

Indian Ocean

MASTERS OF INDIAN CUISINE

Vegetable Bhaji Dishes

	Side Dish	Main
BHINDI Okra cooked with spices	£5.25	£7.95
VEGETABLE	£5.25	£7.95
MUSHROOM	£5.25	£7.95
CAULIFLOWER	£5.25	£7.95
TARKA DAL Lentils cooked with special spices and fried garlic	£5.25	£7.95
CHANA Chick peas	£5.25	£7.95
SAG Spinach cooked with herbs and spices	£5.25	£7.95
SAG ALOO Spinach cooked with potatoes	£5.25	£7.95
ALOO GOBI Potato and cauliflower cooked in spices	£5.25	£7.95
BOMBAY POTATOES	£5.25	£7.95
SAG PANEER  Spinach cooked with Indian cheese	£5.95	£7.95
MATTAR PANEER  Green peas and Indian cheese	£5.95	£7.95
CHANA PANEER  Chick peas and Indian cheese	£5.95	£7.95
GREEN SALAD	£4.95	£7.95


Set Menu A save £22.80

£25 for 2 people


Starters

ONION BHAJI      Sliced onions in a spicy batter, deep fried

SHEEK KEBAB (Minced meat)    Medium spiced and skewered in a clay oven

2 PAPADOMS   

Main Courses


CHICKEN MADRAS  Most popular dish of South Indian origin. A rich, fairly hot taste prepared extensively with garlic, chilli and tomato purée

or CHICKEN KORMA    A delicate preparation of yoghurt, cream and spices, producing a very mild and sweet creamy sauce

Side Dishes

SAG ALOO  Spinach cooked with potatoes

2 PLAIN RICE




NAAN     Soft bread baked in the Tandoori oven

Takeaway discount excludes Set Menus

Set Menu B save £24.25

£28 for 2 people

Starters


CHICKEN TIKKA (Off the bone)    Tender chicken marinated in spices, grilled in a clay oven

VEGETABLE SAMOSA    Triangular shaped pastry filled with vegetables

2 PAPADOMS   

Main Courses

CHICKEN TIKKA MASSALA     Boneless barbecued spring chicken cooked in a specially prepared, delicately flavoured sauce

or LAMB BHUNA  A garnished dish with onion, garlic, tomato and selected spices

Side Dishes

SAG ALOO  Spinach cooked with potatoes

2 PILAU RICE

PESHWARI NAAN      Fruity with coconut/cream



Set Menu C save £24.75

£30 for 2 people

Starters

MIXED STARTER (for 2 people)      A selection of chicken tikka, lamb tikka, sheek kebab, onion bhaji and papadoms served with mint sauce

Main Courses

LAMB BALTI   A blend of rich spices and onions, served in an iron wok





or CHICKEN PASSANDA     Cooked in wine, a delicate preparation of yoghurt, cream, nuts and spices producing a rich creamy texture

Side Dishes

SAG ALOO  Spinach cooked with potatoes

EGG FRIED RICE 

PILAU RICE

NAAN     Soft bread baked in the Tandoori oven

30% Discount
on all takeaway orders



Car parking within a 4-minute walk
FREE delivery within 4 miles – minimum order £10
FREE papadom with every main dish ordered
Non-contact delivery available








indianoceanrestaurant.co.uk

01202 311222





4 West Cliff Road Bournemouth BH2 5EY

Open 7 days a week including Bank Holidays
Orders taken from 5pm

SPECIAL DIETS

-  Contains nuts
-  Contains coconuts
-  Contains eggs
-  Contains dairy
-  Contains mustard
-  Contains gluten
-  Suitable for vegetarians

Anyone with special dietary needs should check ingredients with us when ordering

 Mild/Creamy  Medium Hot  Hot  Very Hot

Refurbished



Indian Ocean

MASTERS OF INDIAN CUISINE

Takeaway Menu

Special Offer

30% Discount
on all takeaway orders

Excludes Set Menus

Non-Contact Delivery Offered

Starters

Served with mint sauce and salad.

