



inđian
ocean

Introduction

Indian Ocean welcomes you to a next step of a truly exhilarating experience. The inspiration behind Indian Ocean is to bring a new way of experiencing Indian food that is very tasty, clean and healthy, yet very authentic.

In order to achieve this revolution; we went back to the roots of Indian cuisine and worked together with professional chefs from various regions of the Indian sub-continent.

We put customers first and promise you a fast efficient service to compliment our excellent food. Should you require anything that is not listed on our menu please ask and we will do our best to please you.

So, enjoy and do come again

Opening Hours

**Open 7 days a week including Public Holidays
5.30pm to 11.00pm**

All prices are inclusive of VAT.
All major credit cards accepted.

The management reserves the right to refuse admission without explanation.

Please note there may be traces of nuts (N) and GM ingredients in our dishes.



Appetisers

Papadoms (Plain or Spiced)	£0.60
Pickle (Per person)	£0.50
Onion Bhaji	£3.50
Samosa (Meat or Vegetables) Spiced minced lamb or vegetable fried in a crisp light pastry	£3.50
Chicken Chatt Slices of chicken Tikka cooked with chatt massala	£4.50
Aloo Chatt Cubes of potatoes cooked with chatt massala	£4.25
Garlic Mushroom	£3.95
Chicken Tikka Boneless pieces of spring chicken cooked in tandoori on skewers	£4.25
Lamb Tikka Tender lamb marinated cooked in tandoori on skewers	£4.25
Tandoori Chicken A quarter of spring chicken marinated cooked in tandoori on skewers	£4.25
Kebab-E-Sheek Spiced minced lamb marinated cooked in tandoori on skewers	£4.25

Shami or Rashmi Kebab	£4.25
Lamb Chops Spicy lamb chops marinated in yoghurt with black pepper & ginger, cooked in a charcoal oven	£5.50
Meat Platter Comes with chicken tikka, lamb tikka and sheek kebab	£5.75
Harryali Kebab Chicken breast pieces dusted with garlic, mint, green chilli and coriander then lightly charged for a delicious taste	£5.25
Vegetable Platter Comes with onion bhaji, vegetable pakora and vegetable samosa	£4.75

Fish Appetisers

Prawn Cocktail	£3.95
Prawn Chatt Prawn cooked with chatt massala	£4.50
King Prawn Butterfly Mildly spiced king prawn fried in butter	£5.50
Prawn Puree Spiced prawns served on fried unleavened bread	£4.75

King Prawn Puree Spiced king prawns served on fried unleavened bread	£5.95
Crab Puree Spiced crab served on fried unleavened bread	£5.75
Seafood Platter Black tiger prawns, mussels, crab and salmon tikka	£6.95
Mussels Puree Spiced mussels served on fried unleavened bread	£5.75
Black Tiger Prawns Spiced with green chilli and garlic, then tossed in ghee	£5.95
Salmon Tikka Pink salmon matured in a mildly spiced marinade of dill, fennel, mustard and lemon grass cooked in tandoor.	£5.95
Calamari Squid tossed with onions and garlic	£4.50

Chef's Specialities

Bengal King Prawn £14.95

King prawns in chef's special home made sauce, medium ground spices and herbs

Jaflong Chicken Or Lamb £8.95

Medium dish cooked with chickpeas

North Indian Garlic Chilli Chicken or Lamb £8.95

Very hot dish

Chicken or Lamb Tikka Massala (N) £8.95

Boneless chicken or lamb cooked in special massala

Dhakeshawari Chicken or Lamb (N) £8.95

Mild, tender pieces of chicken or lamb in creamy sauce, fresh spices & almond

Korai Chicken or Lamb £8.95

Chicken or lamb cooked with onions, tomatoes & capsicum in a medium sauce

Chicken or Lamb Makhani (N) £8.95

Marinated chicken or lamb from the tandoori in butter sauces

Chicken or Lamb Jalfrezi £8.95

With onion, green chillies & tomatoes, fairly hot

Chicken or Lamb Passanda (N) £8.95

Sliced chicken or lamb, cooked with fresh cream & yoghurt, with ground cashew nuts & almond

Maharaja Mixed Karahi £13.95

Spices of tandoori chicken, chicken tikka, lamb tikka & king Prawn

Tandoori King Prawn Massala (N) £13.95

King prawn cooked in special massala sauces & spices

Rajeshwari Chicken or Lamb £8.95

Diced chicken or lamb with fresh ginger, a touch of garlic and green chilli

Lamb Chops £11.95

Spiced lamb chops marinated in yoghurt with black pepper, ginger and cooked in a charcoal oven

Bhaarotiya £11.95

Chicken breast stuffed with raisin and garlic spiced mixed vegetables in a spicy sauce

