

VEGETARIAN SPECIALIITIES

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

Side dishes – £4.95 Main course – £8.95

Methi Chaman [D] [N]
Cottage cheese cooked in cashew nut paste, casthiri meth & 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 [N]
Ladies finger, cooked with onions, tomato, ginger, cashew nuts, chillies, cumin, turmeric and spice

Aloo Gobi
Potatoes and cauliflour 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]	£3.45	Pickles	per tray £2.00
Add flavours for 50p per item – Garlic,			
Keema, Chilli, Peshwari, Coriander,		Poppadoms [G]	each £0.95
Cheese. Onion		Basmati Rice	£3.45
		Plain steamed rice	
Chapati [G]	£1.50	Pilau Rice [D]	£3.75
		Flavoured Pilau Rice [N]	£4.25
Puri [G]	£1.50	Various flavours – Mushroom,	
		Vegetable, Garlic, Keema, Egg, Onion	
Paratha [G]	£3.95	Chips	£2.95
Tandoori Roti [G]	£3.45	Spicy Chips	£3.95

SET MENU • £16.95

AVAILABLE ALL NIGHT, EVERY NIGHT

CHOOSE A STARTER

Onion Bhaji [D]	Aloo Chatt on Puree [G]
Chicken Pakura [G]	Bhuna Prawn on Puree [F][G]
Prawn Cocktail [F]	Bhuna Keema on Puree [G]
Samosa [G] (Meat or Vegetarian)	Bhuna Chicken on Puree [G]
Seekh Kebab	Chicken Chatton Puree [G]
A medium spicy dish with specially selected oriental spices and tamarind	Garlic Mushrooms on Puree [G]

Tikka Chicken [D]
Chicken marinated yoghurt, lemon, ginger, garlic, spices and herbs

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

CHOOSE FROM: CHICKEN, PRAWN OR VEGETABLES

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

MILD DISHES

Plain Curry
A sauce of mild curry 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]
Light curry cooked with peanuts and cashew nuts

MEDIUM DISHES

Bhuna
Spices fried to provide a medium strength and dry consistency

Dupiaza
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 [D]
A sweet and sour dish with fruit juice and lentils

Korai [D]
Richly spiced sauce with fresh garlic ginger, green peppers, tomato, onions and fresh coriander

Balti
Fresh garlic, spices, green chillies, mincemeat, tomatoes and coriander

HOT DISHES

Madras	Need we say more?
Vindaloo	The King of curries, the fiery hot Vindaloo, is of Portuguese origin
Pathia [D]	Lots of tomato and hot spices
Sri Lanka [N]	Cooked with strongly flavoured spices but with lots of coconut
Jalfrezi	Hot green chillies cooked with onions and peppers
Chilli Mosalla [D][N]	Tomato base with hot green chillies peppers and sautéed onions

CHOOSE 2 ITEMS FROM A CHOICE OF 4

Plain Pilau Rice / Plain Naan / Chips / 2 Poppadoms
Flavoured Naan 50p Extra • Flavoured Rice 50p Extra



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.
We will do our best to accommodate your needs.



TAKEAWAY MENU

OPEN EVERY NIGHT
from 5.00pm – 10.00pm

WWW.GOASUNDERLAND.CO.UK



Like us on facebook
Goa Exemplary Indian Cuisine

T: 0191 529 2229

5-6 Queens Parade, Sunderland SR6 8DA

MODERN INDIAN STARTERS

Mulligatawny Soup	£4.95	Machi Ajwaini [F]	£5.95
A blend of lentils, apple and South Indian spices			
Rasam Soup	£4.95	Murgtikka Chat [G]	£5.50
Tomato, tamarind, lentils and South Indian spices			
Mini Masala Dosa [G][N][D]	£5.95	Chicken Tikka Paneer [D]	£7.95
South Indian rice pancake stuffed with spiced potato, onion and curry leaves			
Bata Vada [G] [D]	£5.95	Bangalore Jinga [F][D][G]	£7.95
Spiced potato dumplings served in a chickpea masala			
Tandoori Paneer [D]	£4.95	Goa Mixed Platter [G][F]	£8.50
Blocks of Indian cheese marinated in yoghurt, mint, coriander, chillies and cooked in a clay oven			

TRADITIONAL INDIAN STARTERS

Onion Bhaji [G] [D]	£4.50
Chicken Pakura [G]	£4.95
Prawn Cocktail [F]	£4.95
Samosa (Meat or Vegetarian) [G]	£4.95

ON PURI STARTERS

	Deep Fried Flat Bread
Aloo Chatt on Puri (with Tamarind)	£4.95
Bhuna Prawn on Puri [F][G]	£5.50
Bhuna Keema on Puri [G]	£5.50
Bhuna Chicken on Puri [G]	£5.50
Chicken Chatt on Puri [G]	£5.50
Garlic Mushrooms on Puri [G]	£4.95
King Prawn Bhaji on Puri [F][G]	£6.95

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

Please inform staff of any allergies.



