# Welcome to



## Finest Authentic Coastal Cuisine

A warm welcome awaits you at Spice Bar & Grill; where you will experience the finest food which perfectly combines the traditions and authentic flavours of India, fused exotically with a unique ethnic edge; all provided with a first class service; exquisite decor and a beautiful view.

Spice Bar & Grill is the first ever Indian restaurant in the history of Liverpool, with the most esteemed skilled chefs from India, who are dedicated to use the finest and freshest ingredients to give our customers sensational dishes whose delicious flavours are purely natural as no artificial flavours or colours are added. Every dish prepared contains blends and home-style spices, giving a sharp pungency that is heightened with the use of tamarind, while coconut gives Its richness absconding some of the tongue teasing pepper that creates a mouth-watering flavour.

We hope you enjoy our modern and traditional surroundings, combined with great warmth, friendliness and a relaxing atmosphere ... finger-licking massalas, fresh Ingredients and quality at Its best - Indian cuisine does not come much better than this ... so sit, relax and imagine you have entered a different world.



## Allergy Warning:

Some dishes contains or may contain nut products. Please ask a member of staff when placing order. We cannot guarantee our dishes will be 100% nut free.







Sesame



Gluten























Dairy Peanuts Sulphite Soya

# **STARTERS**

All dishes are freshly prepared & served on a dressed platter

## **PAPADAMS**

Papodams (known as papads in India) are eaten with a variety or chutneys and often with curry too. Our papads ore fantastic to begin with, as they are very scrumptious & crispy and are served with delicious mango chutney, homemade mint sauce and mixed pickle.

Plain Papadams Black Pepper Papadams

£3.50 £3.50

### SPICE LOUNGES' EXCLUSIVE

Would you like to try a bit everything in one go? Then go for one of these exceptional starters:

**Sea Food Mixed Starter** £14.90 (per person)

A selection of seafood, king prawn, salmon, tilapia & squid prepared in Indian spices and served in sweet and sour sauce. Mixed Starter

£13.90

(per person)

Tasty Peshawari kebab. mouth-watering Khandahari kebab, & our luscious murgh tikka kharara.

## SEA FOOD

Rapti Salmon £7.90

A taste of this will definitely give you a Ropti start; marinated chunks: or salmon in honey, dill a homemade Indian spices cooked in charcoal oven a served with a sprinkle or fresh dill.

King Prawn Puri (1) £6.50

King Prawn fresh cooked in special Goan curry, served on a crispy on a crispy fried Poori

Talichire Squid (Batter Fried Squid) Mild

£6.90

A rare starter Introduced by Spice Lounge, where rings of squid is fried with butter, selected home-made Indian herbs & delicate spices. tossed in mixed salad leaves and dressed with olive oil.

Amritsar Fish (Tilapia) £5.90

Fillet of Tilapia fish prepaged in aram flour fresh homemade Indian spices & fresh mint leave once the

Fillet of Tilapia fish prepared in gram flour, fresh homemade Indian spices & fresh mint leave, once the fish has been marinated. It is then deep fried and garnished with fresh coriander.

Kesari Jhinga (Shrimp Stir-fry)

£7.90

Shell-on tiger prawns marinated in yoghurt with lime and fresh coriander.

**Samundari Ratan**E7.90

Mix sea-food (squid, mussels, scallops and prawns) tossed in butter and cooked in sweet and spicy sauce

Mix sea-jood (squid, mussels, scallops and prawns) tossed in butter and cooked in sweet and spicy sauce served with salad and chutney.

Tuna Ki Parchey
Tuna fillet marinated in ginger, garlic, mustard, lime juice and grilled on tawa. served with mint chutney

Tuna fillet marinated in ginger, garlic, mustard, lime juice and grilled on tawa. served with mint chutney and salad.

Grilled Masala Tilapia £6.50

Tilapia fillet marinated with garlic, ginger, lime juice, and selected Indian herbs, grilled in tawa. Served with chutney and salad.



## LAMB (GOSHT)

#### Peshwari Kebab Medium



£6.80

A brilliant way to start your experience at Spice Bar & Grill, a must try starter, where tender chunks of lamb marinated overnight with yoghurt, cream, shahi zeera (black cumin) and Indian spices, cooked in charcoal oven, and garnished with home-made massala and fresh coriander.

Kandhari Kebab 🛈

Fine minced lamb seasoned with aromatic Indian herbs and spices, then skewered and cooked in charcoal oven, served with a sprinkle of fresh coriander & mint sauce.

