

Appetisers

Meat and Poultry

EastzEast Mixed Starter for 2 persons	9.95
A combination of chicken and lamb boti, fish tikka, chicken wings, chicken samosa and meat samosa. Served on a sizzler platter	
Chicken Tikka Kabli	4.95
Chicken off the bone, marinated in fresh herbs and spices with onions and tomatoes, chargrilled with melted cheese on top. Served with spicy baby potatoes	
Chicken Boti	3.95
Pieces of chicken breast off the bone, marinated in eastern spices and chargrilled	
Lamb Boti	4.95
Pieces of lamb off the bone, marinated in eastern spices and chargrilled	
Chicken Wings	3.55
Pieces of chicken wings, marinated in eastern spices and chargrilled	
Seekh Kebab	3.95
Minced lamb mixed with fresh herbs and spices, formed on a skewer and chargrilled	
Chicken Seekh Kebab	2.95
Minced chicken, mixed with fresh herbs and spices formed on a skewer and chargrilled	
Chicken Pakora	2.95
Succulent pieces of chicken marinated in our EastzEast special batter, deep fried	
Lamb Chops	4.95
Pieces of lamb chops on the bone, marinated in spices and chargrilled	
Shami Kebab	2.95
Minced lamb with lentils, cinnamon, cardamon, ginger and spices, coated with egg yolk and shallow fried	
Chicken Samosa	2.95
Crisp leaves of pastry, filled with spiced minced chicken, onions and fresh coriander, deep fried	
Meat Samosa	2.95
Crisp leaves of pastry, filled with spiced minced meat, onions and fresh coriander, deep fried	
Chicken and Prawn Puri	4.95
Chicken and prawns, freshly cooked in a masala sauce, served on a fried roti	
Chicken and Chana Puri	4.95
Chicken and chickpeas, freshly cooked in a masala sauce, served on a crispy fried roti	
Chicken Liver Tikka	3.95
Fresh pieces of chicken liver, marinated in spices and fresh herbs, chargrilled	

**SET MENUS
ARE AVAILABLE
FOR GROUPS OF TEN
OR MORE ...
PLEASE ENQUIRE**

**PLEASE NOTE:
SOME OF OUR DISHES IN OUR MENU
MAY CONTAIN NUTS OR TRACES OF NUTS**

A 'HEALTHIER OPTION'

**IS AVAILABLE ON ALL OUR MAIN COURSES,
PLEASE STATE YOUR REFERENCE
WHEN ORDERING YOUR MAIN MEAL**

Appetisers

Vegetarian

EastzEast Veg Mix Starter for 2 persons	8.95
A combination of aloo tikka, vegetable samosa, paneer pakora, mixed vegetables pakora and aloo pakora, served on a sizzler platter	
Paneer Pakora	4.55
Pieces of paneer (cheese), marinated in our EastzEast special batter, and deep fried	
Paneer Tikka	4.55
Pieces of paneer (cheese), marinated with spices, grilled with pieces of fresh tomatoes, pepper and onions	
Daal Soup	4.55
Fresh mash and chana daal soup cooked with herbs and spices	
Aloo Tikka	2.45
Spicy mashed potatoes cutlets, filled with lentils, battered and deep fried	
Mix Vegetable Pakora	2.45
Fresh gobi, palak and aloo, mixed with fresh coriander, herbs and spices, and deep fried	
Garlic Mushrooms	2.95
Fresh mushrooms, cooked in a masala sauce with onions and peppers	
Chana Puri	3.25
Chickepeas, cooked in a masala sauce, served on a crispy fried roti	
Aloo Pakora	1.95
Fresh red potatoes cutlets, marinated in our EastzEast special batter, and deep fried	
Bengan Pakora	2.45
Fresh aubergine cutlets, marinated in our EastzEast special batter, and deep fried	
Mushroom Pakora	2.45
Fresh mushrooms, marinated in our EastzEast special batter, and deep fried	
Vegetable Samosa	2.55
Crisp leaves of pastry, filled with fresh vegetables, onions and fresh coriander, and deep fried	
Onion Bhaji	2.55
Fresh pieces of onions, marinated in our EastzEast special batter, and deep fried	
Seafood	
Salmon Fish Tikka	6.95
Fresh pieces of salmon, marinated with eastern spices and fresh herbs, and chargrilled	
Masala Fish	7.95
Fillet of fresh cod, marinated with our EastzEast's marinade, and deep fried	
Tiger Prawn Fry	7.95
Fresh tiger king prawns, marinated with our EastzEast spices and shallow fried	
Tiger Prawn Grilled	7.95
Fresh Tiger King Prawns, marinated with our EastzEast spices and chargrilled	
Tiger Prawn Kabil	7.95
Tiger King Prawns, marinated in spices with peppers and onions, with melted cheese on top, served with spicy baby potatoes and chargrilled	
Fish Pakora	4.95
Fresh cod pieces, marinated in our EastzEast spices and deep fried	
Fish Tikki	4.95
Fresh cod with mashed potatoes and coriander mixed with fresh herbs and spices, and shallow fried	
Prawn Puri	4.95
Fresh juicy prawns, cooked in masala sauce, served on a crispy fried roti	

