



# Rice n Spicy

*Finest Punjab Cuisine with a Twist*



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# Heat at Home Menu

## Pakora Selection

All served with our own special recipe tomato, chilli & mint sauce.

**Vegetable Pakora - 7SP .....£3.50**

Our traditional pakora made with onions, potatoes, chick peas & herbs. (v)

**Halloumi & Mixed Pepper Pakora - 14SP .....£5.00**

Diced halloumi with mixed red & green peppers combined with fresh chillies

**Chicken Pakora - 5SP .....£4.50**

Tender pieces of hand prepared chicken breast in our lightly spiced batter to compliment the delicate flavours.

**Salt & Chilli Chicken Pakora - 5SP .....£5.00**

Like your Pakora with a kick? Try our Chicken Pakora with extra fresh chillies and rock sea salt.

**Haggis Pakora - 16SP .....£4.50**

A firm favourite. Top quality fresh haggis in our light batter. A classic fusion dish.

**Stornoway Black Pudding Pakora - 12SP .....£4.50**

Prepared using renowned "Original Macleod & Macleod Stornoway Black Pudding" our Chef gives a nod to his place of birth. A must try dish.

**Garlic Chilli Red Onion with Chicken Pakora - 7SP .....£4.50**

A combination of red onion, fresh garlic, chillies and chicken to provide a truly delicious pakora.

**Salmon, Ginger & Spring Onion Pakora (Special Order) - 7SP .....£6.50**

Fresh Scottish Salmon, spring onions and fresh ginger with a hint of lime in our pakora batter, a truly outstanding starter.

**Whole Chilli Pakora - 7SP .....£4.50**

Whole red and green chillies in our rock salt pakora batter

**Pakora Sauce 1SP per portion**

## Vegetarian Selection

**Ultra Low Fat Chick Pea & Spinach )) - No Count or 1SP .....£5.00**

Our ultra low fat Chick pea & fresh baby leaf spinach curry, slowly cooked and bursting full of flavour at an amazing 1 Smart Point per portion.

**Spinach & Potato )) - 5SP .....£4.50**

The classic Aloo Saag. Spinach combined with potatoes with our own blend of spices and generous amounts of fresh ginger.

**Tarka Daal )) - No Count or 2SP .....£4.50**

Red lentils cooked slowly with onions, tomatoes, garlic, ginger and spices.

**Courgette & Mixed Pepper Curry ))) - No Count or 2SP .....£5.50**

Ultra low fat courgette and mixed pepper curry with chunky garlic and chillies.



Heat Guide ) = Mild )) = Medium ))) = Hot )))) = Extra Hot

## Meat Selection

**Punjabi Chicken )) - No Count or 2SP .....£6.50**

Our traditional slow cooked Chicken curry, tender and bursting with flavour.

**Chicken Tikka )) - No Count or 2SP .....£7.00**

Our own hand diced chicken breast marinated in our tikka sauce.

**Kashmiri Chicken Curry )) - No Count or 2SP .....£7.50**

Ultra low fat slow cooked chicken curry finished with fresh diced mixed peppers to add some sweetness.

**Tandoori Chicken Curry )) - No Count or 2SP .....£7.00**

Hand diced fresh chicken breast coated in our fat free tandoori marinade and seved in our tandoori spiced sauce with fresh baby leaf spinach.

**Chicken & Spinach )) - 3SP .....£7.00**

Marinated Chicken with spinach and potato.

**Garlic Chilli Chicken ))) - No Count or 2SP .....£7.50**

Bursting with flavour tender chicken breast cooked in our own sauce with lots of fresh garlic and chillies.

**Chicken & Coconut )) - 3SP .....£7.00**

Our own special Low Fat Chicken with Coconut & Fresh Baby Leaf Spinach, no cream or ghee, bursting full of flavour, our most popular dish with Weight Watchers.

**Beef with Smoked Paprika & Chilli )))) - 7SP ..£8.00**

Diced beef steak, slowly cooked with smoked paprika and a generous infusion of fresh chillies. For the brave among you.

**Keema Curry )) - 7SP .....£6.50**

Carmichael Estate Steak Beef Mince cooked in a rich sauce with peas. A firm favourite among our younger fans.

**Beef Kofta )) - 7SP .....£7.00**

Steak mince meatballs combined with garlic and our own spice blend in a delicious sauce.

**Slow Cooked Lamb )) - 10SP .....£7.50**

Top quality Carmichael Lamb slow cooked to melt in the mouth; the only way to prepare curried lamb.

**Venison )) - 7SP .....£12.50**

Carmichael Estate Venison with smoked garlic, shallots & roasted sweet potato - Our Great Taste Gold Award winning dish. Treat yourself to this taste sensation.

**All curries are a generous 650g net,  
enough to serve 2.**



## Sundries

**Pilau Rice - 4SP .....£2.00**

*Basmati rice cooked with a simple blend of spices.*

**Vegetable Rice - 6SP .....£3.00**

*Basmati rice cooked with onions, peppers, chick peas and peas, a meal in itself.*

**Brown Basmati Rice - No Count or 4SP .....£2.50**

*Healthy option pilau rice with a lovely nutty taste*

**Spicy Onions - 1SP .....£0.75**

*Handmade, delicious with any of our dishes.*

**Special Hot Chilli Mix )))) - 2SP .....£1.25**

*Due to popular demand we have introduced this "mix" a combination of onion, garlic, & chillies, slow cooked and ideal for mixing into any of our curries to give some added kick for those who like an extra bit of heat. Perfect for sharing dishes.*

**Indian Pickle .....£1.00**

*Mixed Pickle*



All our dishes are handmade to order using fresh ingredients, then blast chilled in microwaveable packaging, we do not use any artificial colours, flavours or preservatives. Quality is guaranteed.

Our sole supplier of Venison, Beef, Lamb & Mutton is Carmichael Estate - Award Winning Single Estate Meats from Scotland's Oldest Family Farming Business

Disclaimer - These are not Weight Watchers products however, the Smart Points have been calculated by WW Leader Cathy Scarrow.

The cut off for guaranteed weekend orders is 8pm on Tuesdays.

Any orders over £30 in value will have the following delivery charges:

Glasgow Postcodes- Free  
Paisley / Renfrew - Free  
Most Lanarkshire - Free  
Stirling areas - £4  
Inverclyde - £4  
Ayrshire - £4  
Edinburgh areas - £4

Any orders over £60 value to any of above areas will be delivered free of charge.

Orders between £15 and £30 are available for delivery in Glasgow, Paisley/Renfrew and most Lanarkshire areas. However, the delivery charge will be £3 to cover our time and fuel.

Mail order available UK wide.

Wholesale supply to retailers is available, please contact us for further information.

All dishes are freshly made & suitable for home freezing.

No Gluten Containing Ingredients in any dish except Stornoway Black Pudding or Haggis Pakora.

Pre-order collection service is also available from our kitchen in Hillington, we also attend a number of Weight Watchers meetings across Scotland.

**Rice n Spicy, Unit B3 / 1A Upper, 15 Edison Street, Hillington Park, Glasgow G52 4JW**