

Serving Exceptional Food For Over 28 Years

Classic Dishes Rice not included

CHICKEN	9.95	DUCK	16.95
LAMB	10.95	FISH (Fresh water)	14.95
CHICKEN TIKKA	10.95	PONIR	9.95
PRAWNS	10.95	VEGETABLE	8.50
KING PRAWNS	16.95		

- KORMA Made with almonds, coconut and cream
- KASHMIR with coconut, cream & lychees
- MALAYA with coconut, cream & pineapple
- CURRY Medium spiced
- BHUNA Medium, cooked with tomato in rich sauce
- DUPIAZA Medium spiced with fried onions
- CEYLON Hot, spiced with coconut
- ROGON Medium spiced, garnished with tomato in rich sauce
- SAG Medium, cooked with spinach, garlic & ginger
- MADRAS Fairly hot spices in rich sauce
- VINDALOO Very hot, with potato
- DANSAK Hot, sweet & sour with lentils & Naga Chilli
- PATIA Hot sweet & sour in rich sauce
- PHALL Extremely hot
- MASSALLA Coconut, rich creamy sauce
- PASSANDA Made with almonds, coconut and cream
- GREEN MASSALLA Green sauce, fresh coriander
- BUTTER CHICKEN Mild, buttery and creamy base
- KORAI Pepper, onions, medium thick sauce
- ACHARI Onions, ginger, garlic and pickle
- DELIGHT Mild creamy with cheese
- GARLIC Medium, garnished in extra garlic rich sauce
- BALTISAN KORMA Mild with mango



EXAMPLE OF ORDERING CLASSIC DISHES

E.G. Chicken Curry, Lamb Bhuna, Fish Madras, Duck Rogan, Veg Ceylon

Fresh Vegetables Side Dishes

All vegetables are fresh and cooked with fresh herbs & spices

These dishes can be served as a main dish for £2.95 extra

NIRAMISH Mixed dry vegetables	5.50
SAG KAMAL spinach with dudhi asian veg	5.50
SOBJI BAHAR Mixed vegetables with spinach	5.50
MIXED VEGETABLE CURRY	5.50
BOMBAY POTATO	5.50
CAULIFLOWER BHAJEE	5.50
ALOO GOBI Potato & cauliflower	5.50
SAG ALOO spinach & potato	5.50
SAG spinach bhajee	5.50
SAG CREAM spinach with cream	5.50
DALL THARKA (lightly spiced & garnished with fried garlic)	5.50
MUSHROOM BHAJEE	5.50
CHANA MASSALA chick peas	5.50
DALL MASSALA spicy lentils	5.50
BHINDI BHAJEE okra	5.50
BRINJAL BHAJEE aubergine	5.50
MUTTAR PANIR peas & indian cheese	6.50
SAG PANIR spinach & indian cheese	6.50
ALOO PANIR with indian cheese	6.50
CHILLI PANIR capsicum & indian cheese	6.50
ALOO CREAM potato & cream	5.50
GARLIC POTATO	5.50

Sundries

BOILED RICE	3.50
PILAU RICE (saffron)	3.95
GARLIC RICE	4.95
SPECIAL FRIED RICE with egg, peas & mushroom ...	4.95
KASHMIR PILAU with lychees	5.95
MUSHROOM RICE	4.95
VEGETABLE PILAU RICE	4.95
EGG FRIED RICE	4.95
COCONUT RICE	4.95
KEEMA RICE	5.95
NAN	3.50
MR NAGA NAN	3.95
KEEMA NAN	3.95
PESHWARI NAN	3.95
GARLIC OR CHILLI NAN	3.95
CHEESE NAN	3.95
PARATHA	3.95
TANDOORI ROTI	3.95
STUFFED PARATHA with vegetables	4.95
CHAPATTI	2.50
PUREE	2.50
PAPADUM Plain or Massala	1.00
RAITHA (onion or cucumber)	2.50
CHUTNEY TRAY (per item)	1.00
ANY CURRY SAUCE	4.95



HOUSE SPECIAL SET MEAL (For two) £54.95

2 Papadom, Chicken Chat, Lamb Tikka Karahi Lamb, Chicken Tikka Massala Aloo Gobi (main), 2 Special Fried Rice, 2 Nan

TANDOORI SET MEAL (For two) £54.95

2 Papadom, 2 Chicken Tikka, Lamb Tikka, Tandoori Chicken (half), Mixed Vegetable Curry Tarka Dali, 2 Pilau Rice, Peshwari Nan, Nan

