

Curry at its best  
recommended by Time Out

### Bhatt/Roti (Rice and Bread)

Pilau Rice	✓	£2.25
Tilda 'Fragrant' basmati rice cooked with butter, onion, peas and carrots.		
Shada Bhatt	✓	£1.95
Tilda 'fragrant' boiled basmati rice		
Naan	✓	£1.75
Leavened bread baked in the clay oven.		
Garlic Naan		£2.25
Leavened bread baked in the clay oven with garlic and herbs		
Keema Naan		£2.25
Bread stuffed with mildly spiced minced lamb and baked in a clay oven		
Peshwari Naan	(N) ✓	£2.25
Bread stuffed with almonds & fruit and baked in a clay oven		
Mou Naan	(N) ✓	£2.25
Bread stuffed with almonds & fruit and baked in a clay oven with honey		
Papadoms (Massala or plain, flame roasted)	✓	£0.50
Chutney 4 Tubs (Dips)	✓	£2.00
Consists of tamarind sauce, garlic and tomato sauce, sweet mango chutney and onion salad.		

### EXPRESS TO GO ONLY

Wrapped in tandoori roti, salad and sauce

Vegetable Wrap		£2.00
Kebab Wrap		£2.50
Tikka Wrap		£3.00

### SWEETS

Gulabjamun		£2.50
Rasmalai		£2.50
(made from homemade cottage cheese in sweetened milk)		
Kulfi		£2.00
Coconut Ice Cream (served in shell)		£3.00
Lassi Mango (pint)		£3.00
Mouchak		£3.50

### TROPICAL JUICE

Orange / Mango / Lychee Juice (250ml)		£1.00
Pineapple / Apple Juice (200ml)		£1.00
Tropical Mix / Pomegranate (250ml)		£1.00

### SOFT DRINKS

Coke/ Diet Coke/ Lemonade/ Evian (1.5L)		£2.50
Perrier (750ml)		£2.50



## Free Express Delivery

Tower Hamlets and  
EC1 / EC2 / EC3 / EC4 / SE1

(Minimum Delivery £12.00 Tower Hamlets, city £20.00)

Please allow 45 minutes for delivery  
(may take longer on large orders)

The Tiffin is no less than a way of life in the Indian Sub Continent. Literally meaning a light meal, the Tiffin is a mid-morning meal taken to work, school or college by millions each day in special aluminium tins, one stacked on top of another, each containing different goodies. From the school-child to the company director the Tiffin speaks the same language to all.

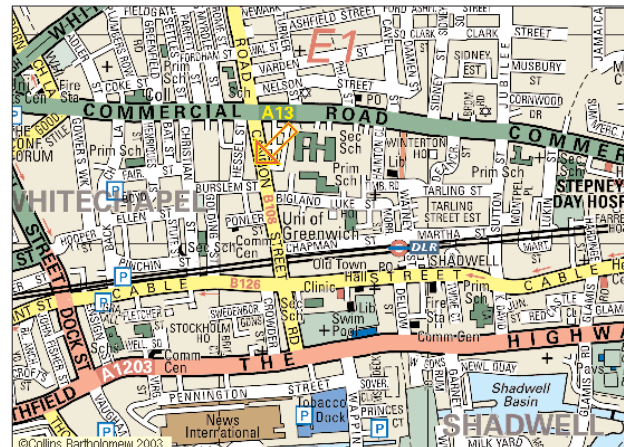


The Tiffin principle is that of home cooked food eaten when away from home, and that's what Tiffin brings to you; authentic cooking from the various corners of the Indian Sub-Continent. From Pakistani lamb to Bengali fish, we bring you dishes that would sit happily on the family dinner table or in the Tiffin carrier.

Just as you wouldn't take the same food every day for your Tiffin, so here we offer you the 'Meal for a Steal' - a set lunch served daily: lamb, chicken or vegetable served with dall and rice - all under £5.

Enjoy the Tiffin lifestyle. It means savouring real dishes, prepared the way they should be. Here at the Tiffin we are taking you away from the pot-luck choices of high street curry houses and giving you the chance to share the experience of another way of life.

*Tiffin's Low cholesterol dishes* cooked with 100% pure virgin olive oil. This is something for the healthier lifestyle of a more modern age. All main curry dishes are served in karahi, non-creamy dishes are sizzled with olive oil and herbs.

