

**ALL-YOU-CAN-EAT
BUFFET**
FRIDAY – SUNDAY
Adult £19.95 Child U10 £9.95

Beers & Ciders

Premium Indian Draught Lager

Cobra Pint/Half **£4.95/£2.50**

Bottled

Kingfisher 650ml **£4.95**
 Bangla 660ml **£4.95**
 Tiger 330ml **£3.40**
 Budweiser 330ml **£3.40**
 Kopperburg Cider Mixed Fruit 500ml **£4.50**
 Bulmers Cider 500ml **£4.50**

Soft Drinks

Pepsi: Regular or Diet **£2.50**
 Coca Cola (bottle) 330ml **£2.95**
 Fanta (bottle) 330ml **£2.95**
 Lemonade **£2.50**
 7Up Free 330ml **£2.95**
 Large Pepsi or Lemonade **£3.20**
 Appletiser **£2.95**
 J20 **£2.50**
Please ask about selection of flavours available

Juice: Apple or Orange **£2.50**
 Mineral Water: Still or Sparkling **£2.20**
 Large Mineral Water: Still or Sparkling **£3.95**
 Tonic Water **£2.20**
 Soda Water **£1.95**

Tea & Coffee

Tea **£3.25** Coffee **£3.25**
 Cappuccino **£3.00** Latte **£3.00**

Desserts

Fresh desserts and home made ice cream available.
 Please ask member of staff for further information.



The **Cinnamon**
 TREE TREFOREST

Monday & Tuesday: **CLOSED**

Wednesday to Saturday: **6pm - 10pm** Sunday: **2:30pm - 8:30pm**

Cinnamon House, Tonteg Road, Treforest CF37 5UA

Tel: **01443 843 222**

www.cinnamontreetreforest.co.uk



We are proud to confirm that many of our dishes are available with these dining preferences in mind.

Please ask a member of staff for further information.

October 2023

White Wines

Pinot Grigio £17.95

Italy

Fruity, elegant bouquet with delicate citrus notes.

Fresh, crisp and an excellent thirst-quencher.

Sauvignon Blanc £16.95

Chile

175ml **£5.75**

250ml **£6.95**

Crisp and clean, floral with citrus notes.

Good fruity body with a pleasant mouthfeel.

Red Wines

Malbec £17.95

Argentina

175ml **£5.75**

250ml **£6.95**

Displays a delicate and balanced blend

of forest fruit, marmalade and cherry.

Medium-body and well-rounded.

Merlot £16.95

Chile

175ml **£5.75**

250ml **£6.95**

Smooth with lovely sweet plums and blackcurrant flavours.

Generous with a smooth and long finish.

Rose Wines

Pinot Grigio Blush £16.95

Italy

175ml **£5.75**

250ml **£6.95**

Elegant and crisp, with dean summer

fruit flavours and just a hint of sweetness.

Zinfandel Rosé £16.95

California, USA

Lovely, full of fresh strawberry and raspberry

flavours, with a hint of ruby grapefruit.

Spritzer £5.95

White wine Spritzer soda or lemonade

Rose wine Spritzer soda or lemonade.

Spirits Liqueurs

Hennessy 25ml **£5.75**
 Bacardi 25ml **£3.30**
 Vodka 25ml **£3.30**
 Malibu 25ml **£3.30**
 Bells Whisky 25ml **£3.30**
 Glenfiddich 25ml **£3.30**
 Southern Comfort 25ml **£3.30**
 Jack Daniels 25ml **£3.30**
 Jamesons 25ml **£3.30**
 Gordon's Gin 25ml **£3.30**
 Tanqueray Gin 25ml **£3.30**
 Tequila 25ml **£3.30**
 Rum 25ml **£3.30**
 Draught mix **£3.30**
 Bottle mix **£1.70**

Liqueurs

Sambuca 25ml **£3.40**
 Cointreau 25ml **£3.40**
 Baileys 25ml **£3.40**
 Tia Maria 25ml **£3.40**

