



AWARD WINNING FROZEN INDIAN MEALS

- 🚚 Free Home Delivery on orders – Locally £25 / Nationwide £45
- ➡️ Click and Collect – Same day, Grab & Go!

All our meals are prepared by hand at Ninu's Kitchen

Once cooked, our meals are freshly frozen to lock in flavour and nutrients, then stored in our display freezer.

Our food is much cheaper than a local takeaway or curry house.

EVERY DISH ARRIVES NEATLY PACKAGED WITH QUICK, FUSS-FREE HEATING INSTRUCTIONS.



OPEN 7 DAYS A WEEK 12PM-9PM

Open Bank Holidays as usual

Telephone Orders Welcome

☎️ 0118 942 0300

📍 743 OXFORD ROAD, READING RG30 1JA

NATIONWIDE DELIVERY

ORDER ONLINE

www.heatandeat.uk

SCAN ME TO ORDER



COMBO MEALS FOR ONE

- | | |
|---|-------|
| 88. Chicken Jalfrezi with Pilau Rice 🌶️ | £8.95 |
| 89. Butter Chicken with Pilau Rice 🌶️ | £8.95 |
| 90. Chicken Tikka Masala with Pilau Rice 🌶️ | £8.95 |
| 91. Chicken Korma with Pilau Rice 🌶️ | £8.95 |
| 92. Chicken Curry with Pilau Rice 🌶️ | £7.95 |
| 93. Lamb Curry with Pilau Rice 🌶️ | £7.95 |
| 94. Vegetable Curry with Pilau Rice 🌶️ | £6.95 |

HEAT GUIDE: Mild 🌶️ Medium 🌶️ Moderate 🌶️ Hot 🌶️ Very Hot 🌶️



From my kitchen to your plate, every dish is crafted with love and expertise. At **Ninu's Kitchen**, we believe in the art of hand-cooking our award-winning meals, ensuring every flavour is perfected before being freshly blast-frozen and delivered.

At Heat & Eat, we are passionate about great food. We bring you the exquisite taste of Asia, perfected through years of experience – made using the freshest authentic ingredients.

Balancing the perfect blend of spices with traditional and creative techniques. We serve you the very best Indian cuisine.

Our highly skilled chefs will create for you the most mouth-watering tastes. Enjoy your meal.

With our fresh blast frozen food, the heat home philosophy, which we believe is more nutritious, gives the customer a fresher taste and greater convenience around busy lives

FOOD ALLERGIES AND INTOLERANCES:

Some of our dishes contain ingredients that may cause some people allergic reactions. If you suffer from any allergies, please let our staff know before you place your order.

HEAT GUIDE: Mild 🟢 Medium 🟡 Moderate 🔴 Hot 🔴 Very Hot 🔴

🌱 VEGAN

STARTERS

1. **Chicken or Lamb Tikka** 🟡 **£3.95**
Boneless chicken or lamb marinated and grilled on charcoal. Contains - Dairy, Peanut, Mustard, Nuts
2. **Tandoori Chicken (On the Bone)** 🟡 **£3.95**
1/4 piece of chicken marinated and grilled on charcoal. Contains - Dairy, Peanut, Mustard, Nuts
3. **Sheek Kebab** 🟡 **£3.95**
Minced lamb prepared with spices and grilled on charcoal. Contains - Egg, Gluten
4. **Tikka Platter** 🟡 **£4.95**
An assortment of chicken and lamb tikka. Contains - Dairy, Peanut, Mustard, Nuts
5. **Onion Bhaji** 🌱🟡 **£3.50**
India's favourite snack of smack finely chopped onions mixed in selected spices. Deep fried Contains Gluten, Mustard, Soya
6. **Lamb Samosa** 🟡 **£3.50**
Contains - Gluten Soya
7. **Vegetable Samosa** 🌱🟡 **£3.50**
Contains - Gluten, Soya
8. **Chicken Pakora** 🟡 **£4.95**
Strips of chicken, deep fried in gram flour batter. Contains Gluten, Mustard, Soya

TANDOORI BBQ DISHES

Dishes marinated in yoghurt, herbs and spices for 24hrs and barbecued over a charcoal grill, served with salad

