

Indian Ocean

MASTERS OF INDIAN CUISINE

The finest contemporary Indian cuisine

Old Favourites

VEGETABLE 	£13.95	PRAWN	£16.45	
CHICKEN	£14.95	PANEER TIKKA      	£16.95	
CHICKEN TIKKA     	£15.95	FISH TIKKA     	£17.95	
LAMB	£16.95	KING PRAWN	£18.95	

KORMA (Mild)

A preparation of yoghurt, cream and spices for a sweet creamy sauce

BHUNA (Medium or Hot)

A garnished dish with onion, garlic, tomato and selected spices

DOPIAZA (Medium or Hot)

Diced pieces of onion spiced to produce a medium strength dish

ROGAN JOSH (Medium or Hot)

A special preparation with garlic, tomato, chilli and selected spices

SPINACH (SAAG) (Medium or Hot)

Spinach prepared with garlic, tomato and onion for a rich, fairly dry texture

DHANSAK

Spices with lentils, garlic, lemon and sugar, producing a hot, sweet and sour taste

PATHIA

Garlic, onion, tomato purée, chilli, sugar and lemon for a hot, sweet and sour taste

MADRAS (Hot)

A rich, fairly hot taste prepared with garlic, chilli and tomato purée

VINDALOO (Very Hot)

A fiery, fabulously rich taste with lemon, ginger and red chillies. Served with potatoes

Vegetable Bhaji Dishes (Medium or Hot)

Side Main

GREEN SALAD	£7.95	£11.95
VEGETABLE	£7.75	£11.95
MUSHROOM	£7.75	£11.95
CAULIFLOWER	£7.75	£11.95
TARKA DAL Lentils cooked with special spices and fried garlic	£7.75	£11.95
BHINDI BHAJI Okra	£7.75	£11.95
CHANA BHAJI Chick peas	£7.75	£11.95
SAAG BHAJI Spinach cooked with herbs and spices	£7.75	£11.95
SAAG ALOO Spinach cooked with potatoes	£7.75	£11.95
ALOO GOBI Potato and cauliflower cooked in spices	£7.75	£11.95
BOMBAY POTATOES	£7.75	£11.95
MATAR PANEER  Green peas and Indian cheese	£8.45	£11.95
CHANA PANEER  Chick peas and Indian cheese	£8.45	£11.95
SAAG PANEER  Spinach cooked with Indian cheese	£8.45	£11.95

Bread

CHAPATI  	Thin wheat bread	£3.45
PARATHA  	Bread baked with butter, fried in ghee	£4.00
NAAN   	Soft bread baked in the Tandoori oven	£4.00
PESHWARI NAAN    	Fruity with coconut	£4.45
KEEMA NAAN     	With minced meat	£4.45
GARLIC NAAN   		£4.45
CHEESE NAAN   		£4.45
CHILLI NAAN   		£4.45
EGG PARATHA   		£4.45
TANDOORI ROTI  		£4.45

Rice

PLAIN	£4.65
PILAU (Saffron)	£5.65
SPECIAL RICES	£6.20
Egg Fried  Special Pilau  Lemon Coconut  Mushroom Garlic Vegetable Onion or Keema   	Fried rice with minced meat

Pickles per portion








Lime Pickle Chilli Pickle Mango Chutney or Onion Salad	£1.10
RAITA  Onion or cucumber	£2.20

Extras

English Dishes

CHIPS	£5.95
CHICKEN NUGGETS Served with chips and salad	£13.95
SCAMPI Served with chips and salad	£14.95

SPECIAL DIETS

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

Anyone with special dietary requirements should check before ordering.

FREE home delivery within 4 mile radius – minimum order £20

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4 West Cliff Road Bournemouth Dorset BH2 5EY

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Takeaway Menu



indianoceanrestaurant.co.uk

Nibbles

POPPADOM	£1.10
SPICY POPPADOM	£1.10
PICKLES per person	£1.10
A selection of mixed pickle, mango chutney, onion salad and mint sauce	

Starters

Served with mint sauce and salad.

SAMOSA	£7.45
Triangular shaped pastry filled with spicy minced meat or vegetables	
ONION BHAJI	£7.45
Sliced onions in a spicy batter, deep-fried	
SEEKH KEBAB (Medium)	£8.00
Spiced minced meat cooked in a clay oven on skewers	
PANEER TIKKA (Mild or Hot)	£8.00
Chicken tikka – Off the bone	
Marinated spiced and grilled in a clay oven	
LAMB TIKKA	£8.00
Marinated pieces of lamb, spiced and grilled in a clay oven	
TANDOORI CHICKEN – On the bone	£8.00
Chicken marinated in herbs spices and cooked in a clay oven	
PRAWN COCKTAIL	£8.00
PRAWN PURI	£8.45
MIXED KEBAB	£11.25
Chicken tikka, lamb tikka seekh kebab and onion bhaji	
THALI	For two £14.00
Samosa, onion bhaji, chicken tikka, lamb tikka, mushroom pakora, chicken pakora	
	For four £25.00

Tandoori Masala Dishes

Cooked in a delicately flavoured, sweet and creamy sauce.