NOTE: We aim to keep good stock of our wines, however, sometimes supplies do run out and substituted with a range from a similar provence to which you will be made aware upon ordering. *Thank you.*



*There is no love sincerer
 than the love of food...*

Starters to Share

MIXED THALIA PLATTER (for two) Meat samosas, spicy mince kebabs, chicken pakora and onion bhajees.	£15.95
VEGETABLE THALIA PLATTER (for two) With allo vadha (lightly spiced potatoes, curry leaves, green chillies deep fried in chick pea batter). Selection of somosas, onion bhajees and chana chat.	£14.95 V
LAMB MIRPURI (for two) Spicy lamb dry roasted in a tandoori oven, shredded and pan stirred with fenugreek, onions and coriander, served on a hot sizzling dish with a dash of lemon juice.	£15.95

Starters

KING PRAWN DELIGHT Tandoori king prawns pan fried in a spicy massala sauce.	£12.95
MIXED TANDOORI Delightful mixture of chicken tikka, lamb tikka and sheek kebab.	£8.95
CHICKEN PAKORA Strips of tender chicken, lightly spiced and deep fried in a chickpea flour batter.	£5.95
CHICKEN TIKKA or LAMB TIKKA Tender chicken pieces or lamb, marinated with yoghurt and spices roasted in tandoori.	<i>Chicken</i> £6.95 <i>Lamb</i> £7.95
CHICKEN CHAT or ALOO CHAT Chicken or potatoes in a thick, tangy medium spicy sauce.	<i>Chicken</i> £6.95 <i>Vegetable</i> £5.95 V
PRAWN PUREE / CHICKEN PUREE (King Prawns: Add £3) Succulent small shrimps or tender chicken, simmered in light spices and herbs. Served on thin fried punjabi puree (bread).	£7.95/£7.95
ONION BHAJEES	£5.95 V
SOMOSAS (Spicy Lamb or Vegetables). <i>Lamb</i> £4.95 <i>Vegetable</i> £4.95 V	
GARLIC MUSHROOMS Pan fried in a butter sauce with garlic and fenugreek.	£5.95 V

Balti

Baltis with extras of your choice, please add 95p
Mushrooms · Spinach · Mixed vegetables · Potatoes

BALTI KING PRAWNS	£16.95
BALTI JALFREZI (Chicken Tikka or Lamb Tikka) <i>Chicken</i> £14.95 <i>Lamb</i> £15.95	
BALTI EXOTIC (with Chicken, Lamb, Prawns and Spinach)	£16.95
BALTI CHICKEN or LAMB <i>Chicken</i> £13.95 <i>Lamb</i> £14.95	
BALTI CHICKEN TIKKA	£14.50
BALTI VEGETABLE / BALTI VEGETABLE MASSALA	£12.95 V

Golden Oldies

The following dishes are served as a choice of: Chicken, Lamb, Prawns, King Prawns and Vegetable

MILD	KORMA Cooked with ground coconut and almond in a creamy sauce.	MEDIUM	BHUNA Cooked with onions, green pepper, tomato and fresh herbs.
	KASHMIR KORMA A fruity korma made with yoghurt, cream and mango.		ROGON Cooked with green herbs and spices, garlic, onions and tomatoes.
HOT	MADRAS OR VINDALOO Cooked in a fairly hot / very hot spiced sauce.		DUPIAZA Chopped onions and green peppers in a thick spicy sauce.
	PATHIA Cooked with onions, fresh herbs and spices in a hot sweet and sour sauce.	MEDIUM	SAG With spinach, garlic, ginger and tomatoes.
	DANSAK With lentils and fenugreek in a thick, hot sweet and sour sauce.		TRADITIONAL CURRY A medium spiced traditional curry.

