



Our menu is all about how Indians eat at home and on their streets. full of fresh bright intense flavour. MaryGold is not about the intimate, hushed dining experience. It is about the smash and grab zing of healthy, light, virtuosic herbs and spices.

Vegetarian Starters

Popadom	£1.10
Onion Bhaji Crispy onions deep fried in a coating of gram flour batter. Mildly spiced.	£4.45
Vegetable Somosa A favourite of the Indian connoisseur. Deep-fried savoury triangular pastry with vegetable filling.	£4.45
Vegetable Pepper Fresh bell pepper stuffed with assorted vegetables cooked in a medium sauce	£4.95
Vegetable Chat Vegetables cooked and garnished with natural herbs and spices and served on a shallow-fried chapatti.	£4.95
Paneer Tikka Indian cheese slightly spiced with herbs and spices, roasted in a clay oven.	£5.25

Seafood Starters

Prawn on Puri Spiced prawns stir-fried with herbs and spices and served on a shallow-fried chapatti.	£5.25
Prawn Cocktail Prawns with salad and seafood sauce.	£4.95
Prawn Pepper Fresh bell pepper stuffed with marinated prawn in a special sauce	£4.95

Street Starters

Meat Somosa A favourite of the Indian connoisseur. Deep-fried savoury triangular pastries with meat filling.	£4.45
Clay Mix Combination of chicken tikka, lamb tikka and sheek kebab.	£5.55
Chicken Chat Diced pieces of chicken cooked and garnished with natural herbs and spices and served on a shallow-fried chapatti.	£4.95
Chicken Tikka Succulent boneless pieces of chicken marinated then barbecued in the clay oven.	£5.45
Lamb Tikka Succulent prime pieces of lamb marinated then barbecued in the clay oven.	£5.45
Chicken Shashlick Succulent cubes of chicken tikka marinated in a delicate blend of herbs and spices. Grilled in a clay oven with chunks of bell peppers, tomatoes and onions.	£5.55
Lamb Shashlick Same as above	£5.55
Reshmi Kebab Delicately spiced minced lamb, pan fried with an omelette on top.	£4.95
Sheek Kebab Succulent mince lamb rolls, blended with special herbs and spices. Barbecued in the clay oven.	£4.95
Chicken Tikka Pakkura Deep fried chicken tiikka coated in gram flour batter.	£4.95
Chicken Pepper Fresh bell pepper stuffed with marinated diced chicken in a special sauce	£4.95
Crispy Chicken Strips of chicken breast dipped in egg & bread crumbs, deep fried for a golden finish.	£4.95
Tandoori Chicken A succulent, on the bone chicken marinated in a tangy yoghurt, barbecued in the clay oven and served with green salad.	£4.95

Veg Kitchen(Mains)

Mrs. Patel's £10.95
Chunky pieces of fresh bell peppers, onions and mix veg, green chillies to give a hot mouth watering taste.

Temple Dhall £10.95
The ultimate Indian home comfort food. Lentils simmered with toasted cumin, mix veg, coriander & lemon

Massala £10.95
Invented by the world famous ‘unknown’ British curry house chef, circa 1980, we present our own exclusive recipe in a smooth masala sauce.

2 Seasons £10.95
Tender cubes of soft paneer cheese simmered with fresh spinach & mix veg.

Disordered Veg £10.95
Mixed vegetables and chana lightly spiced in a bhuna sauce.

A 5000-year-old, rich culinary history, combined with age-old tradition and culture. The great Indian cuisine has travelled all over the world in various forms. Influenced by numerous foreign invasions, every age has produced a reformed and versatile reincarnation of this great cuisine.

House Kitchen (Mains)

Flying Monkey (Chicken Tikka or Lamb Tikka) £12.95
Braised in spices and cooked in a clay oven then garnished in a bhuna sauce with chunks of green bell peppers, onions, and tomatoes. Highly recommended.

