

MASALA BOWL

92 HIGH STREET, RICKMANSWORTH, WD3 1AQ
MASALABOWL.CO.UK | 01923 940357



STREET FOOD

One bite, messy, tangy, crunchy - the street snacks you'll fight over.

Pani Puri – Original / Spicy 6.99/7.99
Crispy puris filled with a spiced chickpea and potato mix, served with a tamarind chutney and a jug of fresh mint & coriander flavoured water **VE**

Pani Puri Roulette 12.99
The ULTIMATE Pani Puri Challenge! Puris with a secret combination of Original, Sweet and Super Spicy 🌶️ mint water. Spin the Roulette board and drink the water with the number You won't know until you try it! **VE**

Dahi Puri..... 7.99
Crispy puris filled with potatoes topped with sweetened yoghurt and a sweet tamarind and green chutney

Papdi Chaat..... 7.99
Flat puris topped with potato, sweetened yoghurt, sev and a sweet tamarind and green chutney

Samosa Chaat..... 7.99
Veg samosa topped with sweet yoghurt and a mix of chutneys. Garnished with onions, tomatoes, sev and fresh coriander

MB Spinach Chaat..... 7.99
Fried crispy spinach leaves topped with sweet yoghurt and sweet chutneys

Vada Pav..... 6.50
A Mumbai special consisting of a deep fried potato dumpling placed inside a bread bun topped with special garlic powder and green chutney. **NF**

Dabeli..... 6.50
Seasoned mashed potato pressed between a soft bun, layered with sweet and spicy chutney

Crispy Bhajiya..... 6.99
A thinly sliced potato dipped in spiced batter and deep fried. served with a special Kenyan style tomato chutney **VE GF NF**

Onion Bhajiya 6.99
Finely sliced onions covered in gram flour deep fried to crisp perfection. Served with tamarind chutney **VE GF NF**

Chilli Garlic Mogo..... 7.99
Casava chips tossed with chili garlic rub. **VE GF NF**

MOMO & BAOS

Little pillows of joy - steamed, stuffed & spiced.

Steamed - Veg/Chicken..... 8.99/9.99
A Nepalese special, a steamed filled dumpling of your choice served with a special home made momo chutney. **NF**

Chilli Paneer Bao Bun 9.99
A soft and fluffy steamed bao buns filled with crispy, tangy chili paneer that's bursting with savory goodness. **NF**

Tandoori Chicken Bao Bun 10.99
A soft and fluffy steamed bao buns filled with tandoori chicken. **NF**

Honey Chilli Pork Bao Bun 11.99
A soft and fluffy steamed bao buns stuffed with tender pork in a sweet and spicy honey chilli glaze. **NF**

PLATTER

Plates made for sharing (or not).

Bhajiya Platter..... 9.99
Onions Bhajiya, Crispy Bhajiya, Crispy Bhindi

Mixed Grill 29.99
Lamb Sheek Kebab, Chicken Tikka, Tandoori King Prawns, Lamb Chops & Hariyali Chicken Tikka

VEG STARTERS

Veg Samosa 5.99
Fried triangular shaped parcels filled with a delicious mixture of special spices, potatoes, green peas and onions

Salt & Pepper Broccoli..... 7.99
Crispy fried broccoli tossed with garlic and red chillies. **VE GF NF**

Veg Manchurian..... 9.99
Fried vegetable balls tossed in a spicy, sweet & tangy Manchurian sauce. **VE NF**

Crispy Bhindi 6.99
Crispy fried okra sprinkled with special spices **VE GF NF**

Pav Bhaji 9.99
A delicious melange of vegetables cooked together with spices served with a soft bun.