Dalcha Gosth £11.95

Finely chopped lamb fused with fresh green chillies & coriander

Salmon Masala (N) £13.95

Salmon cooked in special massala sauces & spices

Filleted Sea Bass £13.95

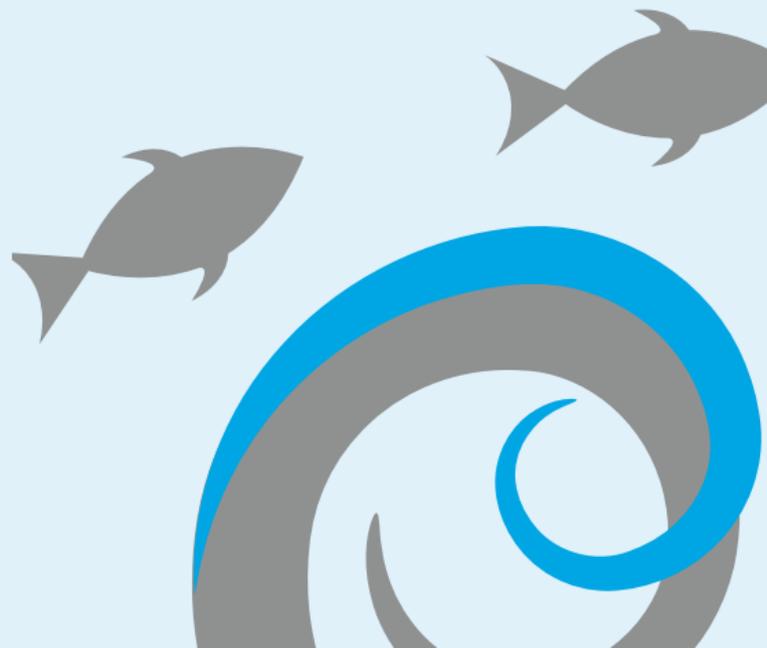
Sea bass marinated with ginger and garlic paste with spices, served with vegetable bhaji and sauce

Machli Masala (N) £11.95

Fresh sea fish cooked with curried sauce & fresh herbs & fried onions

Machli Chilli £11.95

Fresh bengal fish cooked in sliced green chillies & spices in a thick masala sauce dressed with fried onions and fresh herbs



Duck Dishes

Duck-E-Roshidi	£12.95
Medium dish with tomatoes, garlic, green pepper, onions and coriander	
Duck Jalfrezi	£12.95
With onion, green chillies and tomato, fairly hot	
Duck Massala (N)	£12.95
Boneless duck cooked in special massala sauces & spices	
Duck Peshwari (N)	£12.95
Sliced duck cooked with fresh cream and yoghurt with ground cashew nuts	
Duck Jalsha	£12.95
Lean duck pieces first crisped over charcoal then mixed with mango and ginger, then cooked on fairly strong spiced sauce with bay leaf and cardimon, garnished with strew potatoes and coriander.	
Duck Tikka	£11.95
Marinated duck cooked in tandoor on skewers with herbs & spices	
Duck Shashlick	£12.95
Marinated duck cooked on skewers with onion, capsicum and tomatoes	

Tandoori Dishes

Tandoori Chicken	Half £8.50	Full £13.95
Spring chicken marinated in spices and yoghurt		
Chicken or Lamb Tikka		£8.50
Diced, marinated chicken, cooked over charcoal on skewers		
Chicken or Lamb Shashlick		£9.50
Cooked on skewers with onions, capsicum, coriander, and tomatoes		
Tandoori King Prawn		£13.95
King prawn marinated spices in special herbs & spices & cooked in the tandoori		
Tandoori Mixed Grill		£13.95
Marinated lamb, chicken, kebab & tandoori chicken with naan bread		
Sheek-E-Kebab		£8.50
Spiced minced lamb cooked over charcoal on skewer		
King Prawn Silsila		£13.95
King prawn, cooked on skewers with onions, capsicum & tomatoes		
Salmon Shashlick		£13.95
Salmon cooked on skewers with onion, capsicum and tomatoes		

Traditional Dishes

Chicken or Lamb	£7.50
Prawn	£7.95
King Prawn	£11.50
Vegetable	£6.95
Korma (N) With cream & dried fruits, very mild	
Curry Medium hot	
Madras Fairly hot	
Vindaloo Very hot	
Bhuna Medium, with onion & fresh coriander	
Rogan Medium, spiced with tomatoes & onions	
Dansak A Persian delight, hot, sweet and sour with lentils	
Pathia Cooked with herbs, hot & sour flavour	
Dupiaza Medium hot with chopped briskly fried onions	
Saag Cooked with oriental spices & spinach	

Balti Dishes

All Balti dishes are cooked in cast iron Kashmiri pan with special spices, fresh tomatoes, coriander, with herbs & medium spices

Balti Chicken or Lamb £9.50

Balti Prawn £9.50

Balti King Prawn £13.95

Balti Vegetable Bhuna £8.50

Balti Special £13.95

Pieces of lamb tikka, chicken tikka, king prawn cooked with fresh garlic, tomatoes, capsicum, methi leaf & coriander in medium spices.

