



TIFFIN

BLUE TIFFIN INDIAN RESTAURANT, BAR & LOUNGE



Symbol & Chilli Key Guide

✓ **Vegetarian**

🌶️ **Mild**

🌶️🌶️ **Medium**

🌶️🌶️🌶️ **Hot**

🌶️🌶️🌶️🌶️ **Very Hot**

Appetisers






































✓ Plain Popadom	£0.65	✓ Spicy Popadom	£0.65
✓ Chutney Tray	£1.80		

Red onions, mango chutney, mint yoghurt sauce & lime pickle

Starters

Machli Aloo	£4.75	✓ Garlic Mushroom Puri	£3.50
<i>A strip of salmon coated in spiced pureed potatoes. An award winning starter at the Oldham Curry Chef of the Year 2007.</i>		<i>Pan fried buttered mushrooms with garlic. Served on a puri bread.</i>	
✓ Bilate Mirchi (Meat OR Vegetables)	£4.25	Chicken Biraan	£3.95
<i>Stuffed peppers with spicy minced lamb OR spiced mixed vegetables.</i>		<i>Lightly spiced chicken patties with fried onions & peppers</i>	
Chicken Saag Puri	£3.75	Kakra Chat Puri	£4.75
<i>Spinach, ginger and garlic combined with small pieces of chicken cooked to a medium strength. Served on a puri bread.</i>		<i>Crab meat mixed with onions, tomatoes and peppers cooked in a rich medium sauce. Served on a puri bread.</i>	
Blue Tiffin Fish Cake	£3.95	Salmon Biraan	£3.95
<i>Salmon fish cakes coated in a lightly spiced batter and fried.</i>		<i>Salmon fillets marinated & lightly spiced, fried with onions. Served with salad</i>	
✓ Chilli Paneer	£3.95	✓ Stuffed Mushroom (Meat OR Vegetables)	£3.95
<i>Indian cheese lightly spiced, skewered and cooked in our tandoor. Served with fried onions and peppers.</i>		<i>Whole mushrooms stuffed with meat or vegetable then deep fried</i>	
Machli Pakora	£3.95	Shahi Tokra (Lamb OR Chicken)	£3.95
<i>Slightly spiced and deep-fried fish fritter.</i>		<i>Pieces of lamb or chicken blended with unique spices then fried with onions</i>	
✓ Onion Bhaji	£3.25	Lamb Chops	£3.95
<i>Slightly spiced and deep-fried onion fritter</i>		<i>Prime, tender lamb chops in a delicately spiced tandoori sauce</i>	
✓ Samosa (Meat OR Vegetables)	£3.25	King Prawn Butterfly	£4.75
<i>Triangular deep-fried crispy pastry with a choice of vegetable or meat filling</i>		<i>Whole king prawn spiced with herbs in batter and bread crumbs then deep fried</i>	
Chicken Pakora	£3.75	Tandoori King Prawn Tikka	£4.75
<i>Slightly spiced and deep-fried chicken fritter</i>		<i>King prawns marinated in yoghurt with herbs and spices then barbecued over flaming clay oven</i>	
✓ Mushroom Pakora	£3.25	Chicken or Lamb Tikka	£3.75
<i>Slightly spiced and deep-fried mushroom fritter</i>		<i>Diced boneless chicken marinated in yoghurt with herbs and spices then barbecued over flaming clay oven</i>	
Mixed Starter	£3.95	Tandoori Chicken	£3.75
<i>Chicken and lamb tikka, onion bhaji and meat samosa</i>		<i>Chicken quarter marinated in yoghurt with herbs and spices then barbecued over flaming clay oven. Cooked on the bone for extra flavour</i>	
✓ Vegetarian Mixed Starter	£3.75	Sheek Kebab	£3.25
<i>Onion bhaji, mushroom pakora and samosa</i>		<i>Spiced minced lamb cooked in a clay oven.</i>	
Chicken Chat Puri	£3.50	Reshmi Kebab	£3.45
<i>Chicken tikka mixed with onions, tomatoes and peppers cooked in a rich medium sauce. Served on a puri bread.</i>		<i>Lightly spiced minced patties covered with a light omelette</i>	
✓ Aloo Chat Puri	£3.25	Prawn Cocktail	£3.25
<i>Spicy potatoes served on a puri bread.</i>		<i>Prawns on a bed of lettuce, lavishly covered with seafood sauce garnished with sliced cucumber, tomatoes and lemon</i>	
Prawn Puri	£3.50	Chicken or Lamb Sylheti Puri	£3.50
<i>Prawns cooked in a rich medium sauce. Served on a puri bread.</i>		<i>Cooked with mild spices & cheese to form a starter of dry consistency. Served with puri</i>	
King Prawn Puri	£4.95		
<i>King prawns cooked in a rich medium sauce. Served on a puri bread.</i>			

