

baba

UNIQUE RECIPES, FRESHLY COOKED

RESTAURANT & TAKE AWAY MENU

Established in 1997, Baba Truro is constantly evolving; our passion for breaking culinary boundaries brings you an array of unique, fusion and traditional dishes of outstanding quality and flavour.

We are committed to sourcing local produce so you are guaranteed dishes made with the freshest ingredients while we maintain our support for local businesses and reduce our carbon footprint.

We have a superb selection of dishes; all of our food is freshly cooked, made with the absolute minimum of oil and flavoured with health boosting spices and herbs. We happily cater for any special dietary requirement; please bring it to our attention before ordering.

Baba Truro – offering you consistently excellent food and service.

Starters

Appetisers

Plain Pappadum Indian crisp made with lentil and rice flour 0.60

Spicy Pappadum Tandoori-baked lentil flour crisp with black pepper 0.65

Chutneys and Pickles

Lime Pickle, Chilli Pickle, Mango Chutney, Yoghurt Mint Sauce, Onion Salad per pot 0.50

Chicken

Mild

Chicken Chat (north India) cubes of chicken and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 4.95

Chicken Tikka cutlets of tender chicken breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven. 4.95

Tandoori Chicken a quarter of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor. 4.95

Chicken Tikka Bhaza (baba) sliced chicken tikka, onion, and green and red pepper sizzled with gentle spices then flamed at your table with a shot of brandy. 9.95

Medium

Chicken Kurchan (baba) strips of spring chicken with selected spices and a dash of fresh lime juice, stir-fried until crispy. Served with crisp lettuce leaves. Roll the chicken in the lettuce and eat with your fingers! 14.95

Hot

Hot and Spicy Chicken (baba) slices of succulent chicken breast, green chilli, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves. Roll the chicken in the lettuce and eat with your fingers! 15.95

Lamb

Mild

Lamb Chat (north India) cubes of lamb and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 6.50

Lamb Tikka lamb cutlets marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven. 6.50

Shammi Kebab (north India) a succulent kebab of minced lamb and finely chopped capsicum spiced with tamarind and cumin, bound with egg yolk and cooked on the flat pan. 6.50

Sheek Kebab (north India) the traditional tandoor-roasted skewer of minced lamb, delicately flavoured with fresh garlic and ginger, coriander, mint and spring onions. 6.50

Lamb Somosa (north India) crisp triangular pastries with minced lamb filling. 4.50

King Prawns

Mild

King Prawn Poori (uk) large king prawns cooked in mild sauce with onion, tomato and chat masala seasoning. Served on a puffed poori bread and crisp lettuce leaf. 9.95

Prawns

Mild

Prawn Poori (uk) prawns cooked in mild sauce with onion, tomato and chat masala seasoning. Served on a puffed poori bread and crisp lettuce leaf. 5.95

Prawn Cocktail prawns served on lettuce with creamy, tangy sauce. 4.95

Vegetables

Mild

Aloo Chat (north India) potato cubes and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 3.95

Goat Cheese Poori (baba) lightly grilled goat cheese on turmeric spiced smashed potato with chopped coriander and capsicum flecks. Served on a puffed poori bread and crisp lettuce leaf. 8.95

Medium

Shinghara (Bangladesh) parcels of thick pastry filled with spicy mixed vegetables and peanuts. 3.50

Vegetable Somosa (north India) crisp triangular pastries with spicy mixed vegetable filling. 3.50

Onion Bhaji (south India) crisp balls of sliced onion, with potato, lentils and ground spices. 3.50

Baba Platters

Tandoori Platter a selection of our most popular tandoori dishes – chicken tikka, lamb tikka and sheek kebab. 9.95

Veggie Platter vegetable somosa, shinghara and onion bhaji. 6.95

Soup

Daal Soup red lentils and split peas with sliced garlic and fresh coriander. Mild 3.95

Mixed Dishes

Prince Special (baba) the finest dish in the house. Large king prawns, slices of succulent chicken, tender lamb and spiced potato wedges simmered with myriad aromatic spices in a sauce of green and red pepper, onion, fresh garlic and ginger. 34.95

House Special Curry (baba) two large king prawns, diced chicken tikka and a boiled egg simmered in a medium spiced tomato, onion and coriander sauce. 14.95

