

# LOW CALORIE & NO CARB MENU

## Chicken or Lamb Tikka Meal

£10.95

*Tender pieces of chicken / lamb marinated in yoghurt, olive oil and lightly spiced with our home made tandoori paste. Chargrilled in a clay oven, tossed in the pan with onion and garam masala . Served with a pot of raita, sautéed green vegetables and salad.*

**Calories : approx. 300**

## Tandoori Chicken Meal

£10.95

*On the bone baby chicken breast and leg pieces marinated in yoghurt, ground spices with no ghee and no oil. Roasted in our clay oven then pan fried lightly with onions and light grounded spice and garam masala; served with date and tamarind chutney, green salad and sautéed green vegetable drizzled with virgin olive oil.*

**Calories: approx. 380**

## Chicken Shashlik Platter

£10.95

*Marinated pieces of chicken breast grilled with onion and green capsicum then barbecued in our clay oven. Tossed in a wok with onions plus garam masala and a drizzle of virgin olive oil. Served with mango chutney, freshly chopped salad and sautéed green vegetables.*

**Calories : approx. 455**

**No artificial food colourings and additives are used. 100% nut free**