

Vegetarian Haven

VEGETABLE BALTI Vegetables prepared with onions, tomatoes, capsicum, freshly ground spices & herbs, garnished with fresh coriander (medium)	£4.75
TANDOORI SABJEE Selection of mixed vegetables marinated in tandoori spices then grilled in tandoori and served with salad	£4.75
SABJEE MASALLA Mixed vegetables cooked in a sauce made with a delicate blend of herbs simmered in cream (mild)	£5.50
VEGETABLE MAKHANI Cooked in cheese in cream sauce with garlic, ginger and fresh fruit juice (very mild)	£5.50
VEGETABLE PODINA Vegetables cooked in a specially prepared fresh garden mint flavoured sauce, to make a mild sweet taste	£5.50
VEGETABLE JALFREZI Selection of vegetables cooked in freshly ground spices and hot green herbs, garnished with stir fry capsicum and tomatoes, hot and spicy	£6.50
VEGETABLE BIRYANI Special basmati rice stir fried with a mixture of vegetables cooked in ghee with delicate spices and herbs served with delicious medium curry sauce	£6.50
MUSHROOM BIRYANI Basmati rice stir fried with mushrooms mildly spiced served with vegetable curry, medium	£6.50

Curry Dishes

KORMA Chicken, meat or prawns dipped in milk and cooked very mildly in butter and cream to give a delicious mild taste.	£4.75 £4.95 £4.95 £4.95 £5.95 £7.95 £7.95
KASHMIR A mild strength curry cooked in onions, a touch of garlic, a selection of herbs and spices and cooked with bananas - a most tasteful dish.	£4.75 £4.95 £4.95 £4.95 £5.95 £7.95 £7.95
MALAYAN A mild strength curry cooked with pineapple, mild spices and milk to create a mouthwatering flavour.	£4.75 £4.95 £4.95 £4.95 £5.95 £7.95 £7.95
BHUNA Medium strength dish cooked with onions, capsicum, tomatoes and selection of herbs to give a most appetising taste.	£4.75 £4.95 £4.95 £4.95 £5.95 £7.95 £7.95

ROGAN

Medium strength dish spiced with herbs, spices, cashew nuts, fried tomatoes and onions to create a delightful flavour.

DUPIAZA

Medium strength dish garnished with a maximum amount of diced onions, capsicum, cooked with a mixture of herbs and spices to create a unique taste.

DANSAK

Hot and spicy dish cooked in lentils and pineapples to give a sweet and sour taste.

PATHIA

Prepared with garlic, red chilli, onions, capsicum and tomato puree to give a hot, sour and slightly sweet taste.

MADRAS

A hot dish prepared with fresh chillies, hot herbs and spices.

VINDALOO

A fabulously hot dish prepared with black peppers, fresh chillies, lemon juice, a mixture of hot spices and herbs - comes with a health warning.

TANDOORI NANS

NAN	£1.25
ONION NAN	£1.50
CORRIANDER NAN	£1.50
GARLIC NAN	£1.50
KEEMA NAN	£1.75
PESHWARI NAN	£1.75
TANDOORI ROTI	£1.25

SUNDRIES

RICE	£1.50
PILAU RICE	£1.50
FRIED RICE	£1.75
GARLIC RICE	£1.75
SPECIAL RICE	£2.00
KEEMA PILAU RICE	£2.00
VEGETABLE PILAU RICE	£2.00
MUSHROOM PILAU RICE	£2.00
CHIPS	£1.25
PARATHA	£1.25
CHAPATI	£1.00
PAPADOM	£0.25
CUCUMBER RAITHA	£1.25
CHUTNEY TRAY	£1.50

MIXED VEGETABLES	£4.75
CHICKEN	£4.95
LAMB	£4.95
PRAWN	£4.95
CHICKEN or LAMB TIKKA	£5.95
KING PRAWN	£7.95
ROGAN SPECIAL	£7.95

Consists of Lamb, Chicken, Prawns and King Prawns

MIXED VEGETABLES	£4.75
CHICKEN	£4.95
LAMB	£4.95
PRAWN	£4.95
CHICKEN or LAMB TIKKA	£5.95
KING PRAWN	£7.95
DUPIAZA SPECIAL	£7.95

Consists of Lamb, Chicken, Prawns and King Prawns

MIXED VEGETABLES	£4.75
CHICKEN	£4.95
LAMB	£4.95
PRAWN	£4.95
CHICKEN or LAMB TIKKA	£5.95
KING PRAWN	£7.95
DANSAK SPECIAL	£7.95

Consists of Lamb, Chicken, Prawns and King Prawns

MIXED VEGETABLES	£4.75
CHICKEN	£4.95
LAMB	£4.95
PRAWN	£4.95
CHICKEN or LAMB TIKKA	£5.95
KING PRAWN	£7.95
PATHIA SPECIAL	£7.95