TANDOOR CLAY OVEN

Starter & Main Plates	
Tikka Chicken [D]	Adaraki Lamb Chops [D]
Starter £4.95 / Main £9.95	Starter £6.95 / Main £12.95
Pieces of Chicken marinated yoghurt, lemon juice, ginger, garlic and tandoori spices and herbs	
Seekh Kebab	Shashleek [D]
Starter £4.95 / Main £9.95	Main £10.95
Medium spicy dish with specially selected oriental spices and tamarind	
Mixed Kebab [D]	Tandoori King Prawn [F]
Starter £5.50 / Main £10.95	Main £13.95
Tikka Chicken, Lamb Chop, Kebab	
Tandoori Chicken [D]	Tandoori Kazana [F] [D]
Starter £4.95 / Main £8.95	Main £13.95
Tender baby Chicken marinated in yoghurt, lemon juice, ginger, garlic,tandoori spices and herbs	

MODERN INDIAN FISH CUISINE

All served with rice or plain naan	
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	
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
King Prawns cooked in a sauce of mango, coconut milk with tomato and a South Indian spice infusion	
Goa Mixed Varaval [F][D][N]	£15.95
Grilled King Prawns, Telapia (Indian Fish), Salmon on a bed of Goa sauce	

FUSION DISHES

All served with rice or plain naan	
Choose from Chicken – £12.95 or Lamb – £13.95	
Chettinadu (Hot and spicy)	Murg Pista [N][D]
Hot South Indian spice with caramelised onions and tomato	Marinated with pistachio, cashew nuts infused in a creamy sauce
Kozi Mappas [N][D]	Karaikudi
Braised in coconut milk with a mix of South Indian spices and herbs	Cooked in madras spices, with tomatoes, chillies and onion
Sagwala	Sukha
Medium spiced sauce of brown onions, fenugreek with baby spinach	Dry fried in a blend of spices with a sauce of tomato and coriander
Kadaai	Laknawee Thakkali [D][N]
Cooked in spicy brown onion and roasted peppers	Keralan stew, with potatoes, coconut cream, mustard and curry leaves
Goa Biriyani [N] [D]	Hariyali
Cooked with spices and saffron served under a fragrant pilau rice with a separate raitha and dal	Marinated and cooked with mild spice and a fresh herb sauce
Hara	Yakhni Makoni [N][D]
Marinated in ginger, garlic, spices, roasted and served with a tomato, and spring onion medium sauce	Cooked with a cashew nut paste, fresh cream and mild herbs
	Champ Champ [D]
	Cooked with potatoes and South Indian spices

GOA SPECIALITY DISHES

All served with rice or plain naan	
Goa Lamb Delicacy [N] [D]	£15.95
Lamb Chops cooked in mild herbs, coriander, roasted onion with a hint of pistachio sauce – a delightful dish!	
Goa Chef's Special	£14.95
Chicken or Lamb cooked in ghee butter, garlic, ginger, coriander, cumin and turmeric – 'home style' dish served medium or spicy	
King Prawn Special [F]	£15.95
King Prawns cooked in garlic, ginger, coriander with lots of spices and then served in a special Goa fish sauce – medium or spicy	
Achari	£14.95
Chicken or Lamb cooked in Indian pickle with a hint of lentil – a spicy caramelised onion sauce	
Goa Special Mix [F] [D]	£15.95
A selection of Chicken, Lamb, and Prawns cooked in a medium sauce with roasted peppers, coriander, tomatoes, spring onions and haldi	
Tawa	£14.95
Chicken or Lamb cooked with a special mixture of spices, onion, ginger, coriander and sweet chilli.	
Hyderabadi Sarker [D]	£14.95
Chicken or Lamb cooked with baby spinach, caramelised onions, garlic, ginger and pure Indian Ghee butter. Topped with crispy spinach.	

AUTHENTIC FAVOURITES

These dishes are the taste of India and are the "classics"	
Choose from:	
Chicken	£8.50
Lamb.....	£9.50
King Prawn [F] ...	£9.95
Tikka Chicken [D]	£8.95
Prawn [F].....	£8.50
Vegetables	£7.95

MILD

Plain Curry	Bhuna
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Preparation of mild spices, similar to Malayan but cooked with sultanas	
Malayan [D][N]	Dansak [D]
Preparation of mild spices in which cream, banana and pineapple are used to create a unique flavour	
Masala [D][N]	Korai [D]
Mild and creamy cooked with coconut, peanuts, almond & cream	
Pasanda [D][N]	Balti
Light curry cooked with peanuts and cashew nuts	

HOT & SPICY

Madras	Need we say more?
Vindaloo	Fiery hot & of Portuguese origin
Pathia [D]	Choose from:
Lots of tomato and hot spices	
Sri Lanka [N]	Chicken [N]
Strong spices with lots of coconut	
Jalfrezi [D]	Chicken Tikka [D] [N]
Green chillies, onions & peppers	
Chilli Mosalla [D] [N]	Lamb [N]
Tomatoes, green chillies & onions	
King Prawn [F] [N]	Vegetables [N]
	Prawn [F] [N]
	King Prawn [F] [N]