

Zaikaa

THE ART OF INDIAN FOOD

At **Zaikaa** we are passionate about great food. We aim to provide our customers with the very best Indian food and exceptional service. We are constantly trying to improve your experience and would appreciate any feedback that you may have to help us achieve this, so let us know what you think either via email or phone: manager.zaikaa@gmail.com or 01992 575 122

Our professional skills lie in the balancing and blending of spices, and this is what **Zaikaa** want to share with you. Taste the Real Indian food.

Bon Appetit....
The Zaikaa team

FOOD ALLERGIES AND INTOLERANCES

Before ordering please speak to our staff about your requirements.



01992 575 122

starters

Papadom Plain or Spicy	£0.90
Pickle Tray per portion £0.90	£3.60
Onion Bhaji Sliced onion mixed with spices, deep fried	£4.50
Samosa Meat or Vegetable Parcels of lamb or vegetable fried in crispy light golden pastry	£4.50
Aloo Ki Tikki Shallow fried potato pancakes with ginger and peas	£4.50
Chicken or Lamb Tikka Succulent pieces of meat marinated in yoghurt and spices, grilled in the clay oven	£5.25
Tandoori Chicken (on the bone) Chicken marinated in special blend of medium spices and barbecued over charcoal	£5.25
Sheek Kebab Spicy mince lamb mixed with coriander and onions, grilled in a clay oven on skewers	£5.25
Shami Kebab Spicy mince lamb mixed with coriander and onions, fried in a pan, served with salad	£5.25
Reshmi Kebab Spicy mince lamb mixed with coriander and onions, fried and wrapped with omelette	£5.95
Chilli Paneer Pieces of Indian cheese cooked in a medium tangy sauce	£5.25
Chilli Prawn Prawn garnished with red onions, tomatoes, green chilli and greek yoghurt	£5.50
Fried Squid Crispy squid rings stir fried with red onion, capsicum and tamarind sauce	£5.95
Chicken Tenga Mari Chicken tikka with tamarind based tangy sauce, chopped onion and capsicum	£5.95
Mumbai Style Duck Tikka In a melange of tandoori spices	£5.95
Lamb Cutlets Char-grilled spices lamb cutlets marinated in yoghurt with black pepper and ginger	£7.50
Salmon Tikka Fresh salmon in a medly light spices flavoured with lime leaf and dill, accompanied with spiced yoghurt	£6.95
Tiger Prawn Pepper Fry Fresh crisp tiger prawn tossed in a peppery Malabar coast masala	£6.95
Vegetable Platter Aloo tikki, onion bhaji, paneer tikka, vegetable samosa	£6.50
Meat Platter Lamb chop, chicken tikka, sheek kebab and meat samosa	£7.50
Fresh Water King Prawns Dusted with garlic and coriander, then barbecued to perfection	£6.95
King Prawn Puri King prawns cooked to a sweet and sour flavoured, served on a deep fried "puri" bread base	£7.50

tandoori and grills

These dishes are served with chutney and special salad

Paneer Shashlik £8.95
Curd cheese marinated in mild spices, cooked on skewer in the clay oven with capsicum, onions and tomatoes

Chicken or Lamb Tikka £10.50

Tandoori Chicken (Half) £10.50

Chicken or Lamb Shashlik £11.95
Chicken or lamb marinated in freshly ground aromatic herbs and spices, barbecued with onions, capsicum and tomatoes

Lamb Cutlets £14.95
Marinated with fresh ginger and traditional spices cooked on a char-grill

Wild Duck Shashlik £12.95
Marinated pieces of duck breast grilled with onion, capsicum and tomatoes

Tandoori Mixed Grill £14.95
An assortment platter of lamb cutlet, tandoori king prawn, salmon tikka and tandoori chicken

Tandoori King Prawn £15.95
Whole prawns marinated in spices, grilled in the clay oven

Salmon Shashlik £15.95
Marinated pieces of salmon grilled with onion, capsicum and tomatoes

King Prawn Shashlik £16.95
Marinated king prawn with onion, capsicum and tomatoes

house specials Served with rice

Maska Chicken £14.95
Chef's own recipe cooked with mince meat, spinach, cheese, herbs and spices

Rezalla Chicken £14.95
With minced meat, garlic, ginger, green pepper and tomatoes, fairly hot

Chicken Tenga Mari £14.95
Chicken tikka with tamarind based tangy sauce, chopped onion and capsicum, served with naan.

