

# Aldridge

We are delighted to welcome you to Regards to try our extensive range of wonderful dishes. We have many of your favourites alongside a careful selection of our chef's recommendations. We maintain a high quality of daily fresh cooking all beautifully prepared and remaining true to the regional cuisine of Asia.

We like to believe that we have created a restaurant for tomorrow, we are all dedicated to ensuring you enjoy your meal from Regards group.

## Food Allergies and Intolerances:

Before ordering please speak to our staff about your requirements or if you have any questions regarding the allergen content of specific dishes.

Some dishes may contain or have traces of the following allergens:

Wheat, Gluten, Nuts, Sesame Seeds, Milk, Eggs, Mustard, Celery, Peanuts, Soya, Molluscs, Crustaceans, Fish, Lupin and Sulphur Dioxide.

## Traditional Starters

<b>PAPADOM</b> (Plain or Spiced) <b>V</b> ... <b>80p</b>	<b>VEGETABLE SAMOSA</b> <b>V</b> <b>G</b> ... <b>£2.90</b> (fried pastry fill with lamb or veg)
<b>CHUTNEY TRAY</b> <b>V</b> ..... <b>£1.00</b>	<b>CHICKEN TANDOORI</b> <b>D</b> ..... <b>£3.50</b>
<b>PANEER TIKKA</b> <b>D</b> <b>V</b> ..... <b>£4.90</b> (Indian cheese marinated & grilled)	<b>CHICKEN TIKKA</b> <b>D</b> ..... <b>£3.50</b>
<b>CHICKEN PURI</b> <b>G</b> ..... <b>£4.50</b> (Spiced chicken served in puffy bread)	<b>SHEEK KEBAB</b> <b>E</b> ..... <b>£3.50</b>
<b>KING PRAWN PURI</b> <b>P</b> <b>G</b> ..... <b>£5.90</b> (Spiced king prawn served in puffy bread)	<b>LAMB TIKKA</b> <b>D</b> ..... <b>£4.90</b>
<b>MUSHROOM PURI</b> ..... <b>£3.90</b> (Spiced mushroom served in puffy bread)	<b>MIXED KEBAB</b> <b>D</b> ..... <b>£4.90</b>
<b>ONION PAKURA</b> <b>G</b> <b>V</b> ..... <b>£2.90</b> (Seasoned onions in a spiced batter)	<b>TANDOORI KING PRAWN</b> <b>D</b> <b>P</b> <b>E</b> ..... <b>£5.90</b>
<b>LAMB SAMOSA</b> <b>G</b> ..... <b>£2.90</b> (fried pastry fill with lamb)	<b>SALMON TIKKA</b> <b>D</b> ..... <b>£4.90</b>
	<b>CHICKEN PAKORA</b> <b>G</b> ..... <b>£3.50</b> (Seasoned chicken pieces in a spiced batter)
	<b>MURGH SHASHLIK</b> <b>D</b> ..... <b>£4.50</b>
	<b>NARGIS KEBAB</b> <b>E</b> ..... <b>£4.90</b>

## House Special Starters

- 1. TANDOORI FISH** **F** **D**.....**£4.90**  
Indian ocean fish marinated with herbs & spices, grilled in the tandoor and served with salad.
- 2. MURGH LASOONI LAZEEZ** **D**.....**£4.50**  
Boneless chicken marinated in yoghurt, spice, garlic paste & cheese  
Cooked in clay oven.
- 3. MUSHROOM ALOO LASOONI**.....**£3.90**  
Spicy potato, mushroom, cooked with garlic, coriander herbs and spices.
- 4. REGARDS PLATTER** **D** **F**.....for 2 **£8.90** for 4 **£16.90**  
Selection of lamb chop, tandoori chicken, chicken tikka, Kebab & fish.
- 5. KODI VEPUDU** **D**.....**£4.90**  
Sliced chicken breast, served in a robust yoghurt, curry leaf, sweet & sour sauce
- 6. HOT GARLIC FISH** **F**.....**£4.90**  
Fillet of Bangladeshi fish, cooked with chilli, onion & flavoured with garlic
- 7. BARRAH CHOPS** **D**.....**£4.90**  
Selected cuts of lamb chops, marinated overnight, spiced with crushed garlic, ground chillies, cloves, coriander, mustard & yoghurt. Cooked in tandoor.
- 8. KING PRAWN TANJI** **D** **P**.....**£5.90**  
King prawn on the shell tossed in special spices with a touch of cocktail sauce

