

## RICE

- Steam Rice  
*Basmati*
- Pilau Rice (D)  
*Basmati rice cooked whole spices cumin*
- Tapas Rice (D)  
*Dill and basil basmati rice*
- Keema Rice (D)  
*Minced lamb with potato*
- Egg Rice (D,E)  
*Basmati rice with fried egg*
- Mushroom Rice (D)  
*Basmati rice with button mushrooms*

## BREAD

- Plain Naan (D,E,G,)  
*Indian flatbread cooked in a clay oven*
- Keema Naan (D,E,G,)  
*Spiced mince lamb stuffing*
- Honey and Sesame Naan (D,E,G,N)  
*Made from locally produced honey with coconut and pistachio*
- Cheese Naan (D,E,G)  
*Cheese stuffing*
- Chilli Naan (D,E,G)  
*Fresh chillies & crushed chillies*
- Garlic & Rosemary Naan (D,E,G,)  
*Fresh chopped garlic bread with rosemary*
- Chapati (G)
- Paratha (D,G,)  
*Shallow fried Indian flatbread*
- Roti (G)  
*Whole wheat bread baked in Tandoor*

### FOOD ALLERGIES & INTOLERANCES

Please advise a member of the team if you have any special dietary requirements or any allergies, we may need to be aware of.

Please note that our menu is prepared using many ingredients including allergens.

Whilst every care is taken, we cannot completely eliminate the risk of allergen transfer.

Fish may contain small bones.

C= Crustaceans F= Fish N= Nuts  
D= Dairy G= Gluten Ss= Sesame  
E= Egg MD= Mustard S= Soya



## VEGETARIAN DISHES

- 3.7 Dall Tarka (D)  
*Lentils tempered with garlic and cumin*
- 4.2 Mushroom Bhaji  
*Fresh button mushrooms cooked with light spices*
- 4.5 Korai Vegetables  
*Our signature vegetable dishes, all locally sourced from farmer's markets*
- 4.9 Saag Aloo (D, MD)  
*Spinach & potato*
- 4.5 Bombay Aloo (MD)  
*Dry roasted potato with cumin and mustard seeds*
- Chana Masala (MD)  
*Spiced chick peas in a delightful masala sauce*
- 3.2 Aloo Ravia (MD)  
*Hot and spicy fresh aubergine and potatoes cooked in a rich smoked tomato and mustard seed gravy and fresh chopped coriander*
- 4.5 Bindi Dopiazza  
*Fresh okra with caramelised onions*
- 3.9 Cauliflower Bhaji
- 4.5 Aloo Gobi  
*Potato and cauliflower*

## SIDES & SALADS

- 2.9 Poppadom Basket (G) *per person* 2.9  
*Mixture of poppadoms*
- 3.5 Raita (D)  
*Yogurt with cucumber & roasted cumin*
- 2.9 Masala Chips  
*Potato chips sprinkled with tapas masala spice mix*
- 4.9 Chips
- 6.5 Mediterranean Salad (D, MD,)  
*Fresh tomato, olives, fresh basil, feta cheese*
- 4.5 Bengal Salad  
*Slice red onion, tomatoes, fresh chilli, lemon, cucumber.*
- Chutneys *Each* 0.80  
*Mango, Mint Sauce, Red Onion, Chilli Sauce*

## TAPAS KIDDIES

- 7.5 Popcorn Chicken (G)  
*served with peas and chips*
- 7.5 Fish n Chips (F,G)  
*served with peas and chips*
- 7.5 Mini Chicken Tikka Masala (D,MD)  
*with rice or chips*
- 7.5 Mini Chicken Korma (D,MD,N)  
*with rice or chips*

# TAPAS @HOME

INDIAN - MEZZE - GRILL

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We Also Cater For Outdoor Events & Special Occasions