Lamb Chops **O** 

£6.go

Selected cut of lamb chops, marinated in crushed garlic, ginger, chilli and yoghurt charcoal grilled.

## CHICKEN (MURGH)

## Murgh Tikka Karara 🚺

£6.80

This one is for all those chicken tikka lovers out there boneless pieces of chicken breast marinated with ginger. garlic. yoghurt, and homemade Indian spices, garnished with freshly chopped coriander & served on a dressed platter.

Afghani Murgh 🛈 🍩

£6.80

Tandoori chicken with a difference in flavour, style and method, baby chicken is marinated overnight in various herbs and spices along with yoghurt, fresh cream, almond paste to give that tender taste, then cooked in the tandoori oven & served with a fresh salad.

Chicken Kali Mirch (Black Pepper)

£6.80

Let your taste buds run wild with this delicious starter, tender pieces of chicken breast marinated with black pepper, cream and home-made spices; cooked in charcoal flame and garnished with a sprinkle of crushed black pepper.

Chicken Pakora 🤎



£5.80

Tender julienne pieces of chicken marinated in ginger, garlic, lemon juice, Indian spices and gram flour coated and fried. Served with mint chutney & salad.

Chicken 65 🛈

£6.go

A Chennai speciality, batter fried spicy chicken marinated in butter milk, ginger, red chillies & garlic.

# VEGETABLE (SABZI) 🕏



Paneer Ka Soola 🛈 🤡

£5.95

Enjoy a cheesy start, cubed pieces of Indian cottage cheese (paneer), onions and mixed peppers marinated with cream. yoghurt and herbs are cooked on a slow heat in the charcoal oven.

Punjabi Samosa 🌗 🖤

£5.20

Carom seeds, flavoured short crust pastry filled with spiced potato and green peas.

Aloo Moti Tikki 💔

£5.20

Potato mashes delicately mixed with whole sabut dana, fresh Indian herbs and spices, and made into patties, and then coated in breadcrumbs, which is then deep fried and garnished with a sprinkle of homemade massala powder & served with mint sauce.

Onion Bhaji 🏮 🕜





# **MAIN COURSES**

Spice Bar & Grill's dishes are prepared in the richest and delicate blend of whole herbs and the finest spices to create distinctive & exclusive food. We aim to guarantee you into a truly unique, unforgettable cuisine experience. We combine the ancient with the modem and take you down the path to losing yourself in the exotic flavours from Spice Bar & Grill.

## LAMB DISHES

Gosht (lamb) usually comprises delicious dishes such as gasht dalcha, aachari & suganda. Each dish is flavoured and garnished with enticing, fresh Indian spices. Our lamb dishes are tenderised with unique texture & exquisite flavour, aimed to give you everlasting taste.

Lamb Suganda £12.90

Lamb Suganda is absolutely irresistible with exquisite flavours and aroma. It is a highly recommended dish by Spice Bar & Grill, where juicy pieces of lamb are cooked in the South Indian way with fresh dill and fine homemade spices. served with a sprinkle of dill.

Chandni Chowk £12.90

Indulge yourself in this fabulous dish, where tenderised chunks of lambs cooked with onion, tomato and fennel, prepared in the simplest way, garnished with fresh coriander fresh coriander & sliced ginger, served in a delicious sauce creating a mouth watering dish to enjoy.

## Lamb Dalcha (Hyderabadi Style) 🕦

£12.90

Dalcha is a Hyderabadi Muslim dish and is more commonly known as Dansak, This dish is newly introduced by Spice Bar & Grill, where succulent pieces or fresh spring lamb is cooked with channa dal (yellow lentils), sizzled in fresh Indian spices, garam massala, onion, tomato and yoghurt, then served in a delicious sauce creating a sourish tang with curry leaves & fresh coriander.

## Aachari Lamb (Bhopal Style) 🚺

£12.90

Lamb Achari is one of India favourite pickled dishes, which are usually made using mustard oil and a special combination of spices. This is a home-style recipe and has a slight sourish tang to it and is not that spicy as the ingredients would suggest because the vinegar and yoghurt offsets the heat. The lamb is cooked with five different whole spices and garnished with fresh coriander & sliced ginger.

Kadhai Lamb £12.90

Boneless lamb in a Kadhai gravy with garlic, peppers, coriander and red chillies.

Lamb Madras £12.50

Boneless lamb cooked in spices, with coriander, cumin & fresh ginger.