Main Courses

Meat and Poultry

	Regular	Large
Karahi Murgh Tikka Masala	8.95	14.95
Pieces of marinated chicken breast grilled and cooked with onions, garlic, ginger and spices (aka Chicken Tikka Masala)		
Karahi Murgh Tikka Makhani	8.95	14.95
Marinated pieces of chicken breast, grilled and cooked with fresh cream, pistachio, almonds, tomatoes and spices		
Karahi Murgh Tikka Jalfrezi	8.95	14.95
Marinated pieces of chicken breast, grilled and cooked with scrambled egg and spices		
Karahi Gosht	8.95	14.45
Pieces of lamb cooked with fresh onions, tomatoes, garlic and a blend of our EastzEast's spices, garnished with fresh coriander		
Karahi Gosht Dopiazza	8.95	14.45
Pieces of lamb cooked with slices of onions, tomatoes, green cardamon, cloves, peppers, cumin seeds, red dry balon chillis with fresh coriander leaves		
Karahi Murgh	7.95	14.45
Tender pieces of chicken cooked with fresh onions, tomatoes, garlic, ginger and a blend of our EastzEast spices, garnished with fresh coriander		
Karahi Keema Mutter	7.95	14.95
Minced lamb cooked with onions, garlic, ginger, tomatoes, peas and spices, garnished with fresh coriander		
Karahi Chicken Dopiazza	7.95	14.95
Chicken cooked with slices of onions, tomatoes, green cardamon, cinnamon, cloves, pepper, cumin seeds, red dry balon chillies and fresh coriander leaves		
Punjabi Traditional Desi Dishes		
Karahi Lamb Sookha Bouhna	8.95	15.95
Pieces of lamb on the bone cooked with tomatoes, onions, garlic, ginger and spices, garnished with fresh coriander - a very popular dish		
Karahi Chicken Masala Desi	8.45	15.95
Chicken on the bone cooked with tomatoes, onions, garlic, ginger and garam masala - a popular Punjabi dish		
Karahi Chicken/Gosht Bhindi	8.95	16.95
Cooked with Okra (lady fingers)		
Karahi Chicken Methi (fenugreek)	8.95	16.95
Karahi chicken cooked with fresh fenugreek leaves		
Karahi Kofta	8.95	16.95
Minced meat balls cooked with a tangy tomato sauce, served with a boiled egg (one strength only - medium)		
Karahi Lamb Karela (Keema Karela also available)	8.95	16.95
Karahi lamb cooked with fresh bitter gourd		
EastzEast Special Lamb	9.95	16.95
Tender lamb pieces cooked in Chef's special sauce. (Medium spiced)		
Punjabi Special Murgh (on/of the bone)	9.95	16.95
A very tasty chicken dish freshly prepared with tomatoes, ginger and special herbs.		
Punjabi Special Gosht (on/of the bone)	9.95	16.95
A very tasty lamb dish freshly prepared with tomatoes, ginger and special herbs.		
Karahi Magaz	7.95	
Karahi Paya	7.95	
Seafood		
Karahi Fish	8.95	16.95
Fresh pieces of Cod cooked with tomatoes, ginger, lime juice and spices, garnished with fresh coriander		
Karahi Tiger Prawn Dopiazza	12.95	24.95
Tiger King Prawns cooked with slices of onions, garlic, ginger, pepper, green chillies, lime juice and dry methi leaves		
Karahi Fish and Potato	9.95	17.95
Fresh pieces of Cod cooked with potatoes		
Karahi Tiger King Prawn Masala	12.95	22.95
The most juiciest King Prawns around cooked with onions, peppers and spices, garnished with fresh coriander		
Karahi Tiger King Prawn Makhani	12.95	24.95
Marinated Tiger prawns grilled and cooked with tomatoes, pistachio, almond and spices		
Karahi Prawn and Spinach	7.95	15.95
Prawns cooked with spinach		

