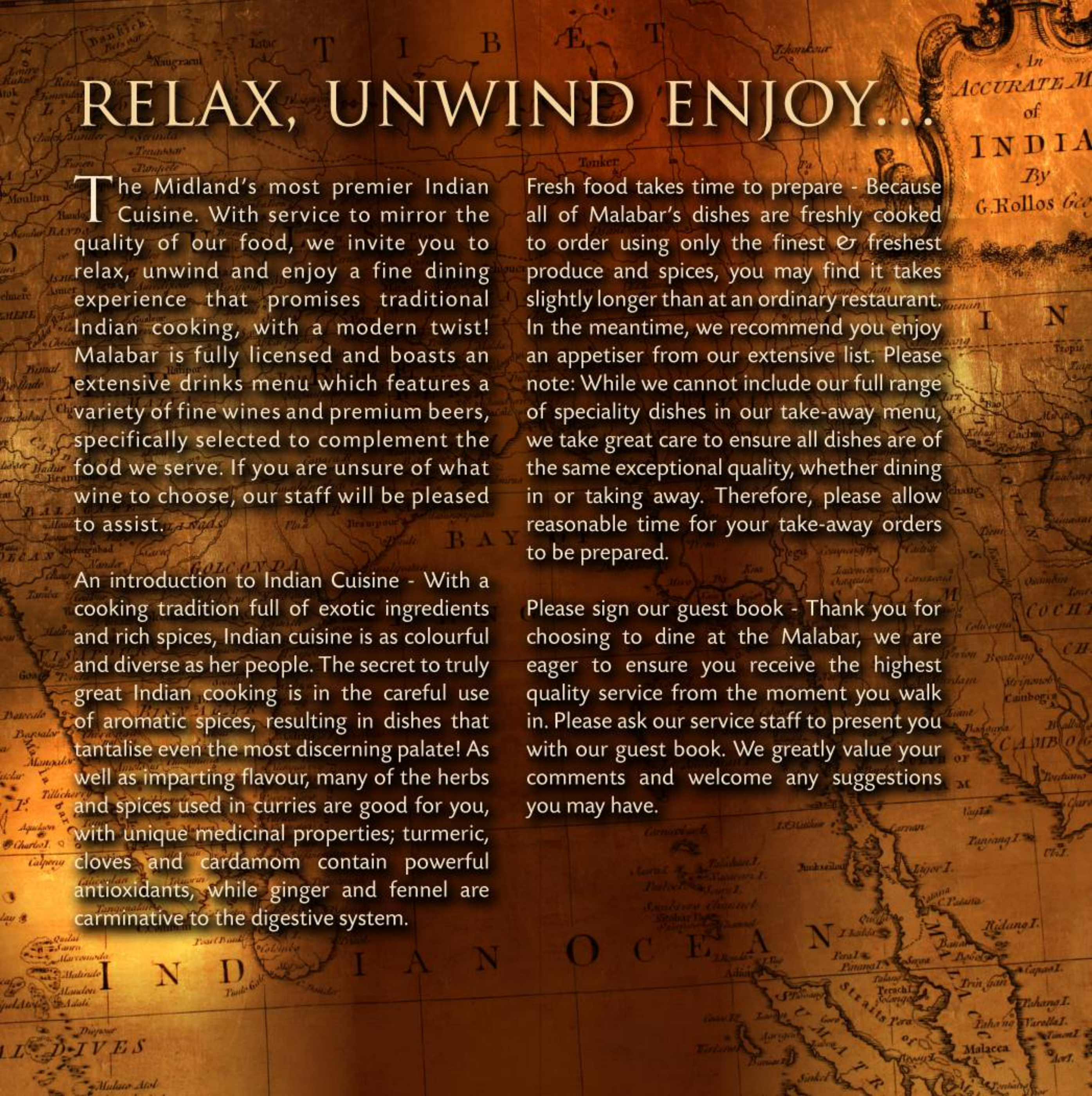
RELAX, UNWIND ENJOY...

