



SOMETHING TO DRINK

MINT AND MUSTARD G&T Refreshing chilli and lime gin served with Indian tonic water	6.9	M&M MOJITO Rum, cucumber, lime, ginger, mint and sugar syrup	6.9
--	-----	--	-----

STARTERS

POPPADUM & CHUTNEY BASKET With homemade chutney and relish	3.9	TANDOOR CHICKEN TRIO Chicken in three distinct marinades - flavours of Kashmiri chilli, star anise and fresh coriander	6.5
ONION SPINACH KALE BHAJI Crispy onion, spinach and kale bhajis with rustic homestyle dips	4.6	LUCKNOW LAMB SEEKH KEBAB Warming spiced minced lamb flavoured with bell peppers and chargrilled in the tandoor	6.9
PUNJABI SAMOSA Crunchy samosa with ajwain seeds and a light and delicately spiced seasonal potato and pea filling	4.2	KASHMIRI LAMB TIKKA Succulent lamb, marinated overnight with Kashmiri spices and finished in the tandoor oven	7.2
KERALAN TIGER PRAWNS Marinated with red Kashmiri chilli flakes ground turmeric and zesty spices	7.6	TANDOORI CAULIFLOWER WINGS Cauliflower florets in a hot spicy masala marinade served with mint yogurt dip	5.5
SMOKED TANDOORI WINGS Lightly spiced chicken wings cooked in the tandoor oven	6.9	SPICY CALAMARI Deep fried calamari seasoned with chilli flakes and fennel seeds served with mango and passionfruit dip	7.9
SAFFRON TIKKA PANEER Indian style cheese marinated with cardamon and saffron	5.5		

TANDOORI GRILLS & SPECIALS

Classic Indian grills. Choice cuts of meat and fish marinated overnight with aromatic spice blends, chargrilled in the traditional clay tandoor at searing hot temperatures

CHARMINAR GRILL PLATTER Salmon, chicken tikka, seekh kebab, king prawn and lamb tikka with homemade chutney	15.5	M&M DILL SALMON Salmon steak marinated in dill, honey, wholegrain mustard, Kashmiri chilli and hand pounded aromatic spices, grilled in the tandoori. Our signature dish	14.9
CHICKEN TANDOORI Succulent half chicken marinated with ginger and garlic coriander, lemon juice and turmeric. Served with makhani dipping sauce and chilli roasted potatoes	11.8		

SOULFUL CURRIES

CHICKEN		BEEF	
DELHI CHICKEN TIKKA MASALA The classic old Delhi recipe - chicken in an aromatic marinade of cinnamon, cardamom, cloves turmeric ginger and garlic and finished with cream	9.9	CALICUT BEEF CURRY Classic Kerala style slow cooked beef; punchy bold and fiery spices	11.5
MAKHANI MURG A smoky North Indian dish also known as Butter Chicken. Aromatic golden chicken in a silky smooth creamy makhana sauce	9.9	VEGGIE & VEGAN	
HIGHWAY DHABA MURG Tender chicken braised with tomatoes, red onions herbs and native ground aromatic spices bell peppers and dried fenugreek	10.9	FIVE SPICED PANEER MASALA Indian cheese simmered in a rich tomato gravy with garam masala and crushed fenugreek leaves that adds a lovely smoky flavour	8.5
LOLA KUTTY'S CHICKEN CURRY Inspired by the Kerala homestyle nadan recipe; medium spiced, light chicken curry simmered in turmeric, ginger, coconut milk and aromatic spices	10.5	VEGETABLE MOILEE CURRY Mixed vegetables cooked in a delicate coconut cream sauce	8.5
LAMB		AUBERGINE KADHAI Purple aubergines and bell peppers finished in a hot wok with fragrant spices, fresh chilli and coriander	8.5
ROGAN JOSH Rich lamb curry with garlic, ginger and aromatic spices, finished with fried red chillies	10.9	SAAG - ALOO PANEER KUMBH A popular north Indian dish made with your choice of spinach and potato OR spinach and either paneer or mushrooms (paneer option is NOT vegan) Other options can be made vegan	8.5
COLONEL NAIR'S LAMB COCONUT FRY The Colonel's favourite; slow cooked lamb with fennel, chilli and ginger finished with shaved coconut	11.9	TRADITIONAL RECIPES	
SEAFOOD		KORMA Our Korma is a gentle blend of spice, creamy cashew nuts and coconut flavoured with fresh coriander. Choice of:	
MOILEE Delicate and luxurious coconut cream curry from Kerala. Salmon OR prawn	14.9	...vegetable 8.5 ...chicken 9.9 ...lamb 11.9 ...add prawn 12.6	
BOATMAN'S FISH CURRY Kerala style feisty Swordfish curry simmered gently in earthen pot called "chatti" bringing out a nice earthy edge to this curry	14.9	PUNJABI SAAG Slow-cooked punjabi saag (spinach) spiced with cumin coriander, fenugreek and garam masala. Choice of:	
		...vegetable 8.5 ...chicken 9.9 ...lamb 11.9 ...add prawn 12.6	

