

STARTERS

Onion Bhaji (Classic onion fritters) ✓	£4.50
Samosa (vegetable, meat or chicken)	£4.50
Fillo pastry filled with seasonal vegetables or spicy mince meat	
Chicken or Lamb Tikka	£5.50 / £6.50
Boneless chicken or lamb marinated in yoghurt, spices, garlic, green chilli and fresh coriander, and cooked in the charcoal tandoor	
Tandoori Chicken	£5.50
Tender chicken marinated in yoghurt and spices on the bone	
Assorted Indian (Chicken tikka, sheek kebab, onion bhaji)	£6.95
Sheek Kebab	£5.95
Minced lamb infused with fresh herbs and variety of aromatic spices, onion and peppers	
Shammi Kebab	£7.50
Meltingly soft patties of lamb & potato, bengal gram and spices, pan fried to perfection	
Malai Lamb Chops	£7.50
Chops of tender lamb in a marinade of home made cream cheese and spices	
Chicken Chat	£6.50
Aloo Chat ✓	£4.50
A delicious blend of diced, cooked potatoes, fresh tomatoes & cucumbers marinated in spices.	
Prawn Cocktail	£5.95

FISH STARTERS

Shahi King Prawns	£8.95
Marinated with fresh green herbs & spices and cooked in tandoor with tomato and pepper	
King Prawn Poori	£8.95
Prawn Poori	£7.95
North Indian style prawns wrapped in a poori	
King Prawn Butterfly	£7.95
Delicately spiced king prawns fried in bread crumbs	
Salmon Tikka	£8.95



TANDOORI SPECIALITIES (Served with salad & mint sauce)

Chicken or Lamb Tikka	£10.95 / £11.95
Boneless chicken or lamb marinated in yoghurt, spices, garlic, green chilli and fresh coriander, and cooked in the charcoal tandoor	
Tandoori Chicken	£10.95
Half tender chicken marinated in yoghurt and spices on the bone	
Shashlick	£11.95
Chicken or Lamb, peppers, onions and tomatoes subtly spiced and slow cooked in the tandoor	
King Prawn Shashlick	£17.95
Jafrani Chicken or Lamb	£12.95 / £13.95
Jafrani King Prawn	£19.95
Barbecued with onion, pepper & tomato. Served with chef's special sauce	
Moducash Chicken or Lamb ☹	£12.95 / £13.95
Delicately mild, combination of chicken or lamb, cashew nuts & honey	
Malai Lamb Chops	£14.95
Chops of tender lamb in a marinade of home made cream cheese and spices	
Mixed Grill	£16.95
Chicken and lamb tikka, tandoori chicken, sheek kebab, nan	
Paneer Shashlick ✓	£11.95
Pieces of cheese marinated in freshly ground aromatic herbs and spices, barbecued with onions, capsicums and tomatoes	
Ajwani Salmon	£16.95
Ajwani flavoured chunk of salmon, char grilled on the tandoor	

HOUSE SPECIALITIES

Chettinad Chicken ☹	£10.95
Cooked in a hot sauce with ginger, garlic, coconut and aromatic dried spices, a delicacy of the Chettinad region of Tamil Nadu state in South India.	
Tikka Massala Chicken or Lamb ☹	£10.95 / £11.95
Tandoori King Prawn ☹ (National dish that needs no introduction)	£16.95
Makhani Chicken or Lamb ☹	£10.95 / £11.95
Tandoori King Prawn ☹ (With fresh tomato & butter, rich and creamy)	£16.95