## Lamb Rogan Josh (Lucknow Style) 🕦

£12.50

Tender lamb cubes cooked in onion, tomato gravy and yoghurt spiced with selected Indian spices.

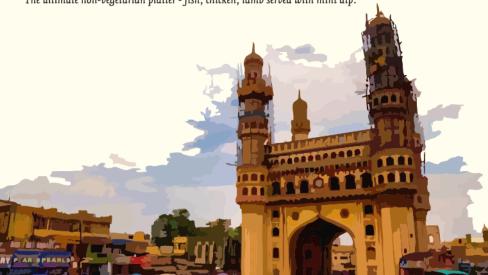
Keema Matar £11.50

Lamb mince and green peas spiced with ginger, green chillies, & bay leaves.

## Spice Bar & Grill Special Mix Grill **①**

£14.50

Served with a spicy sauce and nan bread. The ultimate non-vegetarian platter - fish, chicken, lamb served with mint dip.



## CHICKEN DISHES

Murgh (chicken) forms the basis of many famous dishes, such as Murgh Makhani, Murgh Korma, Murgh Mangalori & Murgh Jalfrezi. They me flavoured delicately with principal, authentic and aromatic Indian spices, with Kashmiri chillies which are not too spicy but impart a rich red colour to the food. Here at Spice Bar & Grill we present some of the exotic Indian chicken recipes which will titillate your taste buds.

### Murgh Makhani (Butter Chicken, Punjab) 🕕 🚳



£12.90

Murgh Makhani is a mild and a very popular dish for the purveyors of traditional Indian cuisine, where succulent pieces or chicken tikka is prepared In rich. tomato based sauce, cashewnut paste, massala spices, garam massala & Kashmiri mirchi, along with butter. tomato paste & fresh cream creating a deliciously smooth creamy sauce. Just before serving, while the dish is piping hot, a further touch of butter is added for that extra buttery flavour.

### Chicken Korma (Sylhet, BANGLADESH) 1



£12.90

Chicken Korma is Spice Bar & Grill mildest dish prepared and cooked In the simplest traditional Bangladeshi style. Luscious pieces of chicken is cooked in pure ghee (butter), sautéed onion, then thickened with fresh cream and milk. spicing is more subtle with the use of aromatic spices such as cardamom, clove. cinnamon & bay leaves. which brings the flavours together for on enticing taste.

#### Chicken Kurchan (Jalfrezi, Old Delhi - known as wall city)

£14.90

Chicken Jalfrezi is another newly introduced dish by Spice Bar & Grill. Our Jalfrezi is cooked in the 'Old Delhi style, this delicious hot dish is prepared using succulent Julienne strips of chicken cooked in authentic Indian herbs and spices along with onion and tomato, It does not have much or a sauce, and so instead the thick sauce tantalisingly clings to the spicy chicken, mixed peppers & fresh green chillies.

#### Chicken Chengizi (Cantonese Style)

A Very popular dish sold on almost every street corner of Old Delhi; a clever Indian and Chinese fusion brought for you by Spice Bar & Grill where the best of both worlds twine together in one dish; where diced onions. green peppers, and shallow fried juicy pieces of chicken are gently stir-fried with a hint of green chilli, garlic and tomato sauce and a final touch of lemon juice, a drop of vinegar, soy sauce & coriander completes this spectacular mouth watering dish.

#### Chicken Madras ))

£12.90

A popular chicken dish from South of India. Tender chicken pieces marinated in chilly, ginger and garlic. Cooked in onions, tomato sauce and selected Indian spices and garnished with whole red chillies.

#### 

£15.90

Tender pieces of chicken marinated in Indian spices, skewered with peppers and onions. Charcoal grilled.

### Chicken Tikka Massala 🛈

Cube of Chicken marinated with ginger, garlic, chilly and yogurt charcoal grilled and curried in onion, tomato gravy and selected Indian spices & cream.

## Kadhai Chicken ))

£12.90

Chicken tikka pieces stir-fried in Kadhai gravy with garlic, coriander and red chillies.



## VEGETABLE DISHES (

Vegetables play a more dominant role in Indian cuisine than in perhaps any other. India offers on array of vegetables unequalled anywhere in the world and a variety of way to cook each one. Spice Bar & Grill vegetarian dishes are prepared using a carefully chosen selection of contrasting vegetables.