## Regards Tawa Chef's Specials

(Regards are specialist in Tawa dishes, authentically cooked with onion, green pepper, strongly spiced & herbed served on a sizzling pan )

(We are the first Restaurant in Birmingham who introduce Tawa)

<b>TAWA TIKKA CHICKEN</b> ..... <b>£8.50</b>
<b>TAWA TIKKA CHICKEN GARLIC CHILLI</b> Hot..... <b>£8.90</b>
<b>TAWA TIKKA CHICKEN JALFREZI</b> Hot..... <b>£8.90</b>
<b>TAWA TIKKA CHICKEN MASSALA</b> (contains nuts <b>N</b> )..... <b>£8.90</b>
<b>TAWA TIKKA CHICKEN MUSHROOM SAGWALA</b> ..... <b>£9.90</b>
<b>TAWA LAMB</b> ..... <b>£9.90</b>
<b>TAWA LAMB JALFREZI</b> Hot..... <b>£9.90</b>
<b>TAWA LAMB SAGWALA</b> ..... <b>£9.90</b>
<b>TAWA REGARDS SPECIAL</b> ..... <b>£10.50</b>
<b>TAWA KING PRAWN</b> <b>P</b> ..... <b>£11.90</b>
<b>TAWA KING PRAWN MUSHROOM SAGWALA</b> <b>P</b> ..... <b>£12.90</b>
<b>TAWA TANDOORI ZHINGA JALFREZI</b> Hot <b>P</b> ..... <b>£12.90</b>

**G**=GLUTEN **P**=PRAWN **D**=DAIRY **N**=NUTS **E**=EGG **F**=FISH **V**=VEGETARIAN

## Chef's Recommendation Dishes

CHICKEN TIKKA MASSALA <b>N</b> <b>D</b> .....	£7.90
CHICKEN JALFREZI Hot .....	£8.90
CHICKEN TIKKA MUSHROOM SAAG MASSALLA <b>N</b> <b>D</b> .....	£9.90
MURGHI MASALLAM .....	£9.90
CHICKEN MAKHANI <b>N</b> <b>D</b> .....	£9.90
NAWABI PASSANDA (chicken or lamb) <b>N</b> <b>D</b> .....	£9.90
REGARDS ZHINGA MASSALLA Tandoori king prawn <b>N</b> <b>D</b> .....	£12.90
REGARDS ZHINGA JALFREZI Tandoori king prawn Hot <b>D</b> .....	£12.90
HOUSE MURGH SPECIAL .....	£9.90
HOUSE LAMB SPECIAL .....	£10.90

## Balti Dishes

*Balti one of the most popular dishes, cooked in a wok, with fresh herbs & spices.*

BALTI CHICKEN .....	£7.50
BALTI CHICKEN & MUSHROOM .....	£7.90
BALTI CHICKEN TIKKA <b>D</b> .....	£8.50
BALTI CHICKEN TIKKA SAGWALA <b>D</b> .....	£8.90
BALTI CHICKEN TIKKA MASSALLA <b>N</b> <b>D</b> .....	£8.90
BALTI CHICKEN TIKKA MUSHROOM SAGWALA <b>D</b> .....	£8.90
BALTI CHICKEN GARLIC CHILLI Hot .....	£8.90
BALTI CHICKEN TIKKA JALFREZI Hot .....	£8.90
BALTI KEEMA PEAS (Minced meat) .....	£8.90
BALTI LAMB .....	£8.50
BALTI LAMB SAGWALA .....	£8.90
BALTI LAMB JALFREZI Hot .....	£8.90
BALTI PRAWN <b>P</b> .....	£8.90
BALTI KING PRAWN <b>P</b> .....	£11.90
BALTI KING PRAWN MUSHROOM SAGWALA <b>P</b> .....	£12.90

## Regards Combination Dishes

The following selection is for you to sample two curries in small portions.

You can mix and match the dishes of your choice.

