

NOW OPEN



FRESHLY BLAST CHILLED

# GRAB & GO

Asian Cuisine

READY MADE DISHES



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WE SERVE  
RESTAURANT QUALITY  
FOOD AT YOUR HOME

FRESHLY BLAST CHILLED  
GRAB & GO  
READY MADE DISHES

ONCE YOUR FOOD IS DELIVERED OR COLLECTED, EACH ITEM IS PACKAGED INDIVIDUALLY AND HAS HEATING INSTRUCTIONS WHICH ARE SIMPLE TO FOLLOW



EVERY ORDER COMES  
WITH 2 PAPADAMS  
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OPEN 6 DAYS A WEEK 12PM-11PM

Open Bank Holiday As Usual – Closed On Tuesday's



## COMBO MEALS FOR ONE

- |  |       |
|--|-------|
| 88. Chicken Jalfrezi with Pilau Rice <sup>13</sup>     | £8.95 |
| 89. Butter Chicken with Pilau Rice <sup>10</sup>       | £8.95 |
| 90. Chicken Tikka Masala with Pilau Rice <sup>10</sup> | £8.95 |
| 91. Chicken Korma with Pilau Rice <sup>10</sup>        | £8.95 |
| 92. Chicken Curry with Pilau Rice <sup>12</sup>        | £7.95 |
| 93. Lamb Curry with Pilau Rice <sup>12</sup>           | £7.95 |
| 94. Vegetable Curry with Pilau Rice <sup>10 12</sup>   | £6.95 |



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.

HEAT GUIDE: Mild <sup>10</sup> Medium <sup>11</sup> Moderate <sup>12</sup> Hot <sup>13</sup> Very Hot <sup>14</sup>

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 ⑩ Medium ⑪ Moderate ⑫ Hot ⑬ Very Hot ⑭

🌱 VEGAN

## STARTERS

- Chicken or Lamb Tikka** ⑪ £3.95  
Boneless chicken or lamb marinated and grilled on charcoal. Contains - Dairy, Peanut, Mustard, Nuts
- Tandoori Chicken (On the Bone)** ⑪ £3.95  
1/4 piece of chicken marinated and grilled on charcoal. Contains - Dairy, Peanut, Mustard, Nuts
- Sheek Kebab** ⑪ £3.95  
Minced lamb prepared with spices and grilled on charcoal. Contains - Egg, Gluten
- Tikka Platter** ⑪ £4.95  
An assortment of chicken and lamb tikka. Contains - Dairy, Peanut, Mustard, Nuts
- Onion Bhaji** 🌱 ⑪ £3.50  
India's favourite snack of smack finely chopped onions mixed in selected spices. Deep fried. Contains Gluten, Mustard, Soya
- Lamb Samosa** ⑪ £3.50  
Contains - Gluten Soya
- Vegetable Samosa** 🌱 ⑪ £3.50  
Contains - Gluten, Soya
- Chicken Pakora** ⑪ £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

- Chicken or Lamb Tikka** ⑪ £6.50  
Contains - Dairy, Peanut, Mustard, Nuts
- Tandoori Chicken (1/2 On the Bone)** ⑪ £6.50  
Contains - Dairy, Peanut, Mustard, Nuts
- Sheek Kebab** ⑪ £6.50  
Minced lamb, prepared with spices and grilled on charcoal. Contains - Egg, Gluten
- Chicken or Lamb Shaslick** ⑪ £7.95  
Barbecued with green peppers, tomato and onions, served with salad. Contains - Dairy, Peanut, Mustard, Nuts
- King Prawn Shaslick** ⑪ £11.95  
Barbecued with fresh tomatoes, onion & green peppers. Contains - Dairy, Peanut, Mustard, Nuts, Crustacean
- Tandoori Mixed Grill** ⑪ £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

- Chicken or Lamb Biryani** ⑪ £7.95
- Chicken or Lamb Tikka Biryani** ⑪ £8.95  
Contains - Dairy, Peanut, Mustard, Nuts
- Prawn Biryani** ⑪ £8.95  
Contains - Crustacean
- King Prawn Biryani** ⑪ £10.95  
Contains - Crustacean
- Vegetable Biryani** 🌱 ⑪ £6.95