#### Paneer Tikka Makhani ᅏ 🚺 🚳



£9.95

This is a mild mouth watering vegetable dish similar to Murgh Makhani, where cubed pieces of cottage cheese (paneer) is prepared in crushed garlic and ginger and simmered in light herbs and spices, garam massala, and in a buttery home-made tomato & onion sauce. Fresh cream is also added ta create the delightful smooth creamy sauce, and a touch of Kashmiri mirchi adds the vibrant rect colour. It is garnished with a sprinkle of fresh coriander leaves.

### Sabzi Miloni (Lucknow Mixed Vegetable) 🕜

£9.95

Sabzi miloni is a simple yet creative dish using mixed vegetables; perfect for our vegetarian guests. A selection of tasty vegetables and visible chunks of onions and green peppers are tossed and cooked in an onion and tomato sauce, roasted home-made Indian herbs and spices making a thin to thick consistency of a curry. It is then gently garnished with cherry tomato, fresh coriander leaves & sliced ginger.

Gobi Gulcha 💔 £9.95

A very tasty semi dry vegetable curry. fresh cauliflower florets are sautéed in olive oil, onion, tomato, garlic, ginger, cinnamon & cumin, It is served with a touch of fresh coriander leaves for that special aroma.

Aloo Gobi 🥨 £9.95

A spicy curry made with cauliflower and potatoes, together cooked with cumin seed and garnished julienne ginger and coriander leaves.

## HYDERABADI BIRYANI DISHES

Hyderabad is known for It's spicy meat and chicken dishes, and even more for Its meat biryanis, The biryani is one of the most distinct dishes from Hyderabad, capital of Andhra Pradesh. Hyderabadi cuisine is rich and aromatic with a liberal use of exotic spices and ghee. Basmati rice is cooked with meat, chicken, prawn or vegetables and whole spices, simmered in a sealed pot over a slow flame to seal in the aroma and flavour. It is served with a Raita sauce to balance the combination of pungent flavours.

## Lamb Biryani 🚺 🔘

£14.90

Tenderised pieces or lamb cooked in brown onion, grinded cardamom, cashew nuts and raisins, tossed with bosmat1 rice, and flavoured with fresh mint leaves as well as saffron for that essential aroma, then gently garnished with sliced ginger & fresh coriander leaves, served with Raita.

### Chicken Biryani 🕕 💿

£14.90

Succulent pieces or chicken breast cooked with basmati rice, filed onion, green cardamom, fresh mint leaves and saffron, topped with sliced ginger & fresh coriander, then sealed in a pot to ambush the gorgeous aroma & flavour, and served with Raita.

### King Prawn Biryani (Lucknow Style) 🕦 💿



£16.90

This special Lucknow! biryani is a delightful dish; not particularly spicy but aromatic, it is where king prawn is stir fried with basmati rice, cardamom, mace, cashew nuts, raisins & the essence of saffron, along with fresh coriander and sliced ginger to garnish, then simmered in a sealed pot to preserve the rich taste, and served with Raita.

#### Vegetable Biryani 🕜 🛈 🚳



£13.90

A tangible selection or fresh mixed vegetables is sauted In onion, basmati rice, green cardamom, cashew nuts & raisins, flavoured with fresh mint leaves and saffron tor aroma, topped with coriander & sliced ginger, then simmered in a sealed pat, served with Raita.

# Dumba Biryani

Authentic Indian style whole lamb biruani cooked with selected Indian spices and yoghurt. Served with boiled eggs plus extras.

> PRE-ORDER - 48 HOURS NOTICE REQUIRED



## SEA-FOOD DISHES

The most mouth-watering seafood dishes are from the coastal part of India, such as Goa. For example, Goa's luscious coconut and fish based dishes draw in people from all over the world. World-class prawns, lobsters, crabs, and jumbo pomfret are found along the coastline and are used to make a variety or curries & stir fries. Here at Spice Bar & Grill, fish is cooked with great passion and style; we aim to give you simply the best fish dishes you have ever tasted,

## Bulsari Salmon 🕽 😊 📵



£15.90

Our chefs have especially recreated this very distinctive dish for you to on joy, Tender pieces of salmonis marinated with honey, almond powder, fresh dill & the core Indian spices such as turmeric, cumin, dhaniya, garlic & ginger. Cooked with onion, mixed peppers & tomatoes in the clay oven, once the dish is dressed on Its platter, an elusive makhani sauce is drizzled over the tender salmon & then sprinkled with black pepper & mixed crushed nuts to create a delicate yet rich flavoured fish curry,

## Sea Bass Patrani 💿 🚺



£15.90

Sea bass is one of Spice Bar & Grill's popular dishes; it is delicately marinated and flavoured with fresh ground mustard, yoghurt and aromatic blend of Indian spices, such as cardamom, cinnamon, fenugreek. caraway and star anise. which is then gently cooked in the charcoal oven, and served on a beautiful dressed platter garnished with fresh dill, slices of lemon & drizzled with olive oil.