Biryani Dishes

Saffron flavoured rice dishes served with vegetable curry

Chicken Biryani £9.95

Spiced chicken cooked with saffron flavoured rice

Lamb Biryani £9.95

Spiced lamb cooked with saffron flavoured rice

Chicken Tikka Biryani £10.95

Marinated chicken cooked with saffron flavoured rice

Prawn Biryani £9.95

Prawns cooked with saffron flavoured rice

King Prawn Biryani £13.95

King prawns cooked with saffron flavoured rice

Vegetable Biryani £8.50

Mixed vegetables cooked in spices with saffron flavoured rice

Mushroom Biryani £8.50

Mushrooms cooked in spices with saffron flavoured rice

Vegetable Side Dishes

Mixed Vegetable Curry £3.75

Vegetables in a medium spicy sauce

Aloo Gobi £3.75

Potatoes & cauliflower cooked with herbs & spices

Bombay Aloo £3.75

Potatoes cooked in a special blend of spice

Cauliflower or Broccoli Bhaji £3.75

Cauliflower cooked with herbs & spices

Mushroom Bhaji £3.75

Mushroom cooked with onions & tomatoes in spices & coriander

Bhindi Bhaji Okra cooked with mixed spices £3.75

Bengal Massala £3.75

Aubergine with tomatoes, ginger, garlic, coriander, spices & massala sauce

Saag Paneer £3.75

Spinach cooked with onions, garlic, cubes of cottage cheese and spices

Saag Bhaji Spinach with garlic £3.75

Saag Aloo £3.75

Spinach & potatoes cooked with mixed herbs & spices

Tarka Dall £3.75

Lentils cooked with spices & fresh garlic

Chana Massala Chickpeas cooked in spices £3.75

Mutter Paneer £3.75

