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SO WHY NOT GIVE US A CALL FOR

BIRTHDAY'S  
ANNIVERSARIES  
VALENTINE'S DAY  
MOTHER'S DAY  
FATHER'S DAY  
WEDDING



www.tamarindn21.co.uk

020 3006 2876

Dine In Menu



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## Welcome to Tamarind Lounge

### WHY TAMARIND?

Tamarind is no ordinary fruit. Tangy, dark, and rich with complexity, it's been a quiet hero in Indian kitchens and ancient medicine cabinets for over a thousand years.

In Indian cuisine, it's the twist that brings a dish to life—balancing heat with sharpness, sweetness with soul. From street food to royal recipes, tamarind adds a depth of flavour that lingers. But it's not just taste. Tamarind has long been used in Ayurvedic healing for its power to cool the body, soothe the stomach, and cleanse the system. It's been brewed into tonics, stirred into remedies, and passed down through generations as both food and medicine.

We chose the name Tamarind Lounge not just for what it tastes like, but for what it represents: a bridge between bold flavour and ancient wisdom. A symbol of Indian culinary heritage, and a reminder that real food is both delicious and deeply rooted.

### THE VISION BEHIND TAMARIND LOUNGE

CREATED BY CHEF FOYEZ CHOWDHURY – WINCHMORE HILL, LONDON



Tamarind Lounge is more than a restaurant. It's the personal vision of Chef Foyez Chowdhury, a master of Indian cuisine with over 20 years of hands-on experience behind the pass. From the delicate finesse of Mughal royal dishes to the hearty, beloved classics of British-Indian curry houses, his cooking carries the depth of a craft refined over decades.

Before opening Tamarind Lounge at 828 Green Lane, Winchmore Hill, Chef Foyez built his reputation at the helm of several acclaimed kitchens—including Oasis Tandoori in Norwich, Rajpoot in Braintree, Spice Lounge in Canvey Island, Spice of India in Bexleyheath, and Bombay in Orpington. Along the way, he's earned awards, accolades, and something more lasting: the loyalty of diners who return for flavour they can't forget.

### BRITISH-INDIAN CURRY: A LEGACY OF SPICE AND STORY

The roots of Indian food in Britain run deep. It began in 1860, when the Hindoostane Coffee House opened its doors in London—Britain's very first Indian restaurant. Since then, what started as a novelty became a national passion. Dishes like chicken tikka masala, now dubbed "Britain's national dish," reflect not just a love of spice, but the blending of cultures, generations, and imagination.

At Tamarind Lounge, we honour this journey with a menu that bridges two culinary worlds. You'll find bold, comforting dishes born in the UK's curry houses—and beside them, the slow-cooked elegance of Mughal court cuisine, once served to emperors in golden halls. This is food layered with history: saffron-scented biryanis, creamy kormas, and tender meats steeped in spice and tradition.

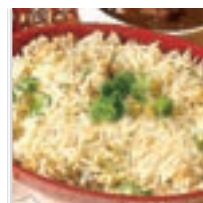
### A MENU WITH SOUL

Every dish on our menu has been personally selected and refined by Chef Foyez. Some are timeless favourites. Others are rare gems with roots in regional India. All are made from fresh ingredients, cooked with care, and presented with pride.

Whether you're here for a quiet meal, a family celebration, or your first taste of Indian food—you're in good hands. Tamarind Lounge is a place where tradition meets taste, where history is plated with heart.

## RICE DISHES

<b>BOILED RICE</b> 🍚 x	£2.95
Steamed basmati rice	
<b>PILAU RICE</b> 🍚 x	£3.25
Saffron-infused basmati rice	
<b>GARLIC PILAU RICE</b> 🍚 x	£3.95
Flavoured with roasted garlic	
<b>KEEMA RICE</b> x	£3.95
With spiced minced lamb	
<b>PINEAPPLE PILAU RICE</b> 🍚 x	£3.95
Subtle sweetness of pineapple	
<b>ONION PILAU RICE</b> 🍚 x	£3.95
Infused with golden fried onions	
<b>VEGETABLE PILAU RICE</b> 🍚 x	£3.95
Mixed veg and rice combo	
<b>COCONUT PILAU RICE</b> 🍚 x 🥥	£3.95
Creamy and fragrant	
<b>MUSHROOM PILAU RICE</b> 🍚 x	£3.95
Sautéed mushrooms in rice	
<b>EGG FRIED RICE</b> 🍚 x	£3.95
Stir-fried rice with egg	
<b>SPECIAL FRIED RICE</b> 🍚 x	£3.95
With egg, onions and peas	
<b>LEMON PILAU RICE</b> 🍚 x	£3.95
Tangy and aromatic	