VEGETABLE MASALA	£14.95
TANDOORI SHASHLIK MASALA	£17.95
Tandoori grilled chicken, king prawn, sliced lamb skewered together and cooked in a masala sauce	
CHICKEN TIKKA MASALA	£16.95
Boneless barbecued chicken cooked in a masala sauce	
LAMB MASALA	£17.95
Tender lamb pieces cooked in a masala sauce	
KING PRAWN TIKKA MASALA	£19.95
FISH TIKKA MASALA	£19.95
Fish cooked in masala sauce with cultured yoghurt and coconut cream	

All curry dishes can be prepared to cater for vegetarian diets or any strength to suit your taste. If you prefer a dish that is not on our menu, please do not hesitate to ask.

Tandoori Sizzling Dishes

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

PANEER TIKKA (Mild or Hot)	£14.95
TANDOORI CHICKEN – On the bone	£16.95
CHICKEN TIKKA – Off the bone	£16.95
LAMB TIKKA	£18.95
FISH TIKKA	£18.95
CHICKEN SHASHLIK	£17.95
Chicken pieces flavoured with special spices, cooked onion, capsicum and tomatoes	
KING PRAWN TIKKA	£19.95
TANDOORI MIXED GRILL	£19.95
Pieces of Tandoori chicken, chicken tikka, lamb tikka and seekh kebab served with salad	

Butter Dishes

Sweet, creamy and buttery sauce with almond and cashew nuts.

CHICKEN TIKKA (Mild)	£15.95
LAMB (Mild)	£16.95
KING PRAWN (Mild)	£19.95

Special Dishes

PANEER TIKKA	£16.95	CHICKEN TIKKA	£18.95
LAMB	£18.95		

ADROK (Medium or Hot)	Cooked with garlic, ginger and tomato sauce		
ACHARI (Medium or Hot)	Cooked with garlic, onion, green pepper and achari mixed spices		
SHATKORA (Medium or Hot)	Sweet and tangy, cooked with spring onions, peppers and garlic		
CHILLI TIKKA MASALA (Hot)	Cooked in the tandoori, fried with hot green chillies and served in a sweet creamy sauce		
PINDI (Hot)	A rich dish of South Indian origin, prepared with garlic, chilli and tomato purée with egg		
GARLIC CHILLI (Hot)	Cooked with green chilli, garlic, tomato and special spices		
NAGA (Very Hot)	Cooked with garlic, tomato and hot chilli pepper		

VEGETABLE	£14.95	CHICKEN TIKKA	£17.95
PANEER TIKKA	£16.95	PRAWN	£18.95
CHICKEN	£16.95	FISH TIKKA	£19.95
LAMB	£18.50	KING PRAWN	£19.95

PASANDA (Mild)

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

BALTI (Medium or Hot)

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

KARAI (Medium or Hot)

Flavoured with green peppers, tomatoes and spices.

Garnished with fresh garlic and coriander

JALFREZI (Hot)

Diced onion cooked in a hot chilli sauce with garlic. Lightly fried with sliced green chillies

Darjeeling Dishes

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

CHICKEN DARJEELING (Medium or Hot)	£17.95
LAMB DARJEELING (Medium or Hot)	£18.95
PRAWN DARJEELING (Medium or Hot)	£19.95
KING PRAWN DARJEELING (Medium or Hot)	£20.95

Biryani Dishes

Rich, aromatic, mildly spiced saffron rice dishes originating from Central Asia. Served with vegetable curry.

VEGETABLE BIRYANI	£15.95
CHICKEN BIRYANI	£16.95
LAMB BIRYANI	£17.95
CHICKEN TIKKA BIRYANI	£17.95
PRAWN BIRYANI	£18.95
KING PRAWN BIRYANI	£19.95

Tawa Dishes Highly recommended

This stir-fried dish is finished on a flat tawa pan with juicy pepper, onion and garnished with grated cheese for intense flavour.

CHICKEN TAWA (Medium or Hot)	£18.95
LAMB TAWA (Medium or Hot)	£20.95
KING PRAWN TAWA (Medium or Hot)	£20.95

