

# AL FRASH balti



I M E B U I E R K F L Y



Gluten Free options



**We create the best authentic Balti cuisine served freshly to you**

The healthier alternative to the Indian Curry **Balti** tantalises with a lighter, more flavoursome cuisine.

We are here to make tonight's dining experience perfect for you - Please **Tell us** how you'd like your Balti served

**The New York Times**

“Al Frash has many fans”  
”A taste of Kashmir”

THE  
INDEPENDENT

“praised for the authenticity & fresh, clean flavours of its cuisine”

**The Telegraph**

“it is a total charmer in almost every regard”  
“Al Frash is the best. A bucketful of bliss”

**The Observer**

“Al Frash is one of the best...”  
“Voted Best Budget Restaurant in the UK”

theguardian

“...the Best in the Balti Triangle”  
“6th Best Indian in the UK”

THE  
INDEPENDENT

“Definitely not just another curry house”  
“A parade of impeccable dishes”

FOOD  
DRINK

“Vegetarians are exceptionally well catered for here”

## Starters - served sizzling with salad

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### Kebab Starters - handmade from finely minced lamb

<b>Sheekh Kebab</b> (2 per portion) <i>Skewered with chillies, mint &amp; coriander cooked in clay oven</i>	3.50
<b>Shami Kebab</b> (2 per portion) <i>Shaped as a Pattie and deep fried. Mild</i>	3.50
<b>Mixed Kebab</b> (2 per portion) <i>Combination of Shami and Sheekh kebabs</i>	3.50
<b>Nargis Shami Kebab</b> (2 per portion) <i>Boiled egg sandwiched between kebabs. South Asian equivalent of a scotch-egg!</i>	4.90

### Tikka Starters - Marinated in yogurt, herbs spices and cooked on a skewer in a clay oven

<b>Chicken Tikka</b> 4.40	<b>King Prawn Tikka</b> 7.90
<b>Lamb Tikka</b> 4.80	<b>Paneer Tikka</b> 4.90
<b>The Butterfly Shashlik</b> <i>Skewered with tomato, onion and capsicum</i>	<b>Pepper Paneer</b> 4.90
	<b>Chicken</b> 4.90
	<b>Lamb</b> 5.90
<b>Lamb Chops Tikka</b> 5.40	

**Samosa** (any 2 per portion) *Triangular-shaped savouries*  3.00  
Available in Lamb, Chicken, Vegetable and Paneer (Indian Cheese)

**Tandoori Chicken** (leg on the bone) 3.80  
*Spring chicken marinated in yogurt with herbs & spices, barbecued in charcoal oven.*

### Fish Starters

<b>Tandoori Fish</b> (contains bones) 4.20 <i>Silver Hake marinated in yogurt with herbs &amp; spices. Succulent flavour.</i>
<b>Masala Fish</b> 3.80 <i>Boneless fish marinated with dry herbs &amp; spices, deep fried.</i>

### Sizzler Grills

<b>Mix Grill (Serves 2 people) - "The Sizzler"</b> <i>Selection of popular starters including Sheekh Kebabs, Lamb Tikka, Chicken Tikka, Tandoori Wings &amp; Niblets</i> <span style="float: right;"><i>Recommended by the Chef</i></span>	7.90
<b>*New* Triple Tikka Sizzler (Serves 2)</b> <i>Chicken Tikka, Lamb Tikka and King Prawn Tikka served sizzling</i>	9.90
<b>Group Mix Grill (Serves 4-5) - "The Group Sizzler"</b> <i>Mix Grill (see above) with Tandoori Fish, Pakora, Lamb Chops and Wings. A delightful combination of all our most popular Starters, yummy!</i>	20.00
<b>*New* Vegetarian Platter (Serves 4)</b>  <i>Paneer Tikka, Onion Bhaji, Samosas (2 portions, Paneer and Vegetable), Mixed Pakora (2 portions, Paneer and Vegetable)</i>	18.00

## Puree starters

*Fresh herbs, garlic, lemon and tomato cooked over a flame*

Prawn Puree	4.40	King Prawn Puree	4.90
Chicken Tikka Puree	4.40	✓ Mushroom / Chana Puree	3.90
Prawn Cocktail	<i>Prawn cocktail in Marie Rose sauce served in a glass</i>		3.90

## Side Starters

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These bite-sized side starters are perfect as a sharing platter. Why not order a selection for your table?

