




Chennai  
Express


Perfect Taste  
of South India

# DINNER

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[www.chennaiexpress.co.uk](http://www.chennaiexpress.co.uk)

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## SOUTH INDIAN REFRESHING COOLERS

### Panakam £3<sup>95</sup>

Sweet and spiced traditional drink made with jaggery, dry ginger and crushed cardamom

### Amrudam Neer £4<sup>95</sup>

Refreshing tender coconut water

### Nannari Sherbet £3<sup>95</sup>

Made with Indian Sarasaparilla root syrup and lime

### Trio of Coolers £4<sup>95</sup>

Assortment of Panakam, Amrudam Neer and Nannari Sherbet

### Mango Lassi £4<sup>95</sup> D

Mango flavoured yoghurt drink

### Coconut Lassi £4<sup>95</sup> D

Coconut flavoured yoghurt drink

## NIBBLES TO SHARE

### Papadum &

### Vadiyam Basket £4<sup>95</sup> D G\*

Assortment of Plain Papadum pieces and Vadiyams (rice crackers) served with mango chutney, mint sauce and chilli sauce

### Masala Papad £4<sup>50</sup> G\*

2 large papadums topped with chopped onion, tomato, coriander & spices

### Crispy Dosa £8<sup>95</sup> G VE

Savoury crepe made with rice and lentil batter, served with chutneys and sambar

### Bajji Basket £10<sup>95</sup> D G\*

Chef's choice of assorted vegetable fritters served with dips

### Cut Mirchi £7<sup>95</sup> G\*

Batter fried chunks of long green chillies sprinkled with masala

### Masala Cashew Nuts £9<sup>95</sup> N G\*

Golden fried cashews topped with fresh onions, tomatoes, coriander and spices

## INDIAN STREET FAVOURITES

### Dahi Poori £6<sup>50</sup> D G

Poori shells stuffed with potato, chickpeas and drizzled with sweet yogurt, chutney and sev

### Gol Gappa Shooters £6<sup>95</sup> G VE

Hollow puri, filled with potato, chickpeas and served with water flavoured with tamarind and mint

### Samosa Chat £7<sup>95</sup> D G N

Crushed vegetable samosa topped with chickpeas, sweet yogurt, mint and tamarind chutney

### Mixed Bhel £6<sup>95</sup> G D N

Puffed rice, peanuts and sev quick tossed with home-made mint and tamarind chutney

### Onion Pakora £7<sup>95</sup> G\* VE

Crunchy snack made with fillers of finely sliced onions and herbs

### Crispy Aloo Bhajiyas £7<sup>95</sup> G\* VE

Golden fried slices of potatoes, lightly spiced

### Mirapakaya Bajji £7<sup>95</sup> G\* VE

Batter fried long green chillies stuffed with chopped onions and spices

## HOUSE SPECIAL TEMPTING STARTERS

### South Special 65 G E D

CHICKEN 65 £9<sup>95</sup> GOBI 65 £8<sup>95</sup>

POTATO 65 £8<sup>95</sup>

Famous Hyderabad style starter, tossed with yogurt, lemon and curry leaves. Choice of chicken, cauliflower florets or potato

### Indo-Chinese Favourites G E S

CHILLI CHICKEN £9<sup>95</sup> CHILLI PANEER £8<sup>95</sup> D

CHILLI PRAWNS £12<sup>50</sup> C

Wok tossed in home-made chilli and soya sauce along with ginger, garlic and spring onions

### Chicken Lollipop £8<sup>95</sup> G E S

Popular Indo-Chinese street food

### Mangalorean Chicken Ghee

### Roast £10<sup>50</sup> D

Succulent pieces of chicken marinated with Mangalorean masala cooked in rich ghee

### Vaathu Nei Chukka £12<sup>50</sup> N D

Semi-dry preparation of boneless duck with shallots, fresh curry leaves and black pepper

### Iddichi Varuthu

### Eraichi £11<sup>95</sup> D

Lamb cooked soft and tender with cracked black pepper and fresh curry leaves

### Royyala Vepudu £12<sup>50</sup> C G D

Black tiger prawns tossed in a thick masala flavoured with ginger and spices

### Andhra Tawa Fish Fry

### £10<sup>50</sup> F D G\*

Pan-fried fillet of fish marinated with South Indian herbs and spices

### Apollo Fish £11<sup>50</sup> D F G

Hyderabad style battered fried fish tossed in chef's secret recipe

### Soft Shell

### Ginger Crab £10<sup>50</sup> C G S

Golden fried whole soft-shell crab marinated with spices and herbs served with ginger sauce