Chicken

Mild

Doiwalla Chicken (baba) slices of marinated chicken poached in smooth, sweet, yoghurt based sauce with almond, coconut, sultanas and chopped coriander. 11.95

Coriander Chicken (baba) chunks of chicken marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on smashed herby potato. 14.95

Medium

Chicken Shatkorra (bangladesh) pieces of chicken breast cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce. 12.95

Balti Chicken Cheese (baba) diced chicken cooked in a little sauce with light spices and herbs. Topped with mild Cheddar cheese, tomato, cucumber and coriander leaves. 9.95

Chicken Garlic Shagorana (baba) garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with tandoori chicken, tomatoes and spiced potato wedges. 12.95

Hot

Chicken Gool Morris (baba) chicken and freshly ground black pepper cooked in sauce with slices of browned garlic, onions and tomato. 8.95

Chicken Lonka Pyaza (baba) fresh green chilli halves and chunky onions with chicken tikka and tomatoes, cooked in onion based stock with garam masala. 12.95

Red Hot Chicken (baba) a fiery treat for the palate. Chicken chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger. 12.95

Chicken Naga Morris (baba) a saucy dish for fans of extreme spice. Slices of marinated chicken cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chilli. 12.95

King Prawns

Medium

Spicy Tiger Prawns (baba) five large butterfly-shaped tiger prawns, steamed with a pinch of turmeric, then tossed with onion, green chilli and capsicum slices, subtle spices and lemon juice. Served with crispy lettuce. Roll the mixture in the lettuce and eat with your fingers! 24.95

Fish

Mild

Spiced Salmon (baba) fillet of salmon brushed with yoghurt and gentle spice emulsion, grilled and served on a bed of smashed herby potato. 11.95

Lamb

Mild

Doiwalla Lamb (baba) slices of tender lamb poached in smooth, sweet, yoghurt based sauce with almond, coconut, sultanas and chopped coriander. 14.50

Coriander Lamb (baba) chunks of lamb marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on smashed herby potato. 16.95

Medium

Lamb Shatkorra (bangladesh) pieces of lamb cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce. 14.50

Balti Lamb Cheese (baba) diced lamb cooked in a little sauce with light spices and herbs. Topped with mild Cheddar cheese, tomato, cucumber and coriander leaves. 11.50

Lamb Garlic Shagorana (baba) garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with lamb tikka, tomatoes and spiced potato wedges. 14.95

Hot

Lamb Gool Morris (baba) lamb and freshly ground black pepper cooked in sauce with slices of browned garlic, onions and tomato. 10.50

Lamb Lonka Pyaza (baba) fresh green chilli halves and chunky onions with lamb tikka and tomatoes, cooked in onion based stock with garam masala. 14.50

Red Hot Lamb (baba) a fiery treat for the palate. Lamb chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger. 14.95

Lamb Naga Morris (baba) a saucy dish for fans of extreme spice. Slices of lamb cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chilli. 14.50

Vegetable

Medium

Shobjee Torkaree (baba) aubergine, potato and a selection of vegetables slow cooked in onion, tomato and garlic sauce with a tempering of fresh ginger. 11.95

The Sizzlers

tandoori dishes

Mixed dishes

Tandoori dishes are dry so we advise you take accompanying vegetable side dishes. Cooked at a moderate temperature to ensure the best flavour, these dishes take longer to prepare. All these dishes are spiced but not hot and served with sizzling onions.

Mixed

Tandoori Mixed Grill a combination of our most popular tandoori dishes – chicken tikka, lamb tikka, tandoori chicken and sheek kebab, served with sizzling onions. Mild 14.95

Chicken

Tandoori Chicken two quarters of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor and served with sizzling onions. Mild 8.95

Chicken Tikka cutlets of tender chicken breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions. Mild 8.95

Chicken Tikka Shashlik (russia) chicken tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions. Mild 11.95

Lamb

Lamb Tikka Shashlik (russia) lamb tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions. Mild 13.95

Lamb Tikka lamb cutlets marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions. Mild 10.95

King Prawns

Tandoori King Prawns (uk) king prawns coated in light spiced yoghurt marinade, then roasted until pink. Served with sizzling onions. Mild 19.95

Vegetable

Shobjee Paneer Shashlik (baba) delicately spiced Indian paneer cheese, mushrooms, aubergine, tomato, capsicum and onion skewered in the tandoor and served with goat cheese. Mild 14.95

Medium

The following dishes are cooked in a thick tomato and onion sauce with mixed spices, fresh garlic and coriander.

