

# SLIMMING WORLD MENU

Specially devised menu with healthier alternatives for our calorie conscious customers.

Our healthy range dishes are made using zero calorie Fry light oil and a unique salt-ernative. Your choice of meat is marinated in fat-free yoghurt & spice for 24 hours. We use 100% lean chicken breast and fully trimmed New Zealand lamb. Dishes are tried and tested for quality control as we have consulted with our customers to produce this unique style of cooking.

## STARTERS

<b>Fusion Stir Fry</b> Strips of chicken tikka with peppers & onions in soya sauce & spice	<b>5.50</b>
<b>Chicken Tikka</b> Cubes of fat free marinated chicken grilled in the tandoori oven	<b>4.95</b>
<b>Grilled Paneer Tikka</b> Soft cubes of Indian cheese lightly soaked in our home made spice & grilled. Served with a drizzle of honey.	<b>5.50</b>
<b>1/4 Grilled Tandoori Chicken</b> Skewered chicken marinated overnight & grilled to perfection	<b>4.95</b>
<b>Tandoori King Prawns</b> Juicy king prawns marinated in our special sauce & grilled before being added to a sizzling wok of onions & peppers.	<b>7.95</b>

## SIDES

Sag Aloo Spinach & Potato	6.95
Tarka Dall Seasoned Lentils	6.95
Chana Massala Spiced Chickpeas	6.95

## SUNDRIES

Boiled Rice	3.50
Onion Fried Rice	3.75
Vegetable Rice	3.75
Egg Rice	3.75
Chapatti	1.50
Plain Nan	3.50
Garlic Nan	3.75
Mixed Herbs Nan	3.75

## MAINS

					
<b>Chicken Tikka</b>	<b>Lamb Tikka</b>	<b>King Prawns</b>	<b>Quorn</b>	<b>Tofu</b>	<b>Veg</b>
10.95	10.95	12.95	9.95	9.95	9.95

<b>Jalfrezi</b> Seasoned onions and peppers in a spicy sauce	
<b>Garlic Fusion</b> Intense hit of garlic with delicious chicken marinated in garlic sauce. A natural antioxidant	<b>11.95</b>
<b>Grilled Tikka Shashlick</b> Soaked in spices for 24 hours with roasted onions, peppers and tomatoes grilled to perfection. Served on a sizzler	<b>11.95</b>
<b>Sag Karahi</b> Cooked with fresh spinach & garlic served on a traditional wok	
<b>Rogan Josh</b> Tomato infused dish in a medium heat producing a rich tangy flavour	
<b>Coconut Special</b> Cooked with coconut milk, fat free yoghurt and sweetener. An alternative to Korma or Tikka Massala	