Marrow peas cooked in spices with cubes of cottage cheese

Sobzi Bahar £3.75

Spinach, chickpeas and mixed vegetables, dry – medium hot

Sweet Pumpkin £3.75

Pumpkin sauteed with fennel and onion seeds

Bread

Naan £2.50

Leavened bread cooked in the tandoor

Keema Naan £2.75

Stuffed with minced lamb

Cheese and Chilli Naan £2.75

Stuffed with green chilli and coriander with cheese on top

Kulcha Naan £2.75

Stuffed with onions, potatoes, egg and coriander

Peshwari Naan (N) £2.75

Stuffed with sultana, nuts, coconut and cream

Garlic Naan Naan with fresh garlic and coriander £2.75

Tandoori Roti £2.50

Wheat flour bread cooked in the tandoor

Paratha £2.50

Wheat flour bread buttered & fried

Stuffed Paratha £2.75

Wheat flour bread with mixed vegetables

Chapatti £1.95

Wheat flour bread

Rice

Boiled Rice £2.75

Plain basmati rice

Pilau Rice £2.95

Basmati rice with saffron

Spring Rice £3.75

Boiled rice with spring onion and egg

Lemon Rice £3.75

Pilau rice with lemon grass

Kashmiri Rice (N) £3.75

Pilau rice with leeches, sultana and almond

Oriental Fried Rice £3.75

Pilau rice with prawns and peas

Mushroom Rice £3.75

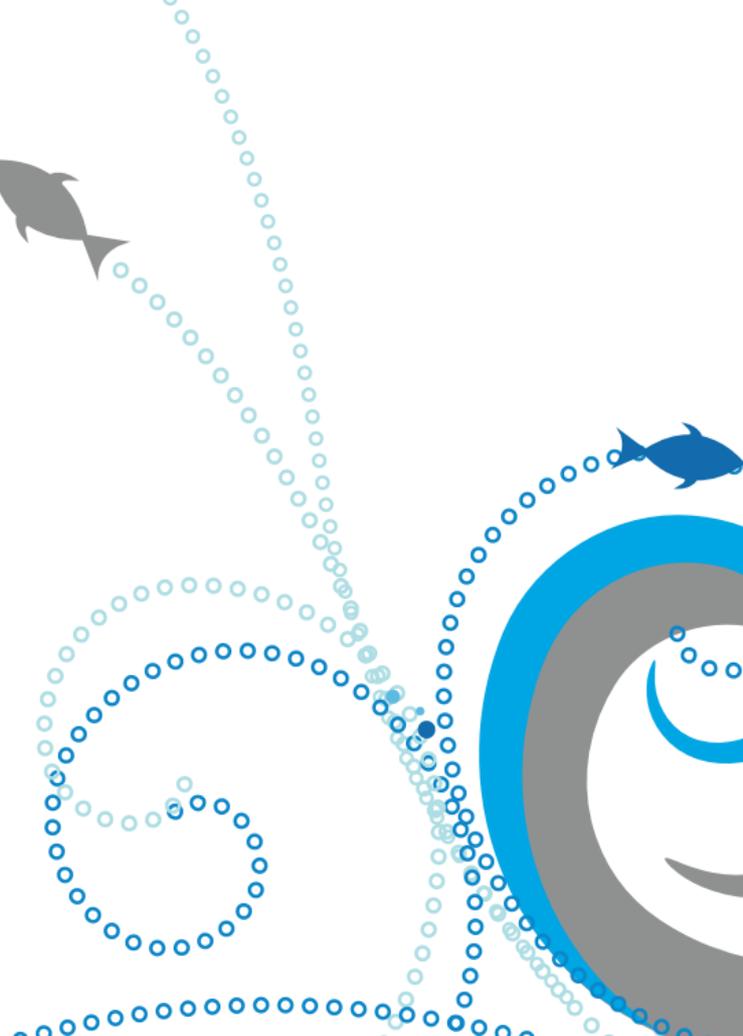
Pilau rice with mushrooms, nuts and sultanas

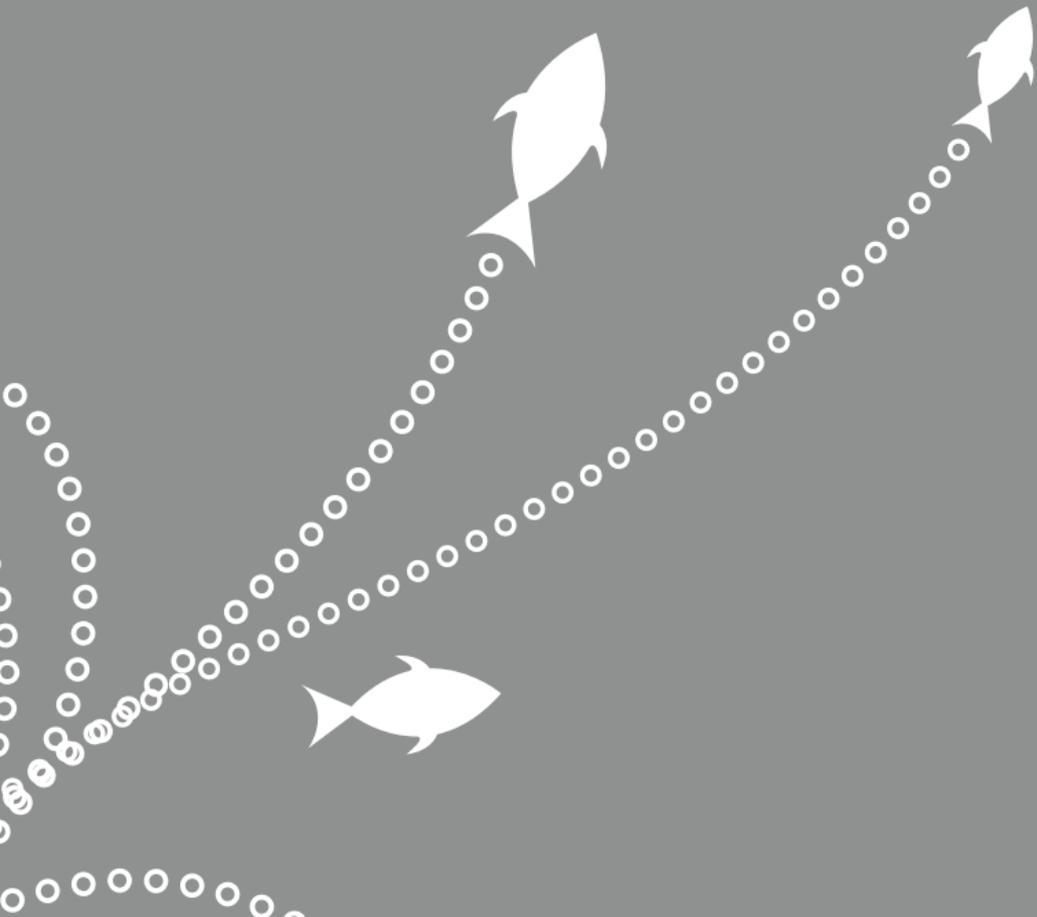
Vegetable Rice £3.75

Pilau rice with mixed vegetables

Special Fried Rice £3.75

With egg and peas





indian ocean

T: 01992 812 658 | www.indianoceantheydon.co.uk
Coppice Row, Theydon Bois, Essex CM16 7ES