Chicken and lamb. 9.95

Chicken, lamb and prawn. 10.95

Chicken, lamb, prawn, and king prawn. 12.95

Chicken, lamb, prawn, king prawn and veg. 13.95

Traditional Dishes

Chicken

Mild

Chicken Tikka Masala (uk) the nation's favourite. Chicken tikka in spicy, sweet, tangy yoghurt and tamarind sauce with almond, sultanas and a little coconut. 8.95

Murug Makhani (north india) chicken tikka breast, off the bone, with almond and fenugreek in smooth, buttery, delicately spiced tangy tomato sauce. 8.95

Butter Chicken chicken tikka breast glazed with butter in thick sauce of onion, fresh tomato, fresh coriander and medium spices. 8.95

Chicken Korma (north india) chicken in creamy, sweet coconut sauce. 7.95

Chicken Muglai chicken with scrambled egg, almond and black pepper in thick sweet, creamy sauce. 8.95

Chicken Passanda chicken, flaked almonds and sultanas lightly spiced with garam masala in thick creamy almond sauce. Garnished with pistachio nuts. 8.95

Medium

Chicken Curry the original. Chicken in brown onion gravy sauce with medium spices. 6.50

Balti Chicken (uk) suited to every palate. Chicken cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 7.95

Chicken Bhuna chicken in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 7.95

Chicken Tikka Bhuna marinated chicken tikka in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 8.95

Shai Akbary Chicken chicken tikka in thick, slightly sweet, tomato and onion sauce, with light spices, a drop of fresh cream and lemon juice. 8.95

Chicken Rogan Josh (kashmir) chicken braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 7.95

Chicken Veg chicken with mixed vegetables. 7.95

Chicken Sag chicken with spinach. 7.95

Chicken Dupiaza chicken with chopped onions. 7.95

Chicken Kashmir chicken with banana. 7.95

Chicken Malaya chicken with pineapple. 7.95

Chicken Bombay chicken with potato and boiled egg. 7.95

Chicken Brinjal chicken with aubergine. 7.95

Methi Chicken chicken with fenugreek leaves. 7.95

Chicken Mushroom chicken with mushrooms. 7.95

Chicken Chana chicken with chickpeas. 7.95

Chicken Korai (pakistan) chicken with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 8.95

Medium to Hot

Chicken Dansak (gujarat) baba's twist on the original. Chicken simmered in slightly hot, spicy lentil sauce. 7.95

Chicken Ceylon chicken in slightly hot, spicy coconut sauce with lemon juice. 7.95

Chicken Pathia chicken with fresh tomatoes in hot, spicy sauce with lemon juice. 7.95

Hot to Very Hot

Chicken Madras chicken in hot, spicy curry sauce. 6.95

Chicken Jalfrezi chicken and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 8.95

Chicken Chilli Masala chicken cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 8.95

Very Hot to Extremely Hot

Chicken Vindaloo (goa) chicken and potato in very hot red chilli curry sauce. 7.95

Chicken Phall chicken in extremely hot red chilli curry sauce. 8.95

Traditional Dishes

Lamb

Mild

Lamb Tikka Masala (uk) lamb tikka in spicy, sweet, tangy yoghurt and tamarind sauce with almond, sultanas and a little coconut. 10.50

Lamb Passanda lamb, flaked almonds and sultanas lightly spiced with garam masala in thick creamy almond sauce. Garnished with pistachio nuts. 10.50

Lamb Korma (north india) lamb in creamy, sweet coconut sauce. 9.50

Medium

Lamb Curry the original. Lamb in brown onion gravy sauce with medium spices. 8.00

Balti Lamb (uk) suited to every palate. Lamb cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 10.50

Lamb Bhuna lamb in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 9.50

Lamb Tikka Bhuna marinated lamb tikka in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 10.50

Lamb Rogan Josh (kashmir) lamb braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 9.50

