

OUR CLAY OVEN

we hire expertly trained hands to cook in our clay oven, because nothing can imitate the taste of it! meat, fish and veg that is juicy, healthy & full of flavour comes to you with a small bowl of tarka daal. you just need to decide whether to pimp it up with rice, naan or our legendary tama chips!

*go for gold with a peshwari naan or chilli cheese naan for +1.00!

first-class lamb chops 14.95

in india the phrase 'first-class' is used to describe anything that is excellent, and these tender lamb chops are definitely that! marinated overnight with ginger, garlic and freshly ground cloves, they take a little longer to perfect than some of our other dishes, so bear with us!

tamatanga salmon 15.95

one of our personal faves, this one... salmon fillet perfectly cooked with a light and fresh blend of tamatanga's spices and served with our very own tamatanga chutney

tandoori chick-chicken 13.95

not one, but two chicken breasts marinated & roasted in the clay oven, with our mint & coriander chutney. pow to the protein in this!

THE TAMA FEAST

16.95

two first-class lamb chops, one tandoori chicken breast, one piece of tamatanga salmon and one tandoori king prawn. beat the feast and beat your chest!

veggie heaven 14.95

two paneer shashlik kebabs, one mushroom shashlik kebab and two pieces of achari broccoli make heaven a place on earth for anyone who loves their veg

SALAD BOWLS

our salads are boosted with healthful ingredients so they are hearty, filling and packed with protein. we use mixed lush greens (no iceberg in sight), drizzle with a tamarind vinaigrette and top with a lovely crisp herb naan for you to munch on

luscious lamb 11.95

lamb tikka pieces, roasted tandoori butternut squash and spiced chickpeas topped with pine nuts make this an all round favourite!

chicken quinoa 11.75

chicken tikka pieces with spiced chickpeas and quinoa, topped with roasted walnuts to create a satisfying and hearty salad

avocado, chickpea & paneer 11.45

paneer is oh-so-nice, and so versatile... this winning combination of paneer tikka pieces, spiced chickpeas and avocado on lush greens will have your mouth watering

IT'S A WRAP

whether you call them kathi rolls or wraps, the idea is the same. we take a soft flour flatbread, fill it with warming and delicious flavours, serve it with our legendary tama chips and a mint & coriander chutney and wow you with it.

chicken 11.95

lamb 12.45

paneer 11.45

BIRYANI BOWLS

we slow cook our rice with whole spices, onions and mint leaf to create a richly flavoured and aromatic base for our biryanis, which makes them taste real good! they come with a bowl of raita.

chicken 11.95

lamb 12.95

veggie 11.45

CHAAT PLEASE!

chaat is so much more than just a savoury snack. it's almost a way of life; a common item found throughout india everywhere from roadside food carts to the back of grocery stores. chaat is a little bit of everything that makes something devastatingly more-ish: sweet, sour, crispy, crunchy, tangy & tasty!

chaat bombs 5.95

crisp bread puffs exploding with chickpeas, sprouts, sweetened yoghurt, tamarind & coriander and lit with home made vermicelli

papdi chaat 5.95

tamatanga's long-time darling. chickpeas, whole wheat crisp, mint chutney & sweetened yoghurt topped with blueberries and tamarind chutney

ragda pattice 5.95

a true bombay street food. crisp potato cakes on masala yellow peas with our home made chutneys

CURRY BOWLS

hearty & wholesome bowls of curry that come on a plate with your choice of rice or naan. tip your curry out, dunk your naan or drown your rice. they taste great whichever way you eat them!

RICE OR NAAN* INCLUDED!

*go for gold with a peshwari naan or chilli cheese naan for +1.00!

chicken 12.95

nee-ma's chicken curry

our mild & creamy version of a chicken korma is always a favourite, evoking a nostalgia for family get togethers and hugs from nanee-ma

CHICKEN KHURANA

we fell in love with this creation by chef khurana and think you will, too. marinated chicken tikka pieces are cooked with sweet potatoes and coconut and flavoured with curry leaves to produce a wonderful mouth party that is hard to get enough of!

chicken tikka masala

stories abound as to the origin of this well-known curry house staple. well, this is our take on the nation's favourite, and it goes down pretty darn well!

garlic chilli chicken hot!