Gunpowder (Chicken Tikka or Lamb Tikka) £12.95
Garnished in a hot and spicy naga (Bengali chilli) sauce and then cooked in moist consistency with fresh garlic, bell pepper, tomato paste and spicy onions.
A madras hot dish.

Lemon House Curry £12.95
(Chicken Tikka or Lamb Tikka)
“Sister in-laws special” cooked in a medium spiced sauce, with a hint of garlic and an intense flavour of Bengali lemon (Shathkora).

Angry Bird (Chicken Tikka or Lamb Tikka) £12.95
Back streets of Bombay marinated pieces of your choice of meat cooked delicately with fresh green chillies and fresh garlic. Fascinating flavours. Hot

Honey Mint (Chicken Tikka or Lamb Tikka) £12.95
Infused with honey sweet mango and fresh garden mint, then slowly cooked with baby potatoes in a medium thick sauce.



1000 Indians (Chicken Tikka or Lamb Tikka) £12.95
Cooked with fresh garlic, bell peppers, tomato paste, spicy onions & home style pickles.

Indian Railway (Chicken Tikka or Lamb Tikka) £12.95
Cooked with herbs and spices, garnished with fresh garlic, coriander, ginger, chunks of bell peppers, onions, chick peas and tomato paste to produce a sweet, sour and slightly hot flavoured dish.

Bombay Dreams £12.95
Chicken tikka, lamb tikka, prawns & spinach garnished with fresh garlic, bell peppers, tomato paste, spring onions and coriander in a chef’s special slightly hot sauce. Not to be missed!

Yellow Brick (Chicken Tikka or Lamb Tikka) £12.95
Bathed in a rich creamy sauce laced with coconut and slices of mango. A treat for Korma lovers.

Sylhet Royale (Chicken Tikka or Lamb Tikka) £12.95
Prepared with paneer (Indian cheese), garnished with fresh spinach, coriander, tomato paste, onions and authentic herbs and spices to produce a medium strength dish for those who are keen on cheese.

Delhi Garlic (Chicken Tikka or Lamb Tikka) £12.95
Unique dish of smooth and spicy, cooked with authentic herbs and spices, then garnished with fresh slices of garlic. A treat for garlic lovers.

Tiger Tiger £13.95
Tandoori king prawns cooked with strips of onions and green bell peppers tempered with a tomato sauce and exotic herbs and spices to produce a luscious taste

Silver Seabass (Dine In Only) £13.95
Sea bass fillet served with lemon coriander fried rice.



Made In England

Korma

Mildly cooked with sweet coconut and cream to produce a Korma

Butter

Simmered in a smooth buttery gravy, fresh herbs and gentle spices.

Tikka Masala

Invented by the world famous unknown British curry house chef, circa 1980, as a way of exploiting his already popular chicken or lamb tikka, we present our own exclusive recipe in a smooth masala sauce.

Balti Triangle

Cooked in an Indian style wok with onions, bell pepper and coriander. Tailored to perfection.

Madras

Cooked in special madras sauce for a mouth watering flavour. Hot!

Jalfrezi

Garnished with chunky pieces of fresh bell peppers, onions and green chillies.

Sagwala

A medium spice sauce with fresh spinach

Dansak

Cooked with lentils, pineapple, fresh herbs and spices. Hot and sour.

Pathia

Cooked in a medium spiced sauce with fresh spices and tomato paste to produce a hot, sweet and sour taste.

Vindaloo

Cooked in special vindaloo sauce. Very Hot!

Dupiaza

Cooked with diced green bell peppers, onions and fresh spices for a spicy taste.

Rogan

Specially with garlic, garnished with lots of tomatoes and spices.

Bhuna

Garnished with onions, tomatoes and a touch of selected spices.

