

SUNDRIES				VEGETARIAN SIDE DISHES			
NAAN	1,2,3,6	£3.50		BOMBAY ALOO (Potato)	GF, V	£4.95	
KEEMA NAAN	1,2,3,6,9	£3.95		BHINDI (Okra)	GF, V	£4.95	
CHILLI NAAN	1,2,3,6,9	£3.75		TARKA DAAL (Lentils)	GF, V, 7	£4.95	
GARLIC NAAN	1,2,3,6,9	£3.75		SAAG ALOO (Spinach & Potato)	GF, V	£4.95	
GARLIC & CORIANDER NAAN	1,2,3,6,9	£3.95		BENGAN (Aubergine)	GF, V	£4.95	
CHEESE NAAN	1,2,3,6,9	£3.95		ALOO GOBI (Potato & Cauliflower)	GF, V	£4.95	
KULCHA NAAN	1,2,3,6,9	£3.75					
PESHWARI NAAN	1,2,3,6,9	£3.95					
TANDOORI ROTI	1, V, H	£1.00					
CHAPATI	1, V, H	£1.00					
PLAIN PARATHA	1, 6	£3.50					
KEEMA PARATHA	1, 6	£3.95					
ALOO PARATHA	1, 6	£3.75					
RAITHA	6	£2.50					
FRESH GREEN SALAD	V	£1.95					
POPPADOM	1, 7	£0.80					
PICKLE TRAY	6	£2.95					
CHIPS		£2.95					

BEVERAGES			
PINEAPPLE SMOOTHIE			£4.95
Natural yoghurt, pineapple juice and honey			
eastDeast DELIGHT			£4.95
Strawberry syrup shaken with cream			
MANGO SUN RISE			£4.95
Fresh orange and lime shaken with mango juice, topped up with cranberry juice			
PRINCESS PRIDE			£4.95
Orange juice shaken with pineapple and laced with grenadine			
eastDeast REFRESH			£4.95
Mint, lime and brown sugar, topped with soda			
SWEET DREAM			£4.95
Raspberries and blackberries top up with water lemon syrup shaken with apple and cranberry juice			
EAST BREEZE			£4.95
Strawberry, raspberry and blackberry shaken with apple juice and cranberry juice			
STRAWBERRY DREAM			£4.95
Strawberries and raspberries shaken with apple juice			
eastDeast HAWAIIIN			£4.95
Kiwi syrup and apple juice topped with lemonade			
eastDeast TOUCH			£4.95
Strawberry, raspberry and blackberry shaken with elderflower and cranberry juice			

PUNJABI TRADITIONAL LASSI			
What is a lassi? Lassi is traditional yoghurt based Punjabi drink, it is widely consumed in the Indian sub-continent to compliment spicy food			
	500ml	1 Litre	
eastDeast Special Lassi	6	£4.95	£6.95
Mango Lassi	6	£4.95	£6.95
Strawberry Lassi	6	£4.95	£6.95
Desi Sweet Lassi	6	£4.50	£6.50
Desi Salty Lassi	6	£4.50	£6.50
Desi Plain Lassi	6	£4.50	£6.50

SOFT DRINKS		WATER	
		Still Water	£3.95
		Sparkling Water	£3.95
			
			
Orange Juice	£2.50		
Pineapple Juice	£2.50		
J20 FLAVOURED DRINKS			
Apple & Mango	£2.50		
Apple & Raspberry	£2.50		
Orange & Passion Fruit	£2.50		

The story of the World's Love affair with Indian Subcontinent Foods dates back to the First Millennium.....

...Our Story

EastzEast is a family owned & managed business. The family has been in the Restaurant Business since 1976 and All our chefs are trained in house. The EastzEast brand has been established over a decade ago, here at EastzEast we pride ourselves in using fresh & high quality ingredients which are sourced locally and internationally. We source Fresh & Tender Whole Lambs, Grass fed from the Valleys of Cheshire & Lancashire then prepared by our expert butchers for our renowned chefs.

We source fresh Whole Chickens from Cumbrian farms, ready for our expert butchers and chefs to prepare.

We use Natural Sea & Rock salt sourced from the Atlantic ocean & Himalayan hills to season our food.