Signature Dishes

- King Prawn Gurkali**     £12.95
An exotic mix of spices with fresh green chillies, garlic, ginger; fresh tomatoes and Nepalese chilli sauce. Fresh lemon juice lends this dish a sharp and distinctive flavour. Served on a bed of crispy lettuce.
- Chicken or Lamb Tikka Lava**    £10.45
Strips of meat rolled in crispy breadcrumbs and deep-fried. Then cooked in a curry sauce with green chillies, green and red peppers with a dashing of sundried tomato sauce. A dish of a fairly dry consistency.
- Tandoori Lamb Chop Korai**    £10.95
Tender barbecued lamb chops cooked in a spicy thick sauce with chef's special sauce.
- Cod Tikka Masalla**  £10.45
The nations favourite dish but with a new twist. Chunks of cod marinated in mild masalla sauce and cooked with cream.
- Ameri Murgh**  £9.45
Succulent pieces of chicken breast cooked in mango pulp and cream that creates a magnificent mouth watering dish. Garnished with flaked almonds.
- Paneer Kofta**   £9.45
Lightly spiced minced lamb deep-fried meatballs. Cooked with cubes of Indian paneer cheese in a medium dry sauce.
- Chicken or Lamb Tikka Uhree**   £9.45
Your choice of filling cooked with green beans, tomatoes, garlic, ginger and delicate spices.
- Saag Kofta**   £9.45
Spiced lamb meatballs filled with spinach cooked in a medium strength sauce.
- Chicken or Lamb Tikka Naga Jalfry**     £9.45
A hot and fiery dish cooked with naga (Bangladeshi chillies), ginger, garlic, and mix of hot spices.
- Chicken or Lamb Badami**  £9.45
A rich, mild and creamy sauce cooked with almonds, pistachios and cashew nuts. A mildly flavoured dish.
- Chicken or Lamb Satkora**   £9.45
A medium dish cooked with 'Satkora' - a vegetable from Bangladesh which lends this dish a unique zesty flavour with a hint of bitterness.
- Kum Hara Piaz**   £9.95
Lightly spiced minced lamb deep-fried meatballs. Cooked with red & green peppers in a spicy onion sauce.
- Chicken or Lamb Gobi**   £8.45
Cooked in a medium strength sauce with cauliflower. A dish of medium consistency.
- Chicken Saffroni**   £9.95
A tender breast of Chicken fillet marinated in a tandoori sauce and cooked with onions and tomatoes.
- Chicken or Lamb Haldi**    £9.45
A traditional dish flavoured with methi leaves, herbs, spices and garlic. Simmered in a yoghurt sauce.
- Chicken or Lamb Sylheti Korma**  £9.45
This dish is very similar to the traditional korma but involves the use of 'Gur' - A traditional, unrefined sugar from date palm trees.
- Chicken Jinga**   £9.45
Bite-size chicken pieces cooked in a blend of herbs and spices with peppers, onions, soya and seafood sauce.

Chef's Specials

Our Head Chef presents for you the following dishes that he has created, using the knowledge and experience of having worked in some of the best restaurants in the U.K.

