

Cinnamon

CONTEMPORARY INDIAN CUISINE

Food to go

OPENING TIMES

SUN - THURS 5.30pm - 11.30pm

FRI - SAT 5.30pm - Midnight

134 ASHLEY ROAD | HALE | CHESHIRE | WA14 2UN

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w: www.cinnamon-hale.com

इतारतारइ

Begin your journey with an appetiser and immerse yourself as each flavour dances through your taste buds, tantalising your senses..

Plain Papadum / Roasted Spicy Papadum.....	£0.6
Chutneys: Red Onion/Mango Chutney/Mint Yogurt/Coriander Chutney.....	£0.6
Lime Pickle	£0.8

Traditional इतारतारइ

Mixed Kebab	£5.5	Sheek Kebab	£4.5
Tandoori Lamb Chops	£5.5	Chicken Chatt	£4.5
Boti Kebab	£5	Chicken Pakora	£4.5
Tandoori Chicken (1/4)	£4.5	Mushroom Pakora.....	£3
Chicken Tikka.....	£4.5	Onion Bhaji	£3
Lamb Tikka	£5	Lamb Samosa	£3
Shami Kebab	£4.5	Vegetable Samosa	£3

इतारतारवे इतारतारइ

Tandoori Jhinga.....	£7.5
King prawns marinated in spiced yogurt and tandoori grilled	
King Prawn Puri.....	£7.5
Strips of king prawn pan cooked in a peppery chatt massala, served on a puri bread	
Fish Tikka	£5
Chunks of cod lightly spiced with a little mustard oil and tandoori grilled	
Prawn Puri	£4.5
Juicy prawns pan cooked in a peppery chatt massala served on a puri bread	

हिमालयान इतारतारइ

Jhinga Nisha	£8
Bay of Bengal, U5 king prawns in the shell marinated in an aromatic fenugreek and saffron purée, then roasted in the tandoor	
Murgh Malai Tikka ^{nub}	£5
Chicken breast steeped in a creamy cashew nut and green cardamom marinade. Grilled in the tandoor	
Kasturi Murgh Tikka ^{nub}	£5
Chicken breast in a yogurt, crushed peppercorn and garam massala marinade. Grilled in the tandoor	
Fish Koliwada ^{nub}	£5.5
Tilapia fish chunks dipped in spicy and smoky, curry leaf infused batter, then flash-fried	

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Traditionally prepared dishes, infused with exotic spices and gently cooked to a succulent perfection.

તાંદોરી વેઈન્ટેઈ

Our tandoori dishes are marinated overnight for full flavour, and then seared in the tandoor. Served with salad and a side of curry sauce

(Please note the following fish dishes may contain some bones)

Tandoori Mixed Grill £11	Boti Kebab £8.5
A grill consisting of tandoori chicken, sheek kebab, chicken tikka, lamb tikka and lamb chop	Skewered fillet of lamb shoulder and chunks of onion subtly and lightly spiced with coriander seeds
Tandoori Chicken (½) £8	Chicken Tikka Shashlik £9
Chicken on the bone soaked in low fat yogurt and spiced tandoori marinade	Chicken tikka served with roasted, spice infused peppers, onion and tomato
Chicken Tikka..... £8	Tandoori Fish £9
Boneless chunks of chicken soaked in low fat yogurt and spiced tandoori marinade	Succulent, flaky cod in a light, aromatic seasoning flavoured with mustard oil
Lamb Tikka £8.5	Tandoori King Prawns..... £14
Pieces of lamb off the bone marinated in a spicy yogurt marinade and seasoned with traditional Indian herbs	King prawns steeped in a marinade of yogurt, garlic and fresh herbs, with a touch of lime juice
Tandoori Lamb Chops £9.5	King Prawn Shashlik..... £15.50
Tender lamb chops marinated in yogurt, garden mint and lime juice	Tandoori prawns served with roasted, spice infused peppers, onion and tomato

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Hyderbadi Gosht 🍴 🍲 £9	
Shoulder of lamb chunks slowly braised in garlic and ginger, cracked coriander seed massala, with a touch of cashew nut cream and fresh mint	
Malabar Chicken Curry 🍲 £8.5	
A Kerala speciality. Coconut sauce simmered with ground spices and flavoured with mustard and curry leaves. Served with bbq chicken	
Murgh Tikka Latpatta 🍲 £8.5	
Sliced chicken tikka cooked in creamy tomato gravy with a touch of honey. Garnished with coriander	
Malabar King Prawn Curry 🍲 £14	
A Kerala speciality. Sautéed king prawns resting in coconut sauce, simmered with ground spices and flavoured with mustard and curry leaves	
King Prawn Harapyaz 🍴 £14	
Bay of Bengal king prawns exquisitely sautéed with ginger, black pepper and spring onion. Garnished with fried baby spinach leaves	
Fish Roo-Nari 🍴 £9.5	
Home style fish curry. Tempered with fenugreek seeds, turmeric, ground cumin and crushed red chillies	