The Midland's most premier Indian Cuisine. With service to mirror the quality of our food, we invite you to relax, unwind and enjoy a fine dining experience that promises traditional Indian cooking, with a modern twist! Malabar is fully licensed and boasts an extensive drinks menu which features a variety of fine wines and premium beers, specifically selected to complement the food we serve. If you are unsure of what wine to choose, our staff will be pleased to assist.

An introduction to Indian Cuisine - With a cooking tradition full of exotic ingredients and rich spices, Indian cuisine is as colourful and diverse as her people. The secret to truly great Indian cooking is in the careful use of aromatic spices, resulting in dishes that tantalise even the most discerning palate! As well as imparting flavour, many of the herbs and spices used in curries are good for you, with unique medicinal properties; turmeric, cloves and cardamom contain powerful antioxidants, while ginger and fennel are carminative to the digestive system.

Fresh food takes time to prepare - Because all of Malabar's dishes are freshly cooked to order using only the finest & freshest produce and spices, you may find it takes slightly longer than at an ordinary restaurant. In the meantime, we recommend you enjoy an appetiser from our extensive list. Please note: While we cannot include our full range of speciality dishes in our take-away menu, we take great care to ensure all dishes are of the same exceptional quality, whether dining in or taking away. Therefore, please allow reasonable time for your take-away orders to be prepared.

Please sign our guest book - Thank you for choosing to dine at the Malabar, we are eager to ensure you receive the highest quality service from the moment you walk in. Please ask our service staff to present you with our guest book. We greatly value your comments and welcome any suggestions you may have.



TRADITIONAL SELECTION

A selection of popular starters recognised by everyone, which have been enjoyed by generations from the golden era of the British Indian Cuisine. Served with a salad garnish, mango & tamarind sauce.

JEERA CHICKEN (on or off the bone) 4.50

Pieces of chicken spiced and marinated overnight to achieve the requisite harmony of spices & flavours, cooked in the tandoor. A must for any menu.

SHEEK KEBAB 4.50

Minced lamb blended in coriander, fresh herbs, aromatic ground spices and chargrilled in the tandoor.

NARGIS KOFTA 4.50

Spiced minced lamb beautifully encases a hard boiled egg, dressed with omelette. The discerning diner who prefers the original Indian Scotch Egg!

CHINGREE BHAJI (Norwegian prawns) 4.50

Prawns cooked with onions, garlic and mild spices and served in a Puri (unleavened shallow fried bread of an almost pancake-like consistency).

SOMOSA MEDLEY 4.50

Choice or selection of mixed vegetables, minced lamb or diced chicken cooked bhuna-dry style with fresh garlic, shallots, fenugreek leaves and coriander, enclosed in fine Bangladeshi pastry.

CHICKEN SHASHLICK 4.50

Chicken cooked on a skewer with capsicum, onions and tomatoes, served in a spicy tomato based tangy tamarind sauce.

MIRCHEE KA MASSALLA 4.50

A whole baby sweet bell pepper, stuffed with spring chicken and coriander, or spicy lamb and methi (fenugreek leaves), is grilled in the tandoor. Please make your selection on order.

NEPALESE STYLE FISH PAKORA 4.50

Lightly spiced cod with curry leaves, lemongrass and coriander cooked in a light and spicy batter, then deep fried. A slightly hot and light appetiser.

CELEBRATION MIX TARA 5.95

A house selection of mixed appetisers which usually consists of sheek kebab, chicken tikka, lamb tikka, piazza and somosa.

VEGETARIAN SELECTION

Malabar is proud to present to you our selection of vegetable appetisers for you to enjoy. Each starter is unique, distinctive in flavour and cooked using fresh vegetables. Highly recommended for our vegetarian guests.

CHILLI PANEER SHAHSLICK (V) 4.00

Marinated paneer pieces, tandoori grilled & served sizzling with roasted onions & mixed bell peppers. A light refresher.

ASSAMESE ALOO PURI (V) 4.00

Baby potatoes cooked in a spicy garlic, onion and peppery sauce with fresh cauliflower florets, baby potatoes & young spinach leaves. Served in a Puri (unleavened shallow fried bread of an almost pancake-like consistency).

