Mint Leaf
Nepalese & Indian Restaurant

Authentic Nepalese & Indian Cuisine

Mint Leaf Indian & Nepalese Restaurant welcomes you to experience the mystical and authentic world of exquisite dining.

At Mint Leaf, you will not only enjoy authentic food but more importantly we are committed to delivering healthy cuisine.

Our great tasting food is presented to you as a complete culinary masterpiece. Including traditional and contemporary dishes, our extensive range of Asian cuisine boasts more unusual delicacies from Nepal and India. Our unique spices and herbs are exclusively sourced from the Himalayan region of Nepal and India.

"We aim to use less salt, less oil and no artificial colours"

At Mint Leaf, you enjoy delicious Asian cuisine at its very best.

Note: If you have any food allergies, intolerances or sensitivities, please speak to your server about ingredients before you order your meal.

ALLERGIES & INTOLERANCES

- (M) Contains Milk
- (N) Contains Nuts
- (C) Contains Crustaceans
- (G) Contains Wheat/Gluten
- (F) Contains Fish
- (E) Contains Egg

While efforts are made to clearly mark allergens, customers with allergies or intolerances must make our staff aware before ordering. Please Note: Variations to dishes may be chargeable. Fish may contain small bones. Prices are subject to change without prior notice.

LESS OIL, LESS SALT AND NO ARTIFICIAL COLOURS
ALL DISHES ARE PREPARED FRESH TO ORDER

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À La Carte Menu

PRE-STARTERS

Poppadom **£1.00**
Spicy Roasted Poppadom **£1.00**
Chutney Tray *(mango chutney, spiced onions and mixed pickle)* **£3.95**
Spiced Onions **£1.00**

VEGETARIAN STARTERS

Vegetable Combo Platter for 2 ..... **£10.95**
A platter of vegetable pakora, mushroom pakora, vegetarian haggis pakora & aloo tikki.

Aloo Tareko **£4.95**
Potato cake stuffed with green peas, cumin and ginger.

Crispy Aloo **£4.95**
Thinly sliced potatoes with crushed spices.

Mushroom Pakora **£4.95**
Pan fried fresh mushroom in a medium batter.

Vegetable Pakora **£4.95**
Lightly spiced assorted vegetables, battered with gram flour and deep fried.

Onion Bhaji **£4.95**
Julienne cut onions with crispy gram flour coating.

Garlic Mushroom **£4.95**
Diced mushroom with creamy mushroom sauce.

Vegetable Mo:Mo (G) **£5.45**
Steamed dumpling stuffed with minced mixed vegetables, spring onions and Nepalese spices.

Pero Paneer (M) **£5.45**
Crispy paneer tossed in sweet and sour chilli sauce.

Paneer Shaslik (M) **£5.95**
Diced cottage cheese, mixed peppers, onions, charcoal grilled.

Vegetable Samosa Chaat (M) **£5.95**
With fresh yogurt, tamarind, coriander and mint chutney, garnished with pomegranate.

PUREE STARTERS

Mushroom Puree **£4.95**
Chana Puree *(Chick peas)* **£4.95**
Chicken Puree **£5.25**
Prawn Puree (C) **£5.25**
King Prawn Puree (C) **£7.95**

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NON-VEGETARIAN STARTERS

Haggis Pakora **£5.45**
Traditional haggis wrapped in batter, deep fried.

Chicken Pakora **£4.95**
Lightly spiced chicken strips, gram flour battered and deep fried.

Mix Pakora **£4.95**
Mix of chicken, vegetable and mushroom pakora.

Traditional Chicken Tikka (M) **£5.45**
Chicken breast chunks marinated in tandoori spices and char-grilled.

Malai Tikka (M) *(Mild Chicken Tikka)* **£5.45**
Saffron flavoured diced chicken breast in creamy marinade.

Chicken 65 (G) **£5.95**
Spicy deep fried chicken tossed in chilli garlic sauce.

Mo:Mo Chicken (G) **£6.95**
Steamed dumpling stuffed with minced chicken, spring onions and spices.

Sweet Chilli Mo:Mo (G) **£6.45**
Fried dumplings stuffed with minced chicken, spring onions and spices, tossed in a sweet chilli sauce.

Nepalese Style Chicken Wings **£5.95**
Crispy chicken wings tossed in sweet and sour sauce.

Pero Chicken (G) **£5.95**
Deep fried chicken, tossed in sweet chilli sauce.

Chicken Sekawa (G) **£6.25**
Charcoal grilled chicken, marinated in Nepalese sauce.

Chicken Lollipop **£5.95**
Chicken wings marinated in garlic chilli and soya sauce.

Rasilo Lamb Kebab **£5.95**
Minced lamb barrels flavoured with pepper, red onions and green coriander.

Lamb Chhoila (G) **£6.95**
Charcoal grilled spring lamb mixed with onions, tomato, lemon juice and coriander.

Mixed Combo Platter for 2 ..... **£11.95**
A platter of chicken pakora, fish pakora, haggis pakora and chicken wings.