Bangalore Chicken £14.95
Strips of chicken breast cooked with honey and coconut in a spicy sauce with a hint of cream

Curry Lababdar Chicken or Lamb £14.95
A south Indian home style curry with fresh coconut, ginger and sweet sauce

Lamb Sukka Fried onion with tangy sauce £14.95

Chicken Pistachio Paneer Masala £14.95
Marinated pieces of chicken cooked with traditionally prepared sauce, freshly ground pistachio nuts, green chillis, served in a creamy slightly hot sauce and yoghurt

King Prawn Pistachio Paneer Masala £17.95
As above with king prawn

Zaikaa Special King Prawn £17.95
Jumbo prawns cooked in onions, tomato masala with crushed black pepper

King Prawn Peri Peri £17.95
Jumbo prawns cooked in hot and sweet sauce

Kerela Style Black Tiger Prawns £15.95
In a traditional south Indian sauce with curry leaves and coconut oil served with a mixed leaf salad and raitha

Shahi Duck Angori £15.50
Cooked with fresh coriander, garlic, onion, pepper and chef special medium dry sauce

Duck Razeswala Chef's special recipe £15.50

Sea Bass Fillets £15.50
Fried sea bass with medium bhuna style sauce

Special Salmon Bhuna £15.95
Cooked in bhuna style sauce with fresh coriander, garlic and onion

Salmon Masala £15.95
Boneless salmon cooked in a special masala sauce and spices

Lamb Chop Muhiti £16.95
Pieces of lamb chops cooked in a chef's special sauces

old time favourites

Please select from the following

Chicken Tikka	£11.50
Lamb Tikka	£12.50
Prawn	£10.95
King Prawn	£15.95
Vegetable or Paneer	£8.95

Masala

Cooked in special masala sauce and spices

Jalfrezi

Cooked in a specially prepared aromatic sauce, garnished with onion, capsicum and green chillies

Pasanda

Simmered in a sauce of almond and cashew nut, finished with a dash of cream

Korai

Moghul speciality cooked in a skillet with medium spices, spring onion, capsicums and tomatoes

Makhani

Cooked in a rich creamy sauce

Balti

Cooked with special herbs, fresh tomatoes in medium spicy sauce

Garlic Chilli Masala

Cooked with ginger, garlic, green pepper, fried green chillies & coriander, cooked to a sour spice taste.

traditional dishes

Please select from the following

Chicken	£10.95
Lamb	£11.50
Prawn	£9.95
Chicken or Lamb Tikka	£11.95
King Prawn	£14.95
Vegetable or Paneer	£7.95

Korma

A mild sweet dish cooked with ground almond and coconut in a creamy sauce

Curry

Medium strength and lightly spiced with thick gravy

Madras

Fairly hot dish, lightly spiced

Vindaloo

A very hot dish cooked with potatoes

Bhuna

Medium spicy, well cooked with thick gravy and tomatoes

Dansak

Slightly hot, sweet and sour with lentils and herbs

Rogan Josh

A medium dish cooked with herbs, plump tomatoes and spring onions in thick gravy sauce

Saag

Medium spiced, cooked with baby spinach

Pathia

A sweet, sour and slightly hot dish

Dupiaza

Medium spicy with Chunky pieces of onion cooked with fresh coriander garlic and ginger.

biryani

Biryani dishes are stir-fried with basmati rice in aromatic spices and ghee together with tomatoes, onion and garlic, served with chef's special sauce