MIRCHI HARIALI 4.00

A whole sweet bell pepper, stuffed with gently spiced mixed seasonal vegetables and tandoori grilled.

ONION BHAJEE 4.00

Sliced onions and potatoes with sliced aubergine & corn gently spiced, mixed with a light and crispy gram flour batter & deep fried.

GARLIC MUSHROOM SHASLICK 4.00

Mushrooms cooked with capsicum, onions and tomatoes, served in a spicy tomato based, tangy tamarind sauce.

SABZI PAKORA SELECTION 4.00

Fresh bhindi, cauliflower, courgette & potato dipped individually in a spicy besan and corn flour batter. A crispy deep fried vegetable appetiser.

POPADOMS 0.75

Served with onion salad and dips.

Mango Chutney 2.00

Lime Pickle 2.00

*Any extra ingredients added to naan or flavoured rice will be charged at 75p per ingredient.



SIGNATURE STARTERS

Malabar's recipes and cooking techniques have been skilfully applied by our team of chefs and director of cuisine to create these, our dazzling and unique house presentation starters, which you will not find in any other restaurant. We hope you savour them as much as we have enjoyed creating them for you.

MASSALLA GRILLED COD 5.95

Delicately spiced cod is marinated in live yoghurt with dry spices, then steam grilled. An adventurous starter full of zesty flavours.

CHARGRILLED SPICY SALMON 5.95

Cubes of filleted salmon are marinated with fennel, ginger, lime juice, ajwain and a hint of mustard, then chargrilled in the tandoori, for a natural smoky flavour.

SHOLA KASHMIRI GRILL (lamb chops) 5.95

Tender pieces of lamb chops are marinated in mild yoghurt with garlic, ginger, fenugreek leaves and spiced with turmeric, dhanya, shahi zeera, a hint of chilli, then Tandoori grilled. An exemplary, unique and highly recommended starter for those who love the taste of succulent, tender Lamb! A Malabar house favourite.

KING PRAWN BUTTERFLY 8.95

Butterflied king prawn spiced with mint, lemon juice and chilli flakes, coated in light panko and deep fried.

MALABARI LOBSTER PRAWN 9.95

A whole lobster size king prawn spiced with light dry spices and marinated in live yoghurt with fennel, ginger, lime juice, ajwain and a hint of mustard. Chargrilled in the tandoori to give it a natural smoky flavour. Sharing platters are available on request, please ask your server for more details.

RECOMMENDED BIRIANI DISHES

Biriani is a culinary speciality of ancient Persian origin made with Patna rice, which is dhum (steam) cooked with your choice of addition and flavoured with saffron. Served with our house selected curry. We recommend that you order a supplementary vegetable side order to make this meal complete.

MURGHI BIRIANI 8.90

Boneless pieces of chicken, cooked with biriani rice.

SABZI & PANEER BIRIANI 8.90

Prepared fresh mixed vegetables & paneer, cooked with biriani rice.

KESAR LAMB BIRIANI 10.90

Prepared fresh mixed vegetables & paneer, cooked with biriani rice.

TSIGRI & TANDOORI GRILLED DISHES

The Tsigri is a charcoal fired open flamed grill. The great Mogul chefs of great renown, honed this ancient cooking art to perfection while preparing lavish state banquets for the Emperors of India. The natural, healthy and earthy tones of these dishes is achieved by using only the freshest herbs, the lightest of natural spices and without using any additional oils or butters, resulting in supremely flavoursome and succulent dishes. The modern day interpretation of cooking with this method is achieved using a charcoal fired tandoori oven.

CHICKEN (on/off bone tikka) 8.95

Pieces of chicken off the bone, or chicken on the bone, is spiced and marinated overnight to achieve the requisite harmony of spices and flavours, cooked in the tandoor. A must for any menu.

TANDOORI MIXED GRILL 10.95

A mixed selection of tandoori chicken, chicken tikka, lamb chops & sheek kebab.