Consists of Lamb, Chicken, Prawns and King Prawns

MIXED VEGETABLES	£4.75
CHICKEN	£4.95
LAMB	£4.95
PRAWN	£4.95
CHICKEN or LAMB TIKKA	£5.95
KING PRAWN	£7.95
MADRAS SPECIAL	£7.95

Consists of Lamb, Chicken, Prawns and King Prawns

MIXED VEGETABLES	£4.75
CHICKEN	£4.95
LAMB	£4.95
PRAWN	£4.95
CHICKEN or LAMB TIKKA	£5.95
KING PRAWN	£7.95
VINDALOO SPECIAL	£7.95

Consists of Lamb, Chicken, Prawns and King Prawns

MENU
TAKEAWAY

Aqta®

RESTAURANT

36 NORTH PARADE
ABERYSWYTH SY23 2NF
Tel: 01970-636999

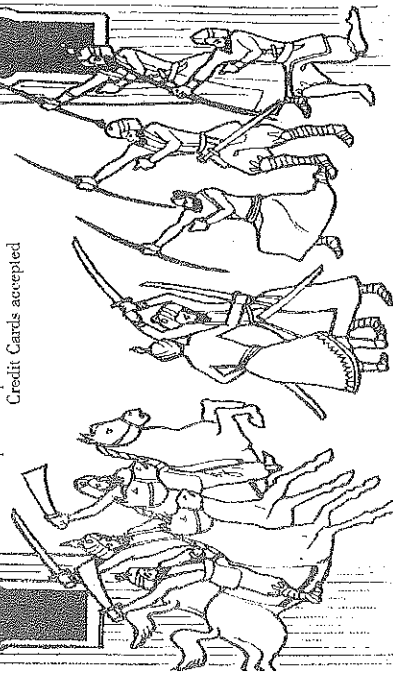
01970-626699

Open 7 Days a Week
Including Bank Holidays

BUSINESS HOURS

Lunches 12noon - 2.30pm
5.30pm - until 11.30 p.m.

Cheques accepted with a valid Bankers Card.
Credit Cards accepted



Starters (non vegetarian)

KING PRAWN PUREE Bhuna styled curried King Prawns served in a light puffy bread	\$4.50
TANDOORI KING PRAWN Marinated in spices and herbs	\$3.95
PRAWN PUREE Bhuna styled curried prawns with light puffy bread	\$2.95
CHICKEN CHAAT Chicken curried in a special chaat masalla	\$2.95
TANDOORI SPECIAL Consists of chicken tikka, lamb tikka & sheekh kebab	\$2.95
TANDOORI CHICKEN Spicy chicken on the bone	\$2.25
CHICKEN TIKKA Diced spring chicken marinated, mildly spiced	\$2.25
LAMB TIKKA Marinated in yoghurt, spices & herbs	\$2.25
GARLIC CHICKEN TIKKA or LAMB TIKKA Chicken or lamb tikka marinated in garlic, dry mint with a touch of ground spices, fried in ghee	\$2.50
SHEEKH KEBAB Spicy rolled minced lamb	\$2.25
PRAWN COCKTAIL (vegetarian)	\$2.25
ONION BHAJEE Deep fried chopped onions, lightly spiced with garlic	\$1.95
SAMOSA Mild mixed vegetables deep fried in pastry	\$1.95
ALOO CHAT Spicy curried mashed potato	\$2.25
GARLIC MUSHROOMS Mushrooms marinated in garlic lightly spiced	\$2.25
DALL SOUP Lentil soup	\$1.95
MALAGOTTONI SOUP Traditional Indian soup	\$1.95

Tandoori Main Specialities

All tandoori dishes are cooked or grilled over a charcoal fire in a traditional clay oven producing a unique aroma and taste.
Tandoori dishes are served with fresh salad with a delicious mint sauce.
Tandoori nan or a vegetable side order are excellent accompaniments.

TANDOORI MIX GRILL Consists of chicken tikka, lamb tikka, tandoori chicken, sheekh kebab and onion bhajee	\$5.95
1/2 TANDOORI CHICKEN Spicy chicken on the bone	\$4.75
CHICKEN TIKKA Diced boneless chicken marinated in yoghurt, mild spices & herbs	\$4.95
LAMB TIKKA Succulent lamb pieces marinated in fresh ground spices and herbs	\$4.95
SHASHLUCK (CHICKEN or LAMB) Very tender chicken or lamb marinated with mild spices, served with grilled tomatoes, onions and capsicum	\$5.95
GARLIC (CHICKEN or LAMB) Chicken tikka or lamb tikka lightly spiced with garlic	\$5.50
TANDOORI KING PRAWN King sized prawns marinated and spiced	\$7.95