**10% DISCOUNT**  
ON COLLECTION ORDERS OVER £20

TAPAS Unit 4 The Parade, Hancock Drive, Luton LU2 7SF

Monday / Wednesday / Thursday Sunday 5:30pm - 10:30pm  
Friday / Saturday 5:30pm - 11:00pm (Closed Tuesday)

To order or book  
01582 321 608 or 01582 737 399

W: [www.tapasluton.com](http://www.tapasluton.com) E: [info@tapasluton.com](mailto:info@tapasluton.com)



## WELCOME

### TAPAS

- Chicken 65 (E,G)** 9.5  
Spicy cubed chicken flavoured with South Indian spices and curry leaves
- Garlic King Prawns (C,E,D)** 12.9  
Crispy king prawn with shell in our special fiery tapas sauce
- Chilli Chicken (E,G)** 9.7  
South Indian style crunchy chicken chunks tossed in a spicy chilli sauce
- Wild Ajwain Salmon (D,F)** 11.5  
Tandoori grilled salmon smoked in medley of spices with black pepper & carom seeds
- Adrika Mutton Chops (D)** 11.5  
Succulent mutton chops marinated in raw papaya and yogurt and selected homemade spices cooked in a tandoor
- King Prawn Puri (C,G)** 12.5  
Sauteed with onions, peppers, mild spices and herbs served on a puri bread
- Gilafi Sheekh Kebabs (D,E)** 9.5  
Locally sourced minced lamb marinated with herbs and spices cooked in a tandoor

### VEGETARIAN TAPAS

- Chilli Paneer (D,G)** 9.5  
Cubes of paneer and bell peppers tossed in a sweet & spicy sauce
- Shingara (G)** 7.5  
Crispy pastry filled with lightly spiced vegetables (most popular snack in Bangladesh)
- Achari Paneer Tikka (D,MD)** 8.9  
Chargrilled Indian cottage cheese, mixed with peppers and seasoned with an assortment of our signature spices
- Masala Mogo** 7.5  
Cassava chips tossed with onions and bell peppers in a homemade sweet chilli sauce
- Onion Bhajee (G)** 6.9  
Mini onion balls with leaf spinach with mild spices
- Hummus Beirut (G)** 7.9  
Ground chickpeas, fresh garlic, olive oil & lemon juice served with fresh bread
- Halloumi Meshwi (D)** 8.9  
Chargrilled halloumi on a bed of leaves with methi aloo fritters with a sweet and tangy sauce

# TAPAS

INDIAN - MEZZE - GRILL

### THE RETRO CLASSICS

Chicken



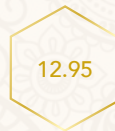
Lamb



Vegetable



King Prawn



- Korma (D,N)** Mild, creamy
- Bhuna** Medium, well cooked
- Balti** Medium in a rich special sauce
- Rogon** Medium with tomatoes
- Patia** Medium sweet & sour
- Dopiaza** Medium with double onions
- Madras** Fairly hot
- Vindaloo** Very hot

### WINGS

- Chatpata (E,G,S)** 9.5  
Tangy and spicy cooked to a secret recipe
- Sholay (E,G,S)** 9.9  
Hot and spicy with Bedfordshire naga chilli, not for the faint hearted
- Honey Glazed (E,G)** 9.5  
Un"bee"lievable sticky sweet favourite, made using locally produced honey
- Beirut BBQ** 9.5  
Marinated in selection of herbs & Arabic spices tossed in our special Lebanese sauce