Kurkure Corn 6.99
Corn kernels marinated with home made Indian spices deep fried to crisp perfection garnished with fresh tomatoes and onions **VE GF NF**

Hara Bhara Kebab 7.50
Vegetarian kebab made from chana dal, green peas, spinach and a mix of spices which is deep fried. **VE NF**

Paneer Tikka 9.99
Indian cottage cheese cubes marinated in our special tandoori masala. Cooked in our tandoor **GF NF**

Chilli Paneer 🌶️ 9.99
Indian cottage cheese batter fried and tossed with peppers and onions, in our special Indo-Chinese sauce. **NF**

Paneer Chapli Kebab..... 9.99
Grated Indian cottage cheese patties cooked with dry nuts and spices. **GF**

Soya Malai Chaap..... 9.99
Vegan protein made from gram and wheat flour marinated with coconut cream and cardamom finished in tandoor. **VE NF**

Chips - Plain/Peri-Peri/Masala 🌶️
..... 5.50 / 6.99 / 7.99
French fries with a choice of seasoning: Plain, Peri-Peri or Masala **VE**

MEAT STARTERS

Salmon Tikka 15.99
Tandoori marinated norwegian salmon fillet finished in tandoor. **GF NF**

Tandoori King Prawns 15.99
Freshwater king prawns marinated with carom seeds and yellow tandoori spices char grilled to perfection. **GF NF**

Chicken Keema Samosa..... 6.99
Fried triangular shaped parcels filled with a delicious mixture of lightly spiced minced chicken and onions

Chicken Tikka 8.99
Marinated chicken with Indian spices finished in the tandoor. **GF NF**

MB Tandoori Wings..... 8.99
Chicken wings cooked in the tandoor marinated with our special tandoori masala garnished with lemon. **GF NF**

Hariyali Chicken Tikka 8.99
Tender chicken marinated in a spicy green chutney, mint and house spices cooked in the tandoor. **GF NF**

Lamb Keema Samosa 6.99
Fried triangular shaped parcels filled with a delicious mixture of lightly spiced minced lamb and onions

Lamb Sheekh Kebab 10.99
Leg of lamb freshly minced in-house marinated with special spices and cooked in the tandoor. **GF NF**

Lamb Chops..... 14.99
Tender lamb chops marinated with special Indian spices, tandoored to perfection. **GF NF**

Keema Pav 13.99
Spiced minced lamb cooked with onion and garlic served with a soft bun. **NF**

SUNDAY ROAST

12 - 4pm

"Sunday roast, desi style!" - Where Yorkshire puddings meet masala magic

Aachari Cauliflower 14.99

Tandoori Chicken 15.99

Roast Lamb 16.99

Roast Pork Belly 17.99

All roast will be served with seasonal vegetables, home-made gravy, indian spiced mashed potatoes & Yorkshire puddings.

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VEG MAINS

- Corn Methi Masala**..... 9.99
Sweetcorn cooked in traditional lightly spiced masala gravy with fresh fenugreek leaves. **VE GF NF**
- Delhi Chana Masala**..... 9.99
A popular North Indian dish with chickpeas cooked in warming spices, lightly caramelised in an onion and tomato sauce **VE GF NF**
- Undhiyu** 11.99
A traditional, slow-cooked Gujarati mixed vegetable curry with spiced fendugreek dumplings cooked in rich green masala. **VE NF**
- Saag Paneer/Mix Veg & Saag** 10.99
Paneer/mixed vegetable curry cooked with Indian spices, fresh spinach in an onion and tomato sauce. **VE GF NF**
- Bhindi Dopiazza**..... 10.99
Tender bhindi in a rich masala with a double dose of onions for depth and flavour. **GF NF**
- Paneer Butter Masala**..... 11.99
Paneer cooked in a creamy tomato makhani gravy flavoured with Indian spices topped with fresh cream. **GF**
- Paneer Tikka Masala** 11.99
Paneer Tikka cooked in the tandoor and finished with our special onion and tomato sauce. **GF**
- Kofta Korma**..... 11.99
Hand-made vegetable and paneer koftas simmered in a rich korma sauce. **GF**