- Blue Tiffin Thawa**   £9.95
Chicken Tikka, lamb tikka, garlic chicken and lamb chops specially prepared with the finest herbs and spices.
- Lobster Delight**   £19.95
Succulent tender lobster; cooked with a flavoursome combination of distinctive Bangladeshi spices. Served with chefs special rice
- Badshahi Chingri**    £9.95
King prawn stir-fried in an exotic mix of spices with capsicum, spring onions, green chillies, fresh ginger, tobasco sauce and garnished with fresh coriander. A highly recommended and satisfying dish
- Salmon Tikka Salsa**   £10.95
Blush pink Scottish salmon simmered in a heady mustard and fenugreek gravy. A beautiful and unique dish in a league of its own. Served with Aloo bhajia
- Somundor Ki Jolpuri**    £10.95
King prawns in the shell, cooked with spinach and an exotic mix of spices
- Chicken or Lamb Nepalese**     £8.95
Cooked in an exotic mix of spices, red and green peppers, tomatoes, green chillies and with a special Nepalese chilli sauce
- Chicken or Lamb Roshni**    £8.95
Cooked mainly with fresh whole cloves of garlic, aromatic spices, onion seeds, capsicum and fresh coriander. A dish of dry consistency
- Blue Tiffin Biryani**   £11.45
King prawn, lamb & chicken tikka, prawns cooked in an exotic mix of spices with peas and saffron rice. Topped with an omelette and served with a continental salad and a curry sauce of your choice
- Chicken & Keema Chittagong**   £9.95
Chicken breast stuffed with spiced minced and cooked in the clay oven. This main course is served with a curry sauce of your choice.

Seafood Specials

Fresh fish cooked to perfection using traditional Indian cooking methods and enhanced by our special of herbs and spices. These are delicious and ideal for the 'health conscious' diner

- Machli Jalfry**    £9.95
Swordfish cooked in a hot spicy sauce with fresh chillies, onions and peppers
- King Prawn Delight**   £10.45
King prawn cooked in shell in a medium dry spicy sauce
- Tiger Prawn Anarkali**   £10.45
Tiger prawns cooked in a unique blend of spices with onions, peppers and coriander
- Salmon Korai**   £9.95
Fish cooked in a combination of spices, fresh tomatoes and onions to produce a dry rich sauce
- Ayre Biraan**   £9.45
Boneless chunks of Bengali 'Ayre' fish, marinated in traditional Bangladeshi spices, cooked to form a sauce of thick consistency garnished with onion rings and cilantro leaves
- Salmon Biraan**   £9.45
Salmon fillets marinated & lightly spiced, fried with onions, served with a medium curry sauce
- Bual Biraan**   £9.45
Boneless fillet of Bengali 'Bual' fish, lightly spiced, fried in olive oil and cooked with an abundance of onions, tomatoes, garlic, ginger, whole chillies and fresh herbs
- Salmon Ka Kazana**   £10.95
Pan-fried salmon cooked with a dozen fresh herbs and spices garished with coriander - fish lovers delight

House Specials

*A selection of dishes cooked in a way that you will not find elsewhere.
These dishes are all unique and can quickly become your favourite.*

Chicken or Lamb Tikka South Indian Garlic   	£8.45
<i>Cooked with slices of garlic, green chillies, plum tomatoes and fresh coriander</i>	
Chicken or Lamb Tikka Rangeela  	£8.45
<i>Cooked with a blend of spices, garlic, capsicum, onions and garnished with coriander</i>	
Kamli Aash  	£9.45
<i>Stir fried pieces of duck cooked with capsicum, garlic & aromatic spices, creating a unique dish</i>	
Chicken or Lamb Tikka Saagwala  	£8.45
<i>Spinach prepared with garlic, ginger and tomatoes in a medium spiced sauce garnished with coriander. A delightful house speciality</i>	
Chicken or Lamb Tikka Shahi  	£8.45
<i>Tikka, keema and garlic cooked in a spicy bhuna sauce</i>	
Mango Chicken  	£7.95
<i>Spicy medium dish cooked with a mango flavour similar to bhuna</i>	
Lembu Chicken  	£7.95
<i>Spicy medium dish cooked with a lemon juice to lend it a tangy, citrus flavour in an exotic medium strength sauce</i>	
Chicken or Lamb Tikka Rezzela   	£8.45
<i>Cooked in the tandoori and then further cooked in a pan with generous use of mint and coriander along with fenugreek leaves and strips of onion and capsicum</i>	
Chicken or Lamb Tikka Chilli Mossala    	£8.45
<i>Diced pieces of chicken or lamb tikka cooked in sauce made with a delicate blend of aromatic spices and herbs, use of fresh green chillies lends this dish a hot, fiery taste and aroma</i>	
Chicken or Lamb Tikka Afghani   	£8.45
<i>Cubes of chicken or lamb stir-fried with green chillies, ginger, garlic and onions. Red and green peppers give this dish a colourful appearance. Best enjoyed with nan bread</i>	
Blue Tiffin Balti Exotica  	£10.95
<i>Chicken Tikka, Lamb Tikka, Garlic Chicken and Lamb Chops specially prepared with the finest herbs and spices, of medium strength. Served in a balti.</i>	

