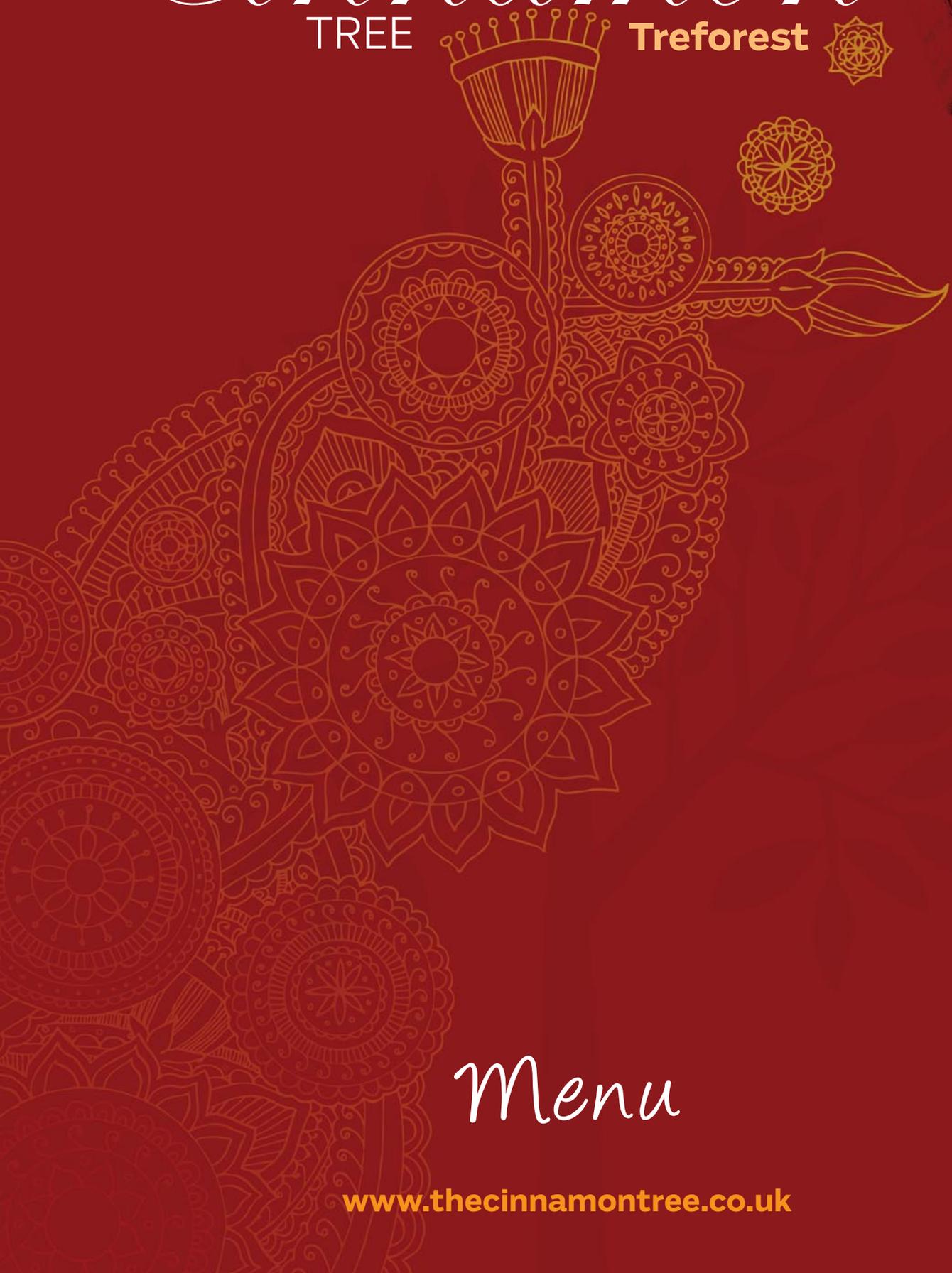


The
Cinnamon
TREE

Treforest



Menu

www.thecinnamontree.co.uk



Starters

CITRUS LAMB	£6.95
Tender lamb rib chops (3), carefully spiced with lemon, lime and orange zest, nutmeg mace and garam massala. Grilled in tandoori oven, laced with honey and served in banana leaf parcels.	
ZEERA CHICKEN	£4.60
Breast of chicken lightly spiced with crushed cumin, ginger, tamarind, natural honey and our own special tandoori mix.	
MIXED TANDOORI	£4.75
Delightful mixture of chicken tikka, lamb tikka and sheek kebab.	
CHICKEN TIKKA or LAMB TIKKA	£3.95 / £4.20
Tender chicken pieces or lamb, marinated with yoghurt and spices roasted in tandoori. Chicken tikka, lamb tikka and sheek kebab.	
CHICKEN CHAT OR ALOO CHAT (V)	£4.25 / £3.95
Chicken or potatoes in a thick, tangy medium spicy sauce.	
SALMON, CRAB AND POTATO CAKE	£5.95
Flakes of salmon and crab meat, with buttered potatoes, caramelised onions, mustard and fresh herbs. Garnished with pomegranate and mango sauce.	
PRAWN PUREE / CHICKEN PUREE	£4.50
Succulent small shrimps or tender chicken, simmered in light spices and herbs. Served on thin fried Punjabi puree (bread).	
SHAMEE KEBAB or SHEEK KEBAB	£4.45
Minced lamb fried with egg topping or roasted on skewers.	
KING PRAWN DELIGHT	£6.95
Tandoori king prawn pan fried in a spicy massala sauce.	
CHICKEN PAKORA	£3.95
Strips of tender chicken, lightly spiced and deep fried in a chickpea flour batter.	
KING PRAWN GARLIC	£6.95
King prawns in garlic sauce with a touch of fenugreek and coriander.	
SOMOSAS (Spicy Lamb or Vegetables) (V)	£3.65
ONION BHAJEES (V)	£3.65
GARLIC MUSHROOMS (V)	£3.65
Stir fried in a butter sauce with garlic and fenugreek.	

Starters to Share

MIXED THALIA PLATTER	£8.95
Meat Samosas, spicy Mince Kebabs, Chicken Pakora and Onion Bhajees.	
VEGETABLE THALIA PLATTER (V)	£7.95