Chefs Special Recommendations

TANDOORI KING PRAWN MASALLA King sized prawns barbecued in a tandoori oven cooked in a speciality prepared mild, spicy rich flavoured sauce	\$7.95
CHICKEN TIKKA MASALLA Diced boneless chicken cooked in a spicy rich flavoured sauce	\$5.95
LAMB TIKKA MASALLA Lamb tikka cooked in a speciality prepared mild spicy, rich flavoured sauce	\$5.95
MASALLA SPECIAL Lamb tikka, Chicken tikka, prawns and King Prawns, cooked in Masalla style, to produce a special mild dish	\$7.95
CHICKEN TIKKA MOGHUL Chicken tikka cooked in fresh cream, eggs, bananas, coconut sauce to produce a mild flavour	\$5.95
CHICKEN OR LAMB PODINA Chicken or Lamb cooked with mild spices including coconut, almonds, cashew nuts, fresh cream and a speciality prepared fresh garden mint sauce	\$5.95
PODINA SPECIAL Consists of Chicken, Lamb, Prawns and King Prawns, cooked in Podina style	\$7.95
LAMB OR CHICKEN BADAM PASSANDA Lamb tikka or Chicken tikka marinated in spices with yoghurt, fresh ground herbs, almonds and red wine, mild	\$5.95
CHICKEN MAKHANI Chicken tikka cooked in butter and cream with garlic, cinnamon, ginger and masalla sauce, mild	\$5.95
KORHAI CHICKEN Chicken cooked and served in a skillet delicately flavoured with herbs and spices to give a medium taste	\$5.95
CHILLI CHICKEN Chicken cooked in capsicum and tomatoes with fresh green chillies, hot and spicy	\$5.95
MURGHI JALFREZI Chicken cooked in freshly ground spices and hot green herbs with stir fry capsicum and tomatoes, hot and spicy	\$5.95
MURGHI TIKKA MATTER Diced boneless chicken marinated in yoghurt barbecued in tandoor delicately spiced and cooked with mance lamb and chick peas, medium	\$5.95
SAAG GOSTH Lamb cooked with fresh ground spices, spinach and green herbs, medium hot with lemon juice	\$5.95
KORAI GOSTH Tender lamb cooked with spices and oriental herbs and served in a skillet, medium	\$5.95
METHI GOSTH Lamb cooked in fresh ground herbs with methi (fenugreek) and fragrant spices, medium	\$5.95
SAAG PRAWN Prawns cooked with fresh ground spices, spinach and green herbs, medium hot	\$5.95
KORHAI PRAWN Prawns cooked with spices and herbs and served in a skillet, medium	\$5.95

Balti Delights

Balti cooking originates from the Himalayan mountains regions of Pakistan, Kashmir in a province known as Baltistan. Balti food is freshly prepared in a Balti which is literally a cooking bucket like a wok with two handles. Roasted and ground spices are used to create aromatic spice mixtures, these spices combined with the use of fresh herbs like coriander, fenugreek mint gives baltis their distinctive taste.

BALTI CHICKEN	\$4.95
BALTI LAMB	\$4.95
BALTI PRAWN	\$4.95
BALTI CHICKEN TIKKA BHUNA	\$5.95
BALTI LAMB TIKKA BHUNA	\$5.95
BALTI CHICKEN TIKKA MASALLA	\$5.95
BALTI CHICKEN & PRAWN BHUNA	\$5.95
BALTI CHICKEN CHANA BHUNA	\$5.95
BALTI LAMB TIKKA SAAG	\$5.95
BALTI CHICKEN TIKKA SAAG	\$5.95
BALTI CHICKEN JALFREZI	\$5.95
BALTI GARLIC CHICKEN TIKKA CHILLI MASALLA	\$5.95
BALTI GARLIC LAMB TIKKA CHILLI MASALLA	\$5.95
BALTI CHICKEN TIKKA MUSHROOM BHUNA	\$7.95
BALTI KING PRAWN BHUNA	\$7.95
BALTI CHEF'S SPECIAL BHUNA	\$7.95

Cooked with Lamb, Chicken, Prawns, and King Prawns, to produce a delicious medium flavour

Biryanis

Special basmati rice stir fried together with chicken, lamb or prawns in butter ghee flavoured with a selection of herbs and spices to give a distinctive taste served in delicious mild vegetable curry.

CHICKEN BIRYANI	\$6.75
LAMB BIRYANI	\$6.75
PRAWN BIRYANI	\$6.75
MALAYAN CHICKEN BIRYANI	\$6.95
CHICKEN TIKKA BIRYANI	\$6.95
LAMB TIKKA BIRYANI	\$6.95
CHEF'S SPECIAL BIRYANI (chicken, lamb, prawn)	\$7.95
KING PRAWN BIRYANI	\$8.95

Vegetable Side Dishes

VEGETABLE BHAJEE	\$2.50
BOMBAY ALOO (spicy curried potatoes)	\$2.50
MUSHROOM BHAJEE	\$2.50
CAULIFLOWER BHAJEE	\$2.50
BHINDI BHAJEE (ladies fingers)	\$2.50
CHANA BHAJEE (chick peas)	\$2.50
ALOO GHOBI (potato & cauliflower)	\$2.50
SAAG PINAR (spinach, cheese, cream)	\$2.50
TARKA DHALL (lentils in garlic)	\$2.50
SAAG ALOO (spinach and potato)	\$2.50