Pasanda Chicken or Lamb ☹	£10.95 / £11.95
Mild dish prepared with almond & pistachio cream	
Kurzi Shank	£18.95
Lamb shank covered with minced lamb and baby potatoes	
Goan Lamb Shank	£17.95
A supreme cut given the traditional Goan treatment, full of flavour, cooked with tomatoes and coriander	
Naga Chicken or Lamb 🌶🌶🌶	£12.95 / £13.95
Chicken or lamb cooked with various herbs and spices in our aromatic naga sauce. Very very hot. Ideal for hot curry lovers!	
Lamb Chop Special	£17.95
Tandoori lamb chop cooked in goan sauce, hot and spicy	
Achari Bhuna Chicken or Lamb	£10.95 / £11.95
King Prawn	£16.95
Tossed in the pan with peppers, tomato, coriander and pickle on thick sauce	
Jall Massala Chicken or Lamb 🌶	£10.95 / £11.95
King Prawn 🌶	£16.95
Our unique massala cooked with green chilli	
Pathila Chicken or Lamb ☹	£10.95 / £11.95
King Prawn, Duck or Beef ☹	£16.95
Well spiced, marinated with our fresh ground spice & cooked in medium juicy thick sauce in the pathil with garlic & tamarind	
Chicken or Lamb Tikka Rezala 🌶	£10.95 / £11.95
Cooked with onion, peppers & tomatoes. Bhuna style	
Jinga Korai Marachi (King Prawn)	£18.95
Cooked with ginger, garlic and tomato	
Jinga Lasani (King Prawn)	£18.95
On the shell king prawns cooked in medium sauce with garlic, spring onions, mustard and coriander in aromatic spices.	
Chicken Jaipuri	£10.95
Authentic Maughol dish cooked with onion, yogurt, jeera, coriander, tomato, fresh herbs, cream. medium	
Chicken Al Badami (favourite dish of Emperor Babor) ☹	£13.95
Mango flavoured curry, cooked with nuts, spices, herbs & finished with cream. Chicken on the bone. mild	

FISH SPECIALITIES

(All fish dishes are prepared in Zara's own fish sauce)

Mustard Prawn	£17.95
Mustard King Prawn	£18.95
Salmon Peri Peri	£17.95
Cooked bhuna style. Medium hot	
Fish Special (Bangladeshi White Tilapia Fish)	£17.95
Cooked with onion, mustard, garlic & 10 different spices - full of juice flavour (medium)	

BALTI SPECIALITIES

Highly recommended by the chef. These are sizzling spice dishes, individually prepared with fresh ingredients and thoroughly blended mixtures of authentic spices. Balties are cooked in a balti pan a fascinating utensil . which locks in the aromatic flavour. Served with plain nan bread (other nan's available for extra £1.00).

Chicken or Lamb	£10.95 / £11.95
Tikka Chicken or Lamb	£11.95 / £12.95
Prawn	£13.95
King Prawn	£15.95
Tandoori King Prawn	£17.95
Vegetable & Mushroom ✓	£9.95

BIRYANI

Consists of Basmati rice, fried, mixed with spices and herbs, garnished with sultanas and almonds, and served with a vegetable curry.

Chicken or Lamb	£10.95 / £11.95
Tikka Chicken or Lamb	£11.95 / £12.95
Prawn	£13.95
King Prawn	£15.95
Tandoori King Prawn	£17.95
Vegetable & Mushroom ✓	£9.95
Zara Biryani	£14.95

KORAHAI

A dish well known in the valley of Indus. Made with cubes of onion, green pepper, tomatoes, coriander. Medium spice in thick sauce

Tikka Chicken/Lamb	£10.95/£11.95
Prawn	£12.95
King Prawn	£14.95
Tandoori King Prawn	£15.95
Vegetable & Mushroom	£9.95

BENGALI JALFREZI

A 7th Century dish founded by the people of Bengal. Cooked with sliced onion, green pepper and green chillies, fresh coriander. Fairly hot in thick sauce.

Tikka Chicken/Lamb	£10.95/£11.95
Prawn	£12.95
King Prawn	£14.95
Tandoori King Prawn	£15.95
Vegetable & Mushroom	£9.95

TRADITIONAL DISHES

	Vegetable & Mushroom	Chicken	Lamb	Prawn	King Prawn
Korma	£6.95	£8.95	£9.95	£10.95	£14.95
Kashmiri	£6.95	£8.95	£9.95	£10.95	£14.95
Bhuna	£6.95	£8.95	£9.95	£10.95	£14.95
Rogon Josh	£6.95	£8.95	£9.95	£10.95	£14.95
Dopiazza	£6.95	£8.95	£9.95	£10.95	£14.95
Sagwala	£6.95	£8.95	£9.95	£10.95	£14.95
Curries	£6.95	£8.95	£9.95	£10.95	£14.95
Madras	£6.95	£8.95	£9.95	£10.95	£14.95
Vindaloo	£6.95	£8.95	£9.95	£10.95	£14.95
Pathia	£6.95	£8.95	£9.95	£10.95	£14.95
Dhansak	£6.95	£8.95	£9.95	£10.95	£14.95

(all the above dishes can be prepared with chicken or lamb tikka for an extra £1.00)

VEGETABLE SIDE DISHES

All of these dishes are cooked in a (low cholesterol vegetable oil and with finely chopped onion, green pepper, cooked with medium spice, without gravy.