With Allo Vadha (lightly spiced potatoes, curry leaves, green chillies deep fried in chick pea batter). Selection of Somosas, onion bhajees and chana chat.	
LAMB MIRPURI	£8.95
Spicy lamb dry roasted in a tandoori oven, shredded and pan stirred with Fenugreek, onions, peppers and coriander, served on a hot sizzler dish with a dash of lemon juice.	
SOMOSAS MEDLEY	£7.95
A selection of delicious bite sizes samosas, stuffed with lentils, chicken, minced lamb, prawns, peas and corn, potato and mustard and beetroot and ginger.	

Cinnamon Specials

- GOAN SEA BASS** *Mild to Medium* **£11.95**
Fillet of bass cooked in spiced coconut milk; served on a bed of crushed potatoes with caramelised onions, roasted mustard seeds and coriander.
- DHAKA ACHARI CHICHEN - Cooked 3 Way** *Medium* **£9.50**
As you you'd find in the capital of Bangladesh. 1st, chicken is deep fried in turmeric, chilli and salt. 2nd, it's cooked in an oven with fresh lime and plenty of coriander. 3rd, it's cooked in a cast iron pan with onions, ginger, our special spice mix with lime and garlic pickle.
- LAMB SHANK and LENTIL CURRY** *Medium* **£11.95**
Lamb shank slow cooked in onion, ginger and chilli gravy with a thick 3-lentil sauce. Simply Delicious!
- BOMBAY BEEF** *Medium* **£9.50**
Traditional home cooked topside beef in a medium spiced sauce with potatoes.
- THARAV SOFYANI** *Medium to Hot* **£13.95**
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.
- MURG-E-BAHAR** *Medium* **£10.95**
Marinated chicken breast rolled with spicy minced lamb, cooked with fresh coriander, almond powder, Kashmiri Massala, fenugreek and tomato in a smooth creamy sauce.
- KING PRAWN KARAH** *Medium Spicy* **£12.50**
Cooked with chopped onions, garlic, capsicum, tomatoes and fresh spices in a thick sauce.
- MODHU MURG** *Mild to Medium* **£8.95**
Chicken breasts cooked in coconut milk, honey and saffron sauce. Mild/rich.

