

- |   |      |
|---|------|
| 64. TARKA DAAL (V)  | 8.45 |
| Assorted lentils cooked with butter & fried garlic                  |      |
| 65. DAAL HARIYALI (V)   | 8.45 |
| Assorted lentils cooked with fresh spinach leaves                   |      |
| 66. DAAL MAKHANI (V)  | 8.45 |
| Mixed lentils cooked slowly in butter, ginger, garlic & cumin seeds |      |

### RICE AND BREADS

- |  |      |
|--|------|
| 67. PILAU RICE ①                               | 3.95 |
| Saffron flavoured basmati rice                 |      |
| 68. BOILED RICE                                | 3.45 |
| Steamed basmati rice                           |      |
| 69. MUSHROOM RICE ①                            | 4.45 |
| Pilau rice with fresh mushrooms                |      |
| 70. SPECIAL FRIED RICE ① ②                     | 4.45 |
| Pilau rice with peas & egg                     |      |
| 71. PLAIN NAAN ③ ④ ⑤                           | 2.95 |
| Whole wheat bread baked freshly in a clay oven |      |
| 72. GARLIC NAAN ③ ④ ⑤                          | 3.25 |
| Naan coated with fresh garlic                  |      |
| 73. KEEMA NAAN ③ ④ ⑤                           | 3.95 |
| Naan bread stuffed with spicy minced lamb      |      |
| 74. PESHWARI NAAN ③ ④ ⑤                        | 3.95 |
| Naan bread baked with sultanas & nuts          |      |
| 75. PARATHA ③                                  | 3.75 |
| Buttered & lathered whole wheat bread          |      |
| 76. TANDOORI ROTI ③                            | 2.75 |
| Made from whole wheat dough                    |      |

### ACCOMPANIMENTS

- |   |       |
|---|-------|
| 77. MINT YOGURT ①                                 | 1.55  |
| 78. RAITHA ①                                      | 1.75  |
| 79. MIXED PICKLE/LIME PICKLE                      | 1.55  |
| 80. MANGO CHUTNEY                                 | 1.25  |
| 81. ONION SALAD                                   | 1.55  |
| 82. KUCHUMBER ③ ④ ⑤                               | 2.55  |
| Cucumber, tomato, onion, carrot, avocado, chilli. |       |
| 83. LASSI (SWEET/SALTY/MANGO) ①                   | 2.95  |
| 84. POPPADOMS (PLAIN/SPICY) ③                     | 0.80  |
| 85. COKE/DIET COKE (1.25LT)                       | 3.75  |
| 86. MINERAL WATER (STILL/SPARKLING)               | 3.75  |
| 87. COBRA BEER 330ML                              | 3.50  |
| 88. KINGFISHER BEER 330ML                         | 3.50  |
| 89. HARDYS NOTTAGE HILL CABERNET SHIRAZ 750ML     | 14.95 |
| 90. HARDYS NOTTAGE HILL CHARDONY 750ML            | 14.95 |

③ - LIGHTLY SPICED | ④ - SPICED | ⑤ - HOT  
 ③ - CRUSTACEAN | ④ - DAIRY | ⑤ - EGG | ⑥ - FISH  
 ⑦ - GLUTEN | ⑧ - MUSSELS | ⑨ - NUTS

### OPENING TIMES

MONDAY - THURSDAY 4.00PM - 11.00PM  
 FRIDAY - SATURDAY 4.00PM - 11.00PM  
 SUNDAY 4.00PM - 11.00PM

### EAT WELL & DRINK WELL

- |   |       |
|---|-------|
| 91. LANZARET BOWL ③ ④   | 17.95 |
| Boiled rice with poppy seed and scottish salmon pieces in hot and sweet sauce with capsicum and onions, served with avocado kuchumber salad (cucumber, tomato, onion, carrot, avocado, chilli). |       |
| 92. LAMB CHOPS ③ ④  | 12.95 |
| New zealand less fat on the bone lamb ribs barbacued.   |       |
| 93. BROWN RICE  | 4.45  |
| Whole grain rice - a good source of magnesium, phosphorus and is high in fiber.   |       |

### ORGANIC CHICKEN

Organic Chicken from healthy well-cared birds, from select farms we know.  
 Waitrose/Duchy Organic/Abel & Cole/Sainsbury's.