## BREADS

<b>PLAIN NAAN</b> 🍞	Soft, tandoor-baked flatbread	£2.95
<b>PESHWARI NAAN</b> 🍞	Filled with sweet coconut & nuts	£3.25
<b>CHEESE NAAN</b> 🍞	Stuffed with melted cheese	£3.25
<b>KEEMA NAAN</b> 🍞	With spiced minced lamb	£3.25
<b>CHILLI NAAN</b> 🍞	Fiery and flavourful	£3.25
<b>GARLIC NAAN</b> 🍞	A house favourite	£3.25
<b>KULCHA NAAN</b> 🍞	Filled with spicy vegetable mix	£3.25
<b>TANDOORI ROTTI</b> 🍞	Unleavened wholewheat bread	£2.95
<b>CHAPATI</b> 🍞	Light, wholewheat flatbread	£2.25
<b>PURI</b> 🍞	Puffy deep-fried bread	£2.25
<b>PARATA</b> 🍞	Layered flaky bread	£2.95
<b>RAITHA</b> 🥣	Yogurt	£2.95
<b>CHIPS</b> x	Golden fried	£2.95





## BIRYANI DISHES

Aromatic and deeply satisfying, our biryanis are cooked with saffron rice and served with a cooling vegetable curry side.

<b>CHICKEN BIRYANI</b>	£10.95
Tender chicken layered with spiced basmati rice	
<b>LAMB BIRYANI</b>	£11.95
Slow-cooked lamb with saffron-scented rice	
<b>VEGETABLE BIRYANI</b>	£10.95
Colourful vegetables in fragrant basmati blend	
<b>CHICKEN TIKKA BIRYANI</b>	£11.95
Grilled chicken pieces layered into rice	
<b>LAMB TIKKA BIRYANI</b>	£12.95
Charred lamb cubes blended with basmati rice	
<b>TAMARIND SPECIAL BIRYANI</b>	£14.95
Mixed biryani folded through aromatic rice	
<b>KING PRAWN BIRYANI</b>	£14.95
Juicy king prawns nestled in saffron rice	
<b>TANDOORI CHICKEN BIRYANI</b>	£11.95
Classic biryani topped with grilled chicken tandoori pieces	
<b>PRAWN BIRYANI</b>	£12.95
Mild and mellow, with juicy prawns and spice	

## FISH SPECIALS

<b>TAWA SEABASS</b>	£13.95
Pan-fried seabass in spinach and potato	
<b>FISH MADRAS</b>	£11.95
White fish in a hot South Indian-style curry	
<b>FISH JALFREZI</b>	£11.95
Fish cooked with peppers, onions, and green chillies	
<b>BHUNA PANGASH</b>	£12.95
River fish in a tomato-based Southern curry	
<b>FISH DARJEELING</b>	£12.95
Chef's spiced blend with fillets of fish in a bold sauce	

## DUCK SPECIALS

<b>DUCK CHILLI MASALA</b>	£12.95
Sliced duck in fiery chilli masala with garlic and herbs	
<b>DUCK SATHKORA</b>	£11.95
Tangy East Indian-style duck with Bengali lemon (sathkora)	
<b>DUCK JALFREZI</b>	£12.95
Duck cooked with onion, green pepper and bold spices	
<b>DUCK KARAH</b>	£11.95
Iron-skillet roasted duck with garlic and medium-spiced sauce	



## PRE-STARTERS

<b>PAPADUM</b>	£1.00
<b>SPICE PAPADUM</b>	£1.00
<b>MANGO CHUTNEY</b>	£1.00
<b>MINT SAUCE</b>	£1.00
<b>RED SAUCE</b>	£1.00
<b>LIME PICKLES</b>	£1.00
<b>ONION SALAD</b>	£1.00
<b>GREEN SALAD</b>	£2.50
<b>CHUTNEY TRAY</b>	£3.95

