

# *GULAB*

*Eating Well Menu*



# Looking for a healthier option?

Here are a few we recommend from our menu

## Starters

- Garlic Mushrooms
- Prawn Cocktail
- Daal Soup (Curried Lentils)
- Masala Salad (Salad mixed with herbs)
- Chicken Tikka Wrap

## Tandoori Preparation Main Courses

Marinated in Indian spices and cooked in our Tandoori Oven! Really healthy option and provides a good sources of protein which is essential for muscle growth and repair. (Served with Pilau Rice, Salad and Sauce)

- Chicken Tikka
- Garlic Chicken Tikka
- Tandoori Chicken Legs
- Lamb Tikka
- Chicken Kebab Turkish
- Tandoori Mix Grill
- King Prawn Tikka
- Shish Kebab Turkish
- Steak Shashlik

Recommended with Plain Yoghurt or Daal Sauce (Indian Lentil Curry) for a healthier option!

## Tandoori Starters

Tandoori grilling is the best form of cooking where minimal or no oil is used and the intense cooking heat of the tandoori oven cooks the food at temperatures over 180°C, sealing in all the nutrients.

- King Prawn Starter
- Chicken Chatt
- Tandoori Mix Starter
- Gulab Special Mix
- Tandoori Ribs
- Seek Kebab
- Chicken Kebab
- Chicken Tikka Starter
- Lamb Tikka Starter



## Biryani

Rice based dish mixed with vegetables or your choice of meat! All of our Biryani options are healthy we recommend them with Daal sauce! (Our rice is freshly steam prepared everyday)

### Chicken Tikka

Per 100g serving  
Calories 155kcal  
Carbohydrates 3.2g

Protein 28g  
Fat 4g  
Fibre 1.9g

### Chicken Biryani

Per 100g serving  
Calories 180kcal  
Carbohydrates 48g

Protein 19g  
Fat 17g  
Fibre 3g

## Western Options (served with salad)

- Various Omelettes
- Sirloin Steak
- Chicken Tikka Salad
- Prawn Salad
- Various Salads (Freshly Prepared how you would like)
- Chicken in White Wine Sauce (boiled chicken breast slowly cooked in white wine sauce)
- Grilled Chicken Breast (pan grilled chicken breast with pepper marinade)

## Chappati

Swap the Nan for a couple Chapatti's! A much lighter and healthier option!

### Chapatti

Per 38g Serving  
Calories 72kcal  
Carbohydrates 20g

Protein 4g  
Fat 27g  
Fibre 3g



## Curry's

- Dhansac (Smooth lentil curry dish prepared with herbs and spices)
- Tarka Daal (Lentil dish topped with onions and tomatoes)
- Bombay Potatoes (Prepared with eggs & potato)
- Aloo Sagg (Potatoe & Spinach)
- Sagg (Spinach with herbs & spices)
- Lamb Mint Yoghurt (Cooked with fresh mint and yogurt)

Can be prepared with a option of Chicken, Chicken Tikka, Lamb, Lamb Tikka, Prawn, King Prawn or Vegetable!

Our Curry Sauce is based on boiled Onions freshly prepared each day with traditional Indian herbs and spices!

Some of our traditional meals listed below can be cooked in a slightly healthier method by using olive oil!

- Curry (Traditional Indian curry)
- Karahi (Pan fried with tomatoes and onions)
- Nawabi (Cooked with onions, mushrooms and tomatoes)
- Lahori (Cooked with chic peas)
- Nintara (Cooked with prawns and mushrooms)

Can be prepared with a option of Chicken, Chicken Tikka, Lamb, Lamb Tikka, Prawn, King Prawn or Vegetable

(Ask to be cooked in healthy option)

### Sagg

Per 100g serving  
Calories 194kcal  
Carbohydrates 19g

Protein 10g  
Fibre 5g  
Fat 7g

### Bombay Potatoes

Per 100g Serving  
Calories 101kcal  
Carbohydrates 11.8g

Protein 1.8g  
Fat 5.2g  
Fibre 1.7g

### Dall

Per 100g serving  
Calories 196kcal  
Carbohydrates 31.3g

Protein 11.7g  
Fat 2.5g  
Fibre 8.2g

### Typical Curry

Per 100g serving  
Calories 132kcal  
Carbohydrates 4.5g

Protein 11.4g  
Fat 7.6g  
Fibre 0.5g

## Accompaniments

### Boiled or Pilau Rice (Steam Prepared)

#### Per 50g serving

- Spiced Onions (Prepared with onions & spices) 21kcal
- Pakora Sauce (Prepared with fruit, mango chutney & herbs/spices) 63kcal
- Mint Sauce (Yoghurt with fresh mint) 32kcal

## Special, Mushroom, Channa, Egg or Punjabi

### Pilau Rice (Steam prepared)

- Mango Chutney 150kcal
- Mixed Pickle 135kcal
- Lime Pickle 135kcal
- Yoghurt 47kcal
- Raitha Yoghurt (Prepared with onions, cucumber & tomatoes) 72kcal



# GULAB

**A special occasion ? Or any occasion ... Come and enjoy our entire extravagant restaurant, exclusively yours to hire.**

**The best part? It's all free... Simply contact Gulab Tandoori for more information**  
(Stanecastle Or Bank Street)

**Special Discounts for large Bookings**  
**Kids eat Free Every Tuesday**

**Unlimited Buffet 7 Days**  
**A choice from..**

**7 Main Currys**

**6 Starters**

**5 Accompaniments**

**Traditional Sauces, Salads & Popadoms**

**Desserts**

**Chocolate Fountain & Ice cream Factory**

(Wide selection from Kinder Beuno, Sottish Tablet, Coconut, Jaffa Cake and more)

**Desert Fridge**

(filled with Chocolate Cakes, Profiteroles, Fruit, Gulab Jamin and more)

**We cater for weddings, funerals , parties,  
outside catering and more.**

**PRIVATE BAR HIRE AVAILABLE**

**2A Stanecastle Road, Stanecastle  
Roundabout, Girdle Toll, Irvine**

**01294 212222 01294 215657**