### Crisped Fried Calamari

### £10<sup>50</sup> C G

Calamari marinated with spices and deep fried

### Kalan Milagu Fry £8<sup>95</sup> G D

Mushroom tossed with spices and finished with black pepper

### Veg Manchurian Dry £8<sup>95</sup> G S VE

Golden fried vegetable dumplings tossed with a spicy Manchurian sauce

### Paneer Mongolian Dry

### £9<sup>95</sup> D N G

Golden fried cubes of paneer wok tossed dry with crushed cashew nuts, herbs and spices

## CHEF'S DELIGHTFUL MAINS

(Please allow 30 minutes cooking time)

### Classic Pollichatu G\* D N

MEEN POLLICHATU (Seabass) £20<sup>95</sup> F

PANEER POLLICHATU £15<sup>95</sup>

TOFU POLLICHATU (Vegan) £15<sup>95</sup>

Traditional semi-dry preparation; marinated with special masala mix, wrapped in a banana leaf and slow cooked on the griddle. Served with lemon rice and salad

### Corn-Fed Tandoori

### Poussin £20<sup>95</sup> D N

Whole Poussin grilled to perfection with Chef's unique recipe, served with creamy spinach and coconut rice

### Spring Lamb Chops

### Masala £20<sup>95</sup> D N

Clay-oven cooked Lamb Chops laced with butter masala sauce, served with salad and minted mash potato



## SURPRISE 6 COURSE TASTING MENU

D N G S E C F

**£44.95 Per Person**

(minimum 2 diners)

Surprise your taste buds and explore the magic of spices in a culinary tour of India.

Create a memorable dining experience with your friends or family.

### CLAY OVEN SPECIALS

**Half Tandoori Chicken £12<sup>95</sup> D**  
(on the bone)  
Marinated with yogurt and tandoori masala

**Chicken Tikka £11<sup>95</sup> D**  
Boneless cubes of chicken marinated with yogurt and tandoori masala

**Lamb Sheekh Kabab £12<sup>95</sup> D**  
Minced lamb marinated with fresh herbs and spices

**Tandoori Spring Lamb Chops £14<sup>95</sup> D**  
Spring lamb chops marinated with tandoori spices

**Lasooni Jhinga £17<sup>95</sup> C D**  
Jumbo King Prawns marinated with fresh garlic and delicate spices

**Tandoori Salmon Tikka £16<sup>50</sup> D F**  
Boneless salmon marinated with yogurt and delicate spices

**Tandoori Mix Grill £20<sup>95</sup> D F**  
Grilled assortment of Chicken, Lamb and Seafood

**Kesari Paneer Tikka £12<sup>95</sup> D**  
Chunks of cottage cheese marinated with hint of saffron

### VEGETARIAN MAINS

**South Special Chettinad D N //**  
**PANEER £11<sup>95</sup> MUSHROOM £11<sup>50</sup>**  
**MIX VEGETABLES £11<sup>50</sup>**

Classic dish from Chennai; house special preparation with black pepper, curry leaves, red chillis and a touch of coconut milk for the balance

**Andhra Style Gongura Masala D N /**

**PANEER £11<sup>95</sup> MUSHROOM £11<sup>50</sup>**  
**MIX VEGETABLES £11<sup>50</sup>**

Very popular dish from Andhra Pradesh which is cooked with sorrel leaves for its unique taste

**Paneer Butter Masala £11<sup>95</sup> D N**

Paneer Butter Masala is a traditional Punjabi dish in which Paneer is cooked with spices in rich creamy butter & tomato gravy

**Palak Paneer £11<sup>95</sup> D**

A north Indian popular dish made with spinach and paneer

**Ennai Kathirikai £11<sup>95</sup> V E N /**

Baby egg plant cooked in a homemade paste with nuts, coconut and tamarind

**Tofu Butter Masala (Vegan)**

**£11<sup>95</sup> N V E**

Cooked in onion and tomato gravy with vegan butter, best choice for vegan diners

### HOUSE SPECIAL NON VEGETARIAN MAINS

**South Special Chettinad D N //**

**CHICKEN £14<sup>50</sup> LAMB £16<sup>50</sup>**

**PRAWN £16<sup>95</sup> DUCK £16<sup>95</sup>**

Classic dish from Chennai; house special preparation with black pepper, curry leaves, red chillis and a touch of coconut milk for the balance

**Pallipalayam Masala D N /**

**CHICKEN £14<sup>50</sup> LAMB £16<sup>50</sup>**

**PRAWN £16<sup>95</sup>**

Flavoured with coconut oil, curry leaves and dry red chilli and finished with grated coconut

**Andhra Style**

**Gongura Masala D N /**

**CHICKEN £14<sup>50</sup> LAMB £16<sup>50</sup>**

**PRAWN £16<sup>95</sup>**

Very popular dish from Andhra Pradesh (state) which is cooked with sorrel leaves for its unique taste