Vegetarian | Vegan | Contains Nuts | Hot

M&M'S FAMOUS THALIS

Served daily 12-5pm

M&M SPECIAL THALI One mini starter, one chicken dish, one lamb dish raw leaf salad, daal, raita, potato of the day, thoran pickles, rice, naan and poppadum (ask for our vegan/veggie option)	14.9
VEGGIE OR VEGAN THALI Veggie curry, vegetable thoran or potatoes raw leaf salad, multi-bean legume daal, pickle rice, naan and poppadum	12.9
LAMB OR CHICKEN THALI Lamb or chicken curry, vegetable thoran or potatoes raw leaf salad, multi-bean legume daal probiotic raita, pickles, rice, naan and poppadum	12.9
FISH THALI Fish curry with potatoes, raw leaf salad multi-bean legume daal, probiotic raita, pickles rice, naan and poppadum	14.9
FISH SPECIAL THALI As above and add one mini starter and prawn curry	16.9

TASTING MENU

MINT & MUSTARD'S CLASSIC SELECTION
£37.95pp min 2 people

STARTERS

Keralan Tiger Prawns • Haryali Chicken Tikka
Onion Spinach Kale Bhaji

MIDDLE COURSE

M&M Dill Salmon

SORBET

MAIN COURSE

Moilee Prawn Curry • Rogan Josh • Dhaba Murg

ACCOMPANIMENTS

Thoran • Steamed Basmati Rice • Assorted Bread

DESSERT

pudding Platter - chef's selection of desserts

BIRYANI

Premium aged basmati rice with whole spices, slow cooked sealed with a flaky crust to ensure that the flavours are completely locked in, served with raita (please ask for curry sauce if required). Gluten free on request

Chicken Supreme	9.9
Diced Lamb	11.9
Prawn	12.7
Vegetable	8.9

SIDES

BREAD

ROTI	2.6
NAAN	2.6
PESHWARI / CHILLI CORIANDER / GARLIC NAAN	2.9
KHEEMA / FIG & CORIANDER NAAN	3.9

RICE

STEAMED RICE	2.9
PILAU RICE	2.9
LEMON RICE	3.9
COCONUT RICE	3.9
MUSHROOM RICE	3.9

VEGGIE SIDES

JEERA ALOO Baby potatoes with cumin and curry leaves	4.5
THORAN Flavourful Kerala style stir fry with coconut and spices	4.5
TARKA DAAL Red and yellow lentils, slow cooked and finished with cumin and curry leaves	4.5

RAITA Natural yoghurt, cucumber and onion with a touch of roasted cumin	3.5
---	-----

CHIPS	3.5
MASALA FRIES	3.9

Please speak to our staff about our menu allergen chart if you need further information. Our food is freshly prepared in small kitchens where allergens are present. We can't guarantee that our food and drinks are completely allergen-free.

