

goa

EXEMPLARY INDIAN CUISINE



Goa welcome you to our modern, contemporary surroundings, offering you an exemplary dining experience.

Our menu emphasises on creative, yet refined Indian cuisine. Incorporating, traditional favourites and original fusion dishes, applying eastern flavours with a western twist. Our Chefs have experience in creating only the finest Indian cuisine, taking great care and satisfaction in creating it for you.

We use local and imported herbs, spices and flavours in our recipes, to ensure our dishes have authentic taste. We use only the finest cuts of locally sourced meat, fish and dairy to ensure that we prepare the freshest dishes.

Please relax and enjoy your time with us.

THANKS

Taz Ahmed

Founder



WE DO NOT COMPROMISE ON QUALITY

PLEASE ALLOW EXTRA TIME DURING BUSY PERIODS

If you have a set time you need to finish by, please inform our staff prior to ordering and we will try our best to accomodate this.

MAIN MEAL PER PERSON OR 2 SIDES • CHILDREN MAY SHARE 1 BETWEEN 2 - PLEASE ASK FOR DETAILS

ALLERGY AND FOOD INTOLERANCE GUIDE

Please be aware our food is NOT produced in an allergy free environment

[D] Dairy • [F] Fish • [G] Contains Gluten • [N] Contains Nuts (Various)

Please inform our staff if you suffer from any food intolerance.

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MODERN INDIAN STARTERS

Mulligatawny Soup	£4.25
<i>A blend of lentils, apple and South Indian spices</i>	
Rasam Soup	£4.25
<i>Tomato, tamarind, lentils and South Indian spices</i>	
Mini Masala Dosa [G] [N]	£5.95
<i>South Indian rice pancake stuffed with spiced potato, onion and curry leaves</i>	
Bata Vada [G]	£5.95
<i>Spiced potato dumplings served in a chickpea masala</i>	
Tandoori Paneer [D]	£5.95
<i>Blocks of Indian cheese marinated in yoghurt, mint, coriander, chillies and cooked in a clay oven</i>	
Machi Ajwaini [F]	£5.95
<i>Marinated Salmon cooked in a tandoori oven flavoured with ajwain</i>	
Murgtikka Chat	£5.95
<i>Shredded Tikka Chicken mixed with bell peppers, onion and curry leaves</i>	
Chicken Tikka Paneer [D]	£6.25
<i>Chicken and cheese - very creamy</i>	
Bangalore Jinga [F] [D]	£7.95
<i>King Prawns sautéed in onion, with mustard seed, coconut milk, chilli and curry leaves</i>	
Roshun Jinga [F] [G]	£7.95
<i>Stir fried King Prawns with garlic, mixed peppers and lightly spiced moist onion. Served with puris</i>	
Goa Mixed Platter [G]	£8.95

TRADITIONAL INDIAN STARTERS

Onion Bhaji [G]	£3.40
Chicken Pakura [G]	£4.40
Prawn Cocktail [F]	£4.40
Samosa (Meat or Vegetarian) [G]	£4.40

ON PURI STARTERS *Deep Fried Flat Bread*

Aloo Chatt on Puri <i>(with Tamarind)</i>	£4.40
Bhuna Prawn on Puri [F] [G]	£4.40
Bhuna Keema on Puri [G]	£4.40
Bhuna Chicken on Puri [G]	£4.40
Chicken Chatt on Puri [G]	£4.40
Garlic Mushrooms on Puri [G]	£4.40
King Prawn Bhaji on Puri [F] [G]	£5.90

TANDOOR CLAY OVEN Main served with a Roti STARTER MAIN

Tikka Chicken [D] £4.95 / £11.95

Pieces of Chicken marinated yoghurt, lemon juice, ginger, garlic and tandoori spices and herbs

Seekh Kebab £5.95 / £12.95

Medium spicy dish with specially selected oriental spices and tamarind

Mixed Kebab £5.95 / £13.95

Tikka Chicken, Lamb Chop, Kebab

Tandoori Chicken [D] £5.95 / £12.95

Tender baby Chicken marinated in yoghurt, lemon juice, ginger, garlic, tandoori spices and herbs

Adaraki Lamb Chops £7.95 / £15.95

Lamb Chops marinated in garlic, tomatoes, spices and herbs

Shashleek £13.95

Barbecue Tikka Chicken or Lamb with onions and mixed peppers on a skewer

Tandoori King Prawn [F] £16.95

Marinated King Prawns with a hint of lemon

Tandoori Kazana [F] £16.95

A mixed platter from the Tandoor - Chicken, Lamb, Sheek Kebab, Salmon, King Prawn

MODERN INDIAN FISH CUISINE

All served with rice or accompaniment

Salmon Manchery [F] £13.95

Marinated fresh Salmon fillet pan seared and served with a sauce of chilli, ginger & curry leaves

