

**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.cinnamontreforest.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 province to which you will be made aware upon ordering. Thank you.



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

## Starters to Share

<b>MIXED THALIA PLATTER</b> (for two) Meat samosas, spicy mince kebabs, chicken pakora and onion bhajees.	<b>£15.95</b>
<b>VEGETABLE THALIA PLATTER</b> (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.	<b>£14.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
<b>LAMB MIRPURI</b> (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.	<b>£15.95</b>

## Starters

<b>KING PRAWN DELIGHT</b> Tandoori king prawns pan fried in a spicy massala sauce.	<b>£12.95</b>
<b>MIXED TANDOORI</b> Delightful mixture of chicken tikka, lamb tikka and sheek kebab.	<b>£8.95</b>
<b>CHICKEN PAKORA</b> Strips of tender chicken, lightly spiced and deep fried in a chickpea flour batter.	<b>£5.95</b>
<b>CHICKEN TIKKA</b> or <b>LAMB TIKKA</b> <i>Chicken</i> <b>£6.95</b> <i>Lamb</i> <b>£7.95</b> Tender chicken pieces or lamb, marinated with yoghurt and spices roasted in tandoori.	
<b>CHICKEN CHAT</b> or <b>ALOO CHAT</b> <i>Chicken</i> <b>£6.95</b> <i>Vegetable</i> <b>£5.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span> Chicken or potatoes in a thick, tangy medium spicy sauce.	
<b>PRAWN PUREE / CHICKEN PUREE</b> (King Prawns: Add £3) <b>£7.95/£7.95</b> Succulent small shrimps or tender chicken, simmered in light spices and herbs. Served on thin fried punjabi puree (bread).	
<b>ONION BHAJEES</b>	<b>£5.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
<b>SOMOSAS</b> (Spicy Lamb or Vegetables). <i>Lamb</i> <b>£4.95</b> <i>Vegetable</i> <b>£4.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	
<b>GARLIC MUSHROOMS</b> Pan fried in a butter sauce with garlic and fenugreek.	<b>£5.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>

## Balti

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

<b>BALTI KING PRAWNS</b>	<b>£16.95</b>
<b>BALTI JALFREZI</b> (Chicken Tikka or Lamb Tikka) <i>Chicken</i> <b>£14.95</b> <i>Lamb</i> <b>£15.95</b>	
<b>BALTI EXOTIC</b> (with Chicken, Lamb, Prawns and Spinach) <b>£16.95</b>	
<b>BALTI CHICKEN</b> or <b>LAMB</b> <i>Chicken</i> <b>£13.95</b> <i>Lamb</i> <b>£14.95</b>	
<b>BALTI CHICKEN TIKKA</b>	<b>£14.50</b>
<b>BALTI VEGETABLE / BALTI VEGETABLE MASSALA</b>	<b>£12.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>

## Golden Oldies

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

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

<b>KING PRAWN</b> <b>£15.95</b>	<b>CHICKEN</b> <b>£12.95</b>	<b>VEGETABLE</b> <b>£11.95</b>
<b>LAMB</b> <b>£13.95</b>	<b>PRAWN</b> <b>£13.95</b>	

