

Starters to Share

KING THALIA (for four) King prawn delight, chicken tikka, lamb tikka and sheek kebab	£21.50
MIXED THALIA PLATTER (for two) Meat samosas, spicy mince kebabs, chicken pakora and onion bhajees.	£10.50
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.	£9.50 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.	£10.50

Starters

CITRUS LAMB Tender lamb rib chops (3), carefully spiced with lemon, lime and orange zest, nutmeg mace and garam massala. Laced with honey.	£8.95
SALMON, CRAB AND POTATO CAKE Flakes of salmon and crab meat, with buttered potatoes, caramelised onions, mustard and fresh herbs. Garnished with tamarind and mango sauce.	£8.95
KING PRAWN DELIGHT Tandoori king prawns pan fried in a spicy massala sauce.	£8.95
KING PRAWN GARLIC King prawns in a mild sauce with a touch of fenugreek and coriander.	£8.95
SHAMEE KEBAB or SHEEK KEBAB Minced meat fried with egg topping or roasted on skewers.	£5.75
MIXED TANDOORI Delightful mixture of chicken tikka, lamb tikka and sheek kebab.	£5.75
CHICKEN PAKORA Strips of tender chicken, lightly spiced and deep fried in a chickpea flour batter.	£4.25
CHICKEN TIKKA or LAMB TIKKA Tender chicken pieces or lamb, marinated with yoghurt and spices roasted in tandoori.	<i>Chicken</i> £4.50 <i>Lamb</i> £5.50
CHICKEN CHAT or ALOO CHAT Chicken or potatoes in a thick, tangy medium spicy sauce.	<i>Chicken</i> £4.75 <i>Vegetable</i> £4.25 V
ZEERA CHICKEN Breast of chicken lightly spiced with crushed cumin, ginger, tamarind, natural honey and our own special tandoori mix.	£5.25
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).	£6.95
ONION BHAJEES	£4.25 V
SOMOSAS (Spicy Lamb or Vegetables)	£4.25 V
GARLIC MUSHROOMS Pan fried in a butter sauce with garlic and fenugreek.	£4.25 V

Balti

Balti with extras of your choice, please add 60p
Mushrooms · Spinach · Mixed vegetables · Potatoes

BALTI KING PRAWNS	£14.95
BALTI JALFREZI (Chicken Tikka or Lamb Tikka)	<i>Chicken</i> £8.95 <i>Lamb</i> £9.95
BALTI EXOTIC (with Chicken, Lamb, Prawns and Spinach)	£9.50
BALTI CHICKEN or LAMB	<i>Chicken</i> £8.50 <i>Lamb</i> £8.95
BALTI CHICKEN TIKKA	£8.95
BALTI VEGETABLE / BALTI VEGETABLE MASSALA	£7.95 V

The Cinnamon TREE TREFOREST

Specials

GOAN KING PRAWN <i>Medium</i> A south Indian recipe of king prawns with coconut milk, mustard and chilli sauce	£16.50
THARAV SOFYANI <i>Hot</i> Duckling breast, sliced and seasoned with whole red chillies, fresh coriander, fenugreek, cooked in a thick spicy sauce. Wrapped in foil and served flaming in Sambuca.	£15.95
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.	£15.50
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.	£12.90
DHAKA ACHARI CHICKEN <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.	£11.95
MURG-E-HASINA <i>Medium</i> Breast of chicken, marinated and grilled in the tandoori. Cooked in a thick medium spicy, tangy sauce	£11.50
BOMBAY BEEF <i>Medium</i> Traditional home cooked topside beef in a medium spiced sauce with potatoes.	£12.50
KOFTA BHUNA <i>Medium</i> Classic spicy kebab meat balls served in a thick onion and pepper sauce.	£10.95

From The Tandoor

TANDOORI KING PRAWN SHASHLIC King prawns grilled in a tandoori with onion, tomato, and green pepper. Served with massala sauce.	£17.95
TANDOORI KING PRAWNS King prawns in a light spicy yoghurt marinade, grilled in a tandoori oven.	£15.95
TANDOORI SHASHLIC <i>Chicken</i> £12.95 <i>Lamb</i> £13.95 <i>Mixed</i> £16.95 - 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.	
TANDOORI MIXED GRILL Chicken tikka, lamb tikka, tandoori chicken (1/4) on the bone, sheek kebab and naan bread. Served with massala sauce.	£15.95
TANDOORI LAMB CHOPS Our chef's special preparation of spicy marinated lamb chops, grilled in a tandoori oven.	£14.95
CHICKEN TIKKA or LAMB TIKKA (off the bone) <i>Chicken</i> £10.50 <i>Lamb</i> £10.95 Chicken or lamb chunks flavoured with hand pounded whole spices, green chillies and garlic in a natural yoghurt marinade. Roasted in a tandoori.	