- |   |       |
|---|-------|
| 94. CHICKEN DATE  | 16.45 |
| Tender breast cooked with medium spices topped with cooked cream, cashewnut, honey and date.  |       |
| 95. ROSE HARRISA ③ ④  | 16.45 |
| Tender breast cooked with extra virgin olive oil and harrisa sauce (a blend of authentic ingredients including rose petals, roasted red pepper and paprika) |       |

### ORGANIC LAMB

Organic Lamb from select farms we know.  
 Waitrose/Duchy Organic/Abel & Cole/Sainsbury's.

- |  |       |
|--|-------|
| 96. LAMB DATE  | 16.45 |
| Tender lamb pieces cooked with medium spices topped with cooked cream, cashewnut, honey and date.  |       |
| 97. LAMB SMOKED HARRISA ③ ④  | 16.45 |
| Tender lamb cooked with extra virgin olive oil and harrisa sauce. (A blend of authentic ingredients including rose petals, roasted red pepper and paprika) |       |

### ORGANIC VEG

- |   |       |
|---|-------|
| 98. SIMI ALOO ③                                 | 10.45 |
| Organic beans and potatoes with five spice mix. |       |
| 99. COURGETTE ③                                 | 10.45 |
| Organic courgette with five spice mix.          |       |

### PLANT BASED SUBSTITUTE

- |   |       |
|---|-------|
| 100. PLANT CHILLI ③ ④   | 12.45 |
| plant based chicken substitute in hot and sweet sauce with bell pepper, green chillies, onions and soy sauce. |       |
| 101. PLANT CURRY ③  | 12.45 |
| plant based chicken substitute in curry sauce   |       |
| 102. PLANT BIRYANI ③ ④  | 13.95 |
| A biryani fit for a vegan with aromatic rice, fragrant spices, rose water                                     |       |

### ORGANIC BEER AND WINE

- |  |       |
|--|-------|
| 102. ORGANIC BEER (TOD'S BLONDE)                         | 7.45  |
| IPA organic beer for a good taste of curry. (alc vol 5%) |       |
| 103. ORGANIC RED WINE (SPARTICO TEMPRANILLO)             | 25.45 |

All food comes with complimentary poppadoms and a mango chutney.

**PLEASE NOTE:** All food may contain traces of nuts. We reserve the right to exclude delivery to certain areas. Prices may change without notice, all prices include VAT at the current rate. Payment by cash or card only. A minimum order of £15.00 for free delivery. Drivers only carry up to £10.00 in change. 45 mins approximate maximum delivery time, please bear with us in busy periods. Please ask us about party catering.

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## RAJAH ROWING TEAM

FINE INDIAN FOOD TO TAKEAWAY OR  
 FREE HOME DELIVERY



### BALHAM KITCHEN

**020 8673 6961**  
 238 BALHAM HIGH ROAD SW17 7AW

### PUTNEY KITCHEN

**020 8871 0480**  
 5A WEST HILL SW18 1RB

ORDER ONLINE

RAJAHROWINGTEAM.COM

FREE HOME DELIVERY

## STARTERS

1. **CHICKEN MOMO / VEG MOMO** 8.25  
Chicken/veg dumplings entirely cooked by steam served with chutney
2. **ONION PAKORA** 5.95  
Chopped onions in spices coated with gram flour, deep fried & served with a mint yogurt
3. **VEGETABLE PAKORA** 5.95  
Fresh vegetables, coriander & spices, deep fried in special batter, served with a mint yogurt
4. **VEG SAMOSA/LAMB SAMOSA** 5.95  
Lightly spiced & deep fried stuffed pastry with a mint yoghurt.
5. **CHICKEN RU RU** 5.95  
Chicken with spices and fresh coriander, deep fried in special batter, served in mint yogurt
6. **SQUID NICOBAR** 7.25  
Squid marinated in herbs & spices, deep fried served with a sweet chilli sauce.
7. **PRAWN PURI** 7.95  
Deliciously flavoured king prawns, served on a bed of savoury bread - Puri comes separate