Tandoori Main

- CHICKEN TIKKA or LAMB TIKKA** **£8.50 / 8.80**
Chicken or lamb chunks flavoured with hand pounded whole spices, green chillies and garlic in a natural yoghurt marinade. Roasted in a tandoori.
- TANDOORI MIXED GRILL** **£13.75**
Chicken tikka, lamb tikka, tandoori chicken (1/4) on the bone, sheek kebab and naan bread. Served with massala sauce.
- TANDOORI KING PRAWNS** **£13.95**
King prawns in a light spicy yoghurt marinade, grilled in a tandoori oven.
- TANDOORI SHASHLIC - Chicken, Lamb or Mixed (Including King Prawns)** **£11.25 / £11.55 / £14.95**
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 LAMB CHOPS** **£11.95**
Our chef's special preparation of spicy marinated lamb chops, grilled in a tandoori oven.
- TANDOORI KING PRAWNS SHASHLIC** **£14.95**
King prawns grilled in a tandoori with onion, tomato, and green pepper. Served with massala sauce.

Balti

- BALTI CHICKEN or LAMB** **£7.95 / 8.25**
- BALTI CHICKEN TIKKA** **£8.95**
- BALTI JALFREZI** (Chicken Tikka or Lamb Tikka) **£8.95 / 9.25**
- BALTI KING PRAWNS** **£11.95**
- BALTI EXOTIC** (with Chicken, Lamb, Prawns and Spinach) **£8.95**
Battis with extras of your choice, please add £0.50
Mushrooms | spinach | mixed vegetables | potatoes



Chefs Recommendations

- CHICKEN TIKKA MASSALA** *Mild* **£8.75**
Tender pieces of chicken cooked in a mild creamy sauce with coconuts and almonds.
- MAHARAJAH BHUNA** *Medium* **£8.95**
Tandoori chicken and minced lamb cooked with sliced onions, green pepper, ginger and garlic with fresh herbs.
- KARAHI CHICKEN TIKKA or LAMB TIKKA** *Medium Spicy* **£8.75 / 8.95**
Cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices in a thick sauce.
- CHICKEN TIKKA JALFREZI** *Medium to Hot* **£8.75**
Succulent pieces of spring chicken cooked with capsicums, chopped onions, fresh green chillies and fresh herbs.
- MAKHANI CHICKEN** *Mild* **£8.75**
A mild dish cooked with fresh cream, ground almonds and coconuts with a touch of massala spices.
- CHICKEN TIKKA DANSAK** *Medium to Hot* **£8.75**
A hot sweet and sour dish cooked with lentils, fenugreek and coriander and a thick slice of lemon.
- SOUTH INDIAN GARLIC CHILLI CHICKEN** *Medium to Hot* **£8.75**
Marinated chicken pieces, cooked in fresh garlic and chilli sauce with crisp red chillies.
- KOLAPURI CHICKEN or LAMB** *Medium to Hot* **£8.95 / 9.25**
Slices of tender marinated chicken or Lamb, cooked with small amount of sliced onions, garlic, generous helping of fresh chillies and Kashmiri Massala in a thick saucy curry. Delicious alternative to Jalfrezi or Madras!
- CHICKEN AND MUSHROOM GARLIC** *Medium* **£8.75**
Tandoori chicken tikka with mushrooms and garlic lightly spiced with plenty of sauce.
- GOAN CHICKEN CURRY** *Medium* **£8.95**
In a traditional South Indian spicy sauce of coconut milk, mustard chilli, curry leaf and mango.
- VEGETABLE DUMPLING DHALL CURRY** *Medium (V)* **£7.50**
with LEMON PANNER
Fresh Mixed Vegetables crushed with mustard, spicy onions, ginger and lemon cottage cheese cooked in a medium spiced lentil curry.