Tandoori Dishes

*Tandoori Dishes are marinated in spices then barbecued in a tandoori oven.
Served with a salad and a sauce of your choice.*

Chicken Tikka	£8.45
Tandoori Chicken	£8.45
Lamb Tikka	£8.45
Chicken Shashlik	£9.45
<i>Chicken tikka with roasted tomatoes, onions and peppers</i>	
Tandoori Mixed Grill	£9.95
<i>Chicken tikka, lamb tikka, tandoori chicken, sheek kebab and lamb chops</i>	
Tandoori Fish Tikka	£9.45
<i>Mouthwatering salmon steak marinated in lemon juice, tumeric and raaz mawil. Served with pilau rice and fresh salad</i>	
Tandoori King Prawn	£10.45
Lamb Chops	£9.95
Garlic Chicken	£8.95

Not So Spicy

For diners who need a gentle introduction to the world of spice or prefer a milder or more familiar flavour, we've selected dishes that meet the "crossover" position. You can order these with confidence that they will not be too spicy

Chicken or Lamb Tikka Masalla 	£8.45
<i>Diced breast of spring chicken or lamb cooked in a unique mild, creamy tandoori sauce. This dish is a favourite amongst our diners</i>	
Chicken or Lamb Qurma 	£7.75
<i>This dish is prepared with mild spices, cooked in a creamy mixture with coconut which lends this dish a distinctive flavour</i>	
Chicken or Lamb Tikka Makhani 	£8.45
<i>Creamy, mild dish cooked with butter and almonds</i>	
Butter Chicken 	£8.45
<i>A mild rich butter dish with fresh ground spices</i>	
Tandoori Chicken Masalla 	£8.45
<i>A mild and creamy dish cooked with tandoori sauce - off the bone</i>	
Chicken or Lamb Tikka Passanda 	£8.45
<i>Diced pieces of chicken or lamb in mild spices with fresh cream, red wine and almonds powder forming a rich creamy sauce</i>	
Chicken or Lamb Dhansak 	£7.75
<i>Prepared with oriental spices, a mild and tangy sauce with a delicious piquant richness, cooked with garlic, pineapples and lentils. A sweet and sour dish garnished with coriander</i>	

English Dishes

These dishes are cooked to perfection by our fully-competent chefs who appreciate that not everyone wants Indian food all of the time. All these dishes are served with chips, peas and a continental salad.

✓ Omelette of your Choice	£6.95
<i>Chicken / Prawns / Mushroom / Plain</i>	
Roast Chicken	£6.95
Fried Scampi	£6.95

Traditional Main Courses

Here's your biggest decision ... should you stay with a traditional curry cooked in a style to suit your palate, or will you trust our judgement and sample one of the House Specialities, Chef's Specialities or Tandoori Dishes?

For a Traditional curry first choose your filling. Will it be succulent chunks of lamb, diced breast of chicken, prawns or a non-meat option? Then choose the style you would like the chef to prepare to your filling.

FILLINGS

✓ Vegetables	£4.95
✓ Paneer (Indian curd cheese)	£4.95
✓ Mushrooms	£4.95
Chicken	£5.45
Lamb	£5.45
Prawns	£5.45
Chicken Tikka	£5.95
Lamb Tikka	£5.95
King Prawns	£7.65
Special Mix	£6.75

Chicken / Lamb / Prawns



















The price of each dish is the price of the filling ABOVE plus the price of each style of cooking BELOW
For Example: Chicken is £5.45 and Rogon Josh is £2.30 = Chicken Rogon Josh - £7.75