KING PRAWN £15.95	CHICKEN £12.95	VEGETABLE £11.95
LAMB £13.95	PRAWN £13.95	

Specials

GOAN KING PRAWN <i>Medium</i> A south Indian recipe of king prawns with coconut milk, mustard and chilli sauce	£18.95
GOAN SEA BASS <i>Mild to Medium</i> Fillet of bass on a bed of crushed potatoes with caramelised onions and roasted mustard seeds. Served with a lighty spiced coconut milk, crushed shrimp and mango sauce.	£19.95
MURG-E-BAHAR <i>Medium</i> Marinated chicken breast stuffed with spicy minced lamb, cooked with fresh coriander, almond powder, Kashmiri Massala, fenugreek and tomato in a smooth creamy sauce.	£16.95
DHAKA ACHARI CHICKEN - Cooked 3 Way - <i>Medium to Hot</i> As you'd find in the capital of Bangladesh. Breast of chicken cooked in an onion, pickle and chilli sauce.	£16.95
BOMBAY BEEF <i>Medium</i> Traditional home cooked topside beef in a medium spiced sauce with potatoes.	£16.95
KOFTA BHUNA <i>Medium</i> Classic spicy kebab meat balls served in a thick onion and pepper sauce.	£14.95

From The Tandoor

TANDOORI KING PRAWN SHASHLIC King prawns grilled in a tandoori with onion, tomato, and green pepper. Served with massala sauce.	£19.95
TANDOORI KING PRAWNS King prawns in a light spicy yoghurt marinade, grilled in a tandoori oven.	£18.95
TANDOORI SHASHLIC - Chicken or Lamb or Mixed (including king prawns) Chicken or lamb pieces grilled in a tandoori with onion, tomato, and green pepper. Mixed consists of chicken, lamb and king prawns. All served with massala sauce.	<i>Chicken</i> £16.95 <i>Lamb</i> £18.95 <i>Mixed</i> £20.95
TANDOORI MIXED GRILL Chicken tikka, lamb tikka, tandoori chicken (1/4) on the bone, sheek kebab and naan bread. Served with massala sauce.	£19.95
CHICKEN TIKKA or LAMB TIKKA (off the bone) <i>Chicken</i> £14.95 <i>Lamb</i> £15.95	

Vegetarian

KASHMIRI VEGETABLE MASSALA <i>Mild</i> Mixed vegetables in a creamy mild yoghurt sauce.	£11.95
JALFREZI VEGETABLE PANEER <i>Hot</i> Fairly hot, cooked with green chillies, fresh spices and cottage cheese.	£11.95
VEGETABLE DANSAK or CHANA <i>Hot</i> Mixed vegetables or chickpeas in a hot sweet and sour curry with lentils.	£11.95
BALTI VEGETABLE MASSALA <i>Medium</i> Mixed vegetables in a creamy, mild yogurt sauce.	£11.95
GOAN VEGETABLE CURRY <i>Medium</i> Fresh vegetables cooked in curry leaf, mustard, coconut milk, chilli, and mango.	£12.95
PANEER TIKKA KARAH <i>Medium</i> Cubed cottage cheese, grilled in tandoori oven and cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices.	£11.95
SAG PANEER <i>Medium</i> Home made cottage cheese with fresh shredded spinach.	Side £6.95 Main £11.95
ALOO GOBI or SAG ALOO <i>Medium</i> Potatoes and cauliflower or spinach and potatoes.	Side £6.95 Main £11.95
SAG BHAJEE <i>Medium</i> Spinach.	Side £6.95 Main £11.95
MUSHROOM BHAJEE <i>Medium</i>	Side £6.95 Main £11.95
BOMBAY ALOO or CHANA BHAJEE (Chickpeas) <i>Medium</i>	Side £6.95 Main £11.95
DAL TARKA <i>Mild</i> Lentils with garlic, butter and herbs in a thin light sauce.	Side £6.95 Main £11.95
CHANA MASSALA <i>Mild</i> Chickpeas in a mild creamy yogurt sauce, with coconuts and almonds	Side £6.95 Main £11.95