Biriani

Served with mild to medium vegetable curry.
Massala vegetable curry served with Tikka and Maharaja Birani.

- CHICKEN or LAMB BIRIANI** **£9.25 / £9.50**
- CHICKEN TIKKA BIRIANI** **£9.25**
- PRAWN BIRIANI** **£9.25**
- VEGETABLE BIRIANI** **£8.75**
- MAHARAJAH BIRIANI** **£11.95**
Prepared with chicken tikka, lamb tikka and minced lamb served on a bed of crisp lettuce with a topping of almonds and sultanas.
- ACHARI BIRIANI** **£12.50**
Stripped chicken cooked with roasted cumin, onions, garlic, mixed pickle, light massala spices, fresh green herbs and green chillies.

Traditional

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.

MALAYA

Cooked with pineapple and sultanas in a smooth creamy sauce.

KASHMIR KORMA

A fruity korma made with yoghurt, sultanas, nuts, cream and mango.

Medium

BHUNA

Cooked with onions, green pepper, tomato and fresh herbs.

ROGON

Cooked with green herbs and spices, garlic, onions and tomatoes.

DUPIAZA

Chopped onions and green peppers in a thick spicy sauce.

SAG

With spinach, garlic, ginger and tomatoes.

SHALI

Cooked in a thick spicy sauce, with crispy straw potato topping.

TRADITIONAL CURRY

A medium spiced traditional curry.

Hot

MADRAS OR VINDALOO

Cooked in a fairly hot / very hot spiced sauce.

PATHIA

Cooked with onions, fresh herbs and spices in a hot sweet and sour sauce.

DANSAK

With lentils and fenugreek in a thick, hot sweet and sour sauce.

CHICKEN

£7.75

LAMB

£7.95

PRAWN

£7.95

KING PRAWN

£11.95

Set Meals

Lal Zaal

Papadams with Chutney
Mixed Tandoori to start

Chicken Tikka Massala - *Mild*
Chicken Jalfrezi - *Hot*
2 Pilau rice, 1 Naan
2 Coffee

£36.00 for 2

Subji Shabuz

Papadoms with Chutney
Onion Bhajees and Vegetable Somomas

Saag Panner - *Mild to Medium*
Balti Mixed Vegetables - *Medium to spicy*
2 Pilau rice, 1 Naan
2 Coffee

£30.00 for 2

Party Menu

A selection of favourite dishes selected by our chef to provide a delightful combination of dishes for their flavors, textures and taste for large bookings.

All items listed are served to encourage members to share and try different dishes. *Minimum party of 8.*

£17.95 per person or £19.95 per person with a wine or beer*

*Glass of house red or white wine or bottle of Indian beer (330ml). Large Pepsi or lemonade offered to non-alcohol drinkers

Starter

Papadoms with chutneys to begin

Mixed Thalia Platter to start Onion Bhajees, Chicken Tikka, Chicken Pakoras, Spicy Mince Kebabs.

Main Course

Chicken Tikka Massala (*Mild*) Tender chicken cooked in a mild creamy sauce with coconuts and almonds.

Kolapuri Chicken (*Hot*) Slices of marinated chicken cooked with small amount of sliced onions, garlic, generous helping of fresh chillies and Kashmiri Massala in a thick saucy curry.

Lamb Rogon Josh (*Medium*) Cooked with green herbs and spices, garlic, onions and lots of tomatoes.

Chicken Korma (*Mild*) Cooked with ground coconut and almond in a creamy sauce.

Balti Mixed Vegetables (*Medium, spicy*) Mixed vegetables in a rich spicy curry with lots of fresh coriander.