## Specials

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

## From The Tandoor

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

## Vegetarian

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

## Popular Selection

<b>GOAN CHICKEN CURRY</b> <i>Medium to Hot</i> <b>£14.95</b> Chicken and curry leaf, mustard, coconut milk, chilli and mango.	
<b>MAHARAJAH BHUNA</b> <i>Medium</i> <b>£14.95</b> Tandoori chicken and minced meat cooked with sliced onions, green pepper, ginger and garlic with fresh herbs.	
<b>MURG MIRCH MASSALA</b> <i>Hot</i> <b>£14.95</b> Tender pieces of chicken delicately marinated in traditional tikka marinade, cooked in a red chilli and tomato sauce.	
<b>KING PRAWN KARAH</b> <i>Medium</i> <b>£16.95</b> Cooked with chopped onion, garlic, capsicum and tomatoes in a thick sauce.	
<b>KOLAPURI CHICKEN</b> or <b>LAMB</b> <i>Hot</i> <i>Chicken</i> <b>£14.95</b> <i>Lamb</i> <b>£15.95</b> Slices of tender marinated chicken or Lamb, cooked with sliced onions, garlic, generous helping of fresh chillies. Delicious alternative to Jalfrezi.	
<b>CHICKEN PASANDA / LAMB PASANDA</b> <i>Mild</i> <b>£14.95/£15.95</b> Tender lamb or chicken cooked with fresh cultured yogurt and cream, mixed with nuts and flavoured with a touch of red wine.	
<b>KARAH</b> <b>CHICKEN TIKKA</b> or <b>LAMB TIKKA</b> <i>Medium Spicy</i> <b>£14.95/£15.95</b> Cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices in a thick sauce.	
<b>CHICKEN TIKKA MASSALA</b> <i>Mild</i> <b>£13.95</b> Tender pieces of chicken cooked in a mild creamy yogurt sauce with coconuts and almonds.	
<b>CHICKEN TIKKA JALFREZI</b> <i>Hot</i> <b>£13.95</b> Succulent pieces of spring chicken cooked with capsicums, chopped onions, fresh green chillies and fresh herbs.	
<b>MAKHANI CHICKEN</b> <i>Mild</i> <b>£13.95</b> Butter fresh cream, ground almonds and coconuts with a touch of massala spices.	
<b>CHICKEN TIKKA DANSAK</b> <i>Hot</i> <b>£13.95</b> A hot sweet and sour dish cooked with lentils, fenugreek and coriander and a thick slice of lemon.	
<b>SOUTH INDIAN GARLIC CHILLI CHICKEN</b> <i>Hot</i> <b>£13.95</b> Marinated chicken pieces, cooked in fresh garlic and chilli sauce with crisp red chillies.	
<b>CHICKEN AND MUSHROOM GARLIC</b> <i>Medium</i> <b>£13.95</b> Tandoori chicken tikka with mushrooms and garlic lightly spiced with plenty of sauce.	
<b>VEGETABLE DUMPLING DHALL CURRY</b> <i>Medium</i> <b>£12.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span> <b>with LEMON PANNER</b>	
Fresh mixed vegetables crushed with mustard, spicy onions, ginger and lemon cottage cheese cooked in a medium spiced lentil curry.	
<b>LAMB JALFREZI</b> <i>Hot</i> <b>£14.95</b> Slow cooked lamb prepared with onion, green chillies and fresh herbs.	

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

<b>MAHARAJAH BIRIANI</b> <b>£16.95</b> Prepared with chicken tikka, lamb tikka and minced meat served with vegetable massala sauce	
<b>CHICKEN</b> or <b>LAMB BIRIANI</b> <b>£14.95/£15.95</b>	
<b>CHICKEN TIKKA BIRIANI</b> <b>£15.95</b>	
<b>PRAWN BIRIANI</b> (King Prawns: Add £5) <b>£16.95</b>	
<b>VEGETABLE BIRIANI</b> <b>£13.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	

## Rice and Bread

<b>BOILED RICE</b> <b>£3.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	<b>CHIPS</b> <b>£3.75</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
<b>PILAU RICE</b> <b>£4.20</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	<b>NAN</b> Plain <b>£4.20</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
<b>MUSHROOM FRIED RICE</b> <b>£4.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	<b>NAN</b> Keema Peshwari <b>£4.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
<b>KEEMA FRIED RICE</b> <b>£4.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	<b>PAPADOM</b> <b>£0.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
<b>SPECIAL FRIED RICE</b> <b>£4.95</b> (eggs and peas)	Plain or Spicy – Served with FREE chutney tray
<b>1/2 CHIPS</b> and <b>1/2 RICE</b> <b>£4.95</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>	<b>CHAPATTI</b> <b>£3.50</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>
(with boiled or pilau rice)	<b>RAITHA</b> Plain Natural Yoghurt, Cucumber or Onion <b>£3.50</b> <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">V</span>

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.