MEAT MAINS

- Salmon Curry**..... 15.95
Norwegian salmon cooked in nepalese timur & mustard tomato sauce. **GF NF**
- Malabar Prawn Curry**..... 19.99
Tandoori kings prawn simmered in mustard seeds and coconut gravy. **GF**
- Butter Chicken**..... 12.99
Tandoori shredded chicken cooked in a tomato makhani gravy flavoured with Indian spices, topped with fresh cream. **GF**
- Chicken Chettinad**..... 12.99
Curry leaf and fennel seed flavoured southern Indian chicken curry. **GF NF**
- Chicken Tikka Masala** 12.99
Tandoori chicken tikka cooked with onion and tomato sauce. **GF**
- MB Dhaba Desi Chicken** 12.99
House special! Chicken cooked with garlic, ginger, onion and Indian spices. **GF NF**
- Lamb Dopiazza** 13.99
Tender lamb in a rich masala with a double dose of onions for depth and flavour. **GF NF**
- MB Lamb Rogan Josh**..... 13.99
House special! Slow cooked succulent lamb infused with Indian aromatic spices. **GF NF**
- Tandoori Lamb Chops in Rajastani Corn Sauce** 18.99
Smoked lamb chops served on a bed of aromatic corn gravy. **GF NF**
- Goan Pork Belly**..... 15.99
Braised pork belly served on a classic Vindaloo sauce. **GF NF**

TAWA - ALL IN ONE

- VEG TAWA**..... 29.99
Paneer Chapli Kebab, Hara Bhara Kabab, Paneer Tikka Masala, Bombay Aloo, Chips, Naan & Rice
- MEAT TAWA**..... 34.99
Lamb Sheek Kebab, Hariyali Tikka, Chicken Tikka Masala, Lamb Karahi, Chips, Naan & Rice

CURRY HOUSE CLASSICS

The ones your dad orders every Friday Night.

Veg/Chicken/Lamb 11.99/12.99/13.99

Pick your Style:

Bhuna - Dry thick aromatic flavour. Spices and veg or meat are fried at a high heat, creating a thick, rich, intensely flavored, and dry curry.

Madras - Spicy South Indian flavour, a curry made with a sauce of onions and tomatoes, made spicy with chili pepper and a curry powder made from a mixture of spices.

Jalfrezi - A stir-fried curry dish originating in Bengal, a spicy and tangy curry made with fresh ingredients.

Karahi - a flavorful, tomato-based curry cooked in a deep, wok-like metal pot called a karahi

BREADS

- Naan – Plain / Butter**..... 2.99
Freshly baked in the tandoor **NF**
- Naan – Garlic / Garlic Chilli**..... 2.99
With minced garlic / green chillies and a coriander sprinkle. **NF**
- Roti – Plain** **VE NF** / **Butter** **NF** 2.99
Whole wheat bread delicately charred from the tandoor
- Keema Naan** 6.99
Naan with layered minced lamb marinated with herbs and spices, finished in the tandoor. **NF**
- Peshwari Naan**..... 4.99
A naan bread with sweet creamy coconut and cashew nut filling makes the perfect side when it comes to those spicier dishes

RICE

- Plain Steamed Rice** **VE GF NF** 2.99
- Jeera Rice** **VE GF NF** 2.99
- Pulao/Lemon Rice** **GF NF** 2.99

DUM BIRYANI

Served with Raita

- Vegetable Biryani** 11.99
Slow-cooked, aromatic mixed vegetable and fragrant basmati rice cooked with Indian spices and herbs. **GF NF**
- Chicken Biryani** 12.99
Tempting and flavourful dish of chicken (on-the-bone), ginger, garlic, mint, coriander and basmati rice cooked together with Indian spices and herbs. **GF NF**
- Lamb Biryani**..... 13.99
A melange of tender lamb (on-the-bone) and fragrant basmati rice cooked together with Indian spices and herbs. **GF NF**

SIDES

- Papad Basket**..... 2.99
Fried and roasted papadum served in a basket, a perfect accompaniment to your meal.
- Raita**..... 2.99
A yoghurt and cucumber dip with seasoning. **GF NF**
- Green Salad**..... 3.50
Fresh green leaf salad with mixed vegetables.
- Saag Aloo/Bombay Aloo** 9.99
Potato cubes cooked with fresh spinach/tomato sauce and Indian spices. **GF NF**
- Tadka Daal**..... 8.99
Slow cooked yellow lentils cooked with mustard seeds and curry leaves. Can be made vegan. **GF NF**
- Daal Makhani**..... 8.99
Slow cooked black daal infused with Indian spices and herbs cooked in a creamy base. **GF NF**