Vegetarian

KASHMIRI VEGETABLE MASSALA <i>Mild</i> Mixed vegetables in a creamy mild yoghurt sauce.	£6.75
JALFREZI VEGETABLE PANEER <i>Medium to Hot</i> Fairly hot, cooked with green chillies, fresh spices and cottage cheese.	£6.75
DANSAK VEGETABLE or CHANA <i>Medium to Hot</i> Mixed vegetables or chickpeas in a hot sweet and sour curry with lentils.	£6.75
KATHRI KAI KARA KOZHUMBU <i>Medium to Hot</i> Baby aubergines curry in a yoghurt flavoured sauce with fresh coriander, dry red chillies, bay leaves, mustard seeds and tamarind.	£6.95
KHUMB HARA PANKHI <i>Mild to Medium</i> Large mushroom stuffed with cottage cheese and peas, fried in a rich flour then cooked in a mild to medium sauce.	£7.50
PANEER TIKKA KARAHI <i>Medium</i> Cubed cottage cheese, grilled in tandoori oven and cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices.	£7.50
SAG PANEER <i>Medium</i> Home made cottage cheese with fresh shredded spinach.	Side £3.90 Main £6.75
ALOO GOBI or SAG ALOO <i>Medium</i> Potatoes and cauliflower or spinach and potatoes.	Side £3.90 Main £6.75
BRINJAL BHAJEE or SAG BHAJEE <i>Medium</i> Aubergines or spinach.	Side £3.90 Main £6.75
MUSHROOM BHAJEE or BINDI BHAJEE (Okra) <i>Medium</i>	Side £3.90 Main £6.75
BOMBAY ALOO or CHANA BHAJEE (Chickpeas) <i>Medium</i> Spicy potato or chickpea bhajees.	Side £3.90 Main £6.75
DAL TARKA <i>Mild</i> Lentils with garlic, butter and herbs in a thin light sauce.	Side £3.70 Main £6.25

Rice and Bread

BOILED RICE	£2.50
PILAU RICE	£2.70
MUSHROOM FRIED RICE	£3.20
KEEMA FRIED RICE (minced meat)	£3.30
SPECIAL FRIED RICE (eggs and peas)	£3.20
1/2 CHIPS and 1/2 RICE (with boiled or pilau rice)	£3.10 / £3.40
CHIPS	£1.95
NAN Plain	£1.95
NAN Keema / Peshwari / Garlic	£2.50
PARATHA	£2.20
PAPADOM Plain or Spicy	£0.80
CHAPATTI	£1.40
RAITHA Plain Natural Yoghurt, Cucumber or Onion	£2.60

White Wines

Torrentes Chardonnay	£12.95
<i>Argentina</i> 175ml	£3.65
250ml	£4.75

Golden yellow with olive green tinges. Floral reminders of rose and violets with a touch of citrus notes. Fresh light bodied with delicate tropical fruits.

Trebbiano d' Abruzzo	£12.95
<i>Italy</i> 175ml	£3.65
250ml	£4.75

Made from the most accurate selection of grapes. Clear yellow colour, very pleasant harmonic flavour and fine and persist bouquet.

Cono Sur Los Ganos Sauv Blac	£13.95
<i>Chile</i> 175ml	£3.65
250ml	£4.75

On the nose there are citrus aromas and green apples with herbaceous touches. To taste its citric, fresh and balanced with a mineral finish.

Marques de Caceres Blanco	£14.95
<i>Spain</i>	

Pale straw colour. Very fresh and mineral nose, apples and pears with a slightly exotic touch. Very fruity and fresh on the palate.

Alkoomi White Label Semil/Sauv	£14.95
<i>Australia</i>	

Tropical characters of pineapple and melon abound and meld together. Vibrant flavours of passion fruit and gooseberry fill the front of the palate. Generous finish with sweet tropical and citrus flavours.

Chablis Chandesaia	£19.95
<i>France</i>	

An elegant mix of fresh green apples, softened by buttery hints.

Red Wines

Shiraz Malbec	£12.95
<i>Argentina</i> 175ml	£3.65
250ml	£4.75

An intense deep red colour, it has sweet aromas of berries and plum jam, although the integral oak lends it an elegant smoky and vanilla finish.