chicken thigh pieces cooked with crushed garlic & green chillies. it's got a good kick, this one

punjabi butter chicken

comfort curry, if there was such a thing. chicken tikka pieces in an earthy, flavoursome and creamy tomato based sauce

homestyle chicken curry

tender thigh meat cooked lovingly just the way grandpa would make it. this is every day indian food at its very best

lamb 13.45

delhi lamb curry

aromatic lamb rogan josh cooked just like they do it on the back streets of delhi; full of soul, heart and deep flavour

railway cabin lamb hot!

a traditional recipe served in the first class railway cabins of india. lamb is cooked on a slow fire with garlic, whole red chillies & curry leaves, resulting in a spicy, rich lamb curry

green lamb curry

also known as palak gosht, succulent and tender pieces of lamb are cooked with vibrant spinach greens and garlic, packing in a good dose of healthy stuff with a lot of flavour

keralan lamb curry

tender lamb chunks infused with hand ground south indian spices, fresh curry leaves and simmered gently in coconut milk. this curry is as exquisitely dreamy as the backwaters of God's own country

seafood 13.95

goan fish curry

a dreamy curry made with chunks of white fish in a coconut sauce flavoured with goan chillies and tamarind. reminiscent of palm trees on goan shores

prawn nilgiri

a fragrant and rich green prawn curry made with fresh coriander, mint and coconut milk, originating from the blue mountains in southern india

veggie side main 6.25 11.95

tarka daal

a staple in every indian household at mealtimes, these yellow lentils are cooked very simply with cumin & garlic

black butter lentils

daal makhani, our way. dreamily thick, creamy and flavoursome black lentils. tarka daal's glamorous big sis - without the sibling rivalry

saag paneer

pieces of paneer are cooked with vibrant spinach greens and garlic resulting in a flavoursome and comforting dish

chickpea curry

chickpeas; the unsung health heroes jam packed with fibre and protein. ours are cooked in a rich onion & tomato sauce

bangin' baigan

aubergine curry made with tomatoes, onions, garlic and cumin & smoking with flavour

five spice aloo

indians love their potatoes almost as much as rice! five whole seed spices create the flavours for this potato dish from the east of india

veggie curry

mixed veggies in a mild and creamy korma type sauce

paneer makhani

the vegetarian wife of punjabi butter chicken; pieces of paneer in an earthy, creamy & flavoursome tomato based sauce

THE LITTLE EXTRAS

naan (plain, garlic or coriander) 3.75

two lovely naans, handmade from scratch and finished to fluffy perfection in our clay oven

chilli cheese naan 4.75

peshwari naan 4.75

tandoori roti 3.75

hand made and beautifully buttered

raita 3.45

a refreshing mix of yoghurt & cucumber

side salad with dressing 2.95

pilau rice 3.75

poppadums & chutneys 3.25

tamatanga chips 4.45

THE THALI

our chefs prepare and choose the veg dishes for your thali, changing them regularly to keep your tastebuds entertained. you then choose any curry from our curry bowls to go on your thali. whether you're a meat lover or prefer to keep things strictly veggie, this is simply a great way to eat indian food...

thali 16.95

you get a veg snack, salad, poppadums & chutney, two veg dishes, daal of the day, rice, naan and any curry of your choice

tamatanga thali 18.95

you get salad, poppadums & chutney, two veg dishes, daal of the day, raita, rice, naan and any TWO curries of your choice

SMALL PLATES

onion bhaji 4.95

we use onion and carrot for our bhajis, which come with a mint & coriander chutney

veggie / lamb samosas 5.25 / 5.75

the humble samosa. a golden triangle of loveliness that has survived centuries and continents. ours come with a tamarind chutney

amritsari fish fry 6.45

spiced coley fish bites with a gurkha roasted tomato & garlic chutney

gunpowder paneer 5.95

we went on a mission, and this is definitely the best we've tasted... spiced paneer and pepper pieces grilled and served with mint & coriander chutney

boti chicken 5.95

boti is a cut of meat; bite sized pieces of chicken thigh marinated with fenugreek, garlic & ginger, roasted in our clay oven

sri lankan roll 6.25

tender pulled lamb flavoured with fragrant curry leaves, ginger & caramelised onions in a crispy filo roll, with tamatanga chutney

bang bang chicken 5.95

crispy keralan fried chicken marinated with curry leaves, ginger & garlic and served with a more-ish lightly spiced tama mayo

prawn tempura 6.95

the juiciest prawns are marinated in tamatanga spices and batter fried, with our tamatanga chutney

lamb tikka 6.75

these tender chunks of lamb, marinated with black pepper, turmeric and spices, will literally melt in your mouth. they come with a mint & coriander chutney

we must tell you that our food is prepared in a kitchen where

ALLERGENIC INGREDIENTS MAY BE PRESENT

so we can't guarantee that anything is 100% free of these things at all times

please ask to see our allergy guide if you need any more information

a discretionary service charge of 10% is added to groups of 6 or more

turn over the page for our vegan and gluten-free menus!

your food comes out as and when it's ready, so just dig in and enjoy it as it arrives!