## SEAFOOD DISHES

Contains - Crustacean, Mustard

- Prawn Curry (Medium)** ⑫ £6.50
- King Prawn Curry (Medium)** ⑫ £9.50
- Prawn Madras (Fairly hot)** ⑬ £6.95
- King Prawn Madras (Fairly hot)** ⑬ £9.50
- Prawn Vindaloo (Very hot)** ⑭ £6.95
- King Prawn Vindaloo (Very hot)** ⑭ £9.50
- Prawn Bhuna (With thick sauce)** ⑫ £6.95
- King Prawn Bhuna (With thick sauce)** ⑫ £9.50
- Sag Prawn** ⑫ £6.95  
Prawns cooked with spinach, green herbs and spices

## HOUSE SPECIALS

- Chicken or Lamb Tikka Masala** ⑩ £7.50  
Boneless chicken or lamb marinated and grilled, cooked with cream and Masala sauce. Contains - Dairy, Peanut, Mustard, Nuts
- Chicken or Lamb Passanda** ⑩ £7.50  
Very mild, tender lamb or chicken cooked with cream and pasanda sauce. Contains - Dairy Nuts
- Chicken or Lamb Jalfrezi** ⑬ £7.50  
Tender pieces of chicken or lamb grilled then cooked with onions, capsicum, green chilli, ginger and spices. Contains - Dairy, Peanut, Mustard, Nuts
- Chicken or Lamb Tikka Karahi** ⑫ £7.50  
Chicken or lamb marinated, grilled and then cooked in a thick sauce. Contains - Dairy, Peanut, Mustard, Nuts
- Chicken or Lamb Chilli Masala** ⑬ £7.50  
Tender pieces of chicken or lamb grilled then fried with green chilli and sauce. Contains - Dairy, Peanut Mustard, Nuts
- Butter Chicken** ⑩ £7.50  
Chicken prepared in a very mild or rich creamy sauce with butter. Contains - Dairy, Peanut, Mustard, Nuts
- Tandoori King Prawn Masala** ⑩ £10.95  
Marinated and grilled, cooked with cream and Masala sauce. Contains - Dairy Peanut, Mustard, Nuts, Crustacean
- Tandoori King Prawn Jalfrezi** ⑬ £10.95  
King prawn cooked with green chilli onion, capsicum and spices. Contains - Dairy, Crustacean

## CHICKEN DISHES

- Chicken Curry (Medium)** ⑫ £6.50
- Chicken Madras (Fairly hot)** ⑬ £6.50
- Chicken Vindaloo (Very hot)** ⑭ £6.50
- Chicken Bhuna** ⑫ £6.50  
Cooked with spices in thick sauce
- Chicken Dopiazza** ⑫ £6.50  
Cooked with onions & peppers
- Chicken Rogan** ⑫ £6.50  
Cooked with tomato & peppers
- Chicken Dansak** ⑫ £6.50  
Slightly hot, sweet & sour with lentils & indian herbs
- Chicken Korma (Very mild)** ⑩ £6.95  
Cooked with coconut & fresh cream. Contains - Dairy

## LAMB DISHES

- Lamb Curry (Medium)** ⑫ £6.50
- Lamb Madras (Fairly hot)** ⑬ £6.50
- Lamb Vindaloo (Very hot)** ⑭ £6.50
- Lamb Korma (Very mild)** ⑩ £6.95  
Cooked with coconut & fresh cream. Contains - Dairy, Nuts
- Lamb Bhuna** ⑫ £6.50  
Cooked with spices in thick sauce
- Lamb Dopiazza** ⑫ £6.50  
Cooked with onions & peppers
- Lamb Rogan (Medium with tomato)** ⑫ £6.50
- Lamb Dansak** ⑬ £6.50  
Slightly hot, sweet & sour with lentils & indian herbs