Popular Selection

GOAN CHICKEN CURRY <i>Medium to Hot</i> Chicken and curry leaf, mustard, coconut milk, chilli and mango.	£14.95
MAHARAJAH BHUNA <i>Medium</i> Tandoori chicken and minced meat cooked with sliced onions, green pepper, ginger and garlic with fresh herbs.	£14.95
MURG MIRCH MASSALA <i>Hot</i> Tender pieces of chicken delicately marinated in traditional tikka marinade, cooked in a red chilli and tomato sauce.	£14.95
KING PRAWN KARAH <i>Medium</i> Cooked with chopped onion, garlic, capsicum and tomatoes in a thick sauce.	£16.95
KOLAPURI CHICKEN or LAMB <i>Hot</i> <i>Chicken</i> £14.95 <i>Lamb</i> £15.95 Slices of tender marinated chicken or Lamb, cooked with sliced onions, garlic, generous helping of fresh chillies. Delicious alternative to Jalfrezi.	
CHICKEN PASANDA / LAMB PASANDA <i>Mild</i>	£14.95/£15.95
Tender lamb or chicken cooked with fresh cultured yogurt and cream, mixed with nuts and flavoured with a touch of red wine.	
KARAH CHICKEN TIKKA or LAMB TIKKA <i>Medium Spicy</i>	£14.95/£15.95
Cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices in a thick sauce.	
CHICKEN TIKKA MASSALA <i>Mild</i>	£13.95
Tender pieces of chicken cooked in a mild creamy yogurt sauce with coconuts and almonds.	
CHICKEN TIKKA JALFREZI <i>Hot</i>	£13.95
Succulent pieces of spring chicken cooked with capsicums, chopped onions, fresh green chillies and fresh herbs.	
MAKHANI CHICKEN <i>Mild</i>	£13.95
Butter fresh cream, ground almonds and coconuts with a touch of massala spices.	
CHICKEN TIKKA DANSAK <i>Hot</i>	£13.95
A hot sweet and sour dish cooked with lentils, fenugreek and coriander and a thick slice of lemon.	
SOUTH INDIAN GARLIC CHILLI CHICKEN <i>Hot</i>	£13.95
Marinated chicken pieces, cooked in fresh garlic and chilli sauce with crisp red chillies.	
CHICKEN AND MUSHROOM GARLIC <i>Medium</i>	£13.95
Tandoori chicken tikka with mushrooms and garlic lightly spiced with plenty of sauce.	
VEGETABLE DUMPLING DHALL CURRY <i>Medium</i> with LEMON PANNER	£12.95 V
Fresh mixed vegetables crushed with mustard, spicy onions, ginger and lemon cottage cheese cooked in a medium spiced lentil curry.	
LAMB JALFREZI <i>Hot</i> Slow cooked lamb prepared with onion, green chillies and fresh herbs.	£14.95

Biriani

Served with a choice of sauce. <i>Mild, Medium or Hot</i>	
MAHARAJAH BIRIANI	£16.95
Prepared with chicken tikka, lamb tikka and minced meat served with vegetable massala sauce	
CHICKEN or LAMB BIRIANI	£14.95/£15.95
CHICKEN TIKKA BIRIANI	£15.95
PRAWN BIRIANI (King Prawns: Add £5)	£16.95
VEGETABLE BIRIANI	£13.95 V

Rice and Bread

BOILED RICE	£3.95 V	CHIPS	£3.75 V
PILAU RICE	£4.20 V	NAN Plain	£4.20 V
MUSHROOM FRIED RICE	£4.95 V	NAN	£4.95 V
KEEMA FRIED RICE (minced meat)	£4.95 V	Keema Peshwari V	£0.95 V
SPECIAL FRIED RICE (eggs and peas)	£4.95	PAPADOM	£0.95 V
1/2 CHIPS and 1/2 RICE (with boiled or pilau rice)	£4.95 V	Plain or Spicy – Served with FREE chutney tray	
		CHAPATTI	£3.50 V
		RAITHA Plain Natural Yoghurt, Cucumber or Onion	£3.50 V

Please Note: Some meals may contain traces of nuts. If you have any food allergies, please let us know. We will be happy to advise you.