### Pakora

*Coated with gram flour, fresh herbs & spices and lightly fried*

Chicken Pakora	3.60	✓ Paneer [Cheese] Pakora	3.60
Fish Pakora	4.20	✓ Mushroom / Aubergine/ Aloo	2.60
Vegetable Mix Pakora ✓	2.60	King Prawn Pakora	4.90

Tandoori Wings	3.30	Tandoori Niblets	3.60
Onion Bhaji - 2 in portion ✓	3.80	✓ Onion Rings	2.60
Chaart (Chana or Aloo) ✓			3.80
<i>Chick Peas or diced Potato with tangy Masala, diced tomatoes, cucumber &amp; onions</i>			
Poppadum	0.60	Salad plate	1.50
Mango Chutney & Double Pickle	3.00	Mint / Red / Mix condiment	1.50

### ✓ Raita Mix - 'The chilli buster'

*A yogurt based accompaniment mixed with cucumbers, tomatoes and peppers, topped with herbs. The ultimate coolant if the chilli bites. Also available plain or cucumber.*

1.50

## A Word from the Chefs ...

*We all know that good company and great food is the secret to an evening out! **Balti cuisine** is best enjoyed with naan bread (used as a scoop for the sauce) or rice. Why not try a glass of our famous lassi - the beverage of choice with Balti.*

*We hope you enjoy your visit to Al Frash – **Birmingham's Best Balti Experience**. As a team we are committed to consistently delivering great authentic Balti dishes.*

*Our House Specialities are outstanding - **just ask** your waiter for advice if any dish is new to you **In 2017, we've introduced Raw Organic Coconut Oil to improve on our healthy range of cuisine***



**Chef Azam & Team**

# The Al-Frash Balti Experience



Every Balti is individually prepared with fresh herbs and spices added during the intense cooking process. We use low cholesterol vegetable oil (no ghee), no GM and minimal food colourings.

**\*New\*** We can now replace Veg Oil with Raw Organic Coconut Oil? Only £1.50

## House Specialities - highly recommended

<b>Butterfly Special</b>	<b>Chef recommended</b>	11.90
<i>Our signature dish, fusing all the delicious flavours of King Prawn, Chicken Tikka, Mushroom &amp; Special Kashmiri Spices, cooked to perfection</i>		
<b>Butterfly Jalfraize</b> (contains egg)		8.90
<i>Delightful combination of specially cooked boiled egg, onions, tomatoes, green peppers and green chillies. Available with Chicken or vegetarian options</i>		
<b>Tropical Tandoori Tikka - "Triple T"</b>		12.90
<i>The Al-Frash tikka supremo - succulent tikka pieces of chicken, lamb and king prawn expertly cooked to create a rich &amp; delicious taste of Kashmir</i>		
<b>Butter Chicken (medium hot)</b>		8.90
<i>An exquisite combination of barbecued chicken in ginger &amp; butter</i>		
<b>Afrodesia</b>	<b>Highly recommended</b>	11.90
<i>Finely minced chicken &amp; King Prawn cooked with ground ginger, garlic, mushroom &amp; our Special thick Al-Frash sauce. Exquisite!</i>		
<b>Mirch Masala</b>		8.90
<i>Tandoori lamb tikka carefully prepared with seasoning &amp; our special masala, topped with a dash of Chilli, Hot or Medium</i>		
<b>Meetha Gosht</b> (contains nuts)		8.90
<i>Sweet Lamb cooked in fried onions, sultana, coconut &amp; almonds</i>		
<b>Archar Gosht</b>	<b>Highly recommended</b>	8.90
<i>Lamb cooked in tantalising masala, laced with green chillies. Medium Hot</i>		
<b>Desi Mutton Bhoona Karahi</b>		8.90
<i>Tender lamb cooked in a karahi dish with special spices</i>		
<b>Garlic Chicken</b>		8.90
<i>Barbecued Chicken pieces infused with fresh herbs, chilli sauce &amp; fresh coriander</i>		
<b>White Rose</b> (contains nuts)		8.90
<i>Chicken cooked with green cardamoms, cashew nuts &amp; creamy sauce making a citrus flavoured very mild creamy sauce. Our most popular Mild dish</i>		
<b>Chicken Chilli</b>		8.90
<i>Boneless Chicken cooked with green chillies, herbs &amp; spices. Hot and dry flavours</i>		
<b>Tandoori Fish Masala</b> (may contain bones)		8.90
<i>Fish Tikka marinated with special seasoning, cooked using light vegetable oil</i>		
<b>King Prawn Monarch</b>		11.90
<i>King Prawns marinated in herbs, spices and a tantalising rich sauce.</i>		

