



Ballington Valley

INDIAN CUISINE

SINCE: 2003

Menu



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We hope your visit to our Ballington Valley will give you a glimpse of India and its rich cultures and cuisine. Contrary to popular belief, Indian food is not and does not have to be spiced overly to be enjoyed. In fact, the art in Indian cookery lies in the delicacy of the spicing. In order to be able to satisfy all our patrons, we offer different levels of spicing for almost all of the items on this menu.

Our knowledgeable and friendly staff will be pleased to familiarise you with the various levels of spicing and also assist you in the selection of your dinner menu. Please do not hesitate to consult us. With our courteous and attentive service we will endeavour to make your food experience at Ballington Valley a memorable one and hope that it will leave you with a desire to come back, again and again.



Appetisers

Chicken Malai Tikka (New)	£7.95
Hugely popular chicken tikka with cream, cream cheese, saffron and cumin	
Chicken Tikka	£6.95
Tandoori Chicken	£6.95
Lamb Tikka	£6.95
Mixed Kebabs	£6.95
Tandoori King Prawn	£9.95
Seek Kebabs	£6.95
Shami Kebab	£6.95
King Prawn Puree	£9.95
King Prawn Butterfly	£8.95
Garlic Mushroom Bhuna Puree	£7.95
Somosa (Meat or Vegetable)	£4.95
Prawn on Puree	£7.95
Onion Bhajee	£4.95
Chicken Pakora	£6.50
Chicken or Aloo Chat	£6.95
Prawn Cocktail	£6.95
Rashmi Kebab	£6.95
Kashmiri Mirch	£6.95
Whole Green Pepper, cooked in a clay oven stuffed with mixed vegetables	
Vegetable Pakura	£6.50
Goan King Prawn Chilli	£9.95
Chot Poti with Puree	£6.95
Valley Special Lamb Puree	£9.95

Valley Tandoori Specialities

Chicken Tikka	£13.95
Lamb Tikka	£14.95
Chicken Tandoori (Half)	£13.95
Lamb or Chicken Kapachila	£14.95
Chicken or Lamb Shaslik	£14.95
Tandoori Mixed Grill (Served with Nan)	£15.95
Valley Special Mixed Grill Cocktail	£15.95
Mixed grill cooked with garlic and thick sauce served sizzler	
Tandoori King Prawn Shaslik	£18.95
Tandoori King Prawn	£18.95



DID YOU KNOW: Cardamom is a sensual spice considered to have aphrodisiac properties. With a peculiar nature; it cools the body when it is hot, and warms it when it is cold. Cleopatra used to take baths in Cardamom.

House Special Main Course

Chicken Tikka Masala	£14.95
Lamb Tikka Masala	£15.95
Chicken or Lamb Passanda	£14.95
Tandoori King Prawn Masala	£18.95
Special Shahi Korma (Chicken or Lamb)	£14.95
Special Butter Chicken	£14.95
Chicken marinated with ginger, garlic and yoghurt, served in a creamy butter sauce	
Golda Chingri Pordanishi	£18.95
A typical Goan style. This coconut flavoured Pordanishi features giant prawns	
Chicken Tikka Pordanishi	£14.95
Chicken cooked with coconut, herbs and spices	
Haryali Chicken Masala	£14.95
Green Chicken baked in a marinade of spinach, mint and coriander puree, served in a creamy sauce	
Special King Prawn Chilli Masala (Fairly hot)	£18.95
Chicken Tikka Chilli Masala	£14.95

Chef's Special Dishes

Valley Special Masala (Chicken or Meat)	£14.95
Special Korai Chicken	£14.95
Special Kori Gosht	£15.95
Chicken Tikka Jalfrezi	£14.95
Chingri Jalfrezi (King Prawn)	£18.95
Chicken Tikka Bhuna	£14.95
Lamb Tikka Bhuna	£15.95
Special Murgh Masala (Medium dry)	£14.95
Served with half spring Chicken on the bone, cooked together with minced meat and spices.	
Chicken Tikka Rezala	£14.95
Chicken Tikka Garlic	£14.95
Bengal Chicken Paneer (Mild cooked with cheese)	£14.95
Peshwari Chicken or Lamb	£15.95
Methi Gosht	£15.95

Valley Special

Set Dinner (Set meal for two)	£59.95
Popadom, Mixed Starter, Korai Gosht, Chicken Tikka Masala, Sag Aloo, Mushroom Bhaji, Pilau Rice, Nan, Coffee	

Traditional Dishes

	Chicken	Lamb	Prawn	King Prawn
Curry	£12.95	£13.95	14.95	15.95
Madras (Fairly hot)	£12.95	£13.95	14.95	15.95
Vindaloo (Very hot)	£12.95	£13.95	14.95	15.95
Phall (Extremely hot)	£12.95	£13.95	14.95	15.95
Ceylon (Fairly hot)	£12.95	£13.95	14.95	15.95
Bhuna (Medium)	£12.95	£13.95	14.95	15.95
Dupiaza (Medium)	£12.95	£13.95	14.95	15.95
Korma (Mild)	£12.95	£13.95	14.95	15.95
Rogon Josh	£12.95	£13.95	14.95	15.95
Sag	£12.95	£13.95	14.95	15.95
Dansak (Sweet sour & hot with lentil)	£13.95	£15.95	15.95	16.95
Pathia (Onion, tomatoes, capsicum)	£13.95	£15.95	15.95	16.95

Biryani Dishes

(Served with Vegetable Curry)