#### Meen Chettinad (Cod fish, Southern Tamil) 🔰 🕥



£14.90

This is another gorgeous dish to go for; Talapiya fish is the native fish of Africa & the Middle East and is widely used in Indian cuisine, The fish is filleted and marinated in a combination of lemon juice & mustard oil, and then shallow fried to allow plenty of flavour to be absorbed Into the fish. The fillets are then cooked with coconut milk, onion, tomato, garlic, ginger, black pepper & mustard seeds, ready for garnishing with herbal overtones of curry leaves.

#### Prawn Gulnaar (King Prawn) 🕽 🕤



16.90

King prawn Gulnaar is a rich flavoured dish very much recommended by Spice Bar & Grill. King prawns are soaked in vinegar and lemon juice for the freshness to seep in. It is cooked with tomato and onion massala sauce along with principal Indian spices. Freshly chopped capsicums and drops at lemon juice are added to the dish for that essential semi-dry texture, and then garnished with sprinkles of fresh coriander & ginger for a wonderful aroma.

#### Lobster Pepper 💿



£27.95

Whole lobster in shell treated with lime and turmeric in richly spiced peppery masala.

#### Grilled King Prawn 💿

£16.90

Whole king prawn on shell treated with lime and turmeric in richly spiced peppery masala.

#### Kadhai Fish (Asian Style) 🔰 😂



£15.95

Chunks of fish fillet stir-fried in Kadhai gravy with garlic, coriander and red chillies.



# SIDE VEGETABLE **(7)**

A side vegetable dish is an essential part of a main curry, and a meal must consist of a vegetable side dish.

Mushroom Hara £5.50

Mushroom fans, this one is ideal for you. Hara literally means 'green spices', where sliced pieces of button mushroom and spring onion are cooked in a tomato and onion based sauce. selected fresh green spices such as ginger, garlic, green bay leaves & green cardamom and then garnished with a decorative sprinkle of fresh coriander leaves.

### Sag Aloo (Spinach & Potato)

£5.80

Pureed fresh spinach gently tossed with bite-sized pieces of potato cooked in finely chopped onion, garlic & ginger. and the traditional Indian spices. such as cumin, dhaniya, cinnamon & turmeric. This dish is lightly garnished with a sprinkle of fresh coriander.

### Bhindi Bahar (Okra)

Bhindi or more commonly known as okra is a delicious vegetable; it has been delightful essence to it, and is worth trying. Freshly trimmer, tender, bhindi is tossed in a onion and tomato sauce, light Indian herbs and spices, cherry tomatoes, and chunks of mixed peppers are prepared in a semi dry sauce, & then sprinkled with fresh coriander leaves for aroma.

#### Tarka Dal (Lentils)

A dal combination is perfect, healthy vegetarian protein dish; it is tasty and easy to digest, our tarka dal is a semi-dry dish, which makes use of three different yet popular types of lentils, masoor dal, toor dal and moong dal. The dals are sizzled in onion, crushed garlic, tomato and whole cumin; the dish is then evenly sprinkled with fresh coriander.

### Dal Bhukara (Urad Dal)

£5.90

A dish with a twist, black lentils is the most popular dal in the Punjab and Delhi, and is known as Urad dal and is immensely buttery; what makes this dish extra tasty is that the rich lentils are marinated overnight on charcoal and then cooked in butter, fresh tomato puree and cream, then served with a touch of fresh coriander leaves.

## Jeera Aloo (Lucknow Style)

Jeera (cumin) a spice that brings a pungent taste to any dish, and is one of the main flavours that characterises Indian food. Jeera aloo is where boiled potatoes are sauteed in olive oil, onion, whole cumin, fresh garlic, ginger, home-made garam massala, and is served with a sprinkle of cumin powder & fresh coriander leaves for aroma and appearance.

#### Sag Paneer (Spinach & Cheese)

£5.80

Try this mouth-watering vegetable dish; absolutely gorgeous, pureed spinach and cottage cheese is cooked is cooked in the simplest way, using the subtle touch of different types of Indian herbs and spices, garlic, ginger, onion, cumin and fenugreek, & is served with a touch of freshly chopped coriander.