Keralan Fish Curry [F] £13.95

Keralan spices infused into fresh Telapia (Indian Fish), pan seared with a curry leaf and tomato sauce

Seabass King Prawns [F] [D] [N] £15.95

Seabass stuffed with King Prawns and a sauce of tamarind, tomatoes, coconut milk & curry leaves

Hariyah Jinga [F] £15.95

Pan fried Prawns, sautéed in onions, tomatoes and with a Goa blend of spices & curry leaves

Goan Prawn Curry [F] [D] [N] £15.95

King Prawns cooked in cumin and coriander, dressed with tomatoes and coconut milk

Cheemen Mangachar [F] [D] [N] £15.95

Seared King Prawns cooked with sweet sauce of mango, coconut milk complimented by a tomato and South Indian spice infusion

Goa Mixed Varaval [F] [D] [N] £16.95

A selection of grilled King Prawns, Telapia (Indian Fish), Salmon on a bed of Goa sauce

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FUSION DISHES

All served with rice or plain naan bread

Choose from Chicken – £12.95 or Lamb – £13.95

Chettinadu	<i>Cooked in a hot South Indian spice with caramelised onions and tomato (Hot and spicy)</i>
Kozi Mappas [N] [D]	<i>Braised in coconut milk with a mix of South Indian spices and herbs</i>
Sagwala	<i>Cooked in medium spiced sauce of brown onions, fenugreek with baby spinach</i>
Kadai	<i>Cooked in spicy brown onion and roasted peppers</i>
Goa Biriyani [N]	<i>Cooked with spices and saffron served under a fragrant pilau rice with a separate raitha and dal</i>
Hara	<i>Marinated in ginger, garlic, spices, roasted and served with a tomato & spring onion medium sauce</i>
Murg Pista [N] [D]	<i>Marinated with pistachio and cashew nuts infused in a creamy sauce</i>
Karaikudi	<i>Cooked in madras spices, with a sauce of tomatoes, chillies and onion</i>
Sukha	<i>Dry fried in a blend of spices with a sauce of tomato and coriander</i>
Laknawee Thakkali [D] [N]	<i>Traditional Keralan stew, with potatoes, coconut cream, mustard and curry leaves</i>
Hariyali	<i>Marinated and cooked with mild spice and a fresh herb sauce</i>
Yakhni Makoni [N] [D]	<i>Cooked with a cashew nut paste, fresh cream and mild herbs</i>
Champ Champ	<i>Cooked with potatoes and South Indian spices</i>

GOA SPECIALITY DISHES

All served with rice or plain naan bread

Goa Lamb Delicacy [N]	£16.95
<i>Lamb Chops cooked in mild herbs, coriander, roasted onion with a hint of pistachio sauce – a delightful dish!</i>	
Goa Chef's Special	£13.95
<i>Chicken or Lamb cooked in ghee butter, garlic, ginger, coriander, cumin and turmeric – 'home style' dish served medium or spicy</i>	
King Prawn Special [F]	£15.95
<i>King Prawns cooked in garlic, ginger, coriander with lots of spices and then served in a special Goa fish sauce – medium or spicy</i>	
Achari	£14.95
<i>Chicken or Lamb cooked in Indian pickle with a hint of lentil – a spicy caramelised onion sauce</i>	
Goa Special Mix [F] [D] [N]	£16.95
<i>A selection of Chicken, Lamb, and Prawns cooked in a medium sauce with roasted peppers, coriander, tomatoes, spring onions and haldi</i>	

AUTHENTIC INDIAN DISHES

These dishes are the taste of India and are the "classics"

Choose from:	Chicken	£7.90	Tikka Chicken.....	£8.90
	Lamb	£8.90	Prawn [F].....	£7.90
	Vegetables	£7.40	King Prawn [F]	£9.90

MILD DISHES

Plain Curry

A medium consistency sauce made with a wide range of Oriental spices giving a rich flavour

Korma [D] [N]

Traditional Indian recipe with greater use of fresh cream

Kashmiri [D] [N]

Preparation of mild spices, similar to Malayan but cooked with sultanas

Malayan [D] [N]

Preparation of mild spices in which cream, banana and pineapple are used to create a unique flavour

Masala [D] [N]

Mild and creamy cooked with coconut, peanuts, almond and cream

Pasanda [D] [N]

A light curry cooked with peanuts and cashew nuts

HOT DISHES

Madras

Need we say more?

Vindaloo

The King of curries, the fiery hot Vindaloo, is of Portuguese origin

Pathia

Lots of tomato and hot spices

Sri Lanka

Cooked with strongly flavoured spices but with lots of coconut

Jalfrezi

Hot green chillies cooked with onions and peppers

Chilli Mosalla

A tomato base with hot green chillies peppers and sautéed onions

MEDIUM DISHES

Bhuna

A combination of spices, fried to provide a medium strength and dry consistency

Dupiaza

A method of preparation similar to Bhuna in which onions are mixed with spices and flash fried

Rogan

Delicately flavoured sauce with lots of tomato and a sprinkle of Dania

Dansak

A sweet and sour dish with fruit juice and lentils

Korai

Cooked in a richly spiced sauce with fresh garlic, ginger, green peppers, tomato, onions and fresh coriander

Balti

Cooked with garlic, spices, green chillies, mincemeat, tomatoes and coriander

BIRYANI DISHES

A gentle spice blend providing a light but tasty, dry consistency. Biryani is a main dish with saffron basmati fragrant rice served with an accompanying sauce and dressed with salad.