## VEGETARIAN MAIN DISHES

🌱 Vegan options available

- Vegetable Curry (Medium)** 🌱 ⑫ £5.95  
Contains - Mustard
- Vegetable Madras (Fairly hot)** 🌱 ⑬ £5.95  
Contains - Mustard
- Vegetable Vindaloo (Very hot)** 🌱 ⑭ £5.95  
Contains - Mustard
- Vegetable Dansak** 🌱 ⑫ £5.95  
Contains - Mustard
- Vegetable Korma (Very mild)** ⑩ £5.95  
Contains - Soya, Mustard, Dairy
- Mixed Veg Jalfrezi** 🌱 ⑬ £5.95  
Contains Mustard
- Mixed Veg Tikka Masala (Mild)** ⑩ £5.95  
Contains - Soya, Peanut, Mustard, Nuts, Dairy



## SUNDRIES

🌱 Vegan options available

- Steamed Rice** 🌱 £2.50  
Steamed, fluffy long grain basmati rice
- Pilau Rice** 🌱 £2.60  
Aromatic flavoured spiced basmati rice
- Special Fried Rice** ⑫ £3.95  
Rice fried with egg, peas and spices. Contains - Egg
- Mushroom Fried Rice** 🌱 ⑫ £3.95  
Rice fried with mushrooms, onions and delicate spices
- Keema Rice** ⑫ £4.95  
Rice fried with spices and minced meat
- Vegetable Rice** 🌱 £3.95  
Rice fried with vegetables and spice
- Naan (Unleavened bread)** £2.25  
Contains - Soya, Gluten, Dairy
- Keema Naan** ⑪ £2.95  
(Stuffed with minced meat)  
Contains - Soya, Gluten, Dairy
- Peshwari Naan** £2.95  
Stuffed sultanas and coconut.  
Contains - Soya, Gluten, Dairy
- Kulcha Naan** ⑪ £2.95  
Stuffed with onion, coriander, & vegetables.  
Contains Soya, Gluten, Dairy
- Garlic Naan** £2.95  
Baked in clay oven, stuffed with fresh garlic.  
Contains - Soya, Gluten, Dairy
- Paratha (Vegetable ghee bread)** 🌱 £2.10  
Contains - Gluten
- Stuffed Paratha** 🌱 ⑪ £2.95  
Stuffed with vegetables. Contains - Gluten
- Plain Papadum** 🌱 £0.60  
Wafer thin bread roast crisply
- Chutney / Pickles** (Each) £0.60  
Mango chutney 🌱, mint sauce - contains dairy  
Onion salad 🌱, mixed pickle - contains mustard

## VEGETABLE SIDE DISHES

🌱 Vegan options available

- Vegetable Curry** 🌱 ⑫ £3.95  
Contains - Mustard
- Vegetable Bhaji (Dry)** 🌱 ⑫ £3.95
- Bombay Aloo** 🌱 ⑫ £3.95  
Potato with spices Contains - Mustard
- Sag Aloo (Spinach with potato)** 🌱 ⑫ £3.95  
Contains - Mustard
- Sag Bhaji (Spinach)** 🌱 ⑫ £3.95  
Contains - Mustard
- Chana Bhaji (Chickpeas)** 🌱 ⑫ £3.95  
Contains - Mustard
- Tarka Dall (Lentils with garlic)** 🌱 ⑫ £3.95
- Mushroom Bhaji** 🌱 ⑫ £3.95  
Contains - Mustard
- Cauliflower Bhaji** 🌱 ⑫ £3.95  
Contains - Mustard
- Bhindi Bhaji (Okra)** 🌱 ⑫ £3.95  
Contains - Mustard
- Brinjal Bhaji (Aubergine)** 🌱 ⑫ £3.95  
Contains - Mustard
- Aloo Gobi (Cauliflower with potato)** 🌱 ⑫ £3.95  
Contains - Mustard
- Sag Paneer (Spinach with cheese)** ⑫ £3.95  
Contains - Mustard, Soya, Dairy