The Food is seasoned daily & freshly prepared on site by our Expert Chefs. The Desserts are also freshly prepared by our chefs. We thank all our Loyal patrons for supporting our Brand for over Ten Years and We hope to continue serving high quality food for many years to come.....



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Princess Street, Manchester M1 7DG
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197 Broad Street, Birmingham B15 1AY
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117 Bury New Road,
Whitefield Manchester M45 6AA
T: 0161 7967117

1362 Leeds Road, Bradford BD3 8ND



eastDeast restaurants winner of multiple awards
and loved by many celebrities.
(See wall of fame at the Riverside branch)

eastDeast®
THE HOME OF PUNJABI COOKING

BOOK
HERE

www.eastzeast.com

MEAT & POULTRY APPETISERS			
eastEast	MIXED STARTER (for 2)	1,3,4,6	£12.95
A combination of fish tikka, seekh kebabs, chicken wings, chicken pakora & samosas. Served on a sizzler platter with fried onions.			
	LAMB CHOPS	1,6,H,*	£4.95
Pieces of lamb chops on the bone, marinated in spices & chargrilled			
	SEEKH KEBAB	3,6,H	£4.95
Minced lamb mixed with fresh herbs & spices, formed on a skewer & chargrilled			
	CHEESE SEEKH KEBAB (Lamb or Chicken) NEW	3,6	£4.95
Minced lamb or chicken mixed with fresh herbs & spices & mozzarella cheese formed on a skewer & chargrilled			
	CHICKEN KABLI	6	£5.95
Succulent chicken inner fillet chargrilled with melted mozzarella cheese on top. Served with spicy baby potatoes.			
	CHICKEN SEEKH KEBAB	3,6,H	£4.50
Minced chicken, mixed with fresh herbs & spices, formed on a skewer & chargrilled			
	CHICKEN WINGS	1,6,H,*	£3.95
Pieces of chicken wings, marinated in eastern spices & chargrilled			
	CHICKEN LIVER TIKKA	1,H,*	£4.95
Fresh pieces of chicken liver, marinated in spices & fresh herbs, chargrilled with fried onions.			
	CHICKEN BOTI TIKKA	1,6,H,*	£4.50
Pieces of chicken breast off the bone, marinated in eastern spices & chargrilled			
	CHICKEN PAKORA	1,7	£3.95
Succulent pieces of chicken marinated in our special eastZeast batter & deep fried			
	SHAMI KEBAB	3,7	£4.95
Minced lamb with lentils, cinnamon, cardamom, ginger & spices, coated with egg yolk & shallow fried			
	CHICKEN SAMOSA	1	£3.95
Crisp leaves of pastry, filled with spiced minced chicken, onions & fresh coriander, deep fried			
	MEAT SAMOSA	1	£3.95
Crisp leaves of pastry, filled with spiced minced lamb meat, onions & fresh coriander, deep fried			
	CHICKEN PURI	1,2,3,6	£4.95
Chicken freshly cooked in a massala sauce, served on a crispy puri			

VEGETARIAN APPETISERS			
eastEast	VEG MIXED STARTER (for 2)	1,6,7,V	£10.95
A combination of onion bhaji, paneer pakora, mixed vegetable pakora & aloo pakora, served on a sizzler platter			
	ONION BHAJI	1,7,V	£3.95
Fresh pieces of onions, marinated in our eastZeast special batter & deep fried			
	PANEER PAKORA	1,6,7,V	£4.50
Pieces of paneer (cheese), marinated in our eastZeast special batter, deep fried			
	PANEER TIKKA	1,6	£4.95
Pieces of paneer (cheese), marinated with spices, grilled with pieces of fresh tomatoes, pepper & onions			
	GARLIC MUSHROOMS	V	£4.95
Fresh mushrooms, cooked in a massala sauce with onions & peppers			
	CHANA PURI Chickpeas, cooked in a massala sauce, served on a crispy puri	1,7,V	£4.95
	BENGAN PAKORA Fresh aubergine cutlets, marinated in our special batter & deep fried	1,V	£3.95
	VEGETABLE ROLL NEW	1,V	£3.95
Crisp leaves of pastry, filled with fresh vegetables, onions & fresh coriander, deep fried			
	ALOO TIKKA	1,V	£3.95
Spicy mashed potatoes cutlets, filled with lentils, battered & deep fried			
	MIX VEGETABLE PAKORA	1,V	£3.95
Fresh gobi, palak & aloo, mixed with fresh coriander, herbs & spices, deep fried			
	ALOO PAKORA Fresh red potatoes cutlets, marinated in our special batter & deep fried	1,V	£3.95
	MUSHROOM PAKORA Fresh mushrooms, marinated in our special batter & deep fried	1,V	£3.95