VEGETARIAN SET MEAL (For two) £49.95

2 Papadom, Chana Puree, Aloo Chat Vegetable Jalfrezi, Sag Kamal, Cauliflower Bhajee, Dali Massala, 2 Pilau Rice, Peshwari Nan, Nan

Set meals are not in conjunction with other offers Any dish not on the menu can be prepared on request

We cater for external parties. Please enquire for further information We are now closed Mondays

BOTTLED WINE, BEERS, SOFT DRINKS & DESSERTS AVAILABLE TO TAKE AWAY

The management reserves the right to refuse admission without giving any reason. Cover charge at managements discretion. Minimum charge £12.50 per person Note: Alcohol is not for sale to anyone under 18 Proof of age is required on delivery or collection of all orders which include alcohol We charge 10p per carrier bag as per government guidelines

Allergy Awareness If you have any dietary restrictions eg nuts, dairy products etc. Please inform us before ordering



Designed & Printed by Bartham Group 01582 573471

BALTISTAN

Indian & Balti Restaurant and Take Away



Est. 1995

Fully Licensed & Fully Air Conditioned



HYGIENE RATING



FREE HOME DELIVERY

on orders over £15 within 4 miles radius

10% DISCOUNT ON

collected orders over £25

baltistanluton

www.baltistanluton.co.uk

For reservations please call or email

(01582) 413025 / 482091

contact@baltistanluton.co.uk

317 Hitchin Road, Round Green, Luton, Beds, LU2 7SL

Open 6 days a week - (CLOSED MONDAYS)

Christmas Day, Boxing Day, New Years Day

Tuesday to Thursday: 5.00pm - 11.00pm

Friday & Saturday 5.00pm - Midnight

Sunday: 12 Noon - 10.00pm

SUNDAY FAMILY BUFFET

Every Sunday 12.00 noon to 9.00pm

A La Carte menu also available

EAT AS MUCH AS YOU LIKE from our wide variety of excellent Indian dishes

DIFFERENT DISHES EVERY WEEK

Only £15.95 per person

Children (Under 11) £7.95 (Under 4 years free)

Not in conjunction with any other offers

SPECIAL GOURMET NIGHT

Every Tuesday from 5.00pm to 11.00pm **CHOOSE ANY**

1 starter, 1 main course, 1 side dish, 1 rice or nan & filter coffee

Only £18.95

(Duck & King Prawn dishes £5 extra)

Not in conjunction with any other offers

WE CATER FOR PRIVATE PARTIES

TRY US FOR THE FINEST DINING EXPERIENCE

All prices include V.A.T.

A La Carte Starters

An exceptional range of starters to begin your meal, why not eat in traditional style by ordering a selection of different starters and sharing them.

TANDOORI CUISINE APPETIZERS

KEBAB ROLL	7.95
Sheek kebab rolled on a chapatti bread	
SHASLICK LAMB / CHICKEN	7.95
Barbecued with grilled tomato, green pepper and onion	
TANDOORI LAMB CHOP	7.95
CHICKEN OR LAMB TIKKA	5.95
¼ TANDOORI CHICKEN	5.95
CHICKEN TIKKA PUREE	7.50
Marinated, diced chicken served on a puree	
SHEEK KEBAB	5.95
Minced meat with herbs & spices cooked in the tandoori	
CHICKEN TIKKA ROLL	7.95
Chicken tikka rolled on a chapatti bread	
MIXED KEBAB	7.95
CHICKEN PAKORA	6.95
Pieces of chicken cooked in gram flour & fried	
CHEESY TIKKA Cooked in chefs own recipe.....	6.95
NAWABI TIKKA CHICKEN	7.50
Very mildly spiced, dipped in yoghurt & barbecued in clay oven	

NON-VEGETARIAN STARTERS

CHICKEN MOMO Cooked in chefs own recipe	7.95
CHICKEN CHAT pieces of chicken with chat massala..	5.95
LEMON CHICKEN	5.95
NARGIS KEBAB	6.95
Boiled egg surrounded with spicy minced meat cooked in a clay oven, then marinated with tandoori sauce.	
SHAMI KEBAB	6.95
Finely minced and ground steak, fried with herbs & spices	
RESHMI KEBAB	6.95
Minced lamb with spices covered in an egg net	
HOT MEAT (very hot)	7.95
SAMOSAS Meat or chicken or vegetable	4.95
Triangular pastry stuffed with minced meat or chicken or vegetables	
STUFFED PEPPER (chicken, meat).....	6.95
MEAT PUREE	7.95
(lightly spiced, diced meat served on a puree)	

