

# Authentic Punjabi Cuisine at The Wheatsheaf



Vikrant Jamwal



Jasvinderjit (Jas)

Proprietor and landlord Vikrant and master chef Jas are pleased to offer authentic Punjabi cuisine at The Wheatsheaf.

Both have many years experience in providing quality food at many top restaurants and are pleased to add fine dishes from the Indian

sub-continent to supplement the quality traditional British pub food.

Choose a table, have a drink and your server will be pleased to advise you on the menu. Master chef Jas and his team will make your meal exactly as you like it.



Wolverhampton Road, Laney Green WV10 7LU



**01922 412304**

## Starters

### Non vegetarian

#### Jeera chicken 4.50

Chicken pieces spiced with cumin seeds and black pepper.

#### Chicken tikka 4.00

Diced boneless chicken marinated in medium spices and cooked in the tandoor.

#### Shammi kebab 4.50

Spiced lamb mince coated in an egg batter and deep fried.

#### Chilli chicken 4.50

Pan fried Indian style chilli chicken.

#### Tandoori lamb chops 5.95

Tender lamb chops marinated in nutmeg, garlic and cardamom, roasted in the clay oven and finished with fresh coriander.

#### Meat samosas 3.00

Spiced minced lamb and onions, flavoured with roasted cumin, wrapped in a triangular pastry and deep fried.

#### Seek kebabs 3.95

Minced lamb kebabs with chopped onions, flavoured with red chilli and coriander. Skewered and cooked to perfection in the tandoor.

#### Lamb tikka 4.50

Diced boneless lamb marinated in medium spices and cooked in the tandoor.

### Vegetarian

#### Tandoori paneer tikka 4.50

Square chunks of Indian cheese marinated in yoghurt and seasoned with carom seeds. Cooked in the tandoor.

#### Chilli paneer 4.50

Pan fried triangular chunks of Indian cheese with onions and fresh capsicums. Spiced with garlic, green chillies and flavoured with fresh lemon.

#### Papri chaat 4.50

A crispy snack with chick-peas, low fat yoghurt and tamarind chutney. Finished with coriander.

#### Alu tikki (2 per portion) 4.50

Potato cutlet lavished with masala chick peas, chopped onions and yoghurt, drizzled with tamarind sauce and garnished with coriander.

#### Fried masala egg (2 per portion) 3.00

Boiled eggs stuffed with spices, coated in gram flour and deep fried.

#### Vegetable samosas (2 per portion) 3.00

Spicy potato cubes, onions and peas mixed together with roasted cumin seeds, wrapped in a triangular pastry and deep fried.

#### Bhajia mix (Onion bhaji) 4.00

Small cubes of potato mixed with spinach, onions and green chillies, indulged with spices, coated with gram flour and deep fried.

#### Chilli mogo 3.50

Traditional Kenyan Cassava pan fried in garlic and chilli.

#### Mogo 3.00

Traditional Kenyan Cassava deep fried and garnished with red chilli powder.

#### Masala chips 3.50

Potato chips flavoured with garlic and chilli.

*All tandoori dishes served with chef's special sauce and a side salad*

## Traditional Punjabi selection

Vegetables	6.95	Lamb	8.95
Paneer	7.50	Prawns	9.95
Chicken	7.95	King prawns	11.95

**Malie korma** A curry made from cashew nut and melon seeds paste finished with cream (*mild*).

**Jalfrezi** A strongly flavoured thick curry made by using onion, fresh tomatoes, peppers and chef's special spices (*medium*).

**Masaleder** All time favourite in Punjab, a rich tomato-based curry made with a selection of traditional Indian spices (*medium*).

**Roganjosh** A typical north Indian curry made by using various whole spices garnished with tomato (*medium*).

**Deghi mirch masala** Extremely fiery gravy made by chef's special chilli selection with various spices (*extremely hot*).

**Chilli garlic** Chicken chunks cooked with fresh green chilli and lots of garlic (*medium*).

**Desi masala** A highly spiced curry in specially selected blend of spices and textured, cooked with onions, green chillies, garlic, bay leaf and coriander (*hot*).

#### Chicken tikka masala 8.95

Chicken chunks marinated overnight, skewered in tandoor and cooked in a mild creamy, yoghurt based sauce. (*mild*)

#### Keema peas 8.00

Minced lamb in a vibrantly spiced masala sauce.

## Biryani dishes

Rice cooked with (chicken/lamb/king prawns) and seasoned with herbs and spices, served with a bowl of curry sauce.

Chicken	7.95
Lamb	8.95
King prawns	12.95

## From the tandoor

#### Mixed grill 14.50

A grill comprising of chicken tikka, ¼-chicken, tandoori lamb chops, seek kebab and king prawn.

#### Chicken tikka 8.50

Diced boneless chicken marinated in medium spices.

#### Lamb tikka 9.50

Diced boneless lamb marinated in medium spices.

#### Lamb chops 9.50

Marinated in medium spices.

*All tandoori dishes served with chef's special sauce and a side salad*

## Vegetarian main courses

Main course 6.95 Side dish 4.95

#### Dal Tarka

Yellow lentils (channa) cooked and sizzled with chopped garlic and red chillies in a thick textured soup.

#### Alu Chollay

Chickpeas cooked in a spicy masala sauce, flavoured with dry mango powder (amchoor) and finished with coriander.

#### Dal Makhani

Creamed black lentils tempered and seasoned with mild spices.

#### Mattar Paneer

Peas with home-made Indian cheese cubes in a lightly spiced gravy.

#### Palak Paneer

Indian cheese cubes cooked delicately with fresh spinach leaves.

## Sundries

Pappadoms	0.50	Plain naan	2.00
Boiled rice	2.00	Garlic naan	2.50
Pilau rice	2.50	Peshwari naan	3.00
Egg fried rice	3.50	Keema naan	3.50
		Chapati	1.50