## STARTERS

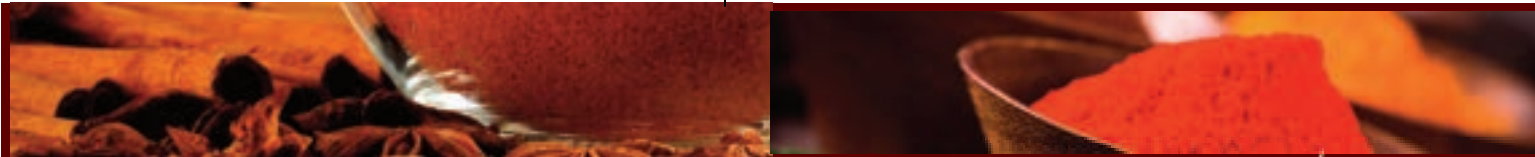
<b>ONION BHAJI</b>	Sliced onions mixed in a gram flour batter & deep fried	£3.50
<b>MEAT SOMOSA</b>	Triangular savoury filled with spicy minced lamb	£3.25
<b>VEGETABLE SOMOSA</b>	Triangular savoury filled with spicy vegetables	£3.25
<b>CHILLI PANEER</b>	Fried Cheese cooked with onion, green chilli & special herbs. Medium Spiced	£5.95
<b>CHICKEN CHAAT</b>	Subtly spiced chicken flavoured with lemon juice and chaat massala	£3.75
<b>HARIYALI CHICKEN TIKKA</b>	Barbecued breast of chicken marinated with mashed curry leaf and yogurt paste then cooked in a clay oven	£4.95
<b>RESMI KEBAB</b>	Marinated minced lamb with herb and spices, shaped into small sausages and cooked in the clay oven	£4.95
<b>SHEEK KEBAB</b>	Marinated minced lamb with herb and spices, shaped into small sausages and cooked in the clay oven	£4.95
<b>CHICKEN TIKKA ST</b>	Succulent pieces of boneless chicken breast marinated in fresh yoghurt and spices, seared in the tandoor	£4.75
<b>LAMB TIKKA ST</b>	Succulent pieces of lamb marinated in fresh yoghurt and spices, seared in the tandoor	£4.75
<b>LAMB CHOPS</b>	Spicy lamb chops grilled with herbs and spices	£5.95
<b>FISH PAKORA</b>	Small prawns cooked in spicy sauce, served on a deep fried thin puffy bread	£4.95
<b>PRAWN PURI ST</b>	King Prawn cooked in spicy sauce, served on a deep fried thin puffy bread	£4.95
<b>KING PRAWN PURI ST</b>	King Prawn cooked in spicy sauce, served on a deep fried thin puffy bread	£5.95
<b>KING PRAWN BUTTERFLY ST</b>	King prawn marinated with herbs, coated with breadcrumbs and deep fried	£5.95
<b>GRILLED SALMON</b>	Salmon fish marinated with medium spice then grilled on tandoor. Served with salad	£6.25
<b>MIXED PLATTER</b>	A combination of all together chicken tikka, lamb tikka & sheek kebab, served with selected green salad	£6.95

### Dietary & Allergy Key:

Spicy Contains Dairy Contains Nut Fish Shellfish  
 Vegetarian Gluten Egg Gluten-Free Option Available



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## TANDOORI SPECIALS

<b>TANDOORI CHICKEN</b> (Half)	£9.95
Bone-in chicken infused with mild spices and slow-cooked in a tandoor for smoky tenderness	
<b>CHICKEN TIKKA</b> (Main)	£10.95
Juicy boneless chicken marinated in aromatic yogurt and flame-grilled	
<b>LAMB TIKKA MAIN</b>	£10.95
Succulent chunks of lamb grilled with bold northern spices	
<b>CHICKEN SHASHLIK</b>	£11.95
Skewered chicken grilled with peppers, onions and tomatoes	
<b>LAMB SHASHLIK</b>	£12.95
Tandoor-grilled lamb with a vibrant trio of vegetables	
<b>KING PRAWN SHASHLIK</b>	£14.95
Jumbo prawns grilled with spicy vegetables and lemon	
<b>LAMB CHOPS</b> (Main)	£13.95
Bone-in lamb chops rubbed with house spice blend and seared over charcoal	
<b>TANDOORI KING PRAWN</b>	£15.95
King prawns soaked in citrusy marinade and cooked over high heat	
<b>TANDOORI MIX GRILL</b>	£14.95
The ultimate grill selection: chicken, lamb, kebabs and more, served sizzling	