Karahi Main Courses Please specify your choice of either mild, medium or hot

EastzEast Special Sizzler's

All our special sizzler's are served with masala chickpea sauce and pilau rice

Jhinga Prawn Tandoori	12.95
Tigers king prawns, marinated in a special sauce, cooked in a clay oven, finishes with sprinkled coriander	
Chicken Shashlik	8.95
Diced pieces of spring chicken with peppers, onions and tomatoes, marinated in tandoori spices and fresh herbs, cooked in a clay oven	
Lamb Shashlik	9.95
Diced pieces of lamb with peppers, onions and tomatoes, marinated in tandoori spices and fresh herbs, cooked in a clay oven	
Half Tandoori Chicken	9.95
Chicken on the bone, breast and leg marinated in our special EastzEast spices and fresh herbs, cooked in a clay oven	
Machli Tandoori	9.95
Fresh cod, lightly marinated in spices and fresh herbs, cooked in clay oven	
Tandoori Mix Grill	9.95
A combination of fresh lamb chops, seekh kebab, chicken kebab, chicken and lamb boti	
Punjabi Style Special Handi's	
Our Chef's special handi's are freshly prepared - purely Punjabi style.	
Lahore Lamb Chop Handi	9.95
Fresh lamb chops, cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Lahore Jhingha King Prawns Handi	12.95
Fresh tiger king prawns cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Masthi Lal handi	8.95
Fresh chicken, prawns and keema cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Jholay Lal Handi	10.95
Fresh chicken, tiger prawns and chana cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Raam Lal Handi	9.95
Fresh chicken, aloo and mushrooms cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Saag Gosht Handi (also available in Gobi/Mutter/Paneer)	9.95
Succulent meat and spinach cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Saag Murgh Handi (also available in Gobi/Mutter/Paneer)	8.95
Fresh chicken and spinach cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Saag Murgh Tikka Handi (also available in Gobi/Mutter/Paneer)	8.95
Marinated pieces of chicken breast, grilled and mixed with spinach, cooked in a sauce, specially prepared for this dish with onions, tomatoes, garlic, and spices	
Achari Lamb Handi	8.95
Fresh baby lamb with fresh pickles, succulently cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Shahi Keema Handi	8.95
Fresh minced lamb, daal and scrambled eggs, cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Desi Sabzi Handi	8.95
Fresh palak with chana daal and aloo, cooked in a sauce specially prepared for this dish with onions, tomatoes, garlic, ginger and spices	
Taaqur-Ki-Thali (four in one)	10.95
Freshly prepared chicken, lamb, prawn and keema in bunah style, served with pilau rice	