King-Prawn can be added to any main dish £3.50 and any extra vegetable for £1

At Al-Frash, we specialise in Kashmiri style Balti dishes. Meat or vegetables marinated in sauce and individually fast-cooked in the Balti dishes, along with exiting spices and vibrant herbs, with freshly chopped coriander and tomatoes. Combined together, it makes Balti cuisine the **healthy** and exciting alternative to any other eastern cooking style. Here at Al Frash, we deliver you the authentic sizzling flavour of the traditional Balti dish in an informal setting.

## Balti Dishes

*Traditionally cooked in a sauce of herbs & spices and served piping hot*

Balti Chicken	6.90
Balti Meat	7.60
Cheema (Chicken Mince)	7.20
Keema (Lamb Mince)	7.60
Balti Prawns	8.60
King Prawns	10.90
Chicken & Black Eyed Beans	7.90

## Fish specialities

*Selected fish cooked using our special sauces and given the Al Frash finishing touch!*

Tandoori Fish Masala Balti	8.90
<i>Whole silver hake marinated with herbs and spices (may contain bones)</i>	
Lazeeza Fish Balti	7.90
<i>Succulent boneless fish fillet, with garlic, fried onions, spices &amp; delicious thick sauce, the Lazeeza is a popular fish Balti</i>	
Lazeeza Fish Masala Balti	8.90
<i>Succulent boneless fish fillet, with garlic, fried onions, spices and delicious thick sauce</i>	
Thavva Fish (may contain bones)	8.90
<i>Fish fillet lightly grilled on a steel platter seasoned with herbs &amp; with a sauce of garlic, ginger &amp; onion</i>	
King Prawn Monarch	11.90
<i>Thick sauce and a tantalising mix of herbs and spices makes this a popular choice</i>	

**\*New\*** Would you prefer Raw Organic Coconut Oil instead of Veg oil? Only £1.50

## Rich Spice & Saucy Balti Dishes - medium, hot



### Jal-fraizie

*Delightful with specially cooked onions, tomatoes, peppers and green chillies with spices in a rich sauce. Hot.*

### Rogan Josh

*Special signature spices prepared with green peppers, onions, tomatoes & saffron. Aromatic. Superb!*

### Dopiaza

*Tenderly cooked in a tangy sauce. An old Al-Frash special. Specially prepared with extra onions & tomatoes*

### Bhoona

*An aromatic blend of fresh tomatoes, onions, and coriander for a medium spiced dish with delicious dry flavours*

Balti Chicken	7.80
Balti Lamb	8.20
Balti Lamb Mince	8.20
Balti Chicken Tikka	8.20
Balti Lamb Tikka	8.60
Balti Prawns	8.90
Balti King Prawn	10.90
✓ Balti Vegetable	7.30
Balti Tropical	9.60
✓ Balti Paneer [Cheese] Tikka	8.60

## Sweet & Creamy Balti Dishes - mild, medium

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### **Makhani** *(contains nuts)*

Fresh cream, pistachio and almond mixed with our special rich sauce. Sweet, velvety, & simply delicious.

### **Korma**

Creamy & sweet, prepared with coconut & yogurt. A favourite for a sweeter Balti experience. Very Mild.

### **Passanda** *(contains nuts)*

Creamy yogurt, coconut milk, almonds & pistachio in a rich sauce. Delicate flavour, ideal for 1st time balti enthusiasts too! Mild.

Balti Chicken	7.80
Balti Lamb or Lamb mince	8.20
Balti Chicken Tikka	8.20
Balti Lamb Tikka	8.60
Balti Prawn	8.90
Balti King Prawn	10.90
✓ Balti Vegetable	7.30
Balti Tropical (prawn, chicken, lamb)	9.60
✓ Balti Paneer [Cheese] Tikka	8.60

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## Sweet and Sour Balti Dishes - mild, medium

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### **Dansak**

Dansak is delicious - spicy & hot yet almost sweet and sour dish. Served with a special mixture of lentils and pineapple.

### **Pathia**

With both sweet & sour flavours, Al Frash serves the Pathia with special spices, tomato puree & lemon. Medium.