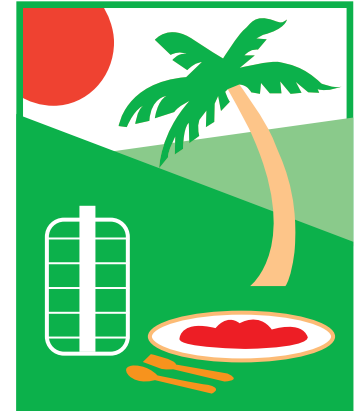


# Tiffin Indian Cuisine

Three times winner of  
Tower Hamlets chef of the year



Curry Club Top 100 UK



Halal Food

Est 1992

OPEN 7 DAYS A WEEK

(Including Bank Holidays)

12:00 noon to 3:00pm

5:30pm to 11:30pm

t: 0207 702 3832

f: 0207 702 3929

e-mail

tiffin@sky.com

Website

www.tiffinindian.com

BYOB

(Bring Your Own Booze)

165 Cannon Street Road  
London E1 2LX

**STARTERS** All dishes below served with salad

Tiffin Special (various meats)	£4.50
An assortment of Tiffin starters which include murghi tikka, Keema chops and Sheek kebab	
Tiffin Special (vegetarian)	V £3.75
Specially prepared starters to suit the vegetarian palate which includes lightly spiced aubergine slices in batter, onion bhaji and vegetable somosa.	
Prawn and Lal Mirch Puri	£3.75
Prawns cooked with chopped peppers in a rich exotic sauce and served with a puri (a light pastry).	
Tiffin Gosht / Murgh Tikka	£3.75
Chicken or lamb diced & marinated in natural live yogurt and mixed with rich spices cooked in a clay oven.	
Tiffin Tandoori Murghi	£3.75
Chicken leg or breast marinated in lemon & yogurt and mixed with rich spices cooked in a clay oven.	
Chicken Chat	£3.75
Tandoor roasted pieces of chicken mixed with fried potato & spices and served in a papadum shell.	
Tiffin Tandoori Raj Chingri	£5.75
King prawns marinated in lemon & yogurt seasoned with an assortment of spices & cooked in a clay oven.	
Tandoori Lamb Chop	£4.30
Lamb chops marinated in spices and yogurt and cooked in the tandoor.	
Paneer Tikka	V £4.00
Soft Indian cheese marinated in yogurt & spices & cooked in the tandoor.	
Tandoori Aloo	V £3.45
Potato marinated in mint dominated spices and cooked in the tandoor.	
Piaz and Dal Bhaji	V £2.60
Finely chopped onions cooked in a specially prepared batter with lentils & aubergines lightly fried.	
Tiffin Raj Chingri Projapti	£5.75
King Prawns marinated in herbs and spices, coated in a light batter and fried for a few seconds to seal in the light spicy taste.	
Salmon Samosas	£3.40
Pink salmon cooked in a light spicy mixture with finely chopped onion, coriander, garlic & herbs wrapped in a light filo pastry and fried.	
Chilli Prawn	£4.95
A mysore delicacy, lightly butter fried prawn pieces tossed with green chillies, curry leaves and yoghurt. Served in a papadum shell.	

**LOW CHOLESTEROL DISHES**

Served with tilda rice

Some Like It Hot!	£9.95
Chicken taken out of the tandoor, diced and cooked with fresh chillies, garlic methi, and the Tiffin's chef's special brand of spices. All cooked in 100% virgin olive oil. (you decide how the curry should be - medium, hot, very hot).	
Lebu Murghi	£9.95
Chicken marinated in lemon, spiced with capsicum, diced onion, coriander, garlic, ginger and lemon grass with the chef's own spices and cooked in 100% virgin olive oil.	

**TANDOORI MAIN COURSES**

Tandoori main dishes are all served with fresh salad and a naan bread. All tandoori dishes are cooked in a clay oven over charcoal, (eat in served on sizzlers and curries on karahis).

Tiffin Tandoori Murghi	£7.95
Half a chicken marinated in natural yogurt and mixed spices.	
Tiffin Murgh / Gosht Tikka	£7.95
Chicken or lamb diced and marinated in natural live yogurt mixed with rich spices.	
Tiffin Tandoori Sheek Kebab	£7.95
Finely minced lamb mixed with onions, coriander & an assortment of exotic spices & then skewered.	
Tiffin Tandoori Raj Chingri	£9.95
King prawn marinated in lemon and natural yogurt and served in the Tandoori way.	
Tiffin Tandoori Assortment Royal	£14.95
A selection of all the above, served with rice, a naan & a bowl of salad.	
Salmon Ka Tikka	£8.95
Cubes of salmon marinated in mustard and other spices.	