Mixed Grill Platter for 2 (M) **£13.45**
A platter of chicken tikka, lamb tikka, seekh kebab and chicken chaat.

SEAFOOD STARTERS

Fish Pakora (F) **£5.25**
White fish battered in gram flour and lightly spiced.

Chilli Calamari (C) **£4.95**
Stir fried squid rings in chilli garlic sauce.

Pole Ko King Prawn (C) **£7.95**
Charcoal grilled pacific king prawn in tandoori marination.

Piro Jhinga Machha (C) **£7.95**
Stir fried pacific king prawn with mixed pepper and chilli garlic sauce.

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TANDOORI MAIN COURSES

All tandoori main courses are pre-plated and served with fresh salad, plain naan or steamed rice and curry sauce (all tandoori mains can be done in sizzler or shaslik version for £1.00 extra each).

Tandoori Paneer Tikka (M) **£11.95**

Tandoori Paneer Saslik (M) **£12.95**

Tandoori Chicken Tikka (M) *(off the bone)* **£12.95**

Garlic Chicken Tikka (M) *(off the bone)* **£12.95**

Tandoori Chicken Tikka Saslik (M) *(off the bone)* **£12.95**

Tandoori Chicken (M) *(on the bone)* **£12.95**

Tandoori Fish Tikka (F) **£13.45**

Tandoori Lamb Tikka (M) **£14.95**

Tandoori Lamb Chops **£15.95**

Mint Leaf Special Salmon Tikka (F) **£16.95**

Tandoori King Prawn (C) **£16.95**

Mint Leaf Mix Grill (M)(C) *(served on sizzler)* **£17.95**
Combination of chicken wings, king prawn, chicken tikka, tandoori chicken and kebab.

HOUSE SPECIALITIES

Mutter Paneer (M) **£10.45**
Cottage cheese and green peas cooked in mild tomato sauce.

Palak Paneer (M) **£10.45**
Fresh spinach and cottage cheese cooked with Indian spices.

Paneer Lababdar (M)(N) **£10.45**
Diced cottage cheese simmered in creamy masala sauce.

Chicken Tikka Masala (M)(N) **£11.95**
Chicken tikka cooked in rich coconut cream sauce.

Madheria Chicken (M)(N) **£11.95**
Mild and creamy curry cooked with touch of dark rum.

Butter Chicken (M)(N) **£11.95**
Chicken tikka cooked in a rich tomato sauce.

Kashmiri Chicken Korma *(Pineapple/Mango)* (M) **£11.95**
Diced chicken simmered in korma sauce.

South Indian Garlic Chilli Chicken **£11.95**
Diced chicken tempered with chillies and garlic in South Indian style.

Keema Mutter **£11.95**
Minced lamb and green peas cooked in medium hot masala sauce.

Kashmiri Lamb Korma (M)(N) **£11.95**
Diced lamb simmered in korma sauce with fresh fruit.

King Prawn Kaali Mirch (C) **£14.95**
King prawn flavoured with crushed peppercorns, cooked in coconut sauce.

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TRADITIONAL FAVOURITE CURRIES

Chicken £10.95	Lamb £11.45
Chicken Tikka (M) £11.45	King Prawn (C) £14.95
Prawn (C) £10.95	Mix Vegetables £8.95
Paneer (M) £9.95	

Korma (M)(N)
(cooked in mild creamy cashew nut and coconut gravy)

Kadhai
(cooked in tomato, onion and bell pepper based gravy)

Bhuna
(caramelised onion and tomato gravy)

Dopiaza
(chunks of lightly cooked onions)

Dhansak
(hot, sweet and sour lentils)

Chasni (M)
(mild, sweet and sour gravy)

Rogan Josh
(cooked with tomato, onions and blended with home made sauce)

Madras
(hotter version of plain curry and quite rich in tomato)

Vindaloo
(very hot, strongly flavoured spices in rich sauce)

Jalfrazi
(cooked in tangy gravy with juliennes of bell peppers)

Saag (M)
(spinach infused with garlic, cumin, green chilli and touch of cream)

Pathaia
(hot sweet and sour in equal measure)

Pasanda (M)
(coconut cream, almond flake, simmered in mild spices)

Jaipuri
(mushroom, bell peppers, onions and tomato cooked in rich sauce)

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CHEF'S SPECIAL NEPALESE DISHES

Mint Leaf Special Masala Chicken (M)(N) **£11.95**
Chicken cooked in rich tomato sauce with fresh garlic and spices, mild in nature.

Chicken Sangralia (M)(N) **£11.95**
Garlic flavoured chicken cooked in mild almond and coconut gravy with touch of white wine (Chardonnay).

Kathmandu Chicken (M) **£11.95**
Chicken cooked with fresh ginger, garlic, spring onions and Nepalese herbs.

Nepal Kalyo (M) **£11.95**
Chicken cooked with onions and yoghurt.

Gurkha Rifle **£11.95**
Chicken cooked with ginger, garlic and spring onions in sweet and sour sauce.

Mustang Ko Cheloo (M) **£12.95**
Charcoal grilled spring lamb fillet, tossed in traditional medium hot Nepalese sauce.