## TANDOORI-CLAY OVEN-DISHES

8. **LAMB KEBAB** 11.45  
Tender lamb fillets diced & mildly marinated, cooked in a clay oven
8. **MURGH KEBAB** 11.45  
Diced chicken breast marinated in herbs & spices cooked gently in clay oven
10. **TANDOORI KING PRAWN** 12.95  
King prawn marinated in spices with a touch of ginger & garlic
11. **RAJAH SPECIAL KEBAB** 11.95  
Minced chicken breast mixed with green chilli, chopped coriander, peppers & spices
12. **SHEESH KEBAB** 11.95  
Minced lamb mixed with green chilli and chopped coriander, cooked gently in clay oven
13. **NAWABI PANEER** 11.95  
Indian cottage cheese marinated with spices, slowly cooked with green peppers, onions & tomato in the tandoor, topped with Rajah special sauce
14. **TANDOORI MIX GRILL (SERVES TWO)** 13.95  
Selection of meat, chicken and prawns, marinated with herbs & spices,
15. **RAPTI SALMON** 12.45  
Lightly spiced salmon fillets gently cooked in clat oven
16. **CHICKEN SASHLIK** 11.95  
Marinated chicken cubes roasted with onion, peppers & tomato
17. **PANEER TIKKA** 11.95  
Indian cottage cheese marinated in yogurt & spices, gently cooked in the clay oven.



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Representing the highest level of Indian Royalty demands training, experience, dedication, and impeccable presentation.

But even with those diciplines you won't  
be able to deliver without precision timing  
and sophisticated teamwork.

## VEGETABLE MAIN DISHES

18. **MIXED VEGETABLE KORMA** 9.45  
Fresh mixed vegetables cooked with nuts in mild creamy sauce
19. **MIXED VEGETABLE CURRY** 9.45  
Winning combination of fresh vegetable & our spices create this wonderful dish
20. **SAG PANEER** 9.45  
Home made cheese delicately cooked with baby spinach
21. **MUTTAR PANEER** 9.45  
Home made cheese delicately cooked with peas

## SEAFOOD MAIN DISHES

22. **MADRAS FISH CURRY** 10.45  
Chunks of fish cooked traditionally with curry leaves and spices
23. **MACHHA MASALA** 10.45  
Tender fish fillets marinated and deep fried, cooked in special masala sauc
24. **KING PRAWN MASALA** 12.95  
Marinated king prawns, tenderly clay oven cooked in masala sauce
25. **KING PRAWN JALFREJI** 12.95  
Marinated king prawn, grilled in tandoor, cooked in traditional sauce with tamarind, curry leaves, mixed peppers, green chillies & a hint of chopped garlic
26. **PRAWN PATIA** 12.95  
Spicy king prawns cooked in a delicious hot, sweet & sour sauce
27. **PRAWN BHUNA** 12.95  
King prawns delicately cooked with garlic-ginger, tomato, herbs & spices
28. **BULSARI SALMON** 12.95  
Spiced fresh salmon brochette cooked over charcoal in onions, green peppers & tomato, topped with mild Rajah sauce.
29. **PRAWN SAG** 12.95  
Marinated king prawns slowly cooked with home ground spices wrapped up with spinach & ginger
30. **PRAWN DHANSAK** 12.95  
King prawns cooked with lentils in delicious hot, sweet & sour sauce