**Hyderabadi Style Dalcha D N**

**CHICKEN £14<sup>50</sup> LAMB £16<sup>50</sup>**

**PRAWN £16<sup>95</sup>**

Popular dish from Hyderabad which is cooked with lentils, bottle-gourd and hint of tamarind; authentic alternative for Dhanshak lovers

**Nadan Kozhi Curry £13<sup>95</sup> D N /**

Delicious dish from Kerala made by simmering chicken in coconut milk and green chillies

**Jumbo Prawns**

**Kuzhambu £16<sup>95</sup> C N /**

Jumbo Prawns cooked to perfection in South Indian style

**Nandu Urundai Therakkal**

**£15<sup>95</sup> C D N /**

Crab meatballs simmered in a rich sauce with a hint of saffron

**Home Style Fish**

**Curry £15<sup>95</sup> F N /**

Boneless fish simmered in authentic home style gravy flavoured with tamarind and coconut milk

**Malabar Chemmeen**

**Curry £16<sup>95</sup> C N**

Juicy prawns simmered in vibrant sauce with coconut and fresh curry leaves

**Malay Style Mango**

**Chicken Curry £12<sup>95</sup> D N**

A mild Keralan and Malaysian fusion dish cooked with coconut milk, mango and delicate spices

**Chicken Tikka Masala £11<sup>95</sup> D N**

A mild and creamy sauce with a tomato base, flavoured with fenugreek

**Chicken/Lamb Korma**

**£11<sup>95</sup> / £13<sup>95</sup> D N**

Very mild dish cooked with blended cashew nuts, coconut and cream

**Home Style Lamb Curry**

**on Bone £14<sup>95</sup> D N /**

Slow cooked lamb as per Chef's secret recipe

**Home Style Chicken Curry**

**on Bone £13<sup>95</sup> D N //**

Classic home style preparation, grandma's recipe

**Butter Chicken £13<sup>95</sup> D N**

(on the bone/off the bone)

Cooked in a rich creamy tomato and buttery sauce



## SIDES

**LARGE £10<sup>95</sup> SMALL £7<sup>50</sup>**  
(Can be prepared as Vegan upon request)

**Bhindi Dupiaza** <sup>DN</sup>  
Tender-semi-dry okra cooked with onions, tomato and peppers

**Aloo Baingan** <sup>DN</sup>  
Aubergine and potatoes cooked with in a thick masala

**Jeera Aloo** <sup>D</sup>  
Potatoes tempered with cumin, mustard seeds and dry red chillis

**Tomato Pappu** <sup>D</sup>  
Home style preparation of yellow lentils cooked with tomatoes, mustard seeds and curry leaves

**Cauliflower and Green Peas Masala** <sup>DN</sup>  
Semi-dry preparation with onions and tomatoes

**Kadala Curry** <sup>DN</sup>  
A traditional Kerala dish with black chickpeas in a roasted coconut gravy

**Spinach Poriyal** <sup>DN</sup>  
Spinach tempered with fresh garlic and curry leaves, flavoured with grated coconut

**Palak Aloo** <sup>DN</sup>  
A North Indian popular dish made with spinach and potato

**\* Separate Vegan menu available for Vegan diners**

## ALL TIME SOUTH INDIAN FAVOURITES

Served with tomato chutney, coconut chutney and sambar (lentil and vegetable broth)

**Plain Dosa** £8<sup>95</sup> <sup>G VE</sup>  
Rice and lentil savoury crepe

**Masala Dosa** £9<sup>95</sup> <sup>G VE</sup>  
Rice and lentil savoury crepe stuffed with semi mashed potato mix

**Podi Dosa** £9<sup>95</sup> <sup>D G /</sup>  
Sprinkled with homemade spice mix

**Idly (3 pcs.)** £6<sup>95</sup> <sup>VE</sup>  
Steamed rice and lentil cakes

**Medu Vada (3 pcs.)** £6<sup>95</sup> <sup>G+ VE</sup>  
Golden Fried spiced doughnut made with lentil

**Masala Uthappam** £9<sup>95</sup> <sup>D G /</sup>  
Rice and lentil pancake topped with onion, tomato, chopped green chillies and coriander

## CHENNAI EXPRESS SPECIAL MATKA BIRYANI

Hyderabadi style Biryani served with raita and salan (tangy gravy)

**Chicken Biryani** £13<sup>50</sup> <sup>DN</sup>  
(on the bone)

**Lamb Biryani** £15<sup>50</sup> <sup>DN</sup>

**Vegetable Biryani** £11<sup>95</sup> <sup>DN</sup>

**Prawn Biryani** £16<sup>95</sup> <sup>CDN</sup>

## RICE

**Plain Rice** £3<sup>50</sup> <sup>VE</sup>

**Pilau Rice** £3<sup>95</sup> <sup>VE</sup>

**Mushroom Rice** £4<sup>50</sup> <sup>VE</sup>

**Lemon Rice** £4<sup>50</sup> <sup>VE N /</sup>

**Coconut Rice** £4<sup>50</sup> <sup>D</sup>

**Egg Fried Rice** £5<sup>50</sup> <sup>G ES</sup>

**Veg Fried Rice** £5<sup>50</sup> <sup>G SVE</sup>

**Chicken Fried Rice** £6<sup>50</sup> <sup>G ES</sup>

## BREADS

All breads are brushed with butter. Please specify if you wish to have your bread without butter.