V Vegetarian

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.	MEDIUM SAG With spinach, garlic, ginger and tomatoes.	HOT MADRAS OR VINDALOO Cooked in a fairly hot / very hot spiced sauce.
MALAYA Cooked with pineapple in a smooth creamy sauce.	ROGON Cooked with green herbs and spices, garlic, onions and tomatoes.	SHALI Cooked in a thick spicy sauce, with crispy straw potato topping.	PATHIA Cooked with onions, fresh herbs and spices in a hot sweet and sour sauce.
KASHMIR KORMA A fruity korma made with yoghurt, cream and mango.	DUPIAZA Chopped onions and green peppers in a thick spicy sauce.	TRADITIONAL CURRY A medium spiced traditional curry.	DANSAK With lentils and fenugreek in a thick, hot sweet and sour sauce.

Popular Selection

GOAN CHICKEN CURRY <i>Medium to Hot</i> Chicken and curry leaf, mustard, coconut milk, chilli and mango.	£10.95
MAHARAJAH BHUNA <i>Medium</i> Tandoori chicken and minced meat cooked with sliced onions, green pepper, ginger and garlic with fresh herbs.	£10.95
MURG MIRCH MASSALA <i>Hot</i> Tender pieces of chicken delicately marinated in traditional tikka marinade, cooked in a red chilli and tomato sauce.	£10.95
KING PRAWN KORAH <i>Medium</i> Cooked with chopped onion, garlic, capsicum and tomatoes in a thick sauce.	£15.95
KOLAPURI CHICKEN or LAMB <i>Hot</i> Slices of tender marinated chicken or Lamb, cooked with sliced onions, garlic, generous helping of fresh chillies. Delicious alternative to Jalfrezi.	£9.95
LAMB PASANDA / CHICKEN PASANDA <i>Mild</i> Tender lamb or chicken cooked with fresh cultured yogurt and cream, mixed with nuts and flavoured with a touch of red wine.	£9.50
KARAH CHICKEN TIKKA or LAMB TIKKA <i>Medium Spicy</i> Cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices in a thick sauce.	£9.50
CHICKEN TIKKA MASSALA <i>Mild</i> Tender pieces of chicken cooked in a mild creamy yogurt sauce with coconuts and almonds.	£9.50
CHICKEN TIKKA JALFREZI <i>Hot</i> Succulent pieces of spring chicken cooked with capsicums, chopped onions, fresh green chillies and fresh herbs.	£9.50
MAKHANI CHICKEN <i>Mild</i> Butter fresh cream, ground almonds and coconuts with a touch of massala spices.	£9.50
CHICKEN TIKKA DANSAK <i>Hot</i> A hot sweet and sour dish cooked with lentils, fenugreek and coriander and a thick slice of lemon.	£9.50
SOUTH INDIAN GARLIC CHILLI CHICKEN <i>Hot</i> Marinated chicken pieces, cooked in fresh garlic and chilli sauce with crisp red chillies.	£9.50
CHICKEN AND MUSHROOM GARLIC <i>Medium</i> Tandoori chicken tikka with mushrooms and garlic lightly spiced with plenty of sauce.	£9.50
VEGETABLE DUMPLING DHALL CURRY <i>Medium</i> with LEMON PANNER Fresh mixed vegetables crushed with mustard, spicy onions, ginger and lemon cottage cheese cooked in a medium spiced lentil curry.	£8.75 V
LAMB JALFREZI <i>Hot</i> Slow cooked lamb prepared with onion, green chillies and fresh herbs.	£9.50

Biriani

Served with a choice of sauce. *Mild, Medium or Hot*

MAHARAJAH BIRIANI Prepared with chicken tikka, lamb tikka and minced meat served with vegetable massala sauce	£13.95
CHICKEN or LAMB BIRIANI	£11.95
CHICKEN TIKKA BIRIANI	£11.95
PRAWN BIRIANI (King Prawns: Add £5)	£11.95
VEGETABLE BIRIANI	£9.75 V