SEAFOOD STARTERS

FISH BHAJI Pan fried, spicy fresh water fish	7.95
PRAWN COCKTAIL	6.95
KING PRAWN BUTTERFLY	7.95
Delicately spiced, breadcrumbed & fried	
PRAWN PUREE	6.95
Well spiced prawns cooked in a thick slightly hot sauce, served on thin fried bread	
KING PRAWN PUREE	7.95
Well spiced king prawns cooked in a thick slightly hot sauce, served on thin deep fried bread	

VEGETARIAN STARTERS

ONION BHAJEE	4.95
Chopped onions rolled in gram flour & deep fried	
ALOO CHOP Spicy potatoes, deep fried	4.95
BEL PURI (mixed vegetables served on a puree)	6.95
ALOO CHAT Cooked in our own style.....	4.95
VEGETABLE STUFFED PEPPER	5.95
PONIR TIKKA	6.95
SOUP DAL OR MULLIGATAWNY	4.95
GARLIC MUSROOMS	4.95

All prices include V.A.T.

Balti dishes

Price includes Nan Bread
Balti cuisine uses its own distinctive range of spices with focus on fresh coriander & methi (fenugreek) in a rich aromatic sauce.

LAMB OR CHICKEN TIKKA BALTI	12.95
JALFREZI BALTI (meat or chicken)	12.95
TANDOORI KING PRAWN BALTI	18.95
VEGETABLE BALTI (V)	11.95
DUCK CHILLI BALTI	18.95
SHASHLIK BALTI (meat or chicken)	13.95
BALTI TIKKA MASSALLA	14.95
Barbequed chicken cooked in a fusion of massalla and balti spices, medium or hot	



Biryani Dishes

Served with medium mixed vegetable curry.
Cooked with various spices with Basmati rice, dressed with slices of cucumber and tomatoes.

CHICKEN, MEAT OR PRAWN BIRYANI	12.95
KING PRAWN BIRYANI	18.95
CHICKEN OR LAMB TIKKA BIRYANI	13.95
VEGETABLE BIRYANI (V)	11.95
NAWABI AKHNI	16.95
Lamb & chicken cooked with saffron rice, omelette toppings	
DUCK BIRYANI	18.95
BALTISTAN SPECIAL BIRYANI	18.95
Cooked with chicken, lamb, prawns and king prawns	



Tandoori dishes

Tandoori & tikka dishes are marinated, skewered & cooked in a clayoven fired with charcoal. Tandoori dishes are served with green salad & mint sauce. Their taste is deliciously sensational & defies description. To go with the meal & for perfect satisfaction, try a Vegetable or Curry Dish.

SATAY CHICKEN	13.95
Lightly spiced marinated chicken in honey and tumeric	
TANDOORI CHICKEN (half).....	11.95
CHICKEN OR LAMB TIKKA LAMB 12.95 ..CHICKEN 11.95	
INDIAN TANDOORI MIXED GRILL	17.95
Tandoori chicken, chicken tikka, lamb tikka, sheek kebab & keema nan	
TANDOORI KING PRAWN	18.95
Mildly spiced succulent king prawns grilled in a clay oven	
SHEEK KEBAB	12.95
Spiced minced lamb grilled in a clay oven	
NAWABI TIKKA CHICKEN	12.95
Very mildly spiced, dipped in yoghurt & barbecued in clay oven	
CHICKEN/LAMB SHASLICK . LAMB 13.95 CHICKEN 12.95	
KING PRAWN SHASHLIK	19.95
Both the above dishes are served with grilled capsicum, tomatoes & onion	
PONIR TIKKA	12.95
PONIR SHASHLIK	13.95



English Dishes

All dishes are served with french fries, peas & tomato	
CHICKEN & CHIPS	13.95
PLAIN OMELETTE	9.95
PRAWN OMELETTE	13.95
CHIPS	3.95

Allergy Awareness If you have any dietary restrictions eg nuts, dairy products etc. Please inform us before ordering