1. MURGH MAKANI *Mild (contains nuts)* **N** .LAMB JALFREZI *Hot* ....£9.90
2. MURGH SAGWALA *Med* CHINGRI PATHIA (*Prawn*) *Slightly Hot* ....£9.90
3. MACHLI JULL (*fish*) *Medium* .....MURGH ROSHUNI *Medium* ....£9.90
4. LAMB SAGWALA *Medium* .....MURGH MUSHROOM *Medium* ....£9.90
5. MURGH JALFREZI *Hot* .....LAMB ROGAN *Medium* ....£9.90
6. MURGH MADRASI *Hot* .....SHAHI KURMA *mild* ....£9.90
7. MURGH MASALLA *mild (nuts)* **N** ..... MURGH ACHARI *Medium* ....£9.90
8. PANEER SAGWALA *Medium* **V** .....SABZI MASALLA *mild* **V** ....£9.90
9. MURGH KALIMIRCHI *Hot* .....LAMB PYAZI *Medium* ....£9.90
- 10.MURGH BANARASI *Medium* .....SHAHI CHASNI *mild* ....£9.90

## Hyderabadi Biryani Dishes

Basmati rice treated together with your selection of contents in pure ghee with delicate herbs and spices, served with mixed vegetable masalla.

CHICKEN, LAMB OR PRAWN BIRYANI .....	£9.50
CHICKEN TIKKA BIRYANI <b>D</b> .....	£9.50
MIXED BIRYANI (chicken lamb & Prawn) <b>P</b> .....	£10.90
KING PRAWN BIRYANI <b>P</b> .....	£12.90

## Vegetable Specialities (main meals) **V**

BENGAL VEGETABLE .....	£6.90
MASALLA VEGETABLE <b>N</b> <b>D</b> .....	£7.50
KURMA VEGETABLE .....	£6.90
JALFREZI VEGETABLE Hot .....	£6.90
BALTI VEGETABLE .....	£6.90
BIRYANI VEGETABLE OR MUSHROOM .....	£7.50
TAWA VEGETABLE .....	£6.90
TAWA PANEER SAGWALA .....	£7.90
TAWA SAAG ALOO DHALWALA .....	£7.90
CHILI PANEER <b>D</b> .....	£7.90

(Indian cheese in a Naga sauce with honey, selected spices & green chillies)

# Aldridge

## Seafood Main Courses

- SALMON BAHAR** **F** **D** .....£12.90  
Pieces of salmon marinated with tandoori masala sauce, fried & cooked with onions, tomatoes & green peppers, served with pilau rice and salad.
- BENGAL FISH SPECIAL** *Hot* **F** .....£11.90  
Fillets of Bangladeshi fish marinated, lightly spiced & grilled. Garnished with fresh chillies, coriander & fried onions. Served with pilau rice & salad.
- MACHLI JULL** *Hot* **F** .....£10.90  
Fillets of Bengal fish marinated with spice fresh coriander cooked in sauce served with Basmati Rice.
- SALMON TARKARI** **F** .....£11.90  
Salmon cooked in spicy sauce with fresh tomato & potatoes served with Basmati Rice
- REGARDS OCEANIA** **F** **P** .....£12.90  
Salmon, King prawn and white fish cooked in spicy sauce with fresh tomato, herbs & spices garnished with coriander, served with Basmati Rice

Please note that some fish dishes may contain small bones. Type of fish depends on availability.

## Chef's Exclusive Dishes

- MURGH JAIPURI** **E** .....£9.90  
Slices chicken, tomato, capsicum & egg cooked in a tangy sauce, herbs & spices.
- COPSILA SPECIAL** **P** .....£11.90  
Tender diced spring chicken, tandoor king prawns cooked with fresh coriander and tomato.
- ANARKALI BAHAR** **D** .....£12.90  
Chicken tikka, lamb tikka, tandoori chicken and a piece of succulent tandoor king prawn cooked with chef special spices and herbs.
- MURGH ACHARI** *Slightly Hot* **D** .....£9.90  
Tender chicken marinated and cooked with fresh spices, chilly and pickle.
- SHAHI SIZZLING (Lamb or Chicken)** .....£10.90  
Cooked with strong spices, chef own made sauce, served in Sizzler.
- JHINGA KALIMIRCH** *Hot* **P** .....£12.90  
King prawns stir fried with curry leaves, mung lentils, freshly crushed black peppercorns, onions & bell peppers, topped with grated coconut. A hot dish.
- KORI GASSI** *Slightly Hot* .....£9.90  
Chicken in a thin, spicy curry flavoured with roasted ground red chillies, coriander seeds, pepper corns, cumin, coconut, garlic & Tamarind puree.
- JHEENGA HARA PYAZ** **P** .....£12.90  
Succulent King Prawn cooked with onions and tomatoes flavoured with Spring onions and fresh garlic
- SOUTH INDIAN GARLIC CHILLI CHICKEN** .....£9.90  
Chicken cooked with hot spices and flavoured with fresh garlic and green chilli, coriander herbs and spices
- GOLDEN TRIANGLE** .....£12.90  
Leave it to the chef to choose three items of his choice, for you to sample in small portions, ranging from delicacies of Agra, Goa & Delhi.
- NAGA CHICKEN** *Very hot* .....£9.90  
Flavoured hot naga chilli giving a unique aroma.
- ROSHUN LAL** *Hot* .....£9.90  
Hot meat dish cooked with red chilli, garlic, ginger & a hint of naga chilli sauce.
- CHENNAI CHOPS** *Slightly Hot* .....£11.90  
Lamb chops cooked with special Chennai mixed spices, a semi dry dish.
- BOMBAY BADBOY** (*very hot*) .....£9.90  
Hot dish prepared with chicken or lamb, cooked with strong spices, fiery hot with naga and green chillies.