KING PRAWN	£14.95
LAMB	£9.50
CHICKEN	£8.95
PRAWN	£8.95
VEGETABLE	£7.75 V

Vegetarian

KASHMIRI VEGETABLE MASSALA <i>Mild</i>	£8.25
Mixed vegetables in a creamy mild yoghurt sauce.	
JALFREZI VEGETABLE PANEER <i>Hot</i>	£8.25
Fairly hot, cooked with green chillies, fresh spices and cottage cheese.	
DANSAK VEGETABLE or CHANA <i>Hot</i>	£8.25
Mixed vegetables or chickpeas in a hot sweet and sour curry with lentils.	
KATHRI KAI KARA KOZHUMBU <i>Hot</i>	£8.25
Baby aubergines curry in a yoghurt flavoured sauce with fresh coriander, dry red chillies, bay leaves, mustard seeds and tamarind.	
GOAN VEGETABLE CURRY <i>Medium</i>	£8.95
Fresh vegetables cooked in curry leaf, mustard, coconut milk, chilli, and mango.	
PANEER TIKKA KARAHI <i>Medium</i>	£8.25
Cubed cottage cheese, grilled in tandoori oven and cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices.	
SAG PANEER <i>Medium</i>	Side £4.75 Main £8.25
Home made cottage cheese with fresh shredded spinach.	
ALOO GOBI or SAG ALOO <i>Medium</i>	Side £4.75 Main £8.25
Potatoes and cauliflower or spinach and potatoes.	
BRINJAL BHAJEE or SAG BHAJEE <i>Medium</i>	Side £4.75 Main £8.25
Aubergines or spinach.	
MUSHROOM BHAJEE or BINDI BHAJEE (Okra) <i>Medium</i>	Side £4.75 Main £8.25
BOMBAY ALOO or CHANA BHAJEE (Chickpeas) <i>Medium</i>	Side £4.75 Main £8.25
Spicy potato or chickpea bhajees.	
DAL TARKA <i>Mild</i>	Side £4.75 Main £8.25
Lentils with garlic, butter and herbs in a thin light sauce.	
CHANA MASSALA <i>Mild</i>	Side £4.75 Main £8.25
Chickpeas in a mild creamy yogurt sauce, with coconuts and almonds	

Rice and Bread

BOILED RICE	£3.10	V
PILAU RICE	£3.30	V
MUSHROOM FRIED RICE	£3.90	V
KEEMA FRIED RICE (minced meat)	£3.90	V
SPECIAL FRIED RICE (eggs and peas)	£3.90	V
1/2 CHIPS and 1/2 RICE (with boiled or pilau rice)	£3.90	V
CHIPS	£2.90	V
NAN Plain	£2.60	V
NAN Keema Peshwari V Garlic V	£3.10	V
PARATHA	£3.00	V
PAPADOM Plain or Spicy – Served with FREE chutney tray	£0.80	V
CHAPATTI	£2.00	V
RAITHA Plain Natural Yoghurt, Cucumber or Onion	£2.60	V

Staying COVID-19 Secure in 2020

FIVE STEPS TO SAFER WORKING TOGETHER

We confirm we have complied with the government's guidance on managing the risk of COVID-19

- We have carried out a COVID-19 risk assessment and shared the results with the people who work here
- We have cleaning, handwashing and hygiene procedures in line with guidance

- We have taken all reasonable steps to help people work from home
- We have taken all reasonable steps to maintain a 2m distance in the workplace
- Where people cannot be 2m apart, we have done everything practical to manage transmission risk

V Vegetarian

White Wines

Sancerre Domaine Du Pré Semelé	£26.95
<i>France</i> A classic Sancerre with freshly picked gooseberry aromas streaked with dry minerality on the palate.	
Chablis Chandesais	£24.95
<i>France</i> An elegant mix of fresh green apples, softened by buttery hints.	
Marqués de Cáceres Excellens Blanco	£19.95
<i>Spain</i> A blend of citrus and tropical notes with hints of wild flowers. The palate is quite rich and rounded, yet shows crisp acidity and some fresh green fruits under the riper tones.	
Pinot Grigio Villa Molino IGT	£17.95
<i>Italy</i> Fruity, elegant bouquet with delicate citrus notes. Fresh, crisp and an excellent thirst-quencher.	
Los Picos Sauvignon Blanc Reserva	£16.95
<i>Chile</i>	175ml £5.75 250ml £6.95
Crisp and clean, floral with citrus notes. Good fruity body with a pleasant mouthfeel.	
Oude Kaap Chenin Blanc	£18.95
<i>South Africa</i> Chenin Blanc flourishes in the fairest Cape. This fresh medium-bodied wine reveals an abundance of fruit flavours on the palette.	