**MAIN COURSES**

Murgh / Gosht - Ur - Salum	£5.50
Chicken or lamb curried in a light spicy sauce with coriander, ginger & other delicate spices.	
Goan Fish Curry	(N) £9.95
Hot coconut flavoured pomfret curry from the sunny coast of Goa.	
Dry Gosht	£6.95
Highly spiced lamb dish, cooked in tiffins goram massala	
Murgh Tikka Massala	(N) £6.95
Diced tandoori chicken cooked in a creamy tandoori sauce with almonds, coconut & pistachio.	
Murghi Kofta	£6.95
Minced chicken breast balls cooked in Abu's spicy mix, served saucy.	
Karahi Murghi / Gosht	£6.95
Chicken or lamb cooked in a spicy, moist sauce with coriander, garlic, ginger, capsicum, mustard and diced onion.	
Murgh / Gosht - Ur - Saag	£6.35
Chicken or lamb cooked in a dry sauce with spinach, onion and a mixture of spices.	
Dahi Murgh / Gosht	£6.95
Chicken or lamb cooked in a light yogurt sauce with a touch of haldi, paprika and chilli.	
Bhuna Murgh / Gosht	£6.35
Chicken or lamb cooked in a highly spiced dry sauce with freshly chopped chili, coriander, ginger, onion and garlic.	
Raj Chingri Massala	£9.95
King prawns cooked in a lightly spiced dry sauce with fresh chilli, coriander, ginger, onion & garlic.	
Chingri Aloo - Ur - Saag	£6.95
Prawns lightly fried in onion & butter, then mixed with potatoes & spinach.	
Lamb / Chicken Pasanda	(N) £7.95
Tandoori slices of lamb / chicken cooked in a creamy sauce of almonds, cashew nuts and raisins.	
Keema peas bhuna	£6.95
Lamb mince and peas cooked with goram massala.	

**SAAG - SHOBZE** (VEGETABLES)

Mutter Paneer	Peas cooked in a cream sauce with cheese	(N) V £3.75
Saag Aloo	Spinach and baby potato	V £3.75
Chana Bhuna	Chick peas	V £3.75
Dal Tarka	Mixed lentils cooked with butter	V £3.75
Saag - Shobze Bhaji	A mixture of seasonal vegetables	V £3.75
Aloo Gobi	Cauliflower and potato	V £3.75
Bhindi Bhaji	Baby okra	V £3.75
Brinjal Bhaji	Aubergines	V £3.75
Dhingri Bhaji	Button mushrooms	V £3.75
Shobze Tandoor	Red pumpkin, green peppers, onions, okra, tomatoes & carrots marinated in authentic spices with yoghurt then cooked over a flaming tandoori.	V £4.95

**THALI**

Meat Thali	£14.95
A selection of dishes presented on a platter consisting of sheek kebab, tandoori chicken, a meat dish and a vegetable dish. Served with raitha, rice and a naan.	
Vegetable Thali	V £12.95
A selection of fresh seasonal vegetable dishes. Served with tarka dal, raitha, rice & a naan.	

**HOUSE SPECIALITIES**

Bathara	£9.95
Tender quails cooked in a spicy garam massala sauce.	
Murghi Jaipuri	£9.95
A Jaipur delicacy. Cooked in a very hot, creamy sauce in a tempered wok with Jeera, Haldi, yoghurt, garlic and chilli. Served with a naan.	
Boti Kebab	£9.95
Chunks of lamb marinated in lemon and yogurt with mint and other fresh herbs. Served with rice and a keema naan.	
Tiffin Mughlai Biriani	(N) £8.65
Chicken cooked with egg pilau rice, served with yoghurt and a naan.	
Murghi Jalfrezi	£7.95
Diced tandoori chicken cooked in a hot and exotic sauce with fresh chillies, coriander, garlic, fenugreek and ginger.	
Friday's Catch	£9.95
Bangladeshi fish steak Ayre, Ruhu or Bohal cooked with 100% mustard oil. Served with rice.	
Chicken / Lamb Balti	£6.95
An aromatic dish cooked with tomatoes, onions, capsicum and tiffin home made balti sauce.	

V = Vegetarian    / = Fairly Hot    // = Hot    /// = Very Hot