Montepulciano d' Abruzzo	£12.95
<i>Italy</i> 175ml	£3.65
250ml	£4.75

A really delicious velvety smooth red wine made from the Montepulciano grape variety in the Abruzzo region of southern Italy. Deeply coloured this a wonderfully fruity fragrant red.

Cono Sur Los Ganos Merlot	£13.95
<i>Chile</i> 175ml	£3.65
250ml	£4.75

This merlot has an intense plum colour and express a fruity blackberry aroma with hints of toasted oak.

Marques de Ulia Crianza	£14.95
<i>Spain</i>	

Ageing in oak barrels has given this wine a lot of finesse with soft complex flavours of red cherries and currants.

Monty's Hill Shiraz Cabernet Sauv	£14.95
<i>Australia</i>	

A classic mixture to warm the palate, a mouthful of blackberries, blackcurrants and damson with a hint of oak rounding the edge.

Maques de Caceres Crianza	£17.95
<i>Spain</i>	

Ageing in oak barrels has given this wine a lot of finesse with soft complex flavours of red cherries and currants.

Rose Wines

Pionot Grigio Blush	£13.95
<i>Italy</i> 175ml	£3.65
250ml	£4.75

Elegant and crisp, with dean summer fruit flavours and just a hint of sweetness.

Spritzer	£3.65
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White wine Spritzer soda or lemonade
Rose wine Spritzer soda 6r lemonade

Sparkling and Champagne

Canals Canals Brut Reserva Especial Cava	£14.95
<i>Spain</i>	

Pale yellow colour with greenish streaks. Aromatic with fruity hints and gentle aromas of ageing. Fresh, gentle, silky, slightly dry and very round on the palate.

Laurent Perrier Brut	£42.00
<i>France</i>	

Fresh and supple upon entry with rounded and expressive flavours from which fruit progressively emerges. Good balance and length.



Beers & Cider Soft Drinks

Premium Indian Draught Lager 5%

Cobra	Pint/Half	£3.80/£1.90
Strongbow:	Pint/Half	£3.10/£1.60

Bottled

Kingfisher	660ml	£4.75
Bangla	660ml	£4.75
Tiger	330ml	£3.20
Budweiser	330ml	£3.20
Old Speckled Hen	500ml	£3.95

Soft Drinks

Pepsi:	Regular or Diet	£1.80
Coca Cola bottle	330ml	£1.95
Lemonade		£1.80
Large Pepsi or Lemonade		£2.50
Appletiser		£1.95
J20		£2.00
Juice:	Orange or Pineapple	£1.90
Mineral Water:	Still or Sparkling	£1.70
Large Mineral Water:	Still or Sparkling	£3.50
Ginger Ale		£1.70
Tonic Water		£1.70
Soda Water		£0.60

Spirits Liqueurs

Remy Martin		£2.90
Hennessy		£2.90
Bacardi		£2.50
Vodka		£2.50
Malibu		£2.50
Bells Whisky		£2.50
Glenfiddich		£2.70
Southern Comfort		£2.70
Jack Daniels		£2.70
Jamesons		£2.70
Jim Beam		£2.70
Tequila		£2.50
Rum		£2.50
Spirits with	Brought mix	£0.55
	Bottle mix	£1.30

Liqueurs

Sambuca	£2.50
Cointreau	£2.50
Benedictine	£2.50
Grand Marnier	£2.50
Baileys	£2.50
Tia Maria	£2.50

Tea & Coffee

Tea	£1.80
Coffee	£1.80
Cappuccino	£2.25
Latte	£2.25
Floater Coffee	£2.60
Liqueur Coffee	£3.60

Desserts

Fresh desserts and home made ice cream available.

Please ask member of staff for further information.

Gift Cards

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.



The Cinnamon Tree at **Treforest**
Restaurant opening times:

Mon-Sat: 18.00 - 22.30 - Sun: 12.00 - 22.00

Cinnamon House, Tonteg Road, Treforest CF37 5UA

Tel: **01443 843 222**

Also at:

The Cinnamon Tree at **Pontcanna** 173, Kings Rd, Cardiff CF11 9DE | Tel: **029 2037 4433**