STYLES

Bhuna 	£2.30
<i>A combination of a special blend of spices, onions and tomatoes, fried and cooked in a firm, dry sauce of medium consistency</i>	
Dupiaza 	£2.30
<i>A delicious dish prepared with an abundance of fried onions, tomatoes and seasoned with ginger, coriander and spices</i>	
Methi 	£2.30
<i>Cooked mainly with fenugreek and spices of medium consistency in a dry sauce. A refreshing dish</i>	
Rogon Josh 	£2.30
<i>Delicately spiced, cooked with sweet pimentoes, capsicum and tomatoes. An original authentic Indian dish with a great aroma. Highly recommended and very satisfying</i>	
Madras 	£2.30
<i>A southern Indian dish, with a hot and spicy taste, prepared with fresh spices, tomato pureé and herbs</i>	
Patia 	£2.30
<i>Lightly fried chopped onions in a dark red sweet and sour sauce. A hot dish with a distinctive aroma and garnished with coriander</i>	
Samber 	£2.30
<i>Cooked with lentils and lemon juice to give a sharp and distinctive taste. A hot and spicy south Indian dish</i>	
Vindaloo 	£2.30
<i>Hot and fiery dish. Only for the brave!</i>	
Korai 	£2.80
<i>Spicy dish cooked with diced onions and green peppers in a thick sauce.</i>	
Acharee 	£2.80
<i>Cooked in a spicy tangy sauce with mixed pickle. Garnished with coriander</i>	
Balti 	£2.80
<i>Prepared in an Indian wok-style utensil with fresh garlic, ginger and tomatoes in a spicy aromatic sauce. A favourite delicacy of the chef</i>	
Jalfrezi 	£2.80
<i>Sauteéd dish cooked with onion, garlic, ginger, green peppers and fresh chillies</i>	
Biryani 	£4.25
<i>Biryani is prepared by gently cooking with saffron flavoured Basmati rice, together with a mixture of mild aromatic spices. Garnished with coriander and flaked almonds. Served with an omelette and a curry sauce of your choice</i>	

Side Dishes

*These mildly-spiced side dishes are a great accompaniment to our main courses.
But if you'd prefer, for an extra £3.45, they can be served as a main course.*

✓ Curry Sauce of your Choice	£3.25
✓ Cucumber Raita	£2.25
<i>A combination of cucumber, whisked yoghurt and mild spices</i>	
✓ Aloo Gobi  	£3.50
<i>Potato and cauliflower</i>	
✓ Aloo Bharta  	£3.50
<i>Minted Potatoes</i>	
✓ Saag Bhaji  	£3.50
<i>Spinach</i>	
✓ Saag Aloo  	£3.50
<i>Spinach and potato</i>	
✓ Mushroom Bhaji  	£3.50
✓ Tarka Dhal  	£3.50
<i>Lentils with garlic</i>	
✓ Chana Bhaji  	£3.50
<i>Chickpeas</i>	
✓ Aloo Methi  	£3.50
<i>Potato and fenugreek</i>	
✓ Saag Paneer  	£3.75
<i>Spinach and Indian curd cheese</i>	

Sundries

*Our selection of rices and Indian breads make the most of the sauces we
prepare and present to you in our main courses*

✓ Boiled Rice	£2.10
✓ Pilau Rice	£2.10
✓ Lemon Rice	£2.95
✓ Mushroom Rice	£2.95
✓ Vegetable Rice	£2.95
✓ Egg Fried Rice	£2.95
✓ Chilli Fried Rice	£2.95
Keema Rice <i>(Cooked with special minced lamb)</i>	£3.25
✓ Special Pilau Rice <i>(Onion, egg and peas)</i>	£3.25
✓ Kashmiri Rice <i>(Sweet rice with fruits, coconut and almonds)</i>	£3.25
✓ Chips	£2.10
✓ Nan	£2.10
✓ Stuffed Nan <i>(Stuffed with mixed vegetables)</i>	£2.75
✓ Garlic Nan	£2.75
✓ Peshwari Nan <i>(Stuffed with coconut, almonds, fruits and cherries)</i>	£2.75
Keema Nan <i>(Stuffed with special minced lamb)</i>	£2.95
✓ Cheese Nan	£2.95
✓ Chappati <i>(Thin unleavened bread cooked on a tawa)</i>	£0.95
✓ Roti <i>(Unleavened bread cooked in the tandoor)</i>	£0.95
✓ Paratha <i>(Unleavened bread cooked in butter)</i>	£2.50
✓ Aloo Paratha <i>(Stuffed with spiced potatoes)</i>	£2.75
Keema Paratha <i>(Stuffed with special minced lamb)</i>	£2.95
✓ Salad	£1.50