Valley Special Mixed Biryani (Chicken, Lamb & Prawn)	£16.95
Chicken and Mushroom Biryani	£14.95
Chicken Tikka Biryani	£14.95
Lamb Tikka Biryani	£14.95
Meat Biryani	£14.95
Chicken Biryani	£14.95
King Prawn Biryani	£18.95
Tandoori King Prawn Biryani	£18.95
Prawn Biryani	£15.95
Mushroom Biryani	£13.95
Vegetable Biryani	£13.95
Tandoori Mixed Grill Biryani (Served with dall samba)	£18.95

Balti Dishes

(Whole spices are roasted and ground to create the most aromatic spice mixture. These dishes are medium hot)

Balti Chicken Tikka or Lamb Tikka Masala	£14.95 / £15.95
Balti Chicken or Lamb	£14.95 / £15.95
Balti Mixed (Chicken, Prawn and Lamb)	£15.95
Balti King Prawn	£18.95
Balti Chicken Tikka Bhuna or Dansak	£14.95
Balti Chicken Pathia	£14.95
Balti Chicken Hariali	£14.95
Balti Mixed Vegetable	£13.95
Balti Vegetable Masala	£13.95
Balti Sag Gosht	£14.95

Fish Dishes

(Fresh water fish)

Tandoori Salmon	£18.95
Fish Tikka Jalfrezi	£17.95
Fish Tikka Bhuna	£1.95
Fish Tikka Patia	£17.95
Fish Korai	£17.95
Sea Bass	£18.95

Sea Bass grilled in tandoor, then cooked with roasted cherry tomatoes and garlic sauce

Southern Bangladeshi Cuisines

Volda King Prawn (Giant King Prawn)	£18.95
King Prawn Kopta (Giant King Prawn)	£18.95
Chef's Special Chicken or Meat (Medium)	£14.95
Haydrabadi Chicken Masala (Medium)	£14.95
Special King Prawn Chilli Bhuna (Giant King Prawn)	£18.95
Rajdani Chicken Masala (Mildly hot)	£14.95
Spring Chicken off the bone cooked with coconut and fresh cream lightly spiced with a thick sauce	
Murgh Bahar (Medium hot, Bhuna style)	£14.95
Chicken fillet breast stuffed with minced lamb, roasted over hot charcoals then cooked with garlic, ginger, onions, green peppers and tomatoes in thick sauce	
Special Naga Chicken or Lamb (Fairly hot)	£14.95
Special Bangladeshi green Naga chilli cooked with garlic, ginger, onions, tomatoes and green pepper	
Meat Aloo Milljilli (Dry, medium hot)	£14.95
Tender lamb and potatoes cooked with green chillies	
Chicken or Lamb Shaslik Masala (Mild)	£15.95 / £16.95
Chargrilled chicken or lamb with vegetables in a mild masala sauce	
King Prawn Shalsha (Medium)	£18.95
Giant King Prawns cooked with onion, tomatoes, green peppers, ginger and garlic	
Special Chicken Sim (Medium hot)	£14.95
Chargrilled chicken breast cooked with green pepper, garlic, tomato and topped with mange tout	
Special Lal Mirch Chicken (Fairly hot)	£14.95
Boneless spring chicken cooked in a hot spiced sauce with chopped red chillies	
Jhinga Dum Lamb Achari (Fairly hot)	£14.95
Tender Lamb cooked with shallots, ginger, garlic, rich spice, green chilli and fresh coriander	
Chingrika Aloo Begon (Medium hot)	£18.95
Giant King Prawns cooked with potato, aubergine, garlic, ginger and fresh coriander	
Special King Prawn Tawa (Giant King Prawn)	£18.95
Special Chicken or Lamb Tawa (Medium)	£14.95

Southern Bangladeshi Cuisines continued

Special King Prawn Naga (Fairly hot)	£18.95
Special Roshni Modu Chicken (Medium hot)	£14.95
Deshi Chicken or Lamb (Medium hot)	£14.95

Sabzi

(Vegetable Side Dishes)

Mixed Vegetable Curry	£6.50	Dry Mixed Vegetables	£6.50
Aloo Gobi	£6.50	Chana Bhaji	£6.50
Bombay Aloo	£6.50	Mushroom Bhaji	£6.50
Cauliflower Bhaji	£6.50	Sag Bhaji	£6.50
Bhindi Bhaji	£6.50	Brinjal Bhaji (Aubergine)	£6.50
Sag Aloo	£6.50	Tarka Dall	£6.50
Dall Masala	£6.50	Dall	£6.50
Sag Ponir	£6.50	Motor Poneer	£6.50
Labra Bhaji	£6.50	Dall Samba	£6.50
Dall Palok	£6.50	Onion Bhaji	£4.95
Lentil with Spinach			

Rice & Sundries

Pilau Rice	£4.50	Boiled Rice	£4.50
Mushroom Rice	£5.25	Special Fried Rice	£5.25
Keema Rice	£5.25	Onion Rice	£5.25
Garlic Rice	£5.25	Egg Fried Rice	£5.25
Coconut Rice	£5.25	Lemon Rice	£5.25
Vegetable Rice	£5.25	Nan (Plain)	£5.25
Keema Nan	£5.25	Sabzi Nan	£5.25
Garlic Nan	£5.25	Cheese Nan	£5.25
Peshwari Nan	£5.25	Paratha	£5.25
Stuffed Paratha	£5.25	Chapati	£3.50
Tandoori Roti	£3.50	Popadom (Spicy or Plain)	£1.25
Raitha (Onion or Cucumber)	£3.00	Chutney (Per person)	£1.00



DID YOU KNOW: Regular consumption of garlic can decrease blood pressure and cholesterol levels. It also aids digestion and prevents flatulence. Recent research shows garlic to be beneficial in the treatment of diabetes.

The background of the entire image is a dense, repeating red paisley pattern on a dark background. The pattern consists of intricate floral and swirling motifs. A thin white rectangular border is centered on the page, enclosing the text.

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