Vegetable Curry	cooked in medium spices with gravy	£4.50
Mushroom Bhajee		£4.50
Bombay Aloo	(potatoes)	£4.50
Cauliflower Bhajee		£4.50
Aloo Gobi	potatoes and cauliflower	£4.50
Bindi Bhajee	okra	£4.50
Brinjal Bhajee	aubergine	£4.50
Chana Masalla	cooked with chick peas	£4.50
Saag Bhajee	fresh spinach	£4.50



Saag Paneer	spinach cooked with cheese, mild	£5.50
Motar Paneer	home made cheese with peas, mild	£5.50
Saag Aloo	spinach cooked with potatoes	£4.50
Tarka Dal	lentil flavoured with garlic	£4.50
Mixed Vegetable Bhajee		£4.50
Zara Special Vegetable		£5.50



SUNDRIES

Nan	special leavened bread	£3.25
Peshwari Nan	prepared with oriental nuts and fruits	£4.50
Stuffed Nan	stuffed with spices mashed potatoes and vegetables	£4.50
Keema Nan	freshly baked with minced meat	£4.50
Garlic Nan		£4.50
Paratha	a bread made from brown wheat and shallow fried	£4.95
Stuffed Paratha	stuffed with vegetables	£5.25
Chapati	soft thin Indian baked bread	£2.25
Puree	thin fried bread	£2.25
Raitha	(onion or cucumber)	£2.25
Chips		£3.95
Green Salad		£2.95
Papadam	plain or spiced	£0.95
Chutney		£0.95

RICE DISHES

Zara Special Rice	mince lamb & prawn	£6.50
Mushroom Fried Rice	cooked with Basmati rice	£4.25
Vegetable Fried Rice	cooked with Basmati rice	£4.25
Special Fried Rice	cooked with egg, peas and Basmati rice	£4.25
Lime Fried Rice	with chick peas	£4.25
Egg Fried Rice		£4.25
Onion Fried Rice		£4.25
Saag Rice	fresh spinach cooked with basmati rice	£4.25
Pilau Rice	Basmati rice cooked with saffron, dairy products & aromatic spices	£3.25
Boiled Rice		£2.95

LEGENDS

Fairly Hot Hot Very Hot Spicy
 DISHES CAN BE MADE Milder OR HOTTER ACCORDING TO TASTE
 Traces of Nuts Suitable for Vegetarians

£3.25
£4.50
£4.50
£4.50
£4.50
£4.95
£5.25
£2.25
£2.25
£2.25
£3.95
£2.95
£0.95
£0.95

£6.50
£4.25
£4.25
£4.25
£4.25
£4.25
£4.25
£4.25
£3.25
£2.95



SUNDAY BUFFET

12:00noon - 4.00pm
(extensive range of dishes)

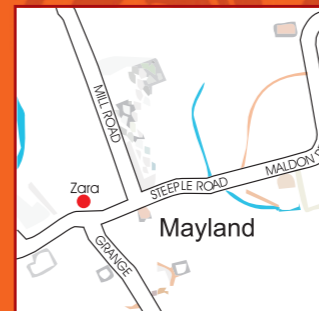
ZARA INDIAN CUISINE
The Mayland Mill
Steeple Road
Mayland, Essex CM3 6EG

Info@zaramayland.com
www.zaramayland.com

August 2019

Please Note:

- We do not accept cheque
- If the dish you require is not listed we will gladly prepare it specially for you
- If you have any dietary restrictions, e.g. nuts, dairy products, etc. please inform us
- Take-away orders are packaged in special hygienic catering containers with care and ample portions
- Management reserves the right to refuse service



T: 01621 740998



D&P: mrprinters.co.uk | 020 8507 3000

INDIAN CUISINE
THE MAYLAND MILL

RESTAURANT • TAKEAWAY
SPECIALISTS IN OUTSIDE CATERING

TAKEAWAYS

Collection only

opening hours

EVENING
Mon-Thu 5:00pm - 10:00pm
Fri & Sat 5:00pm-11:00pm

LUNCH
Mon-Sat Bookings Only
Sun 12:00noon - 10:00pm

FULLY LICENSED
RESTAURANT
PLEASE TRY OUR
EXCLUSIVE WINE MENU

T: 01621 740998