तेहई रेस्टोरललendationइ

Haandi Chicken / Lamb 	£8 / £8.5
Boneless chunks cooked with 'on the bone' pieces in a nigella scented sauce with mustard and black onion seeds	
Tamarind Chicken Chilli 	£8.5
Chicken strips stir-fried with peppers, onions and red chilli flakes in tangy Nepalese spices, lightly flavoured with Imlee	
Tandoori Butter Chicken 	£8
Slices of tandoori chicken marinated in yogurt and tandoori massala, roasted in tandoor then simmered in rich tangy tomato, buttercream sauce	
Keema Mutter 	£8.5
Vibrantly spiced mince lamb tossed with green peas	
Shashlik Karahi Chicken	£8.5
Chunky pieces of chicken breast, peppers, onions and tomato marinated in yogurt and tandoori massala, roasted in tandoor then simmered in a rich karahi massala	
Nagpur Chicken / Lamb 	£8 / £8.5
Chicken or lamb slow cooked with crunchy chilli peppers, crushed red chilli and fragrant naga chilli	
Pathia Chicken / Lamb 	£8 / £8.5
A sweet and sour, hot dish prepared with lentils, zesty lime juice, herbs and fiery spices	
Garlic Chicken Chilli Massala 	£8
Slices of chicken tikka cooked with mixed capsicum and green chillies. Tempered with fried garlic and fiery spices	
Rezzala Chicken / Lamb 	£8 / £8.5
Strips of chicken or lamb cooked in a light tomato and onion gravy, flavoured with garam massala	
Chicken Ginger 	£8
Strips of chicken cooked in a medium spicy ginger sauce, flavoured with fresh ginger strips and garam massala	
Saag Chicken / Gosht 	£8 / £8.5
Tender chicken / lamb slow cooked with freshly chopped spinach leaves in a thick onion and tomato massala	
Dhall Chicken / Gosht	£8 / £8.5
Chicken / lamb simmered in traditionally spiced, garlic and ginger tempered lentil sauce	
Honey Chicken Tikka 	£8
Chicken tikka cooked in a blended preparation of blossom honey and mildly spiced cream. Finished with roasted red and green pepper	
Malaya Chicken Tikka 	£8
A fruity dish prepared with Alphonso mango pulp, pineapple and banana chunks in mildly spiced cream sauce	
Chicken Tikka Massala 	£8
Yogurt and tomato purée blended with ground almonds in mildly spiced cream sauce	
Chicken / Lamb Passanda 	£8 / £8.5
Yogurt and cream base, heavily flavoured with ground almonds and cardamom pods	

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- Karahi Paneer 🍴 £7.5
 Indian cottage cheese in spicy garam massala, coriander seed & Kashmiri red chilli, seasoned with dried fenugreek leaf & rosemary
- Paneer Butter 🍴 £7.5
 Indian cottage cheese simmered in a rich and smooth, tangy tomato, buttercream sauce
- Saag Chana Curry 🍴 £6.5
 Soft chick peas and chopped spinach slowly cooked in lentil stew. Tempered with fried garlic

ਬਾਲੀ ਵੀਝੇਟੜ

- Balti Exotica 🍴 £11
 Mixture of tandoori chicken, chicken tikka, lamb tikka and king prawn, tossed together in a fragrant Balti massala. Finished with a boiled egg
- Balti Shimla 🍴 £8.5
 Tender marinated strips of chicken breast, simmered with green beans in a vibrantly spiced Balti massala
- Balti Chicken Tikka Jalfrezi 🍴🍴 £8.5
 Chicken tikka cooked in a hot Jalfrezi massala with crunchy chilli peppers and green chillies. Tempered with fried garlic
- Shaahi Chicken 🍴 £10
 Vibrantly spiced mince lamb tossed with chicken tikka in a caramelised onion sauce. Finished with a sliced, boiled egg
- Balti Chicken Tikka Skardu 🍴 £8
 Chicken tikka in mild spicy cream sauce with black onion seeds