#### Pindi Chana (Chana Massala)

£5.90

Pindi chana another popular dish on the streets of India, where chickpeas are gently cooked in a tomato and onion based sauce, along with the special chana masala spice and hint of mango powder to give it a distinctive taste. It is then garnished with fresh coriander leaves.



## **RICE DISH**

Rice is the staple food of roughly half of South East Asia. There is no part of India or the real South East Asia that does not have rice as an important features of it's cuisine.

Rice is eaten with curries, dal, yoghurt & vegetables.

| Plain Rice  | £3.50 |
|---|-------|
| Boiled Rice   |       |
| Pulau Rice  | £3.60 |
| Basmati rice cooked with onion, and a variety of aromatic spices.   |       |
| Lemon Rice 0  | £3.90 |
| Plain rice cooked with tumeric, a hint of chilli, mustard seeds, cashew nuts, curry leaves & lemon juice. |       |
| Mushroom Rice   | £3.90 |
| Basmati rice stir-fried with sliced mushrooms and a hint of home-made spices                              |       |
| Kashmiri Rice   | £3.90 |
| Basmati rice stir-fried with dried fruit and subtle home-made spices.                                     |       |
| Vegetable Pulao   | £3.90 |
| Pulao rice tossed with cumin tempered vegetables.   |       |
| Keema Pulao   | £3.90 |
| Pulao rice tossed with lamb mince spiced with ginger & chillies.  |       |
| Egg Pulao 🕦   | £3.90 |
| Pulao rice tossed with egg and spiced.  |       |

# INDIAN BREAD & ROTIS 🌗

(All our bread Is baked in charcoal flame)

The original breads of India are unleavened breads known as rolls made from ground whole wheat Jaala). The Muslim-influenced breads of India are leavened, like nans, khamiri rotis and various other kinds of roti breads of Mumbai.

| Plain Nan ①   | £3.50 |
|---|-------|
| Freshly baked leavened bread In charcoal flame, with out the use of butter.  Butter Nan | £3.50 |
| Freshly baked leavened bread finished with a sprinkle of fresh coriander $\&$ butter.   |       |
| Garlic Nan <b>O</b>   | £3.50 |
| Unleavened bread coated with crushed garlic $\&$ pure ghee.                             |       |
| Peshwari Nan 🛈 🚳 👽  | £3.50 |
| Bread stuffed with sweet almond. coconut & sultana paste.                               |       |
| Keema Nan 🛈   | £3.50 |
| Bread stuffed with minced lamb  |       |
| Chilli & Garlic Nan 🛈   | £3.50 |
| Unleavened bread stuffed with chillies and coated with garlic.                          |       |
| Cheese Nan <b>1</b>   | £3.50 |
| Bread stuffed with grated cheese.   |       |
| Kulcha Nan 🕦  | £2.95 |
| Bread stuffed with grated cheese.   |       |
| Laccha Paratha  | £2.90 |
| Flaky whole wheat unleavened bread.   |       |
| Charcoal Roti   | £2.20 |
| Whole wheat unleavened bread  |       |



# FRESH SALADS 🕏

Once only served as on accompaniment, salads ore now the main event, These irresistibly delicious salads are light, fresh & healthy, A simple salad becomes a treat when tossed with a well-flavoured dressing,

Green Salad £3.50

Dazzling simple salad, where fresh juicy tomato, anion, cucumber, lemon, green chillies are gently mixed and served on a dressed plotter.

Laccha Salad £4.50

Lightly spiced red onion rings, finely garnished with home-made massala and fresh coriander leaves for aroma & served on a beautifully dressed platter.

# YOGHURT (RAITAS) Ø

The role of yoghurt (roitas) is very important because it introduces good flora into the digestive system, Raitas are very cooling, and is best to enjoy with hot dishes, Raitas are made with full fat or reduced fat yoghurt; however, Spice Bar & Grill's raitas are low in fat. Most popular ingredients in raitas are cucumber, potato, pineapple & spinach, and yes, we do all of them.

#### Spice Bar & Grill's Exclusive Mixed Raita

£3.50

Onion, tomato, cucumber, salt & pepper, whisked in yoghurt, little sugar, and served with a sprinkled of fresh coriander leaves.

#### Cucumber Raita

£2.90

Cucumber, salt, pepper, cumin powder & sugar whisked In yoghurt, garnished when paprika & fresh coriander leaves.