Chef's Specialities

Rice not included

DIL BAHAR Chef's special recipe.....	15.95
CHICKEN CHILLI MASSALA	12.95
Spicy with fresh green chillies	
CHICKEN OR LAMB CHANA SPECIAL	13.95
Cooked with chickpeas, cream, almond powder & desiccated coconut	
CHICKEN OR LAMB KAZANA	13.95
Medium spiced, cooked with green peppers onion, spinach, potato & coriander.	
MR NAGA SPECIAL CHICKEN OR LAMB	13.95
Very hot pepper (naga chilli from Bangladesh)	
BENGAL CHICKEN OR LAMB	12.95
Medium spiced chicken, cooked with egg, tomato	
CHICKEN CHEESE POTATO SPECIAL	13.95
NAWABI MURGH (medium or hot).....	12.95
A superb eastern majestic dish or tender pieces of chicken highly flavoured	
CHICKEN OR LAMB RAZALLA	13.95
Hot & spicy with onions, chillies, coriander & yoghurt	
CHICKEN OR LAMB JALFREZI	13.95
CHICKEN RAJOTHI (medium hot)	13.95
Cooked with fresh ground spices, topped with mushroom, tomatoes, fried garlic and green pepper.	
CHICKEN OR LAMB TIKKA LOCKNOWI	13.95
Creamy yoghurt coconut and tiny spices, but very mild rich texture, cooked with mushrooms	
MURGH MASSALA	14.95
Chicken cooked with exotic herbs & spices, with a touch of mince, topped with an egg and keema.	
CURRY COCKTAIL	14.95
barbecued lamb and chicken blended with medium massala sauce, topped with grilled tomatoes, onion and capsicum	
CHICKEN OR LAMB SAGARANA	12.95
Cubes of tikka marinated in special home made fresh spicy sauce, mince ball & boiled egg, tomato, potato, onion, capsicum, fresh mint, and cori	
BALTISTAN SPECIAL medium spiced.....	15.95
Chicken & keema cooked with capsicum & carrot in thick sauce,	
TANDOORI MIXED CURRY Off the bone tandoori ..	14.95
chicken & sheek kebab cooked in specially prepared sauce. Heavy spices, fried onions, fried ginger, garlic, mint sauce & coriander and garlic prepared in thick sauce, medium & spicy.	
SHATKORA CHICKEN OR LAMB SPECIAL	13.95
Lamb cooked in medium spices with Bangladeshi Citrus fruit.	
GOSTH LAZIZ	14.95
Medium hot, finely chopped lamb cooked in oriental spices	
HARI MIRCHI BHUNA GOSTH	14.95
Tender lamb pieces cooked with fresh chilli, coriander, tomatoes, onions, Indian spices and naga chilli	
KING PRAWN CHANGSI (highly recommended).....	18.95
Chefs own recipe	
KORAI LAMB CHOPS	15.95
KING PRAWN SIZZLING	18.95

CHANA KING PRAWN	18.95
Special king prawns cooked with chick peas, cream, almond powder and desiccated coconut	
KING PRAWN JALFREZI	18.95
LOBSTER MASSALA	19.95
ZAFRANI Chicken or Lamb.....	14.95
cooked with grilled onion, green pepper, tomato & fresh mint, medium hot	
BENGAL KING PRAWN	18.95
Medium hot, Prepared with our chefs own recipe	
CHICKEN SILSILA	14.95
Medium hot, cooked with mint yoghurt sauce, potato, fried green pepper, onion & tomato, served sizzling.	
BAHAR CHICKEN SILASALA	15.95
(AWARD WINNING DISH) Medium spicy dish with onion, green pepper and tomatoes cooked with chef's special sauce, highly flavoured with a tangy taste. Highly recommended.	
HARIALY CHICKEN OR LAMB JEERA	14.95
Sliced chicken or lamb tikka cooked with a rich flavoured sauce with cumin seeds & green pepper.	
SHASLICK MASALA (CHICKEN OR LAMB)	14.95
Chicken or lamb tikka served with barbecued onions, tomatoes and green pepper. Cooked in a creamy masala sauce.	
MADHU CHICKEN	14.95
Tender pieces of chicken breasts marinated in a delicate spices with yoghurt, coconut, almonds and sultanas.	
KHUSHBU (CHICKEN OR LAMB)	14.95
Chicken or lamb flavoured Khushbu. Cooked with herbs in a mint sauce with mild spice and a creamy chef's special sauce.	
DIL KHUSH	14.95
Chicken cooked with onions, tomatoes and peppers cooked with spices. Served with an exotic sauce.	
THABA GOSHT	14.95
Lamb cooked with fresh ginger and medium spices in a thick sauce	
BENGAL CHICKEN OR LAMB TIKKA JALFREZI	14.95
Hot and spicy cooked with onions, green peppers, red & green chillies.	

Thalies

(Set Meal for One)

MIXED THALI	24.95
Served with onion bhajee, chicken tikka massala, lamb jalfrezi, prawn bhuna, shobji bahar, pilau rice & nan.	
VEGETABLE THALI (veg)	21.95
Served with shobji bahar, aloo gobi, dall massala, chana massala, onion bhajee, pilau rice & nan	

Set meals are not in conjunction with other offers
All prices include V.A.T.