VEGAN

CURRY BOWLS

hearty & wholesome bowls of curry that come on a plate with your choice of rice or naan. tip your curry out, dunk your naan or drown your rice. they taste great whichever way you eat them!

VEGAN NAAN, RICE OR TANDOORI ROTI INCLUDED

	<i>side</i>	<i>main</i>
tarka daal	6.25	11.95

a staple in every indian household at mealtimes, these yellow lentils are cooked very simply with cumin & garlic

saag aloo

potatoes are cooked with vibrant spinach greens and garlic resulting in a flavoursome and comforting dish

chickpea curry

chickpeas; the unsung health heroes jam packed with fibre and protein. ours are cooked in a rich onion & tomato sauce

bangin' baigan

aubergine curry made with tomatoes, onions, garlic and cumin & smoking with flavour

five spice aloo

indians love their potatoes almost as much as rice! five whole seed spices create the flavours for this potato dish from the east of india

THE THALI

our chefs prepare and choose vegan dishes for your thali, changing them regularly to keep your tastebuds entertained. you then choose any curry from the options above to go on your thali. this is simply a great way to eat indian food..

thali	16.95	tamatanga thali	18.95
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you get a veg snack, salad, poppadums & chutney, two veg dishes, daal, rice and tandoori roti or vegan naan, plus any curry of your choice

you get salad, poppadums & chutney, two veg dishes, daal, rice and tandoori roti or vegan naan, plus any two curries of your choice

CHAAT PLEASE!

chaat is so much more than just a savoury snack. it's almost a way of life; a common item found throughout india everywhere from roadside food carts to the back of grocery stores. chaat is a little bit of everything that makes something devastatingly more-ish: sweet, sour, crispy, crunchy, tangy & tasty!

ragda pattice	5.95
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a true bombay street food. crisp potato cakes on masala yellow peas with our home made chutneys

BIRYANI BOWLS

we slow cook our rice with whole spices, onions and mint leaf to create a richly flavoured and aromatic base for our biryanis, which makes them taste real good! they come with salad and a bowl of masala sauce.

veggie	11.45
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THE LITTLE EXTRAS

tandoori roti	3.75
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side salad with dressing	2.95
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pilau rice	3.75
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poppadums & chutneys	3.25
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tamatanga chips	4.45
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plain naan	3.75
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DESSERTS

mellow mango sorbet	4.45
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really raspberry sorbet	4.45
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GLUTEN FREE

CURRY BOWLS

WITH RICE!

chicken	12.95
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nee-ma's chicken curry
chicken khurana
chicken tikka masala
garlic chilli chicken **hot!**
homestyle chicken curry

seafood	13.95
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goan fish curry
prawn nilgiri

lamb	13.45
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delhi lamb curry
railway cabin lamb **hot!**
green lamb curry
keralan lamb curry

veggie	<i>side</i>	<i>main</i>
	6.25	11.95

tarka daal
black butter lentils
saag paneer
chickpea curry
bangin' baigan
five spice aloo
veggie curry

SALAD BOWLS

(MINUS THE CRISP HERB NAAN)

luscious lamb	11.95
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chicken quinoa	11.75
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avocado, chickpea & paneer	11.45
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THE THALI

WITH RICE ONLY

thali or tamatanga thali	16.95 / 18.95
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CLAY OVEN

WITH RICE ONLY

first-class lamb chops	14.95
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tamatanga salmon	15.95
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tandoori chick-chicken	13.95
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the tama feast	16.95
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veggie heaven	14.95
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BIRYANI BOWLS

chicken	11.95
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lamb	12.95
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veggie	11.45
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LITTLE EXTRAS

side salad with dressing	2.95
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raita a refreshing mix of yoghurt & cucumber	3.45
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pilau rice	3.75
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DESSERTS

mellow mango sorbet	4.45
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really raspberry sorbet	4.45
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vanilla ice cream	4.25
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strawberry ice cream	4.25
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