Chicken	£12.95
Lamb	£13.95
Tikka (Chicken or Lamb)	£14.95
Vegetable	£10.95
Prawn	£12.50
King Prawn	£16.95
Mix Biryani	£15.95

Cooked with chicken, lamb and king prawn

vegetable side dish

Spicy Egg Plant	£5.25
------------------------	--------------

Baby aubergine cooked with ripe tomatoes and kalonji seeds

Khumb Matar	£5.25
--------------------	--------------

Chick peas, mushrooms and spinach pan fried in lightly spiced sauce

Wild Mushroom Stir Fry	£5.25
-------------------------------	--------------

Stir-Fried Spinach & Sweet Pumpkin	£5.25
---	--------------

With garlic and coriander

Gujrati Koddu	£5.25
----------------------	--------------

Red pumpkin sautéed with fennel and onion seeds

Cauliflower with Mustard	£5.25
---------------------------------	--------------

Cooked in mild spices with whole black mustard seeds

Saag Bhaji	£5.25
-------------------	--------------

Fresh spinach cooked with onion and garlic

Bombay Aloo	£5.25
--------------------	--------------

Potatoes sautéed in mild spices, then slowly cooked in the oven until soft and fluffy

Bindi Masala	£5.25
---------------------	--------------

Fresh okra fried in a blend of mild masala spices in light onion based sauce

Saag Paneer	£5.25
--------------------	--------------

Spinach cooked with curd cheese

Tarka Dhal	£5.25
-------------------	--------------

Lentils cooked with garlic and fresh herbs

Vegetable Curry	£5.25
------------------------	--------------

Mixed vegetable cooked in a thick gravy sauce

Saag Aloo	£5.25
------------------	--------------

Spinach cooked with potatoes

Chana Masala	£5.25
---------------------	--------------

Chick peas cooked with onion coriander and garlic.

Hyderabadi Salad	£5.25
-------------------------	--------------

With mixed leaf and fruits drizzled with roasted pine nuts, honey and mango dressing



accompaniments

rice

Steamed Basmati Rice	£3.25
Saffron Flavoured Basmati Rice	£3.95
Darjeeling Style Egg Fried Rice	£4.95
Lemon Rice with Cashew Nut	£4.95
Stir-Fried Mushroom Rice	£4.95
Oriental Rice with Prawns	£4.95
Keema Rice	£4.95
Coconut Rice	£4.95

bread

Plain Naan	£2.95
Vegetable Naan	£3.95
Cheese & Chilli Naan	£3.95
Garlic Naan	£3.95
Peshwari Naan	£3.95
Keema Naan	£3.95
Roti	£3.95
Paratha	£3.95
Chapati	£2.95
Chips	£2.95



Zaikaa

THE ART OF INDIAN FOOD

Sunday Banquet

Open from 4pm to 11pm

£16.95*

Wednesday Banquet

From 5:30pm to 11:30pm

£16.95*

Starter:

Choice of any Starter

(King Prawn, Lamb Cutlet or any Fish dishes please add £2.95)

Main:

Choice of any Main Dish

(For House Specials, King Prawn, Lamb Cutlet or any Fish dishes please add £3.95)

Side Dish:

Choice of any Veg Side Dish

Sundries:

Rice or Nan



201 High Street, Epping, Essex CM16 4BL

Opening Hours

Open 7 days a week from 5:30pm to 11:30pm

including Bank Holidays

Sunday: 4pm to 11pm

- . We can cook any dish of your choice not listed on this menu at your request
- . We cannot guarantee that all our dishes are 100% free from nuts or their derivatives, so please ask while placing your order
- . All major credit and debit cards accepted. We do not accept cheque payment
- . The management reserves the right of admission
- . Free from colours and artificial preservatives
- . All prices are inclusive of VAT



01992 575 122
www.zaikaa.co.uk