Pasanda

A rich, creamy, mild curry made with yogurt, spices, cream

Curry Dish

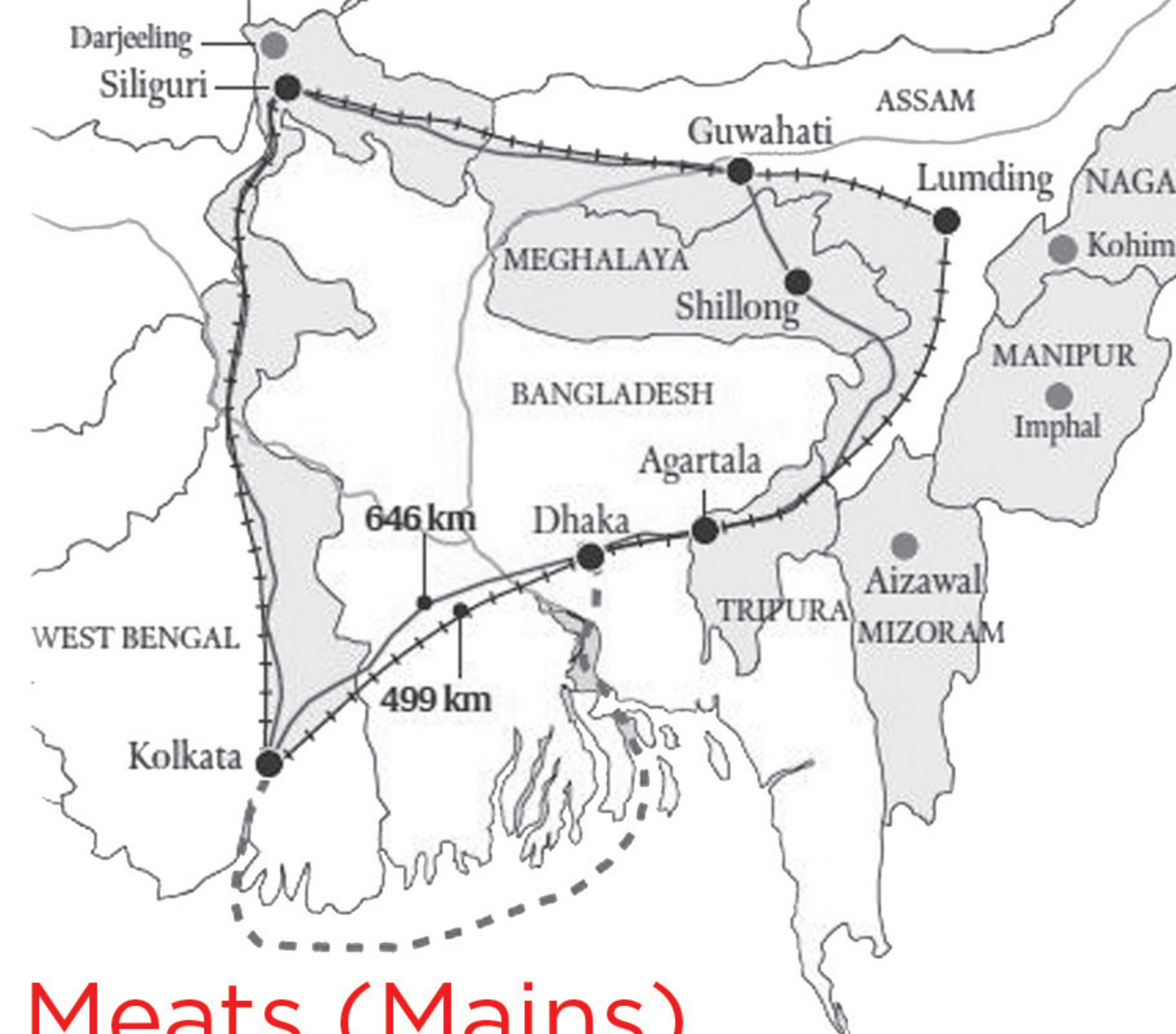
Cooked in a classic, standard curry sauce with herbs and spices.