SAMOSA 🍷	£4.95
Triangular shaped pastry filled with spicy minced meat or 🍃 vegetables	
ONION BHAJI 🍷 🍴 🍲 🍷	£4.95
Sliced onions in a spicy batter, deep fried	
SHEEK KEBAB (Minced meat) 🍷 🍴 🍲	£5.50
Medium spiced and skewered in a clay oven	
CHICKEN TIKKA (Off the bone) 🍷 🍴 🍲	£5.50
Tender chicken marinated in spices, grilled in a clay oven	
LAMB TIKKA (Off the bone) 🍷 🍴 🍲	£5.50
Marinated spiced and grilled in a clay oven	
TANDOORI CHICKEN (On the bone) 🍷 🍴 🍲	£5.50
Spring chicken marinated in herbs, spices and cooked in a clay oven	
NARGIS KEBAB 🍷 🍴 🍲 🍷	£5.50
Boiled egg covered with spicy minced meat skewered in a clay oven. Served with massala sauce on top	
BHUNA PRAWN ON PUREE 🍷	£5.95
MIXED KEBAB 🍷 🍴 🍲 🍷	£6.95

Tandoori Sizzling Dishes

All Tandoori dishes are grilled in a clay oven and marinated in yoghurt with mild spices and herbs. Served with mint sauce and salad.

TANDOORI CHICKEN (On the bone) 🍷 🍴 🍲	£12.95
Tender chicken marinated with herbs and spices, grilled in a clay oven	
CHICKEN TIKKA (Off the bone) 🍷 🍴 🍲	£12.95
Tender chicken marinated in spices, grilled in a clay oven	
LAMB TIKKA 🍷 🍴 🍲	£13.95
Tender lamb marinated in spices, grilled in a clay oven	
CHICKEN SHASLICK 🍷 🍴 🍲	£13.95
Chicken pieces flavoured with special spices, cooked onion, capsicum and tomatoes	
FISH TIKKA 🍷 🍴 🍲	£13.95
Mildly spiced fish, grilled in a clay oven	
KING PRAWN TIKKA 🍷 🍴 🍲	£14.95
Mildly spiced king prawn, grilled in a clay oven	
TANDOORI MIXED GRILL 🍷 🍴 🍲	£15.95
Pieces of Tandoori chicken, chicken tikka, lamb tikka and sheek kebab served with salad	

Dazarling

If you like minced meat, this very tasty dish is for you.

CHICKEN DAZARLING 🍷 🍴 🍲	£13.95
LAMB DAZARLING 🍷 🍴 🍲	£13.95
KING PRAWN DAZARLING 🍷 🍴 🍲	£15.95

Curry

Curry, meaning spicy sauce, is used to refer to any number of hot or spicy based dishes, we have used a few selections of curries with different taste.

VEGETABLE 🍃	£7.95	PRAWN	£10.95
CHICKEN	£9.95	FISH TIKKA 🍷 🍲	£13.95
CHICKEN TIKKA 🍷 🍲	£10.95	KING PRAWN	£14.95
LAMB	£10.95		

KORMA 🍷 🍴 🍲	A delicate preparation of yoghurt, cream and spices, producing a very mild and sweet creamy sauce
DO-PIAZA 🍷	Diced pieces of onion spiced to produce a taste that is of medium strength
BHUNA 🍷	A garnished dish with onion, garlic, tomato and selected spices
ROUGHAN JOSH 🍷	A special preparation with garlic, tomato, chilli and selected spices
PATHIA 🍷	Garlic, onion, tomato purée, red chilli, sugar and lemon. A hot, sweet and sour taste
MADRAS 🍷	Most popular dish of South Indian origin. A rich, fairly hot taste prepared extensively with garlic, chilli and tomato purée
PHINDI 🍷 🍴	A dish of South Indian origin. A rich, fairly hot taste. Prepared with garlic, chilli and tomato purée with egg
VINDALOO 🍷	South Indian dish known for its fiery, fabulously rich, hot taste. Served with potatoes. Lemon, ginger and red chillies are a few of the spices added. Only suitable for people with a strong constitution
CEYLON 🍷 🍴	Coconut, black pepper, lemon spices, sugar and milk. A hot sweet and sour taste
DHANSAK 🍷	A combination of spices with lentils, garlic, lemon and sugar, producing a hot sweet and sour taste
SPINACH (SAG) 🍷	Spinach prepared with garlic, tomato and onion. Producing a rich medium hot and fairly dry texture

Tandoori Massala Dishes

Cooked in a delicately flavoured creamy sauce.