SEAFOOD APPETISERS			
eastEast	SEAFOOD MIX STARTER (for 2)	1,4,5	£14.95
A combination of fish tikka, king prawn, fish pakora served on sizzler platter			
	SALMON FISH TIKKA	1,4,H	£6.95
Fresh pieces of salmon, marinated with eastern spices & fresh herbs, chargrilled			
	MASSALA FISH	1,4	£5.95
Fillet of fresh fish, marinated with our EastZeast marinade & deep fried			
	TIGER PRAWN BUTTERFLY	1,4,5	£6.95
Fresh tiger king prawns, marinated with our eastzeast spices & shallow fried with bread crumbs			
	TIGER PRAWN GRILLED	1,4,5,H	£7.95
Fresh tiger king prawns, marinated with our eastZeast spices & chargrilled			
	FISH PAKORA	1,4	£5.95
Fresh fish pieces, marinated in our EastZeast spices & deep fried			
	PRAWN CRISPY ROLL NEW	1,4,5	£5.95
Crisp leaves of pastry, filled with fresh juicy prawns, onions & fresh coriander, deep fried			
	KING PRAWN PURI	1,4,5	£6.95
Fresh juicy pieces of King Prawns, cooked in a massala sauce, served on a crispy puri			

THE GRILL			
All special grills are served with Chips or Vegetable Pilau Rice, peppercorn sauce as a FULL Meal.			

	TANDOORI MIX GRILL	1, 3, H	£15.95
Grilled fresh lamb chops, seekh kebabs, chicken wings & chicken tikka boti			
	LAMB CHOPS SHASHLIK NEW	1, *, H	£16.95
Fresh lamb chops grilled & served with spicy baby potatoes & mushrooms			
	CHICKEN STEAK NEW	1, *, H	£15.95
Fresh chicken fillet grilled & served on a sizzler with peppers, mushrooms & baby potatoes			
	CHICKEN SHASHLIK	1, *, H	£15.95
Fresh chicken breast pieces grilled, served with peppers, mushrooms & onions			
	BBQ CHICKEN LIVER OR CHICKEN WINGS NEW	1, 4, *, H	£13.95
Fresh baby chicken livers or wings cooked over charcoal grill			
	HALF TANDOORI CHICKEN	1,6, *, H	£15.95
Succulent baby chicken grilled to perfection with mushrooms, herbs & spices			
	JHINGA KING PRAWNS TANDOORI	1, *, H	£18.95
Juiciest king prawns marinated with spices & grilled to perfection.			
	MACHLI TANDOORI	1, 4,*,H	£15.95
Succulent fish fillet grilled & served on a sizzler with peppers, mushrooms & baby potatoes			
	COD STEAK FILLET NEW	1, 4,*,H	£17.95
Succulent fresh Cod steak grilled & served on a sizzler with peppers, mushrooms & baby potatoes			
	SEA BASS STEAK	1, 4, *, H	£17.95
Fillet of Sea bass lightly spiced & chargrilled			
	SALMON STEAK TIKKA NEW	1, 4,*,H	£17.95
Succulent Salmon steak grilled & served on a sizzler with peppers. mushrooms & baby potatoes			
	PANEER SHASHLIK	1, 6, *	£13.95
Chargrilled diced cheese with peppers, mushrooms & tomatoes			

PUNJABI TRADITIONAL DESI DISHES			
Very popular Lahori dishes cooked in a special sauce.			

