

SLIMMING WORLD MENU

SPECIALLY DEvised MENU WITH HEALTHY 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 HEALTHY FOOD

STARTERS

Fusion Stir Fry	3.95
Strips of chicken tikka with peppers & onions in soya sauce & spice	
Chicken Tikka	3.75
Cubes of fat free marinated chicken grilled in the tandoori oven	
Pani Puri	3.75
Indian streetfood consisting of chickpeas, onion salad & tangy tamarind in crispy semolina shells	
Massala Fish	4.95
Pan fried white fish in subtle spice, caramelised onions and peppers	

SIDES

Sag Aloo	3.95
Spinach & Potato	
Tarka Dall	3.95
Seasoned Lentils	
Chana Massala	3.95
Spiced Chickpeas	

SUNDRIES

Pilau Rice	1.95
Onion Fried Rice	2.50
Vegetable Rice	2.50
Egg Rice	2.50
Chapatti	1.00
Plain Nan	2.50
Garlic Nan	2.75
Mixed Herbs Nan	2.75

MAINS



Chicken Tikka

6.95



Lamb Tikka

7.95



King Prawns

9.95



Quorn

6.95

Jalfrezi

Seasoned onions and peppers in a spicy sauce

Sag Karahi

Cooked with fresh spinach & garlic served on a traditional wok

Rogan Josh

Tomato infused dish in a medium heat producing a rich tangy flavour

Coconut Special

Cooked with coconut milk, fat free yoghurt and alternative sweeteners. Healthy version of a Korma

Grilled Tikka Shashlick

Soaked in spices for 24 hours with roasted onions, peppers and tomatoes grilled to perfection. Served on a sizzler

8.95

Garlic Fusion

Intense hit of garlic with delicious chicken marinated in garlic sauce. A natural antioxidant

8.95