THE ABOVE CAN BE COOKED WITH

Chicken	£11.95
Lamb	£11.95
Prawn	£11.95
King Prawn	£13.95
Chicken or Lamb Tikka	£12.95
Vegetable	£10.95

MODERN INDIAN SOUL FOOD.

Inspired by traditional recipes, with contemporary twists



Street Meats (Mains)

Tandoori Mix

£12.95

This is a combination of tandoori varieties comprising of chicken tikka, lamb tikka, tandoori chicken and sheek kebab.

Tandoori Chicken

£10.95

Tender half chicken marinated in natural yoghurt with fresh herbs and spices, barbecued in the clay oven.

Chicken / Lamb Tikka

£10.95

Diced pieces of chicken marinated and mildly spiced then grilled in a clay oven.

Chicken Shashlick

£11.95

Succulent cubes of chicken tikka marinated in a delicate blend of herbs and spices. Grilled in a clay oven with chunks of bell peppers, tomatoes and onions.

Lamb Shashlick

£11.95

Succulent cubes of lamb tikka marinated in a delicate blend of herbs and spices. Grilled in a clay oven with chunks of bell peppers, tomatoes and onions.

Sheek Kebab

£9.95

Succulent mince lamb rolls, blended with special herbs and spices. Barbecued in the clay oven

LIKE IN ANY BENGALI HOME, THE KITCHEN IS THE BEATING HEART OF THE RESTAURANT.

We've gone to great lengths to source the finest

seasonal British ingredients and imported Indian spices. Inspired by my mum's cooking and by the amazing local cuisine, we have created a totally authentic menu of dishes that we grew up eating, both at home and out in the city.





Biryani

Tender pieces of meat and seafood delicately spiced and pan-fried with pilau rice and served with a vegetable curry. This is a complete meal.

Chicken or Lamb	£10.95
Chicken or Lamb Tikka	£11.95
Prawn	£11.95
Vegetable	£10.95
Tandoori Mix	£12.95

Rices

Rice	£3.25
Pilau Rice	£3.55
Fried Rice	£3.95
Egg Fried Rice	£3.95
Mushroom Pilau Rice	£3.95
Vegetable Pilau Rice	£3.95
Keema Pilau Rice	£3.95
Coconut Rice	£3.95

Bread Basket

Naughty Naan	£4.55
Naan	£3.35
Peshwari Naan (Sweet)	£3.75
Garlic Naan	£3.75
Keema Naan (Minced Lamb)	£3.75
Cheese Naan	£3.75
Chapati	£2.25

As the cities developed, Indian food took the urban route, and by the early 20th century, it had created a unique identity with a modern outlook. We want to take this opportunity to create and serve a menu with dishes that reflect the coming of New World Indian cuisine, coupled with the formal and informal style.

Dishes may contain or have been in contact with nuts. Before ordering, let your server know of any allergies or dietary requirements.

European Dishes

Served with fresh green salad and chips

Sirloin Steak	£12.55
Plain Omelette	£8.55
Cheese Omelette	£8.95
Fish Fingers	£8.95
Chicken Nuggets	£8.95

Vegetable Side Dishes

Mixed Vegetable Bhaji	£4.55
Mushroom or Chana Bhaji	£4.55
Sag Aloo	£4.55
Tharka Dhall	£4.55
Bombay Potatoes	£4.55
Sag Paneer	£4.55
Aloo Gobi	£4.55
Bhindi Achari	£4.55

Extras

Chips	£3.55
Relish Tray	£3.95
Mint Sauce	£1.10
Onion Salad	£1.10
Mango Chutney	£1.10
Mix Pickle	£1.10

ALLERGY NOTICE

Our dishes may contain: gluten, crustaceans, molluscs, eggs, fish, peanuts, nuts, soybeans, milk, celery, mustard, sesame seeds, lupin and sulphur dioxide. If you are allergic to certain ingredients please notify our staff before ordering.