Balti Chicken	7.80
Balti Lamb or Lamb mince	8.20
Balti Chicken Tikka	8.20
Balti Lamb Tikka	8.60
Balti Prawn	8.90
Balti King Prawn	10.90
✓ Balti Vegetable	7.30
Balti Tropical (prawn, chicken, lamb)	9.60
✓ Balti Paneer [Cheese] Tikka	8.60

## Feeling adventurous? Madras, Vindaloo or Fahl...



Whilst never encouraging too much of anything, we know some will want to enjoy a spicier, hotter Balti. All our Balti's can be prepared as either 'madras' or the very brave order 'vindaloo' or 'fahl' ..... Phew! (Be sure to order the lassi). Ask your waiter

## BBQ Tandoor Balti Dishes - medium, hot



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### Tandoori

Prepared using the Tandoor (clay oven) giving a barbecued taste to some of our most popular Balti dishes.

### Masala

Marinated in a rich special yogurt with herbs & barbecued in a Tandoor oven before cooked to a thick spicy sauce.

	Tandoori Chicken	8.20
	Chicken Tikka	8.20
(cooked on a steel platter)	Chicken Tikka 'Tavva' Tandoori	8.60
	Lamb Tikka	8.60
	Paneer Tikka Masala	8.60
	Chana Masala	7.30
	King Prawns Tikka	10.90
	Tropical Masala	9.60

*\*New\** Would you prefer Raw Organic Coconut Oil instead of Veg oil? Only £1.50



## Vegetarian selections



We use fresh vegetables at Al-Frash so you can be assured of a vibrant taste to all our dishes. All vegetables are locally purchased and can be enjoyed as both mains or side dishes.

		Main	Side
Balti "Tharka Daal"	(Smoked Lentils) <i>Recommended</i>	7.30	4.90
Balti "All" - Dall / Veg / Spinach / Chana	<i>Recommended</i>	7.30	4.90
Balti Black Eye Beans and Okra		7.30	4.90
Balti Saag Paneer	(Spinach & Indian Cheese)	7.30	4.90
Balti Chana Masala	(Spicy Chick Peas)	7.30	4.90
Balti Mix Vegetable		6.80	4.30
Balti Mushroom		6.80	4.30
Balti Saag Aloo	(Spinach & Potato)	6.80	4.30
Balti Saag	(Spinach)	6.80	4.30
Balti Aubergine		6.80	4.30
Balti Aloo	(Potato)	6.80	4.30
Balti Chana	(Chick Peas)	6.80	4.30
Balti 'Bindi Lady Fingers'	(Okra)	6.80	4.30
Balti Black Eye Beans		6.80	4.30
Balti Aloo Gobi	(Potato & Cauliflower)	6.80	4.30
Balti Chana Daal	(Chick Peas & Lentils)	6.80	4.30
Balti Karela <i>*New*</i>	(Bitter-Melon)	6.80	4.30

Wide selection of Rice based  Vegetarian dishes available - please see **Biryani** section

**Just say and get your Balti Just Right...**

Any of our dishes can be tweaked to your personal preference. Be sure to Tell us when ordering whether you'd like your Balti milder or spicier than described...

## Rice & Mix'n'Match Balti Dishes

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### Biryani

*(RICE dish)*

The world's best Basmati Rice carefully prepared with herbs & spices, served with our special aromatic Biryani sauce

Chicken Biryani	7.80
Lamb Biryani	8.20
Chicken Tikka Biryani	8.20
Prawn Biryani	8.90
King Prawn Biryani	10.90
Tropical Biryani	9.60
Vegetable Biryani 	7.30
Peas & Aloo Biryani 	7.30
Chana & Aloo Biryani 	7.30

### Sizzler & MIX

*(combo)*

Get creative and combine our popular starter dishes to create new main courses or mix mains!

Chicken & Lamb Balti	8.60
Chicken & Prawn Balti	8.90
Tropical Mix Balti	9.60
Tikka Mix - Lamb & Chicken	9.60
Paneer & King Prawn Tikka	9.90
Kebab main (shami & sheekh)	7.20
Shashlik as main (chicken)	9.00
Shashlik as main (lamb)	11.00
Shashlik main (paneer) 	9.00



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## Traditional & Low Fat Dishes

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### English Dishes

A selection of English dishes, for those less daring to venture into the nice spice...