## Tandoori Oven

(The following dishes are served with rice & salad,  
Marinated chicken, meat or prawn, cooked in clay oven)

- CHICKEN TIKKA** **D** .....£8.90
- TANDOORI CHICKEN** **D** .....£8.90
- CHICKEN SASHLIK** **D** .....£9.90
- LAMB TIKKA** **D** .....£9.90
- TANDOORI PLATTER** (served with nan bread) **D** .....£10.90
- FISH TANDOORI** **D** **F** .....£10.90
- TANDOORI KING PRAWN** **D** **P** .....£12.90

# Aldridge

## Traditional Dishes

### Madras (Hot)

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

### Bhoona (medium spiced dish cooked with onions and tomato)

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

### Dupiaza Medium spiced dish, cooked with extra onion and green peppers

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

### Rogan Medium spiced dish, topped with tomatoes

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

### Dhansak Slightly hot sweet and sour dish cooked with lentils

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

### Pathia Hot sweet and sour dish cooked with tomato puree

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

### Kurma Mild dish cooked with cream and almonds (contains nuts)

CHICKEN .....	£7.50	PRAWN P .....	£7.50
LAMB .....	£8.50	KING PRAWN P .....	£10.90

Any dish of your preference not listed on this menu can be prepared on request

## Continental Menu

NUGGETS & CHIPS.....	£6.90	MASALA FISH & CHIPS .....	£8.90
OMELETTE & CHIPS <b>E</b> .....	£8.90		

## Accompaniments **V**

(All vegetable are freshly made)

MIXED VEGETABLE BHAJEE.....	£3.50
BINDI BHAJEE (Okra) .....	£3.70
ALOO GOBI (Potato & Cauliflower) .....	£3.50
SAG PANEER (Spinach & Home made cheese) <b>D</b> .....	£3.90
SAG GARLIC (Spinach) .....	£3.50
BOMBAY POTATOES .....	£3.50
MUSHROOM BHAJEE .....	£3.50
SAG ALOO (Spinach & Potato) .....	£3.50
MATOR PANEER (peas & cheese) <b>D</b> .....	£3.90
TARKA DHALL.....	£3.50
CHANA BHOONA (chick peas) .....	£3.50
RAITHA (yoghurt with cucumber) <b>D</b> .....	£2.00

## Home made breads

NAN (Tandoori Bread) .....	£2.30	PESHWARI NAN (sweet) .....	£3.20
KEEMA NAN (with Lamb).....	£3.20	KULCHA NAN (with onion).....	£3.20
GARLIC NAN.....	£3.20	CHILLI & CORIANDER NAN	£3.20
CHEESE NAN .....	£3.20	PARATA.....	£2.90
TANDOORI ROTI .....	£2.30	CHAPATI .....	£1.40

## Rice & Sundries

BASMATI PILAU RICE <b>V</b> .....	£2.70	BOILED RICE <b>V</b> .....	£2.50
FRIED RICE <b>V</b> .....	£2.70	MUSHROOM PILAU RICE <b>V</b>	£3.20
PEAS PILAU RICE <b>V</b> .....	£3.20	SPECIAL FRIED RICE <b>V</b> .....	£3.20
VEGETABLE PILAU RICE <b>V</b> ...	£3.20	LEMON & GARLIC RICE <b>V</b> .	£3.20
KEEMA PILAU RICE .....	£3.50	CHIPS <b>V</b> .....	£2.50
		MASSALA CHIPS <b>V</b> .....	£3.50

## Extras to Any dish

CHICKEN or LAMB or PRAWN	£1.00	VEGETABLE (any available) .....	£1.00
CHICKEN TIKKA .....	£1.50	KING PRAWN <b>P</b> .....	£2.00
CHANGE STRENGTH TO ANY DISH <i>extra</i> .....	£0.60		