## CHICKEN MAIN DISHES

31. **CHICKEN TIKKA MASALA** 11.45  
Chargrilled chicken breast flavoured & cooked in rich masala sauce
32. **CHICKEN KORMA** 11.45  
Juicy chicken cooked in mild & creamy sauce
33. **BUTTER CHICKEN** 11.45  
Barbecued sliced chicken breast with herbs & spices in rich, creamy cashew nuts sauce
34. **CHICKEN MADRAS** 11.45  
Unique mix of cumin seeds, pepper, green chilli & spices
35. **MURGH MADURAI** 11.45  
Low fat fillets marinated in turmeric & spices, cooked in tandoor and served in rich tomato sauce with curry leaves & green chilli
36. **MURGH DHANSAK** 11.45  
Tender chicken breast cooked with lentils in hot, sweet & sour sauce
37. **CHICKEN SAG** 11.45  
Tender chicken breast cooked with fresh spinach
38. **CHICKEN BHUNA** 11.45  
Tender chicken breast cooked in tomato, onions, ginger & spices
39. **CEYLON HOT CHICKEN CURRY** 11.45  
Tender chicken breast cooked with spices, coconut, green chillies and coconut milk.
40. **RARA CHICKEN** 11.45  
Juicy chicken cooked with spicy mushrooms & peas with fresh ginger & coriander

## LAMB MAIN DISHES

41. **LAMB TIKKA MASALA** 11.45  
Tender tandoori lamb simmered with tomato & cashew nut sauce
42. **LAMB CHILLI** 11.45  
Spicy barbecue lamb cooked in hot tomato sauce with fresh chilli, peppers, onions & curry leaves
43. **KARAHI GOSTH** 11.45  
Tender lamb cooked with spices, chillies and ginger.
44. **SAG GHOST** 11.45  
Tender lamb cooked with fresh spinach & spices
45. **LAMB ROGAN** 11.45  
Tender lamb cooked in Rogan sauce with lots of fresh tomatoes
46. **LAMB BHUNA** 11.45  
Tender lamb in thick sauce of tomato, onion & ginger
47. **LAMB PASANDA** 11.45  
Slices of roasted lamb cooked in sweet & sour creamy sauce with ground cashew
48. **LAMB MUSTANG** 11.45  
Lamb cooked slowly to bring the tenderness with home made spices, spring onions, ginger, coriander & chickpeas
49. **RAJAH LAMB LASUNI** 11.45  
Tender lambcooked with medium spices, fresh coriander and garlic.

## BIRYANIS

50. **VEGETABLE BIRYANI** 11.95  
Fresh vegetables prepared with rice & served with a delicious vegetable sauce
51. **LAMB BIRYANI** 12.95  
Tender lamb with rice, served with a delicious vegetable sauce
52. **CHICKEN BIRYANI** 12.95  
Tender chicken with rice, served with a delicious vegetable sauce
53. **KING PRAWN BIRYANI** 14.95  
Marinated king prawns cooked with rice & served with a delicious vegetable sauce

## VEGETABLE SIDE DISHES

VEGAN OPTION AVAILABLE

54. **BOMBAY ALOO (V)** 8.45  
Baby potatoes gently cooked with butter & spices
55. **ALOO GOBI (V)** 8.45  
Cauliflower & sliced potatoes cooked with spices
56. **BHINDI BHAJI (V)** 8.45  
Fresh okra stir fried in tomato, cumin, mustard seeds & ginger-garlic
57. **CHANA MASALA (V)** 8.45  
Chickpeas cooked with fresh ginger & fresh spice
58. **GOBI SABJI (V)** 8.45  
Fresh cauliflower cooked with tomato, ginger & garlic
59. **MIXED VEGETABLE BHAJI (V)** 8.45  
Several fresh vegetables cooked with a touch of spices
60. **MUSHROOM BHAJI (V)** 8.45  
Fresh mushrooms with tomato, peppers & spices
61. **SHAHI BAIGAN (V)** 8.45  
Aubergines cooked with onions, ginger & garlic
62. **SAG (V)** 8.45  
Fresh spinach leaves cooked with sliced ginger & garlic
63. **SAG ALOO (V)** 8.45  
Baby potatoes with fresh spinach