Chicken Omelette & Chips	6.80
Kids Chicken, Salad & Chips	6.90
Plain Omelette with Chips 	5.80
Chicken and Chips	7.60
Chicken Tikka and Chips	7.60
Chicken Tikka as Main	7.20
Chips portion 	1.90

### DeLight range

Lighter dishes using *extra virgin raw organic coconut oil & low fat ingredients*

Tandoori Chicken Balti	9.90
Chicken Tikka Tavva	10.90
Fish Tavva (on steel platter)	10.90
Butterfly Chicken TikkaSalad	9.90
Balti Veg-All DeLight 	8.90
Chicken Tikka Chill DeLight	9.90
Balti Tropical DeLight	10.90

## Special Set Meal for Four People

Pakora (veg), Niblets & Wings, Sheekh Kebab, Chicken Tikka, Tropical Balti (prawn, lamb, chicken), Lamb Rogan Josh, Chicken Tikka Masala, Balti Chicken Makhani, Saag Aloo (side), x2 Pilau Rice and x2 Nan 56.00

## Private Function Room available

Our private function Room is available for private parties, receptions or Corporate events. Catering for up to 100 people, prices start at only £15 per person with no Room booking fee. Please ask at reception for a viewing or check our website.



## Sundries - The perfect accompaniment to your Balti

\*All Naans contain dairy products

### Chapatti & Roti


Chapatti (Tava) - Thin unleavened bread cooked over a hot steel plate. Delicious!	1.20
Tandoori Roti - Unleavened bread cooked in a clay oven	1.00
Paratha - Chapatti cooked with butter making a sweeter, crispier version	2.30
Aloo Paratha - Paratha, stuffed with potato	2.80

### Tandoori Naan

Leavened bread baked in a clay oven. Perfectly fluffy and a natural scoop for all delicious Balti cuisine. Available as:

<b>Plain Naan</b>		<b>Garlic Naan</b>	
		<b>Chilli Naan</b>	
		<b>Onion Naan</b>	
Small	1.60	Small	2.60
Medium (serves 2)	2.90	Medium (serves 2)	4.60
Large (serves 3+)	5.20	Large (serves 3+)	6.60

### The "Naan rangers" - Infused nan, glazed with honey

**Peshwari**  (contains nuts)  
Aromatic & sweet, with sultanas & almonds

**Chicken**  
Naan infused with chicken strips

**Garlic, Coriander & Onion**   
Light, fragrant blend of bread

**Vegetable**   
with a variety of infused vegetables

**Keema**  
Naan stuffed with mince Lamb

**Paneer**   
with a blend of Indian Cheese

Small	2.90
Medium	4.80
Large / Table	7.20

### Rice - The very best Basmati rice

Perfect fluffy Basmati rice tenderly prepared and cooked in a variety of styles

Boiled Rice	2.90	Mushroom Fried Rice	3.90
Fried Rice	3.30	Egg Fried Rice	3.90
Pilau 'Rainbow' Rice	3.30	Garlic Rice	3.90
Mushroom Pilau Rice	3.90	*Special Rice* -Mince Lamb	4.90
Vegetable Rice	3.90	Mushroom, Fried Rice	

## Drinks

### Juices and H2O

J20 Juice	- orange/passionfruit, raspberry, apple/mango		2.00
Soft drink	- coke/diet, orange, lemonade	Glass	1.20
100% Pure Juice	- orange, pineapple, apple	Glass	1.50
Volvic	- Still Mineral Water	50cl	1.20
Perrier	- Sparkling Mineral Water	33cl	1.60
Kids 100% Juice	- orange, pineapple and apple	200ml	1.00

### Lassi

*The perfect drink to complements all Balti flavours*

Natural, Sweet or Salted	- yogurt and milk whisked beverage	Glass	1.60
		Jug (4 glass)	5.90
Mango Lassi	- lassi with sliced mango	Glass	2.00
		Jug	6.20
Pistachio Lassi	- lassi with pistachio nuts	Glass	2.00
		Jug	6.20

### International Teas and Coffee

Tea / Coffee			1.00
Indian Tea	- flavoured with cinnamon and cardamom		1.50
*New* Green Tea	- infused with cardamom	Cup	1.20
		Teapot (serves 4)	3.50

**a sweeter ending to the night?  
traditional Indian desserts and ice cream available**



Most major credit cards are accepted. All prices are inclusive of V.A.T at the current rate.  
Gratuities are at the discretion of the customer.  
The management reserve the right to refuse service.

**Catering available for weddings, birthday and other private functions**