MIXED SHASLICK 11.95

A tandoori mix selection of chicken, lamb, king prawn and lamb sheek kebab stir fried in olive oil with generous portions of shallots, bell peppers and garlic.

CHICKEN SHASLICK 9.95

Tandoori chicken tikka, stir fried in olive oil with generous portions of shallots, bell peppers & garlic.

CHILLI PANEER (V) SHASLICK 9.95

Tandoori paneer tikka, stir fried in olive oil with generous portions of shallots, bell peppers & garlic.

SEAFOOD BIRIANI 12.90

Prepared spiced mixed seafood, cooked with biriani rice.



SPECIALITY SEAFOOD IN SAUCE DISHES

The following seafood dishes have been created using Malabar's own recipes to give you a pleasurable memorable dining experience, exploring the flavours of the oceans. We hope you enjoy these unique dishes as much as we have delighted in creating them for you.

MACHLI JHOLL 10.95

Fillet of cod loin simmered in mustard oil with young onions, fresh chillies, garlic and coriander. It is then cooked in fish stock with curry leaves and baby potatoes. An excellent seafood dish, full of flavours of the sea! Slightly hot.

SALMON KARAHI 10.95

Diced pieces of tandoori salmon, cooked in mustard oil with young onions & mixed bell peppers which are simmered in a spicy onion stock, finished with adding vine tomatoes and coriander, garnished with fresh ginger and chillies.

CHINGREE & MONKFISH

NIMBU MASALLA 12.95

King size freshwater prawns & Norwegian monkfish cubes, cooked in a spicy hot sauce made with pan fried shallots & garlic in olive oil and stewed in a rich, onion based stock with fresh lime & curry leaves. Garnished with tomatoes and coriander. Slightly hot and tangy in taste.

CHINGREE MUNCHARIAN 12.95

King size freshwater prawns are cooked in the tandoor with a special garlic & mustard Marinade and served sizzling in a dish of spicy garlic and coriander sauce, with juliennes of mixed bell peppers. A must for king prawn connoisseurs.

CHINGREE GARLIC CHILLI 12.95

King size freshwater prawns are cooked with generous portions of garlic & tomato, then reduced in a light onion stock with coriander and fresh chillies. An excellent seafood dish, slightly hot.

CHINGREE KYBERI KARI 12.95

King size freshwater prawns are simmered in olive oil with young onions, cayenne, fresh garlic, root ginger and cumin, then cooked with spiced minced lamb in a tomato and coriander based stock. Dressed with fresh ginger and fresh chillies. A slightly warm dish full of flavour.

CHICKEN SPECIALITIES

MURGHI CHETTINAD 7.95

Braised premium spring chicken breast & thigh, with black peppercorns and curry leaves, reduced in onion stock with mixed chillies. South Indian, spicy and tangy speciality chicken presentation.

ZEERA METHI MURGHI 7.95

Braised premium spring chicken breast and thigh, marinated with mixed herbs and spices, simmered in olive oil with generous amounts of fenugreek leaves and coriander. A hearty, healthy chicken presentation.

BUTTER CHICKEN 7.95

Braised premium spring chicken breast and thigh, marinated in yoghurt, coriander, dry chillies, steam grilled & simmered in caramelised onions, garlic, tomatoes & butter. Cooked in a creamy sauce made from almonds and coconut milk. A delightfully buttery, slightly fruity, Moghul dish.

MURGHI KARAHI 7.95

Braised premium spring chicken breast and thigh, marinated with mixed herbs and spices then simmered in olive oil, mixed bell peppers and sliced onions. Spiced medium to slightly hot, a dish full of spicy rich flavours, highly recommended.

MURGHI MASSALLAM 7.95

Braised premium spring chicken breast and thigh, marinated in live yoghurt with dry spices & fresh herbs, sealed by the fires of the tandoor. It is then pan cooked in a sauce made of garlic, ginger, turmeric, plum tomatoes, fresh chillies & lamb mince. A wonderful, slightly hot house presentation.