## CHEF'S RECOMMENDATIONS

<b>ROASTED LAMB SHANK</b>	£14.95
Tender lamb shank simmered in spiced yogurt sauce till melt-in-mouth	
<b>JHINGA GOA MASSALA</b>	£14.95
King prawns in a creamy coconut curry with Goan flair	
<b>JHINGA SHASHI</b>	£14.95
Shell-on king prawns in mustard, garlic and fresh green chilli	
<b>KUMKUM</b>	£11.95
A rustic combo of tandoori chicken and minced lamb in a hearty masala sauce	
<b>MURG TAKA TAK</b>	£10.95
Chopped grilled chicken tossed with bold herbs and tangy sauce	
<b>ACHARI DUMBA</b>	£10.95
Lamb cooked with house-made pickling spices for a bright, spicy tang	
<b>DUMBA ZARDALOO</b>	£10.95
Tender lamb and apricot curry, crowned with crispy potato straws	
<b>TIKKA LAJAWAB</b>	£10.95
North India's favourite: creamy, tandoor-grilled boneless chicken cooked with onion, capsicum in rich sauce	
<b>BUTTER CHICKEN</b>	£11.95
Popular Indian curry dish featuring marinated and grilled chicken pieces cooked in a creamy with butter and various spices	
<b>MURG MAKHNI</b>	£10.95
Buttery spiced chicken with a velvety smooth finish	
<b>MIRCHI MASSALA</b>	£10.95
Chicken in red chillies, capsicum, onion and masala sauce	
<b>MIXED DANSAK</b>	£11.95
A comforting blend of lentils, chicken and lamb in tangy curry	
<b>TAMARIND SPECIAL MIXED</b>	£12.95
Lamb, chicken, prawn and chef own special sauces	

## CLASSIC CURRIES

CHOOSE YOUR BASE:

**CHICKEN**..... £11.95 • **LAMB**..... £12.95 • **PRAWN**..... £11.95  
**KING PRAWN**..... £15.95 • **VEGETABLES/TOFU**..... £9.95

<b>CHICKEN/LAMB TIKKA MASALA</b>	Grilled meat or chicken in a creamy, tomato-based sauce
<b>PASSANDA</b>	A rich coconut and cream for a mild royal finish
<b>JALFREZI</b>	Stir-fried peppers, onions, and fresh chillies in a spicy dry sauce
<b>KARAH</b>	Cooked in a traditional iron wok with bold spices, onion and capsicum
<b>PALAK HARIYALI</b>	Creamy spinach curry with fragrant garlic and ginger
<b>CHILLI GARLIC MASALA</b>	Bold capsicum sauce with fresh chillies and garlic
<b>CURRY</b>	The classic British-Indian curry house base
<b>MADRAS</b>	A Southern favourite with heat, lime and tomato
<b>VINDALOO</b>	A fiery Goan-style curry with a punch of chilli and potato
<b>BHUNA</b>	Rich and thick with caramelised onion and tomato
<b>ROGON</b>	Slow-cooked in tomato-rich sauce and garlic
<b>DUPIAZA</b>	Onions are king in this classic; double the layers, double the flavour
<b>DANSAK</b>	Sweet and sour lentil curry with a gentle kick
<b>MALAYA</b>	Creamy pineapple curry with mild tropical notes
<b>PATHIA</b>	Hot, sweet and sour tomato curry with a zing
<b>CEYLON</b>	Coconut and lemon-infused curry, fair heat and full flavour
<b>KORMA</b>	Mild and luxurious with cream, coconut and almonds
<b>CHICKEN NAGA</b>	Boldly spiced chicken with fiery naga chilli
<b>CHICKEN OR LAMB PUNJABI</b>	Homestyle Punjabi-style chicken or lamb curry with deep spice

## BALTI SPECIALS

Originally developed in Birmingham, Balti-style cooking quickly became a signature of British-Indian cuisine. Cooked and served in the same flat-bottomed steel pan, these dishes are known for bold flavours, a thick sauce and a rustic charm.

<b>CHICKEN TIKKA BALTI</b>	£11.95
Marinated chicken cooked in Balti sauce with herbs and chillies	
<b>PRAWN BALTI</b>	£11.95
Juicy prawns in spicy Balti curry	
<b>MEAT TIKKA BALTI</b>	£11.95
Tender lamb cooked in house Balti blend	
<b>DUCK CHILLI GARLIC BALTI</b>	£12.95
Aromatic duck with garlic, herbs and chilli	
<b>KING PRAWN BALTI</b>	£14.95
Royal prawns simmered in bold Balti spice	
<b>VEGETABLE BALTI</b>	£9.95
Market-fresh vegetables tossed in fragrant Balti sauce	
<b>TAMARIND MOGHULAI BALTI</b>	£14.95
Special house mix of meats in signature Balti masala	