Railway Lamb Curry *(Nepalese Style)* **£11.95**
Traditional lamb curry cooked with potatoes, invented by British railway workers during British Raj.

Baglung Gosht *(Lamb on Bone)* **£11.95**
Tender lamb cooked with ginger and garlic in tomato paste.

Staff Handi *(Nepalese Style)* **£12.95**
Lamb on the bone cooked in thin sauce with flavour of fresh ginger, garlic and coriander.

Chef Special (M) **£12.95**
Tandoori chicken breast simmered and cooked to perfection with chef's special rich & creamy black lentils.

Rara Ghost **£12.95**
Minced lamb and chunk of lamb cooked in typical Nepalese sauce.

Lamb Shank *(on the bone)* (M)(N) **£13.95**
Leg of spring lamb, simmered in kashamari masala sauce.

Himchulee King Prawn (M)(C) **£13.95**
King prawn cooked in blend of herbs and lemon grass.

Mix Sea Food Curry (M)(F)(C) **£13.95**
Mix seafood cooked in rich tomato gravy.

Jholilo Machha *(Goan Fish Curry)* (F) **£11.95**
White fish simmered in coconut gravy in medium heat.

Bhindi Lamb **£12.45**
A tantalizing dish featuring tender lamb cooked with fresh okra in a rich, aromatic gravy. Bursting with Nepalese herbs and spices, this medium-spiced delicacy offers a symphony of flavours that will delight your taste buds. Savour the essence of Nepalese cuisine with every bite.

Saag Makai **£9.95**
Transport your taste buds to the western hills of Nepal with our flavourful Saag Makai. This beloved dish features a harmonious blend of sweetcorn and spinach, delicately cooked with vibrant green chillies, ginger, and aromatic spices. Bursting with authentic Nepalese flavours, this dish offers a delightful balance of sweetness and heat, perfect for those craving a taste of Nepal's culinary heritage.

Akabare Kukhuro **£11.95**
Experience the fiery essence of Nepal with our Akabare Kukhuro, the ultimate indulgence for spice enthusiasts. This scorching hot chicken dish features the intense heat of Akabare chilli, blended with a tantalizing mix of Nepalese and Indian herbs. Brace yourself for an explosion of flavour as you savour each bite of this daringly delicious culinary adventure.

Lek Besi Khana **£12.45**
Tender pieces of succulent lamb and plump prawns simmered in a blend of medium to hot spices. A beloved dish in the mountainous regions, perfect for adventurous palates seeking a medium to hot culinary experience.

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BIRYANI (M)

Vegetable Biryani £9.95
Prawn Biryani (C) £10.95
King Prawn Biryani (C) £13.95
Chicken Biryani £11.45
Lamb Biryani £10.95
Mint Leaf Special Biryani (C) £13.95
Aromatic basmati rice cooked with chicken, lamb, prawn and seasonal vegetables.

RICE

Steamed Rice. £2.95
Pilau Rice £2.95
Mushroom Fried Rice £3.45
Mixed Veg Fried Rice £3.45
Egg Fried Rice (E) £3.45
Lamb Keema Rice £3.45
Coconut Rice £3.45
Peas Pilau Rice £3.25

BREADS (G)

Chappati £1.75
Plain Naan £2.95
Garlic & Coriander Naan £3.45
Lachha Paratha £3.25
Cheese Naan (M) £3.45
Tandoori Roti. £1.95
Garlic Naan £3.25
Keema Naan £3.45
Peshwari Naan £3.45

ACCOMPANIMENTS

Plain Yogurt (M) £1.45
Chips £2.95
Honey Chilli Chips £3.95
Raita (M) £2.45
Fresh Green Salad £3.45

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VEGETABLE DISHES

Main Dish: £8.95 // Side Dish: £5.95

Paneer Kadhai (M) (+£1)
Onions, peppers, tomato and cottage cheese.

Bombay Aloo
Potato with medium spicy sauce.

Mushroom Bhaji
Mushroom with ginger, garlic and tomato.

Dal Makhani (M)
Rich and creamy, simmered black lentils.

Tarka Daal
Yellow lentils cooked with onion and tomato.

Aloo Gobi
Cauliflower and potato cooked in masala sauce.

Aloo Chana
Chickpea and potato cooked in tomato sauce.

Jeera Aloo
Potato tossed with cumin seed (dry in nature).

Mixed Vegetables
Seasoned vegetables cooked in medium hot sauce.

Saag Aloo
Spinach and potato cooked in rich tomato gravy.

Bhindi Masala
Fresh okhara with chopped onions & tomato base curry.

KIDS MEALS

Chicken Nuggets & Chips **£4.95**
Fish Fingers & Chips (F) **£4.95**
Scampi & Chips (C) **£4.95**
Omelette & Chips **£4.95**
Chicken Pakora & Chips **£5.25**
Chicken Korma & Rice or Chips (M)(N) **£5.95**
Chicken Chasni & Rice or Chips (M) **£5.95**
Chicken Curry & Rice or Chips **£5.95**

Gift Vouchers Available

Ask a member of staff to purchase.

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