### REGIONAL SPECIALITIES

- Old Delhi Butter Chicken (D,MD)** 10.9  
Pieces of chicken tikka simmered in a rich caramelised creamy tomato sauce with dried fenugreek leaves
- Railway Lamb Curry** 11.9  
Lamb (on the bone) cooked in its own juices with ginger, caramelised onion and ground aromatic hot spices and potato. Inspired by the pantries of Indian trains
- Saag Gosth** 11.9  
Lamb sauteed with spinach, herbs & spices in a medium spice sauce topped with spring onion.
- Chicken Chettinad** 9.9  
A classic South Indian dish, simmered in sauce of black pepper, cooked with coconut milk with a medley of intense spices
- Dhansak (D)** Chicken 9.9 / Lamb 11.9  
A Parsi dish cooked with chicken or lamb with coarsely crushed spices and lentils in a hot, sweet and sour sauce
- Chicken Tikka Masala (D,MD)** 10.9  
No need for a description - Britain's favourite dish
- Dhaba Chicken** 10.5  
Chicken curry cooked home style (on the bone), from the roadside kitchens of Punjab
- Shahi Korma (D,N)** 10.9  
Supreme pieces of chicken breast cooked in an aromatic saffron korma sauce
- Green Jalfrezi (M,D)** 10.9  
Chicken with sauteed onions and green peppers in a hot green spicy sauce with Bedfordshire green chillies
- Rajasthani Laal Maas** 12.9  
Tender pieces of lamb slow cooked to perfection in a spicy red chilli sauce from the land of forts & palaces
- Seven Chilli Chicken** 10.9  
Fiery hot dish cooked with Bedfordshire naga and a mixture of roasted chillies
- Kosha Mansho** 12.5  
Aromatic slow cooked lamb in a thick bhuna sauce, a famous Bengali delicacy
- Mirchi King Prawn (C)** 18.5  
Cooked in shell and pan fried in a fragrant red sauce with roasted red chillies

### SHARING PLATTERS

- Mezze Platter (serves 2-3) (D,G)** 42.9  
Lamb shish, chicken taouk, adana kofte, Beirut chicken wings, served with Arabic rice, chips, bread and Mediterranean salad
- Special Tawa Platter (serves 2-3) (D, G, MD)** 39.9  
Sheekh kebab, chicken tikka, haryali tikka, sholay wings, pan fried shredded chicken, dhaba chicken or railway lamb curry, pilau rice, naan and masala chips with a Bengal salad
- Bay of Bengal Platter (serves 2-3) (C,D,F,MD)** 41.5  
Salmon, king prawn, monkfish and tilapia, tapas fried rice, chips, salad and Bengal sauce
- Vegetarian Platter (serves 2-3) (D,G,MD,)** 29.9  
Chilli paneer, vegetable shingara, aloo tikki, beetroot tikki, onion bhaji, veg dhansak, veg rice, naan, chips and salad

### BIRYANI

Comes with tarka dall or raita

- Seafood (D,F,G,)** 18.9  
Delicious combination of salmon, monkfish, king prawn and tilapia.
- Chicken Tikka (D, MD)** 13.9 / **Lamb (D, MD)** 14.9
- Tandoori King Prawn (D, MD)** 17.9

### GRILL & TANDOOR

- Tandoori Chicken (half) (D, MD)** 9.9  
Half spring chicken on the bone marinated in yogurt with herbs and spices then cooked in a tandoor
- Haryali Tikka (D, MD)** 9.9  
In a coriander, mint and green chilli marinade
- Chicken Tikka (D, MD)** 9.9  
Chicken pieces marinated in a blend of spices and barbecued in the tandoor
- Murgh Malai Tikka (D, MD)** 10.5  
Tandoori glazed chicken in garlic, ginger and cream cheese marinade
- Shaslick (D, MD)** 12.9  
Chargrilled chicken with mixed peppers, onions, tomatoes marinated in chef's spices
- Tandoori King Prawn (C,D, MD)** 15.9  
Jumbo king prawns lightly marinated in a blend of spices and cooked in a clay oven
- Tandoor Mix Grill (D, MD)** 16.9  
Assortment of chicken tikka, tandoori chicken, gilafi kebab served with naan bread
- Trio Murgh Tikka (D, MD)** 13.9  
Haryali tikka, malai tikka and chicken tikka
- Tandoori Mutton Chops (D, MD)** 15.9  
Luscious best end mutton chops cooked in special spices in a tandoor