Red Wines

Marqués de Cáceres Excellens Rioja	£19.95
<i>Spain</i> A bouquet of blackcurrants with a touch of liquorice softened by creamy, vanilla notes. These sensations gain intensity in the mouth enriched by delicious tannins that pass through with a soft hint of pepper.	
Trivento Malbec	£17.95
<i>Argentina</i>	175ml £5.75 250ml £6.95
Displays a delicate and balanced blend of forest fruit, marmalade and cherry. Medium-body and well-rounded.	
Los Picos Merlot Reserva	£16.95
<i>Chile</i>	175ml £5.75 250ml £6.95
Smooth with lovely sweet plums and blackcurrant flavours. Generous with a smooth and long finish.	

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

Rose Wines

Pinot Grigio Blush	£16.95
<i>Italy</i>	175ml £5.75 250ml £6.95
Elegant and crisp, with dean summer fruit flavours and just a hint of sweetness.	
Paradise Point Zinfandel Rosé	£16.95
<i>California, USA</i> 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.	

Sparkling and Champagne

Bollinger <i>France</i>	£69.00
The Special Cuvée has a beautiful aromatic complexity, ripe fruit and spicy aromas with hints of roasted apples, and peaches.	
Laurent Perrier Brut <i>France</i>	£59.00
Fresh and supple upon entry with rounded and expressive flavours from which fruit progressively emerges. Good balance and length.	

Spirits Liqueurs

Hennessy	25ml	£5.75
Bacardi	25ml	£2.90
Vodka	25ml	£2.90
Malibu	25ml	£2.90
Bells Whisky	25ml	£2.90
Glenfiddich	25ml	£3.95
Southern Comfort	25ml	£2.90
Jack Daniels	25ml	£2.90
Jamesons	25ml	£2.90
Gordon's Gin	25ml	£2.90
Tanqueray Gin	25ml	£3.50
Tequila	25ml	£2.90
Rum	25ml	£2.90
Draught mix		£0.55
Bottle mix		£1.30

Liqueurs

Sambuca	25ml	£3.00
Cointreau	25ml	£3.00
Baileys	25ml	£3.00
Tia Maria	25ml	£3.00

Beers & Ciders

Premium Indian Draught Lager		
Cobra	Pint/Half	£4.75/£2.35
Strongbow:	Pint/Half	£3.90/£1.95
Bottled		
Kingfisher	650ml	£4.95
Bangla	660ml	£4.95
Tiger	330ml	£3.40
Budweiser	330ml	£3.40
Old Speckled Hen	500ml	£3.95
Kopperburg Cider Mixed Fruit	500ml	£4.50
Bulmers Cider	500ml	£4.50

Soft Drinks

Pepsi:	Regular or Diet	£1.95
Coca Cola (bottle)	330ml	£2.10
Fanta (bottle)	330ml	£2.10
Lemonade		£1.80
7Up Free	330ml	£2.10
Large Pepsi or Lemonade		£2.50
Appletiser		£2.10
J20		£2.00
<i>Please ask about selection of flavours available</i>		
Juice:	Apple, Orange or Pineapple	£1.90
Mineral Water:	Still or Sparkling	£1.70
Large Mineral Water:	Still or Sparkling	£3.50
Ginger Ale		£1.80
Tonic Water		£1.80
Soda Water		£0.80

Tea & Coffee

Tea	£2.25
Coffee	£2.25
Cappuccino	£2.50
Latte	£2.75
Floater Coffee	£2.60
Liqueur Coffee	£4.90
Hot Chocolate	£2.75



Monday: CLOSED
Tuesday to Saturday: 6.00pm - 10.30pm
Sunday: 2.30pm - 8.30pm
Cinnamon House, Tonteg Road, Treforest CF37 5UA
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www.thecinnamontree.co.uk



Our Gift Cards are the perfect gift for any occasion and can be used at The Cinnamon Tree Treforest or Pontcanna.
Please ask member of staff for further information.

vegan

gluten free

Healthier choice

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.