9. **Chicken or Lamb Tikka** 🟡 **£6.50**
Contains - Dairy, Peanut, Mustard, Nuts
10. **Tandoori Chicken (1/2 On the Bone)** 🟡 **£6.50**
Contains - Dairy, Peanut, Mustard, Nuts
11. **Sheek Kebab** 🟡 **£6.50**
Minced lamb, prepared with spices and grilled on charcoal. Contains - Egg, Gluten
12. **Chicken or Lamb Shaslick** 🟡 **£7.95**
Barbecued with green peppers, tomato and onions, served with salad. Contains - Dairy, Peanut, Mustard, Nuts
13. **King Prawn Shaslick** 🟡 **£11.95**
Barbecued with fresh tomatoes, onion & green peppers. Contains - Dairy, Peanut, Mustard, Nuts, Crustacean
14. **Tandoori Mixed Grill** 🟡 **£9.95**
A selection of chicken tikka, lamb tikka, tandoori chicken and sheek kebab with naan. Contains - Egg, Dairy, Mustard, Peanut, Nuts

BIRYANI DISHES

All biryani dishes are cooked with various spices, dressed With slices of cucumber and tomato and served with Vegetable curry

15. **Chicken or Lamb Biryani** 🟡 **£7.95**
16. **Chicken or Lamb Tikka Biryani** 🟡 **£8.95**
Contains - Dairy, Peanut, Mustard, Nuts
17. **Prawn Biryani** 🟡 **£8.95**
Contains - Crustacean
18. **King Prawn Biryani** 🟡 **£10.95**
Contains - Crustacean
19. **Vegetable Biryani** 🌱🟡 **£6.95**

SEAFOOD DISHES

Contains - Crustacean, Mustard

20. **Prawn Curry (Medium)** 🔴 **£6.50**
21. **King Prawn Curry (Medium)** 🔴 **£9.50**
22. **Prawn Madras (Fairly hot)** 🔴 **£6.95**
23. **King Prawn Madras (Fairly hot)** 🔴 **£9.50**
24. **Prawn Vindaloo (Very hot)** 🔴 **£6.95**
25. **King Prawn Vindaloo (Very hot)** 🔴 **£9.50**
26. **Prawn Bhuna (With thick sauce)** 🔴 **£6.95**
27. **King Prawn Bhuna (With thick sauce)** 🔴 **£9.50**
28. **Sag Prawn** 🔴 **£6.95**
Prawns cooked with spinach, green herbs and spices

HOUSE SPECIALS

29. **Chicken or Lamb Tikka Masala** 🟡 **£7.50**
Boneless chicken or lamb marinated and grilled, cooked with cream and Masala sauce. Contains - Dairy, Peanut, Mustard, Nuts
30. **Chicken or Lamb Passanda** 🟡 **£7.50**
Very mild, tender lamb or chicken cooked with cream and pasanda sauce. Contains - Dairy Nuts
31. **Chicken or Lamb Jalfrezi** 🔴 **£7.50**
Tender pieces of chicken or lamb grilled then cooked with onions, capsicum, green chilli, ginger and spices. Contains - Dairy, Peanut, Mustard, Nuts
32. **Chicken or Lamb Tikka Karahi** 🔴 **£7.50**
Chicken or lamb marinated, grilled and then cooked in a thick sauce. Contains - Dairy, Peanut, Mustard, Nuts
33. **Chicken or Lamb Chilli Masala** 🔴 **£7.50**
Tender pieces of chicken or lamb grilled then fried with green chilli and sauce. Contains - Dairy, Peanut Mustard, Nuts
34. **Butter Chicken** 🟡 **£7.50**
Chicken prepared in a very mild or rich creamy sauce with butter. Contains - Dairy, Peanut, Mustard, Nuts
35. **Tandoori King Prawn Masala** 🟡 **£10.95**
Marinated and grilled, cooked with cream and Masala sauce. Contains - Dairy Peanut, Mustard, Nuts, Crustacean
36. **Tandoori King Prawn Jalfrezi** 🔴 **£10.95**
King prawn cooked with green chilli onion, capsicum and spices. Contains - Dairy, Crustacean

CHICKEN DISHES

37. **Chicken Curry (Medium)** 🔴 **£6.50**
38. **Chicken Madras (Fairly hot)** 🔴 **£6.50**
39. **Chicken Vindaloo (Very hot)** 🔴 **£6.50**
40. **Chicken Bhuna** 🔴 **£6.50**
Cooked with spices in thick sauce
41. **Chicken Dopiazza** 🔴 **£6.50**
Cooked with onions & peppers
42. **Chicken Rogan** 🔴 **£6.50**
Cooked with tomato & peppers
43. **Chicken Dansak** 🔴 **£6.50**
Slightly hot, sweet & sour with lentils & indian herbs
44. **Chicken Korma (Very mild)** 🟡 **£6.95**
Cooked with coconut & fresh cream. Contains - Dairy