	LAMB SOOKHA BUNAH (On/off the bone)	GF	£11.95
	PESHAWARI GOSHT Well renowned dish from Peshawar NEW	GF	£11.95
Tender lamb cooked with tomatoes, ginger & fresh chillies			
	LAHORI LAMB CHOP HANDI	1, *	£12.95
Fresh lamb chops grilled & cooked in handi sauce			
	ACHARI LAMB/CHICKEN HANDI	GF	£11.95
Fresh baby lamb/chicken with pickles			
	KOFTA (MINCED MEAT BALLS)	G,3	£10.95
Prepared with tomato puree & boiled egg			
	LAMB KERELA (Fresh bitter gourd)	GF	£11.95
	LAMB SHANK NIHARI	1,6,7	£13.95
Baby lamb shanks slowly cooked overnight and prepared to perfection with sauce & spices			
	SHAHI KEEMA HANDI	3, 7, GF	£11.95
Fresh minced lamb with lentils & scrambled eggs			
	CHICKEN MASSALA DESI (On/off the bone)	GF	£10.95
	CHICKEN/GOSHT BHINDI (Chicken or Lamb & Okra)	GF	£11.95
	PESHAWARI CHICKEN Well renowned dish from Peshawar NEW	GF	£10.95
Fresh chicken cooked with tomatoes, ginger & fresh chillies			
	LAHORI MURGHA (Chicken) NEW	GF	£10.95
Fresh baby chicken on bone prepared with fresh chillies, tomatoes & ginger			
	LAHORI JHINGHA KING PRAWN	1,4,5,*	£14.95
Tiger king prawns cooked in handi sauce			
	KARAHI FISH	1,4	£11.95
Freshly prepared in eastern spices & herbs in a karahi sauce			
	BUTTER CHICKEN	GF6	£10.95
Freshly cooked chicken with light spices & touch of cream with slice of butter			
	MURGH TIKKA MAKHANI	GF,2,6	£10.95
Grilled chicken cooked with fresh cream, pistachio & almond			
	MASH DAAL & CHANA	GF,7,V	£9.95
Yellow ground lentils with split chickpeas cooked with ginger & garlic			
	KARAHI TARKA DAAL	GF,7,V	£9.95
Yellow split chickpeas cooked with garlic & ginger			

MEAT & POULTRY KARAHIS			
An authentic punjabi style of cooking. Freshly prepared with onions, garlic, ginger, tomatoes & a blend of EastZeast spices & garnished with fresh coriander& Slice of Lemon			
	MURGH TIKKA MASSALA	GF	£10.95
Grilled chicken in karahi sauce			
	MURGH TIKKA JALFRAZI	GF,3	£10.95
Grilled chicken prepared with scrambled egg			
	MURGH	GF	£10.95
Fresh chicken in karahi sauce			
	GOSHT GINGER	GF	£11.95
Tender lamb infused with ginger in karahi sauce			
	GOSHT POTATOES	GF	£11.95
Tender lamb with potatoes in karahi sauce			
	GOSHT	GF	£11.95
Fresh lamb in karahi sauce			
	KEEMA ALOO MUTTER	GF	£10.95
Minced lamb, potatoes & peas in karahi sauce			

MIXED BALTIS			
Balti is a special method of cooking a dish in an authentic Punjabi style.			
All our balti's are prepared with our chef's finest ingredients & special balti sauce			
	BALTI CHICKEN & KEEMA	GF	£10.95
Fresh chicken & minced lamb cooked in sauce			
	CHICKEN TIKKA GARLIC	GF	£10.95
Fresh grilled chicken cooked in sauce			
	GARLIC CHILLI CHICKEN	GF	£10.95
(Also available in lamb/prawn/veg)			
	LAMB BALTI	GF	£11.95
Fresh tender lamb			
	LAMB SAAG	GF	£11.95
Fresh spinach with lamb (Also available in chicken/prawn/veg)			
	CHICKEN JALFRAZI	GF,3	£10.95
Fresh chicken cooked with scrambled eggs			
	CHICKEN TIKKA KEEMA	GF	£10.95
Fresh grilled chicken with minced lamb			
	CHICKEN & LAMB BALTI	GF	£11.95
Fresh chicken & tender lamb			
	SEAFOOD	GF,4,5	£12.95
Combination of prawns, tiger king prawn & fish cooked in sauce			
	TIGER KING PRAWNS	GF,4,5	£13.95
The biggest king prawns cooked in sauce			