Lamb Veg lamb with mixed vegetables. 9.50

Lamb Sag lamb with spinach. 9.50

Lamb Dupiaza lamb with chopped onions. 9.50

Lamb Kashmir lamb with banana. 9.50

Lamb Malaya lamb with pineapple. 9.50

Lamb Bombay lamb with potato and boiled egg. 9.50

Lamb Brinjal lamb with aubergine. 9.50

Lamb Methi Gost lamb with fenugreek leaves. 9.50

Lamb Mushroom lamb with mushrooms. 9.50

Lamb Chana lamb with chickpeas. 9.50

Lamb Korai (pakistan) lamb with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 10.50

Medium to Hot

Lamb Dansak (gujarat) baba's twist on the original. Lamb simmered in slightly hot, spicy lentil sauce. 9.50

Lamb Ceylon lamb in slightly hot, spicy coconut sauce with lemon juice. 9.50

Lamb Pathia lamb with fresh tomatoes in hot, spicy sauce with lemon juice. 9.50

Hot to Very Hot

Lamb Madras lamb in hot, spicy curry sauce. 8.50

Lamb Jalfrezi lamb and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 10.50

Lamb Chilli Masala lamb cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 10.50

Very Hot to Extremely Hot

Lamb Vindaloo (goa) lamb and potato in very hot red chilli curry sauce. 9.50

Lamb Phall lamb in extremely hot red chilli curry sauce. 10.50

Traditional Dishes

King Prawns

Mild

King Prawn Korma (north india) king prawns in creamy, sweet coconut sauce. 15.95

Tandoori King Prawn Masala (uk) tandoori king prawns in spicy, sweet, tangy yoghurt and tamarind sauce with almond, sultanas and a little coconut. 17.95

Medium

King Prawn Curry the original. King prawns in brown onion gravy sauce with medium spices. 14.95

Balti King Prawns (uk) suited to every palate. King prawns cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 15.95

King Prawn Bhuna king prawns in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 15.95

King Prawn and Spinach king prawns with spinach. 16.95

Medium to Hot

King Prawn Dansak (gujarat) baba's twist on the original. King prawns simmered in slightly hot, spicy lentil sauce. 16.95

King Prawn Ceylon king prawns in slightly hot, spicy coconut sauce with lemon juice. 16.95

King Prawn Pathia king prawns with fresh tomatoes in hot, spicy sauce with lemon juice. 16.95

Hot to Very Hot

King Prawn Madras king prawns in hot, spicy curry sauce. 15.50

King Prawn Jalfrezi king prawns and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 17.95

King Prawn Chilli Masala king prawns cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 17.95

Very Hot to Extremely Hot

King Prawn Vindaloo (goa) king prawns and potato in very hot red chilli curry sauce. 15.95

King Prawn Phall king prawns in extremely hot red chilli curry sauce. 16.95

Prawns

Mild

Prawn Korma (north india) prawns in creamy, sweet coconut sauce. 6.95

Prawn Tikka Masala (uk) marinated prawns in spicy, sweet, tangy yoghurt and tamarind sauce with almond, sultanas and a little coconut. 7.95

Medium

Prawn Curry the original. Prawns in brown onion gravy sauce with medium spices. 5.50

Balti Prawns (uk) suited to every palate. Prawns cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 6.95

Prawn Bhuna prawns in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 6.95

Prawn Rogan Josh prawns braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 6.95

Prawn Veg prawns with mixed vegetables. 6.95

Prawn Sag prawns with spinach. 6.95

Prawn Dupiaza prawns with chopped onions. 6.95

Prawn Kashmir prawns with banana. 6.95

Prawn Malaya prawns with pineapple. 6.95

Prawn Bombay prawns with potato and boiled egg. 6.95

Prawn Brinjal prawns with aubergine. 6.95

Methi Prawns prawns with fenugreek leaves. 6.95

Prawn Mushroom prawns cooked with mushrooms. 6.95

Prawn Chana prawns cooked with chickpeas. 6.95

Prawn Korai (pakistan) prawns with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 6.95

Medium to Hot

Prawn Dansak (gujarat) baba's twist on the original. Prawns simmered in slightly hot, spicy lentil sauce. 6.95