Choose from:

Chicken	£10.95
Chicken Tikka	£11.95
Lamb	£12.95
Vegetables	£10.95
Prawn [F]	£10.95
King Prawn [F]	£13.95

VEGETARIAN SPECIALITIES

These can be served as main dishes or to accompany your meal

Side dishes – £4.50 Main course – £7.95

Methi Chaman [D] [N]

Cottage cheese cooked in cashew nut paste, casthiri meth and light sauce

Paneer Tikka Masala [D] [N]

Homemade Paneer (blocks of Indian cheese) cooked in mild makkari sauce and cream

Tarka Dal [D]

Moony dal pan fried onion, garlic, cumin seed, green chilli, tomatoes with fresh coriander and butter

Chana Masala

Chick peas cooked with onion, tomatoes, pomegranate seeds, spices and chat masala

Bhindi Baji

Ladies finger, cooked with onions, tomato, ginger, cashew nuts, chillies, cumin, turmeric and spice

Aloo Gobi

Potatoes and cauliflower cooked with onions, tomatoes, ginger, garlic and spices

Bombay Aloo

Potatoes cooked with onions, tomatoes, ginger, garlic and spices

Sag Aloo

Potatoes cooked with spinach, garlic, ginger and onions

Vegetable Bahji

Many other vegetarian specialities are available please ask for details.

ACCOMPANIMENTS

Plain Naan Bread [G] [D] £2.50

Add flavours for 50p per item – Garlic, Keema, Chilli, Peshwari, Coriander, Cheese, Onion

Chapati [G] £1.50

Puri [G] £1.50

Paratha [G] £3.50

Tandoori Roti [G] £2.95

Pickles *per tray* £2.00

Poppadoms [G] *each* £0.95

Basmati Rice £3.10

Plain steamed rice

Pilau Rice £3.50

Flavoured Pilau Rice [N] £3.95

Various flavours – Mushroom, Vegetable, Garlic, Keema, Egg, Onion

Chips £2.95

DESSERTS

A Selection of Traditional and Modern Desserts

Gulab Jamin [G] [D] £5.95

Hot syrup sponge pudding, flavoured with star anise, pistachio nuts and cinnamon

Served with vanilla pod ice cream

Jelebi [G] [D] £5.95

Jelebi originated from the Middle East. Sweet & sticky - you just can't leave them alone.

Served with vanilla pod ice cream

Individual Chocolate Fondant [G] [D] £5.95

Filled with rich chocolate sauce

Luxury Cake Selection [G] [D] £5.95

Please ask for todays selection

Ice Cream and Sorbet [G] [D] £4.95

Choose from our locally made Ice Cream and Sorbet selection - please ask for flavours

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HAPPY HOUR • £11.95

EVERY NIGHT OF THE WEEK FROM 5.00PM – 7.00PM (Saturday until 6.30pm)

CHOOSE A STARTER

Onion Bhaji [G]

Chicken Pakura [G]

Prawn Cocktail [F]

Samosa [G]
(Meat or Vegetarian)

Seekh Kebab

A medium spicy dish with specially selected oriental spices and tamarind

Tikka Chicken [D]

Chicken marinated yoghurt, lemon, ginger, garlic, spices and herbs

Aloo Chatt on Puree [G]

Bhuna Prawn on Puree [F] [G]

Bhuna Keema on Puree [G]

Bhuna Chicken on Puree [G]

Chicken Chatt on Puree [G]

Garlic Mushrooms on Puree [G]

CHOOSE A MAIN *Select a mild, medium or hot dish style.*

CHOOSE FROM: CHICKEN, PRAWN OR VEGETABLES

OR FOR CHICKEN TIKKA OR LAMB ADD £1 • FOR KING PRAWN ADD £2

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CHOOSE BASMATI RICE OR PILAU RICE

Change to any flavoured Rice for only £1.00 extra or change to Chips for £1.00 Extra

NAAN BREAD TO SHARE (2 PEOPLE) [G] [D]

Change to any flavoured Naan for only £1.00 extra

Some of our dishes contain a trace of nuts or coconut milk.

Please inform staff of any allergies.

goa

EXEMPLARY INDIAN CUISINE

5-6 Queens Parade, Seaburn, Sunderland SR6 8DA T: 0191 529 2229

Management reserve the right to alter this menu without prior notice and to refuse custom if necessary.