**Plain Naan** £3<sup>25</sup> <sup>DEG</sup>

**Garlic Naan** £3<sup>95</sup> <sup>DEG</sup>

**Chilli Garlic Naan** £3<sup>95</sup> <sup>DEG</sup>

**Chilli & Coriander Naan** £3<sup>50</sup> <sup>DEG /</sup>

**Thyme Naan** £3<sup>50</sup> <sup>DEG</sup>

**Cheese Naan** £4<sup>50</sup> <sup>DEG</sup>

**Cheese & Chilli Naan** £4<sup>50</sup> <sup>DEG /</sup>

**Peshawari Naan** £4<sup>50</sup> <sup>D GEN</sup>

**Tandoori Butter Roti** £2<sup>95</sup> <sup>D G</sup>

**Keema Naan** £4<sup>50</sup> <sup>DEG</sup>

**Kadaaki Naan** £4<sup>50</sup> <sup>DEG /</sup>  
Crispy naan topped with chopped onions, chillies & coriander

**Kerala Parotta** £3<sup>50</sup> <sup>G VE</sup> (2 pcs.)  
Special South Indian layered/flaky bread from Kerala

## ACCOMPANIMENTS

**Green Salad** £3<sup>50</sup> <sup>VE</sup>  
Slices of cucumber, red onions and tomato

**Curry Sauce** £3<sup>95</sup> <sup>N D</sup>  
(Mild/ Medium/Hot)

**Raita** £3<sup>50</sup> <sup>D</sup>  
Yoghurt with onion, tomato and coriander

**Masala Chips** £3<sup>95</sup> <sup>VE /</sup>

**Plain Chips** £3<sup>50</sup> <sup>VE</sup>

## KIDS SPECIALS

**Indian Style Chicken Nuggets & Chips** £8<sup>95</sup> <sup>GE</sup>

**Kids Dry Chicken Lollipop with Chips** £8<sup>95</sup> <sup>DE</sup>

**Indian Style Fish & Chips** £9<sup>50</sup> <sup>G DN</sup>

**Mini Dosa** <sup>G D</sup>  
Plain Dosa £6<sup>95</sup> | Cheese Dosa £7<sup>50</sup>  
Chocolate Dosa with ice-cream £8<sup>95</sup>

**Kids Curry & Rice** £9<sup>95</sup> <sup>D NG\*</sup>  
Choice of Chicken Korma, Chicken Tikka Masala or Paneer Butter Masala





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**Perfect taste of South India!**

## **Our Culinary Philosophy**

Although curry has been an inherent part of the British heritage, Indian cuisine is often perceived unhealthy containing excessive amount of oil, butter, cream and sugar. While authentic Indian cuisine can be so fresh, light and flavoursome; we believe, it is unfortunate to be stereotyped as a 'comfort food' or 'unhealthy food'.

Chennai Express is an attempt to transform the perception and experience of Indian cuisine in the UK. We essentially serve street food style South Indian food containing vital ingredients and nutritional qualities that make it as healthy as an Indian restaurant can be. While Southern Indian food is naturally light and avoids too much oil, ghee, cream and butter, our Chefs go above and beyond to incorporate fresh approach to cooking where every dish is cooked from scratch offering the distinct taste of fresh herbs and home-ground spices. Inspired by the traditional home-style cooking techniques, we endeavour to retain the versatility, freshness and nutritional values of the ingredients.

Chennai Express envisions to become a truly inclusive restaurant for dietary preferences, ethical food choices, cultural tastes and health needs.

**If you have any food allergies or special dietary requirements,  
please speak to a member of our team.**

We can prepare menu items without gluten, dairy and nuts upon request.

Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of cross contamination by other ingredients

### **ALLERGEN GUIDE**

**G:** Gluten Present | **G\*:** May contain traces of Gluten | **D:** Dairy Present | **VE:** Vegan  
**N:** Nuts Present | **E:** Egg Present | **F:** Fish Present | **C:** Crustacean Present | **S:** Soya present

### **SPICE LEVEL GUIDE**

**/** : Medium | **//** : Hot | **///** : Very hot