Prawn Ceylon prawns in slightly hot, spicy coconut sauce, with lemon juice. 6.95

Prawn Pathia prawns with fresh tomatoes in hot, spicy sauce, with lemon juice. 6.95

Hot to Very Hot

Prawn Madras prawns in hot, spicy curry sauce. 5.95

Prawn Chilli Masala prawns cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 7.95

Very Hot to Extremely Hot

Prawn Vindaloo (goa) prawns and potato in very hot red chilli curry sauce. 6.95

Prawn Phall prawns in extremely hot red chilli curry sauce. 7.95

Traditional Dishes

Vegetables

Mild

Mixed Vegetable Korma (north india) vegetables in creamy, sweet coconut sauce. 6.95

Vegetable Tikka Masala (uk) vegetables in spicy, sweet, tangy yoghurt and tamarind sauce with almond, sultanas and a little coconut. 7.95

Medium

Mixed Vegetable Curry the original. Vegetables in brown onion gravy sauce with medium spices. 5.50

Vegetable Bhuna vegetables in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 6.95

Vegetable Balti (uk) suited to every palate. Vegetables cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 6.95

Vegetable Rogan Josh vegetables simmered in onion gravy, topped with rich spiced tomato and garlic sauce. 6.95

Vegetable Kashmir vegetables with banana. 6.95

Vegetable Malaya vegetables with pineapple. 6.95

Medium to Hot

Vegetable Dansak (gujarat) baba's twist on the original. Vegetables simmered in slightly hot, spicy lentil sauce. 6.95

Vegetable Ceylon vegetables in slightly hot, spicy coconut sauce with lemon juice. 6.95

Vegetable Pathia vegetables with fresh tomatoes in hot, spicy sauce with lemon juice. 6.95

Hot to Very Hot

Vegetable Madras vegetables in hot, spicy curry sauce. 5.95

Vegetable Jalfrezi vegetables and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 7.95

Vegetable Chilli Masala vegetables cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 7.95

Very Hot to Extremely Hot

Vegetable Vindaloo (goa) vegetables and potato in very hot red chilli curry sauce. 6.95

Vegetable Phall vegetables in extremely hot red chilli curry sauce. 7.95

Other Dishes

Biryani Dishes

Himalayan basmati rice tossed with onions and light spices, with almond, coconut and sultanas. Served with vegetable curry.

Chicken Biryani 10.95

Lamb Biryani 12.95

Prawn Biryani 10.95

Chicken Tikka Biryani 11.95

King Prawn Biryani 17.95

Vegetable Biryani 9.95

Thali Dishes

If you are finding it difficult to choose between dishes, try one of our Thalīs. A thali is a large dinner plate used by families across the Indian subcontinent to serve a variety of dishes at once.

Non-Veg Thali tandoori chicken, lamb bhuna, chicken korma, pilau rice, naan bread and homemade yoghurt. 19.95

Veg Thali bombay potato, sag bhajee, tarka dal, pilau rice, naan bread and homemade yoghurt. 14.95

Non-Indian Dishes

Steak and Chips steak served with chips, peas, tomato and fried mushrooms. Rare, Medium or Well-done. 14.95

Fried Chicken and Chips 9.95

Scampi and Chips 8.95

Cheese Omelette and Chips 9.95

Chips 2.50

Side Dishes

Saucy

Vegetable Curry mixed vegetables in medium-spiced curry sauce. 4.95

Vegetable Korma mixed vegetables in creamy, sweet coconut sauce. 4.95

Tarka Daal a popular side dish at every mealtime in the Indian subcontinent. Crisp, browned garlic poured over lentils as they cook gives this dish its rich and distinctive flavour. 4.95

Mottor Paneer green peas and Indian paneer cheese with a touch of homemade yoghurt. 6.95

Sag Paneer spinach and Indian paneer cheese, onions and a touch of homemade yoghurt. 6.95

Chana Masala chickpeas and tomato mixed with a little masala sauce. 4.95

Stir-Fried

Bombay Potato spiced potato wedges and mustard seeds with tangy garlic, onion and tomato sauce. 4.95

Cheese Bombay Potatoes spiced potato wedges topped with melted cheese and fresh coriander. 5.95

Vegetable Bhaji mixed vegetables tossed with garlic, onions, tomatoes and fresh coriander. 4.95