CHICKEN CHATUCHAK 7.95

Braised premium spring chicken breast and thigh, cooked with young onions, peppers and coriander, spiced with turmeric and gentle seasoning and topped with butter pan fried fresh tomatoes, cucumber and chillies. A slightly hot dish.

CHICKEN KERALA TAWA 7.95

Braised premium spring chicken juliennes marinated with mixed herbs and spices, then simmered in olive oil, mixed bell peppers and sliced onions. Spiced medium to slightly hot. A dish full of spicy rich flavours, highly recommended. Served sizzling with ginger and coriander.

CHICKEN REZALLAH TARKARI 7.95

Braised premium spring chicken breast and thigh, is simmered with young onions, peppers and coriander, spiced with turmeric and gentle seasoning in a thick tomato sauce cooked with the addition new potatoes, a boiled egg and chillies. A slightly hot dish, traditionally enjoyed at the start of the harvest festival.

PASPURAN KHYBERI KARI 9.95

Chicken, lamb, prawn and king prawn cooked with young onions, mixed bell peppers and coriander. A textured and balanced curry full of rich flavour, highly recommended.



LAMB SPECIALITIES

KHYBERI LAMB KARI

8.95

Diced slices of spring lamb simmered in olive oil with young onions, cayenne, fresh garlic, root ginger and cumin. It is then cooked with spiced minced lamb, in a tomato and coriander based stock and dressed with fresh ginger and fresh chillies. A slightly warm dish full of flavour.

ZAFRANI LAMB

8.95

Succulent pieces of tender lamb, braised with cracked black pepper, simmered in olive oil with young onions, fresh garlic, & root ginger. It is then cooked stew-like in an onion, vegetable and coconut stock, reduced with the addition of fresh aubergine, courgette, chillies and young leaves. A warm and medium dish full of rich flavour.

GARLIC CHILLI LAMB

8.95

An alternative to the popular bhuna. This dish is cooked with onions, mixed peppers, fresh herbs and spices, simmered in onion gravy, infused with generous amounts of fresh garlic and garnished with chillies and garlic.

LAMB KAALIA GOSHT

8.95

A south Indian presentation of lamb cooked with fresh ginger, peppercorns and black chilli, reduced in onion stock with curry leaves and split mustard. A well recommended, slightly hot lamb dish.

LAMB LUHARI KARAH

8.95

Succulent pieces of tender lamb, braised with cracked black pepper, simmered in olive oil with fresh garlic and shallot paste, then reduced with bell peppers and curry leaves. A traditional, north Indian lamb presentation.

RAILWAY LAMB MADRAS

8.95

The traditional favourite of the British Raj in India, this dish was served to first class travellers in their opulent railway compartments. This is a spectacular recipe of tender lamb, cooked with ground peppercorns, ground whole chillies, tomatoes and a thick tomato gravy with potatoes. An excellent, slightly hot but tasty lamb presentation, finished with fresh chillies and coriander.

TRADITIONAL POPULAR DISHES

A selection of popular dishes recognised by all, and enjoyed by entire generations of curry lovers. Each chef in every decade has spun their individual interpretation of how these dishes are prepared. From the golden age of British Indian Cuisine, nearly all Curry Chefs have adhered to the same formula. Although the taste may vary from chef to chef, the old favourites remain the same!

Chicken or Mixed Fresh Vegetables 6.95

Norwegian Prawns or Lamb Mince (Keema) 7.95

Lamb 7.95

Freshwater King Prawns 12.95

BALTI Basic medium spiced sauce.

MADRAS BALTI Slightly hot.

DOPIAZA BALTI

Cooked with generous portions of onions and capsicum. Medium spiced.

DHANSAK BALTI

A delicious combination of spices, pineapple and lentils. Slightly sweet and sour.

SAAGWALA BALTI

Cooked with fresh spinach and spices. Medium hot.

PATHIA BALTI

Cooked with tomato concentrate and spices. Fairly hot and sour.

ROGON BALTI

Cooked with fresh herbs and ground spices, garnished with pan fried onions and tomatoes.