LAMB DISHES

45. **Lamb Curry (Medium)** 🔴 **£6.50**
46. **Lamb Madras (Fairly hot)** 🔴 **£6.50**
47. **Lamb Vindaloo (Very hot)** 🔴 **£6.50**
48. **Lamb Korma (Very mild)** 🟡 **£6.95**
Cooked with coconut & fresh cream. Contains - Dairy, Nuts
49. **Lamb Bhuna** 🔴 **£6.50**
Cooked with spices in thick sauce
50. **Lamb Dopiazza** 🔴 **£6.50**
Cooked with onions & peppers
51. **Lamb Rogan (Medium with tomato)** 🔴 **£6.50**
52. **Lamb Dansak** 🔴 **£6.50**
Slightly hot, sweet & sour with lentils & indian herbs

VEGETARIAN MAIN DISHES

🌱 Vegan options available

53. **Vegetable Curry (Medium)** 🌱🔴 **£5.95**
Contains - Mustard
54. **Vegetable Madras (Fairly hot)** 🌱🔴 **£5.95**
Contains - Mustard
55. **Vegetable Vindaloo (Very hot)** 🌱🔴 **£5.95**
Contains - Mustard
56. **Vegetable Dansak** 🌱🔴 **£5.95**
Contains - Mustard
57. **Vegetable Korma (Very mild)** 🟡 **£5.95**
Contains - Soya, Mustard, Dairy
58. **Mixed Veg Jalfrezi** 🌱🔴 **£5.95**
Contains Mustard
59. **Mixed Veg Tikka Masala (Mild)** 🟡 **£5.95**
Contains - Soya, Peanut, Mustard, Nuts, Dairy



SUNDRIES

🌱 Vegan options available

60. **Steamed Rice** 🌱 **£2.50**
Steamed, fluffy long grain basmati rice
61. **Pilau Rice** 🌱 **£2.60**
Aromatic flavoured spiced basmati rice
62. **Special Fried Rice** 🔴 **£3.95**
Rice fried with egg, peas and spices. Contains - Egg
63. **Mushroom Fried Rice** 🌱🔴 **£3.95**
Rice fried with mushrooms, onions and delicate spices
64. **Keema Rice** 🔴 **£4.95**
Rice fried with spices and minced meat
65. **Vegetable Rice** 🌱 **£3.95**
Rice fried with vegetables and spice
66. **Naan (Unleavened bread)** **£2.25**
Contains - Soya, Gluten, Dairy
67. **Keema Naan** 🟡 **£2.95**
(Stuffed with minced meat)
Contains - Soya, Gluten, Dairy
68. **Peshwari Naan** **£2.95**
Stuffed sultanas and coconut.
Contains - Soya, Gluten, Dairy
69. **Kulcha Naan** 🟡 **£2.95**
Stuffed with onion, coriander, & vegetables.
Contains Soya, Gluten, Dairy
70. **Garlic Naan** **£2.95**
Baked in clay oven, stuffed with fresh garlic.
Contains - Soya, Gluten, Dairy
71. **Paratha (Vegetable ghee bread)** 🌱 **£2.10**
Contains - Gluten
72. **Stuffed Paratha** 🌱🟡 **£2.95**
Stuffed with vegetables. Contains - Gluten
73. **Plain Papadum** 🌱 **£0.60**
Wafer thin bread roast crisply
74. **Chutney / Pickles** (Each) **£0.60**
Mango chutney 🌱, mint sauce - contains dairy
Onion salad 🌱, mixed pickle - contains mustard

VEGETABLE SIDE DISHES

🌱 Vegan options available

75. **Vegetable Curry** 🌱🔴 **£3.95**
Contains - Mustard
76. **Vegetable Bhaji (Dry)** 🌱🔴 **£3.95**
77. **Bombay Aloo** 🌱🔴 **£3.95**
Potato with spices Contains - Mustard
78. **Sag Aloo (Spinach with potato)** 🌱🔴 **£3.95**
Contains - Mustard
79. **Sag Bhaji (Spinach)** 🌱🔴 **£3.95**
Contains - Mustard
80. **Chana Bhaji (Chickpeas)** 🌱🔴 **£3.95**
Contains - Mustard
81. **Tarka Dall (Lentils with garlic)** 🌱🔴 **£3.95**
82. **Mushroom Bhaji** 🌱🔴 **£3.95**
Contains - Mustard
83. **Cauliflower Bhaji** 🌱🔴 **£3.95**
Contains - Mustard
84. **Bhindi Bhaji (Okra)** 🌱🔴 **£3.95**
Contains - Mustard
85. **Brinjal Bhaji (Aubergine)** 🌱🔴 **£3.95**
Contains - Mustard
86. **Aloo Gobi (Cauliflower with potato)** 🌱🔴 **£3.95**
Contains - Mustard
87. **Sag Paneer (Spinach with cheese)** 🌱🔴 **£3.95**
Contains - Mustard, Soya, Dairy