Sag Bhaji spinach and tomatoes with onion, garlic and cumin. 4.95

Mushroom Bhaji mushrooms with onion, tomatoes and light spices. 4.95

Cauli Bhaji cauliflower and sesame seeds with onions. 4.95

Okra Bhaji okra and tomatoes with onion, garlic and mixed spices. 4.95

Brinjal Bhaji diced aubergine and tomato with onion and light spices. 4.95

Sag Aloo spinach and potato. 4.95

Aloo Gobi potato and cauliflower. 4.95

Chana Sag spinach and chickpeas. 4.95

Methi Aloo potatoes and fenugreek leaves with fresh coriander. 4.95

Dry

Onion Bhaji crisp balls of sliced onion, with potato, lentils and ground spices. 3.50

Chips 2.50

Fish

Fish Bortha grilled fish shredded into small pieces and mixed with crushed red chillies, onions, garlic and fresh coriander. 4.25

Raitha

Raitha homemade yoghurt with cucumber. 3.50

Rice

Steamed Rice Himalayan white basmati rice. 2.50

Pilau Rice aromatic basmati rice, the perfect accompaniment to any dish. 2.95

Special Fried Rice onion, peas and egg with pilau rice. 3.95

Coconut Rice steamed rice with coconut and coconut milk. 3.25

Lemon and Ginger Rice lemon, ginger and crisped onion with steamed rice. 3.50

Mushroom Rice mushrooms with pilau rice. 4.95

Indian Bread

Plain Naan soft leavened bread. 2.50

Peshwari Naan sweet naan stuffed with almond, coconut and raisins. 2.95

Keema Naan naan stuffed with spiced minced meat. 2.95

Garlic Naan 2.95

Garlic Cheese Naan 3.95

Vegetable Naan 2.95

Tandoori Roti wholewheat bread. 2.50

Chapati thin unleavened bread. 1.95

Poratha flaky buttery layered bread. 2.95

Poori crisp puffed bread. 1.25

Spice up your health

Indian food is good for you! It is a common misconception that Indian food is unhealthy. Always freshly cooked, with plenty of vegetables and a good balance of protein and carbohydrates, enjoying Indian food is a great way to achieve a balanced diet, and what's more, many recent studies have discovered that the spices and herbs in Indian food can have fantastic health benefits.

Here are a few examples:

Garlic – aids digestion, lowers cholesterol, decreases blood pressure and has anti-clotting effects. Recent research shows garlic to be beneficial in the treatment of diabetes.

Ginger – speeds up metabolism, inhibits nausea, calms spasms, soothes digestive problems and contains antioxidants, thus protecting against disease.

Chilli – reduces congestion, prevents stomach ulcers, aids cardiovascular health and could ease arthritic swelling and pain.

Turmeric – rich in antioxidants, researchers have discovered that turmeric may help prevent cancer and could prevent Alzheimer's disease.

Cumin – a good source of iron and manganese, helps digestion and prevents bloating.

Mustard - a stimulant that can be used to relieve respiratory complaints. Mustard seeds aid digestion and could help prevent cancer.

Coriander – a good source of iron, magnesium and fibre, helps relieve anxiety and insomnia and is used in India for its anti-inflammatory properties.

Cinnamon – contains powerful anti-ageing, disease-fighting antioxidants, improves blood circulation, has blood-thinning properties and lowers blood glucose and cholesterol.

Cardamom – used medicinally to soothe digestive disorders, reduce congestion in the lungs and to treat infections in the teeth and gums.

Cloves – stimulate digestion, reduce congestion, anti-inflammatory and are used for the treatment of toothache.

At Baba we only use the absolute minimum of oil in our dishes.

Times

Baba Gift Vouchers

The perfect gift for someone who loves good food.

Open for takeaway and restaurant meals, lunchtimes and evenings.

Opening times:

Daily 12 - 2pm 5 - 11.00 pm

Special Offers

Takeaway Discounts*
30 % off

***Discount off your total bill (including all food and drinks)**

Baba also allows you to bring your own wine (corkage charge £2.50 per 75cl bottle).

All children welcome at lunchtime.

Well behaved children over 2 years old welcome in the evening.

Menu and offers can be changed at any time without prior notice.

A minimum of a main course per person should be ordered for restaurant meals.