JALFREZI BALTI

Cooked with fresh green chillies, onions and capsicum. A dish brimming with flavour.

KORMA BALTI

Cooked with almond, coconut & fresh cream. A sweet, mild curry.

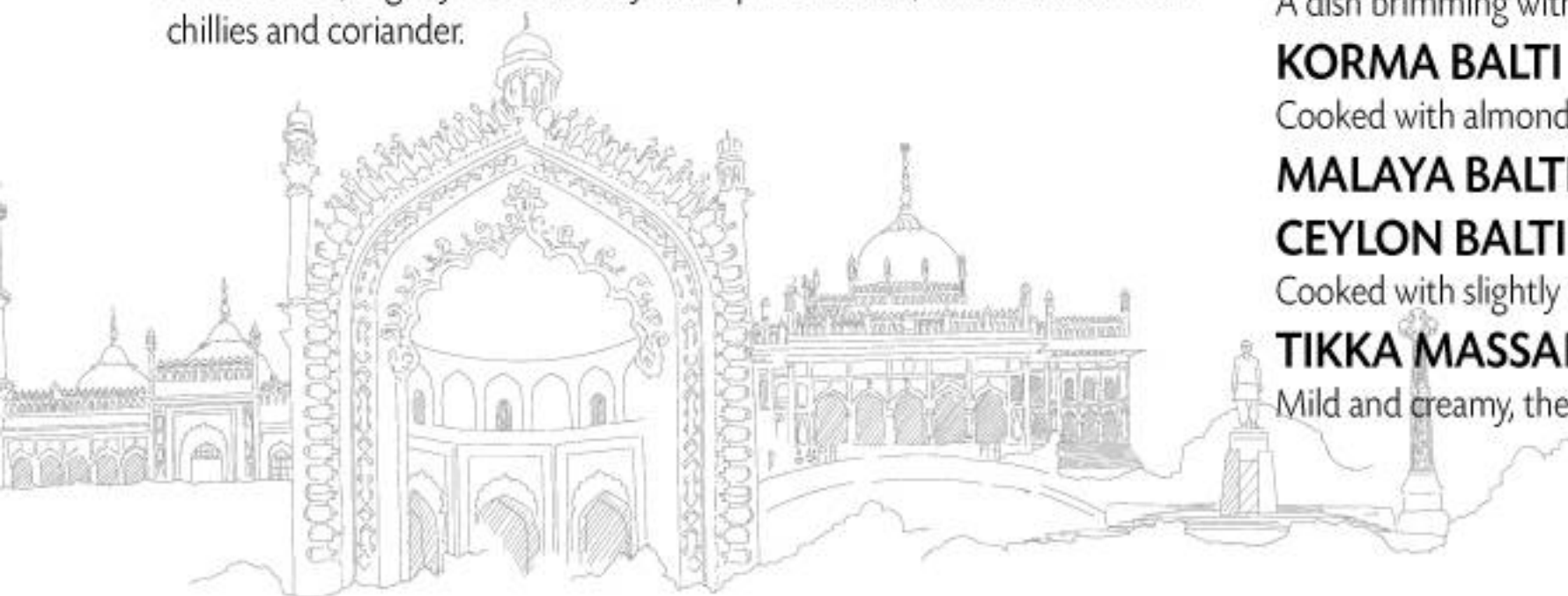
MALAYA BALTI Cooked with mild spices and pineapple.

CEYLON BALTI

Cooked with slightly hot spices and a hint of fresh lemon.

TIKKA MASSALA

Mild and creamy, the traditional mild favourite.



SHAH KARI SELECTION *(Fresh vegetables)*

Malabar is proud to present our selection of vegetable dishes for you to feast upon. Each dish is uniquely distinctive in flavour, cooked using the freshest vegetables and are highly recommended for our vegetarian patrons. These dishes can be served as a main course £6.95, or a side accompaniment to any main dish £3.95. Please note, no side order may be allowed to be served without a main course.