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- Madras Fish Curry 🍴🍴 £8.5
 Succulent Tilapia fish simmered in a browned stew of tangy tomato, red chilli powder & bay leaf, flavoured with zesty tamarind and lemon
- Bengal Fish Curry 🍴 £9.5
 Pan fried white fish simmered in a traditional Bengali garlic and coriander scented curry, flavoured with citrusy shatkora pickle
- Jhinga Butter 🍴 £13.9
 Succulent freshwater tandoori U5 king prawns in the shell, resting on a simmered light tangy tomato, butter sauce
- King Prawn Saag 🍴 £13.9
 King prawns sautéed with fresh chopped spinach leaves in a thick onion and tomato massala. Seasoned with fresh spices
- Tamarind King Prawn Chilli 🍴🍴 £13.9
 King prawns stir-fried with peppers, onions and red chilli flakes in tangy Nepalese spices, lightly flavoured with Imlee

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Chicken / Lamb Biryani ^{nuts}	£9 / £10
Spiced chicken/lamb & basmati rice cooked together with sliced almonds and sultanas. Scented with cardamom and cloves, garnished with an omelette. Served with a side of vegetable curry	
Prawn / King Prawn Biryani ^{nuts}	£9 / £15.5
Prawn/king prawns and basmati rice cooked together with sliced almonds and sultanas Scented with cardamom and cloves, garnished with an omelette. Served with a side of vegetable curry	
Vegetable Biryani ^{nuts}	£7.5
Seasonal vegetables flavoured with crunchy almond slices and sultanas, spiced with cardamom and cloves, then covered with a layer of basmati rice. Served with a side of vegetable curry	

traditional favourੋਟੇਡ

- Korma** Mildly spiced cream dish reduced with coconut milk & an aromatic mild spice blend
- Dansak** Of Persian origin. Sweet and sour curry with squeezed lemon juice and chunks of pineapple in lentil sauce
- Bhuna**  Traditional, fairly dry curry caramelised with plenty of shredded onion. Spiced with aromatic garam massala
- Dupiaza**  Prepared with shredded and roundlet of onions, flavoured with bay leaf and fenugreek
- Rogan Josh**  Tomato based curry, with tangy plum tomatoes, pimentos & paprika
- Balti**  Delicate mixture of fresh herbs & ground spice create this aromatic balti massala
- Karahi**  Prepared in a reduced tomato and onion base, tempered with warm spice, bursting with layered flavours
- Sambar**  Spicy and sour lentil curry, stewed with fresh whole lemon, turmeric and crushed red chilli
- Jalfrezi**  Highly spiced dish with chilli peppers, green chilli and tomato all fried together to a fairly dry, thick sauce
- Madras**  / **Vindaloo**  Spicy hot curry, browned with red chillies, tomato, fresh whole lemon & tamarind

Chicken / Lamb	£6.9 / £7.5
Keema	£8
Chicken Tikka / Lamb Tikka	£7.5 / 8
Prawn / King Prawn.....	£6.9 / £12.9
White Fish	£8.5
Vegetable.....	£6.3

डांवेटइ

रहकूहताबेह वंडेहइ

Saag Paneer.....	£5.5	Tarka Dhall	£4.5
Mutter Paneer.....	£5.5	Chana Dhall	£4.5
Mixed Vegetable Bhaji	£4.5	Saag Bhaji	£4.5
Bombay Potatoes	£4.5	Saag Aloo	£4.5
Aloo Gobi.....	£4.5	Chana Bhaji.....	£4.5
Aloo Mutter	£4.5	Mushroom Bhaji.....	£4.5
Brinjal Bhaji	£4.5	Bhindi Bhaji.....	£4.5

रतेह

Boiled Rice	£2.2	Mushroom Rice	£3
Pilau Rice.....	£2.4	Peas Rice	£3
Egg Fried Rice.....	£3	Keema Rice	£3.5
Vegetable Rice	£3	Kashmiri Rice.....	£3.5

तानदोरने बरेववेइ

Nan	£2.4	Chilli Cheese Nan	£3
Garlic Nan.....	£2.7	Garlic & Coriander Nan.....	£3
Chilli Nan	£2.7	Peshwari Nan ^{nut}	£3
Cheesy Nan	£2.7	Keema Nan	£3
Cheese & Onion Nan	£3	Tandoori Roti.....	£2.2

इपानवेरतेइ

Chips.....	£2	Veg. Stuffed Paratha	£3
Chapati.....	£1.2	Cucumber Raita	£2
Paratha	£2.5	Kachumber Salad.....	£2.5



Medium



Hot



Extra Hot



Dish Contains Nuts

Allergens: Many of our dishes use dairy products, nut products, gluten & mustard.

If you have a concern about allergies please speak to one of our staff before placing your order.

Rice, chips or nan are not included with any dishes.

Each dish is prepared fresh as per order, please allow time for preparation.

Card payments under £12.00 subject to a £0.50 surcharge