AN OPTIONAL 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL



MINT AND MUSTARD

COCKTAILS

MINT AND MUSTARD G&T Refreshing chilli and lime gin served with Indian tonic water	6.9
LYCHEE PROSECCO FIZZ Prosecco topped with lychee and rose water	7.9
M&M MOJITO Rum, cucumber, lime, ginger, mint and sugar syrup	6.9
MANGO MOJITO Rum, mango pulp, lime, mint, sugar syrup and soda water	6.9
GULAB Vodka, pomegranate syrup and lemon juice topped with rose water	6.9
BOOZY MANGO LASSI Marmalade gin, yoghurt, honey and mango	6.9

WHITES

175ml 250ml Bottle

SOUL TREE, HOUSE BLEND Nasik Valley, India A blend of Chenin Blanc and Sauvignon Blanc to give a deliciously crisp, clean and fruity wine with just enough sweetness to balance the spice in your meal	4.9	6.3	18.5
DA LUCA PINOT GRIGIO Terre Siciliane, Italy A rich Sicilian Pinot Grigio with notes of white flowers, pink grapefruit and Cox's apple	5.9	7.5	22.0
KLEINE ZALZE VINEYARD SELECTION CHENIN BLANC Stellenbosch A light wine with a hint of tropical fruit. Delicious with vegetable dishes and creamy sauces			26.0
VIDAL SAUVIGNON BLANC Marlborough Classic gooseberry and passion fruit aromas mingled with a crisp grassy flavour			28.0

ROSÉ

175ml 250ml Bottle

BELVINO PINOT GRIGIO ROSATO Italy A delicate pink wine full of fresh, summer-fruit aromas and flavours	4.9	6.2	18.5
MUD HOUSE SAUVIGNON BLANC ROSE Marlborough Refreshing and fruity with subtle spice and acidity. A classic drink for the summer			28.0

REDS

175ml 250ml Bottle

SOUL TREE, HOUSE BLEND Nasik Valley, India A deliciously light and fruity wine with an elegant hint of smokiness that will not overpower the spiciness of a meal	4.9	6.3	18.5
BERRI ESTATES SHIRAZ South Eastern Australia Spicy, fruity and full of dark berry fruit flavours mingled with a light touch of oak	5.5	6.9	20.0
SANTA RITA MERLOT Central Valley Plums and blackberries dominate this wine, with subtle spicy and vanilla notes			20.0
MACON ROUGE Louis Jadot Subtle hints of redcurrant and raspberry with a fresh finish The perfect red for white meat			32.0

CHAMPAGNE & SPARKLING WINE

125ml Bottle

BOTTEGA POETI PROSECCO BRUT DOC Italy Apple, white peach, citrus fruits and delicate floral acacia and wisteria notes. Fresh, delicate and well balanced with a harmonious blend of acidity and softness	5.9	25.0
BOUCHE PERE ET FILS CUVÉE RESERVE BRUT France A ripe, biscuity Champagne with a fine mousse and a long, elegant finish A family-run Champagne house founded in 1920 and today run by José and his brother Pierre Bouché		39.0

BEER & CIDER

KINGFISHER (on draught)	½ Pint 2.5	Pint 4.8
COBRA	660ml	6.2
ROAR BEER WELSH VEGAN	500ml	4.5
PEACOCK CIDER	500ml	4.5

SPIRITS

Spirits are served in 25ml size. 50ml sizes available at double the stated price

VODKA	
JJ WHITLEY POTATO VODKA	3.5
JJ WHITLEY RASPBERRY VODKA	3.5
GIN	
JJ WHITLEY DRY GIN	3.5
JJ WHITLEY ELDERFLOWER GIN	3.5
JJ WHITLEY MANGO AND LIME GIN	3.5
BOMBAY GIN	3.8
RUM	
HAVANA CLUB ESPECIAL	3.2
HAVANA CLUB 3YR OLD	3.5
WHISKY	
GLENFIDDICH 12 YEAR OLD	3.8
JAMESON IRISH WHISKY	3.5
GLENMORANGIE	3.8
JACK DANIELS	3.0
COGNAC	
COURVOISIER VS	4.0
REMY MARTIN VSOP	4.5
TEQUILA	
JOSE CUERVO SILVER	3.5
JOSE CUERVO GOLD	3.8

MIXERS

Ginger Beer Slim Line Tonic Soda Water Tonic Water Lemonade	1.5
---	-----

SOFT DRINKS

COCA COLA	2.5
DIET COKE	2.5
LEMONADE	2.5
TONIC WATER	1.5
FROBISHER'S MANGO	2.9
FROBISHER'S APPLE JUICE	2.9
FROBISHER'S ORANGE JUICE	2.9
MANGO LASSI	3.5
WATER STILL OR SPARKLING	3.5