DHUM ALOO GOBI

A traditional Chettinad recipe of tangy spiced potatoes, aubergines & cauliflower, cooked semi-dry with shallots, tamarind, garlic, coriander & sweet tomatoes. A wonderful, spicy vegetable dish.

SARSON KA ROSHUNI SAAG

Fresh spinach cooked in olive oil with fried garlic and onions, with turmeric and a hint of shallots. An age old, traditional favourite. Can be modified with potatoes to Saag Aloo, or with paneer to Saag Paneer.

PALAK PANEER & BAIGAN JHOOL

Fresh spinach, aubergine, sugar paneer, peas and mushrooms cooked semi-dry in olive oil with pan fried garlic and shallots, medium-hot & slightly spicy. Garnished with coriander. A well balanced vegetarian dish.

NAWABI VEGETABLE

New potatoes, cauliflower and sugar snaps cooked together with mild spices reduced in onion stock, then finished with the addition of coconut milk and mature cheddar cheese.

SHAHI PANEER MASSALLA

Grilled marinated paneer, in a plum tomato stock reduced with fresh cream, coconut and almonds. Classic paneer dish, mild and rich in flavour.

BHAINGON JHOL KARI

Fresh diced aubergine cubes simmered in mustard oil with young onions, new potatoes, fresh chillies, garlic and coriander. It is then cooked in vegetable stock with curry leaves and baby potatoes. Slightly hot.

CHILLI CHANA & MATTAR PANEER

A traditional Chettinad recipe of tangy spiced chick-peas & paneer cooked semi-dry with shallots, fresh peas, tamarind, garlic and coriander. Topped with flash-fried root ginger and fresh chillies, this is a hot and flavoursome dish.

LUHARI CHILLI PANEER KARAHI

Tandoori grilled cubes of spicy paneer, simmered in olive oil with fresh garlic and shallot paste, then reduced with bell peppers and curry leaves. A traditional north Indian paneer presentation.

METHI BHINDI

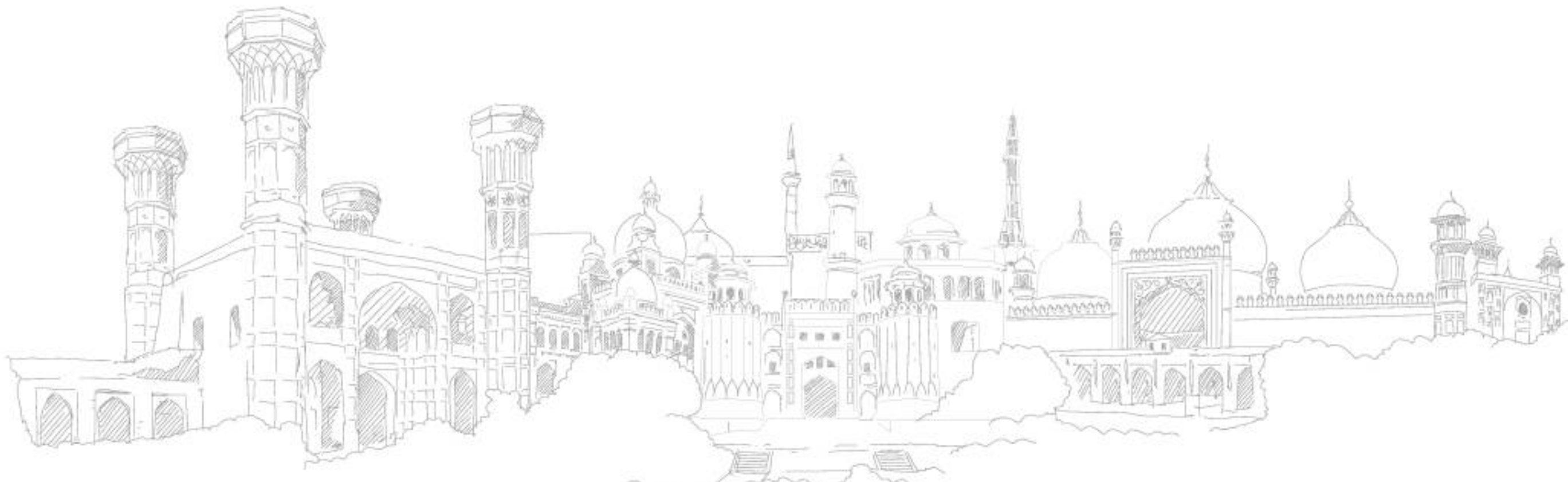
Fresh Okra (commonly known as lady's fingers) cooked together with fenugreek leaves, pan fried with shallots and a hint of coriander, chilli & lemon to give it a tangy flavour.