VEGETABLE MASSALA 🍷 🍴 🍲 🍷	£10.95
CHICKEN TIKKA MASSALA 🍷 🍴 🍲 🍷	£12.95
Boneless barbecued spring chicken cooked in a specially prepared, delicately flavoured sauce	
LAMB TIKKA MASSALA 🍷 🍴 🍲 🍷	£12.95
Tender lamb pieces cooked in a specially prepared, delicately flavoured sauce	
KING PRAWN TIKKA MASSALA 🍷 🍴 🍲 🍷	£14.95

Recommended Specials

VEGETABLE 🍃	£10.95	PRAWN	£13.95
LAMB	£11.95	FISH TIKKA 🍷 🍲	£14.95
CHICKEN	£12.95	KING PRAWN	£14.95
CHICKEN TIKKA 🍷 🍲	£13.95		

BALTI 🍷 🍲	A blend of rich spices and onions, served in an iron wok
JHAL-FREZI 🍷	Diced pieces of onion cooked in a hot chilli sauce with garlic. Lightly fried with sliced green chillies
PASSANDA 🍷 🍴 🍲 🍷	Cooked in wine, a delicate preparation of yoghurt, cream, nuts and spices producing a rich creamy texture
KARAI	Flavoured with green peppers, tomatoes and spices. Garnished with fresh garlic and coriander

Indian Ocean Specials

All dishes cooked with chicken tikka or lamb tikka	Chicken	Lamb
GARLIC CHILLI 🍷 🍴 🍲 🍷	£14.95	£14.95
Cooked with green chilli, garlic, tomato and special spices		
CHILLI TIKKA MASSALA 🍷 🍴 🍲 🍷	£14.95	£14.95
Cooked in the Tandoori, fried with green chillies, a delicately flavoured dish in a creamy sauce		

Birianies

Originating from Central Asia, these rich, very aromatic mild dishes made of special saffron rice, spiced ghee and served with vegetable curry, suits almost every kind of taste. (Includes a vegetable side dish).

VEGETABLE 🍃	£11.95	CHICKEN TIKKA 🍷 🍲	£13.95
MUSHROOM 🍃	£11.95	MALAYA CHICKEN	£13.95
CHICKEN	£12.95	Pineapple and lychee	
LAMB	£12.95	KING PRAWN	£15.95
PRAWN	£13.95		

Rice

PLAIN	£2.95
PILAU (Saffron)	£3.95
SPECIAL RICES	£4.50
Egg Fried 🍷 Special Pilau 🍷 Lemon Coconut Mushroom Vegetable Onion or Keema 🍷 🍴 🍲 🍷 Fried rice with minced meat	

Bread

PAPADOM 🍷 🍴 🍲	£0.90
MASSALA PAPADOM 🍷 🍴 🍲	£0.90
CHAPATI 🍷 🍴 🍲 Thin wheat bread	£2.95
NAAN 🍷 🍴 🍲 🍷 Soft bread baked in the Tandoori oven	£2.50
PARATHA 🍷 🍴 🍲 Bread baked with butter, fried in ghee	£2.50
PESHWARI NAAN 🍷 🍴 🍲 🍷 Fruity with coconut/cream	£2.95
KEEMA NAAN 🍷 🍴 🍲 🍷 With minced meat	£2.95
GARLIC NAAN 🍷 🍴 🍲 🍷	£2.95
EGG PARATHA 🍷 🍴 🍲 🍷	£2.95

Pickles

	per portion.
Lime Pickle Chilli Pickle Mango Chutney or Onion Salad	£0.90
RAITA 🍷 Onion or cucumber	£2.00