VEGETARIAN KARAHIS			
An authentic Punjabi style of cooking. Freshly prepared with onions, garlic, ginger, tomatoes & blend of eastZeast spices & garnished with fresh coriander.			
	MILLI JULEE SABZI	G,FV	£8.95
Variety of fresh seasonal vegetables			
	ALOO PALAK	G,FV	£8.95
Fresh spinach with potatoes			
	ALOO GOBI	G,FV	£8.95
Fresh cauliflower with potatoes			
	PALAK PANEER	G,F,6	£9.95
Fresh spinach with diced cheese			
	MUTTER PANEER	G,F,6	£9.95
Fresh peas with diced cheese			
	PANEER BHURJI MASSALA	G,F,6	£9.95
Grated cheese cooked in herbs & spices NEW			
	DAAL POTH	G,FV,7	£8.95
Red kidney beans			
	KARAH	G,FV,7	£8.95
White chickpeas cooked in sauce			
	MUSHROOM KARAH	G,FV,	£8.95
Fresh mushrooms			
	SARSON-DA-SAAG	G,FV	£8.95
Traditional mustard spinach cooked in sauce			
	BHINDI TOMATOES	G,FV	£8.95
Okra with tomatoes in sauce			
	CHANA PANEER	G,F,6,7	£9.95
Diced cheese with white chickpeas			
	CHILLI PANEER	G,F,6	£9.95
Diced cheese with crushed chilli & spices			

SAFFRON BIRYANIS			
All our biryanis are a complete meal. Prepared with basmati peas pilau rice, onion, garlic, cardamon, cinnamon & with omelette. Served with curry sauce & Punjabi raita.			
	CHICKEN BIRYANI	G,F,3,6	£12.95
Freshly prepared with basmati rice, onion, garlic, cardamon, cinnamon & with omelette. Served with curry sauce & Punjabi raita.			
	LAMB BIRYANI	G,F,3,6	£13.95
Freshly prepared with basmati rice, onion, garlic, cardamon, cinnamon & with omelette. Served with curry sauce & Punjabi raita.			
	TIGER KING PRAWN BIRYANI	G,F,3,5,6	£15.95
Freshly prepared with basmati rice, onion, garlic, cardamon, cinnamon & with omelette. Served with curry sauce & Punjabi raita.			
	VEGETABLE BIRYANI	G,F,7,V	£11.95

OLD SCHOOL FAVOURITES			
Widely known & traditional curries available in a choice of Chicken / Lamb / Vegetable			
	BHUNA	G F	£10.95
A dish prepared with tomato, peppers & garnished with coriander			
	ROGAN JOSH	G F	£10.95
A dish prepared in special sauce & tomatoes			
	KORMA	G F,2,6	£10.95
A dish prepared with fresh coconut cream			
	DANSAK	G F,7	£10.95
Sweet & sour taste made with mixed fruit & lentils			
	MADRAS / VINDALOO	G F	£10.95
Traditionally very hot curry dish			

THE STREET AFFAIR NEW			
(Only available Sun-Thur) Freshly prepared street food			
	KEBAB HEAVEN	1,3,7	£11.95
Fresh lamb, shami & chicken kebab served on a plain naan			
	TIKKA ROLL	1,3,6	£11.95
Succulent chicken pieces served on a cheese naan			
	PUNJABI ZAIKA	1,3,7	£12.95
Samosa chat with chicken pilau			
	PUNJABI SABZI ROLL	1,3,6	£10.95
Vegetable crispy rolls on a chilli naan			

Allergens:	1 = Gluten 2 = Nuts 3 = Eggs 4 = Fish 5 = Crustaceans 6 = Dairy 7 = Lentils
	8 = Sulph Dioxide (E220) 9 = Sesame Seeds GF = Gluten Free
	* = All the Char-grilled Appetisers can be prepared GLUTEN FREE
Info Keys:	H = Healthy Option (Char-grilled), V = vegetarian.