Vegetarian

	Regular	Large
Karahi Paneer Shahi	8.95	16.95
Paneer (cheese) cooked with tomatoes, mustard seeds, fresh cream and spices		
Karahi Mix sabzi	7.95	12.95
Variety of fresh seasonal vegetables cooked with tomatoes, garlic, ginger and spices		
Karahi Aloo Palak	7.95	12.95
Fresh spinach and potatoes cooked with garlic, tomatoes and spices		
Karahi Aloo Gobi	7.95	12.95
Potatoes and fresh cauliflower cooked with onions, tomatoes and spices		
Karahi Palak Paneer	7.95	12.95
Paneer (cheese) cooked with fresh spinach, fried garlic, tomatoes and spices		
Karahi Mutter Paneer	7.95	14.95
Paneer (cheese) and peas cooked with fresh tomatoes, garlic, ginger, fried mustard seeds and spices, garnished with fresh coriander		
Karahi Daal	6.95	10.95
Yellow split chickpeas cooked with tomatoes, garlic, ginger and a mixture of spices, garnished with fresh coriander		
Karahi Mash Daal and Chana	6.95	12.95
Yellow ground lentils with split chickpeas cooked with tomatoes, garlic, ginger and a mixture of spices, garnished with fresh coriander		
Karahi Daal Pothi	6.95	12.95
Red kidney beans cooked with tomatoes, garlic, ginger and a mixture of spices, garnished with a fresh coriander		
Karahi Mushroom	6.95	12.95
Fresh mushrooms cooked with tomatoes, garlic, ginger, dried methi leaves and a mixture of spices, garnished with fresh coriander		
Karahi Chana	6.95	10.95
White chickpeas cooked with tomatoes, garlic and ginger		
Maa ki Daal	6.95	14.95
Black ground lentils cooked with tomatoes, garlic, ginger and green chillies		
Sarson Da Saag	7.95	14.95
Traditional spinach cooked with tomatoes, ginger, garlic and green chillies		
EastzEast Balti Special Mix		
Balti Sea Food	9.95	18.95
Combination of prawns, tiger king prawns and fish, cooked with fresh spices and herbs with our EastzEast special balti paste, garnished with fresh coriander		
Balti Tiger King Prawn	12.95	19.95
The biggest king prawns around cooked with fresh spices & herbs with our EastzEast special balti paste, garnished with fresh coriander		
Balti Chicken Jalfrezi	8.95	14.95
Pieces of chicken breast cooked with egg, fresh spices and herbs with our EastzEast special balti paste, garnished with fresh coriander		
Balti Chicken Tikka Keema	8.95	16.95
Marinated pieces of chicken breast and minced lamb, grilled and cooked with fresh spices and herbs with our EastzEast special balti paste, garnished with fresh coriander		
Balti Chicken and Lamb	8.95	14.95
Pieces of chicken and tender lamb, cooked with fresh spices and herbs with our EastzEast special balti paste, garnished with fresh coriander		
Balti Chicken Tikka Garlic	8.95	16.95
Marinated pieces of chicken breast with garlic, grilled and cooked with fresh spices and herbs along with our EastzEast special balti paste, garnished with fresh coriander		
Balti Garlic Chilli Chicken (also available in Lamb / Prawn / Veg)	8.95	14.95
Pieces of chicken, garlic and chilli, cooked with fresh spices and herbs with our EastzEast special balti paste, garnished with fresh coriander		
Balti Lamb Saag (also available in Chicken / Prawn / Veg)	8.95	15.95
Tender pieces of lamb and fresh spinach cooked with fresh spices and herbs with our EastzEast special balti paste, garnished with fresh coriander		

Biryani Dishes

All our Biryani dishes are a complete meal, prepared with onions, garlic, cardamon, cinnamon, chillies, fresh yoghurt with sultanas, pilau rice and sweet saffron rice, served with our eastzeast punjabi raita and a hot curry sauce, garnished to finish with a slice of egg