BUTTERNUT SQUASH, CAULIFLOWER & PANEER BHAJEE

Fresh butternut squash, cauliflower, sugar snaps, peas and paneer, cooked semi-dry in olive oil with pan fried garlic and shallots, medium-hot & slightly spicy. Garnished with coriander. A well balanced vegetarian dish.

DHAL TARKA

The renowned popular yellow split lentils (Masoor dhal) cooked in steamed pots, finished with a flash-fried tarka of sliced fried garlic, shallots and bay leaves in olive oil.



RICE DISHES

PLAIN BOILED RICE	2.50
Pure patna rice, boiled with no additives or flavouring.	
STEAMED BASMATI RICE	2.70
Aromatic kernal basmati rice, cooked with a hint of saffron and kewra.	
MUSHROOM PILAO RICE	3.00
Aromatic basmati rice, cooked with fresh mushrooms and turmeric.	
GARLIC and ONION FRIED RICE	3.00
Patna rice, fried with garlic and onions in sunflower oil.	
KEEMA PILAO RICE	3.00
Aromatic basmati rice, cooked with spicy minced lamb.	
PERSIAN FRUIT and NUT RICE	3.00
Aromatic basmati rice, cooked with the slightly sweet flavours of almonds, sultanas and dried fruit.	
KERALLA FRIED RICE	3.00
Aromatic basmati rice, with flash-fried beansprouts, carrots and coriander.	
GOAN STYLE RICE	3.00
Aromatic basmati rice, with shallots, green peas, egg and coriander.	
THAI GREEN RICE	3.00
Aromatic basmati rice, cooked with crispy fried green cabbage, generous portions of garlic and coriander, finished with a hint of fresh chilli.	
EGG FRIED RICE	3.00
Plain boiled rice fried with shallots, salt and a generous portion of egg.	
PEAS PILAO RICE	3.00
Aromatic basmati rice, cooked with shallots, garden peas and coriander.	
LEMON CHILLI RICE	3.00
Aromatic basmati rice, cooked with shallots, lemon and chilli.	

BREADS

NAAN Classical Indian bread.	2.20
GARLIC and ONION NAAN	3.00
Soft bread, coated with an abundance of garlic and shallots.	
JAFRANI KEEMA NAAN	3.00
Soft bread, stuffed with spicy minced lamb.	
PESHWARI FRUIT and NUT NAAN	3.00
Soft bread, stuffed with dried fruit and coconut.	
CHILLI and CORIANDER NAAN	3.00
Naan infused with fresh chillies, spring onions & coriander leaves.	
CHILLI & CHEESE NAAN	3.50
Naan infused with chilli & cheese.	
GARLIC & CHEESE NAAN	3.50
Naan infused with garlic & cheese.	
ROASTED CHILLI NAAN	3.50
Naan infused with rock salt, whole jeera, fresh garlic, roasted black chillies, fresh chillies and coriander.	
MALABAR NAAN	3.50
Naan stuffed with spicy new potatoes, cauliflower & goat's cheese, dressed with fresh green chillies, fresh coriander & rock salt.	
TANDOORI ROTI	1.90
BUTTER PARATHA	2.60
WHOLEMEAL CHAPATI	1.70

FOOD ALLERGY DISCLAIMER

Customers concerned with food allergies need to be aware of this risk. We will not assume any liability for adverse reactions to foods consumed, or items one may come in contact with while eating at any of our establishments. Please inform staff of any known food allergies and we will do our best to accommodate your requirements.