Chicken Biryani	Regular	7.95	Large	13.95
Lamb Biryani		7.95		13.95
Vegetable Biryani		7.95		13.95
Tiger King Prawns Biryani		9.95		18.95

Old School Favourite's

Widely known and traditional curries, available in choices of either Chicken, Lamb, Prawns or Vegetables, choose your style, then choose the content

Masala	7.95	Rogan Josh	7.95
Prepared with our Chef's special sauce with fresh herbs and spices		A dish prepared in a rich sauce using tomatoes, garnished with fresh coriander	
Dhansak	7.95	Bhuna	7.95
Sweet and sour taste made with mixed fruit and lentils		A dish prepared with tomatoes and peppers, garnished with fresh coriander	
Madras or Vindaloo	6.95	Korma	7.95
Traditional hot curry dishes prepared in two different styles		A mild and creamy dish	

Side Dishes

Bombay Potato	4.95	Saag Aloo	4.95
Bhindi	4.95	Bengan (aubergine)	4.95
Tarka Daal	4.95	Aloo Gobi	4.95

Sundries

Naan	2.85	Aloo Paratha	2.95
Chilli Naan	2.95	Methi Paratha	2.95
Garlic Naan	2.95	Tandoori Roti	0.95
Garlic & Coriander Naan	3.25	Raita	2.45
Cheese Naan	3.25	Fresh Salad	2.65
Kulcha Naan	3.25	Poppadom	0.55
Peshwari Naan	3.25	Pickle Tray	2.95
Chapatti	0.95	Chips	2.25
Keema Paratha	2.95		

Rice

Pillau Rice	2.95	Keema Pillau Rice	2.95
Boiled Rice	2.45	Lemon Pilau Rice	2.95
Mushroom Pilau Rice	2.95	Vegetable Pilau Rice	2.95
Egg Pilau Rice	2.95	Mutter Pilau Rice	2.95

Drinks

Lassi

What is a Lassi?

Lassi is a traditional yoghurt based Punjabi drink, it is widely consumed in the Indian sub-continent to compliment spicy food

	500ml	1 litre
EastzEast Special Lassi	4.95	7.50
Mango Lassi	4.75	6.95
Strawberry Lassi	4.75	6.95
Desi Sweet Lassi	4.50	5.95
Desi Salty Lassi	4.50	5.95
Desi Plain Lassi	4.50	5.95

Soft Drinks 330ml J2O Drinks

Coke	2.50	Apple and Mellon	2.50
Diet Coke	2.50	Apple and mango	2.50
Sprite	2.50	Orange and Cranberry	2.50
Fanta	2.50	Orange & Passionfruit	2.50
Orange Juice	2.50		
Pineapple Juice	2.50		

Still Mineral Water (750ml)	4.50
Sparkling Mineral Water (750ml)	4.50

First ever Indian Restaurant to win the
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'Restaurant of the Year 2006'

'Restaurant of the Year' 2008

'Restaurant of the Year' 2006
MF & D

'Restaurant of the Year 2005
M.E.N

'Restaurant of the Year' 2005
The Metro

'Five Stars Awarded'
City Life

'One of The North's Best Restaurants'
Waitrose Food Illustrator

'A World Away from Dayglo Rusholme'
M.E.N

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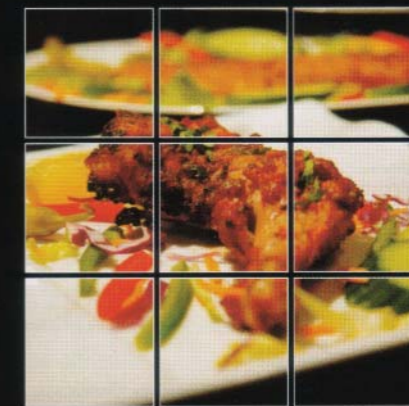
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east east

the home of punjabi cooking

Halal



Menu

