

INDIAN CUISINE

India's rich tradition of cuisine is like no other in the world.

The royal kitchens of the courts of the Mughal Emperors, raised cooking to an art form.

The royals and aristocrats of the 15th and 18th century fused their legacy with the indigenous culinary traditions nurtured by Vedic and Aryan people. The cuisine was richly influenced by the tastes of Arabia, Persia, Afghanistan and Turkish nations.

The Maharajas of India were the patrons of music, art and cuisine. The cuisine, combining the Muslim Mughal cooking with India's historic foods, paved the way for a new definition of fine gourmet dining.

The India of today is most famous for the characteristic aroma and taste of its Indian food.

Today, one can enjoy traditional historic dishes along with our favourite cuisines thanks to those who left us with a rich legacy.



WIFI DETAILS

Network name: **Coriander Lounge**

Log in with either: Facebook, Twitter or Email

If you suffer from a food allergy or intolerance, please inform a staff member upon placing your order. Every care is taken when preparing orders with specific allergen requirements, however please be aware cross contamination can occur.

PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THE FOLLOWING INGREDIENTS:
MILK, EGGS, WHEAT, SOY BEANS, PEANUTS, TREENUTS, FISH AND SHELLFISH

WELCOME TO CORIANDER LOUNGE

CHEF'S PROMISE



Dear Guest,

Cooking has always been my passion. Ever since I was a young boy living in Calcutta, I have always had enthusiasm to cook delicious food using timeless classic flavours and techniques. My aim is to please people around me with my creative and innovative recipes.

My challenge to you is that the culinary delights I am offering will pamper the taste buds to your complete satisfaction, if they fail to do so I will be happy to offer you either an alternative or a full refund for that dish. This is my **promise**.

If you require a particular dish that is not mentioned on this menu or prefer a slight variation of an existing dish, please do not hesitate to ask our staff and we will do utmost to create it for you.

I hope you enjoy your meal and above all your visit to Coriander

SAIFUDDIN - Chef for Coriander Lounge

CORIANDER LOUNGE – 4TH FEBRUARY 2010

Why did we name this restaurant Coriander Lounge?

Coriander also called Cilantro is the most basic and common ingredient of any Indian Cuisine. Not only does coriander give a refreshing taste to any curry, but it has many medicinal advantages which strengthen the immune system, stimulates the appetite and enhances the flavour of any dish. For these reasons we adopted the name 'Coriander Lounge' and we aspire to reflect these benefits in our restaurant in terms of service, quality, hygiene, cleanliness and most importantly the locally sourced fresh ingredients.

THE MANAGEMENT AND OWNERS

SHABBER AND MUJIB

Having many years of restaurant experience serving customers, Shabber and Mujib take pride in delivering high quality service to their guests. Their priority is that their customers have a memorable and pleasurable occasion at Coriander Lounge. They aspire to bring a fine dining experience with affordable prices within the locality of Southampton. They hope their customers feel that they have been treated by themselves and their staff with courtesy and respect. However, if we have not succeeded in meeting your expectations please inform one of our team, who will do everything possible to rectify any problems.

STARTERS

A LA CARTE STARTERS ~ SERVED WITH SALAD

Chicken Mungphalli Ke Chole 🥜 🥛	£7.75
Chicken marinated in peanuts, selected spices and curry leaves, cooked in a tandoori oven	
Chicken Chat	£7.50
Boneless chicken stir fried with special chat masala powder, ketchup and coriander	
Potli Kebab 🥛	£8.15
Selected spices mixed with minced lamb, stuffed inside chicken breast, baked in a clay oven	
Chicken Tikka 🥛	£7.45
Chicken marinated with yogurt, spices and herbs, baked in a Tandoori oven	
Lamb Tikka 🥛	£7.60
Lamb marinated with yogurt, spices and herbs, baked in a Tandoori oven	
Tandoori Lamb Chops 🥛	£9.40
Lamb chops marinated with yogurt and selected spices, then baked in a Tandoori oven	
Lamb Samosa 🌾	£5.65
Triangular pastry stuffed with a blend of minced lamb and mild spices	
Seekh Kebab 🍳	£7.25
Minced meat cooked with selected spices and herbs, baked in a Tandoori oven	
Mixed Kebab 🥛 🍳	£7.85
Combination of Shami Kebab, Seekh Kebab, Onion Bhaji, Chicken and Lamb Tikka	
Tandoori Salmon Tikka 🥛	£9.40
Salmon marinated in herbs, roasted gram flour and spices, baked in a Tandoori oven	
Tandoori Mackerel 🥛	£8.65
Mackerel marinated in selected spices and roasted gram flour, barbecued in a Tandoori oven	
Jhinga Chat	£9.50
King prawns stir fried with special chat masala powder, ketchup and coriander	
Bhatti Prawns 🥛	£9.50
King prawns marinated with yogurt, fresh coriander and mustard, baked in a Tandoori oven	

Garlic Fried Prawns 🌶️

Prawns marinated with corn flour, crushed peppercorns and lime juice, deep fried and then stir fried with garlic sauce

£8.15

Bhoona Prawn Puri 🥛 🌾

Prawns cooked in a medium spice sauce, served on a deep fried pancake

£8.15

Crab Cake 🥚 🌾

Crabmeat sautéed with spices, coriander, coated with breadcrumbs and deep fried

£8.15

VEGETARIAN À LA CARTE STARTERS ~ SERVED WITH SALAD

Tawa Tikki 🥛

Lightly spiced pan fried potato cake served with tamarind sauce on a bed of chickpeas

£6.55

Pannier Tikka 🥛

Cubes of cottage cheese cooked in a clay oven with peppers, tomato and onion

£6.55

Vegetable Samosa 🌾

Triangular pastry stuffed with a blend of fresh vegetables and mild spices

£5.55

Chot Potia 🌶️ 🥛

Chickpeas cooked with a blend of spices, tamarind, green chillies and coriander

£5.60

Onion Bhaji 🥚

Sliced onions mixed with light spices, herbs and gram flour and deep fried

£5.50

Aloo Cheese Tikki 🥚 🥛 🌾

Mashed potato balls with traditional spices, brie and roasted cashew nuts and deep fried

£6.55

MAIN COURSES

POULTRY

Chicken Korma (Mild) 🥥🥛

£12.40

Tender boneless chicken cooked in a special mild and creamy sauce with subtle spices

Chicken Madras 🔥

£12.40

Fairly hot chicken curry with ginger and garlic - a traditional South Indian dish

Jalandhari Chicken 🥥🥛

£12.40

Tender chicken cooked with blended cashew nuts, garlic and mixed peppers in a medium spicy sauce

Chicken Rogan Josh

£12.40

Tender fillets of chicken cooked with tomatoes and onions in our own blended sauce

DUCK

Tamarind Duck 🔥🥛

£14.70

Pieces of tender duck lightly cooked in a Tandoori oven, stir fried with tamarind sauce and roasted spices to give a spicy sweet and sour taste

Batak Tikka Jalfrezey 🔥🔥🥛

£14.70

Duck grilled in Tandoor and this duck tikka cooked with ginger, garlic, green peppers and fresh green chillies in our own blended sauce

LAMB

Lamb Korma 🥥🥛

£12.55

Tender boneless lamb cooked in a special mild and creamy sauce with subtle spices

Lamb Rogan Josh

£12.75

Lamb cooked with tomatoes and onions in our special blended curry sauce

Lamb Madras 🔥

£12.75

Lamb cooked in a fairly hot curry sauce with ginger and garlic

Jalandhari Lamb 🥥🥛

£12.75

Lamb cooked with blended cashew nuts, garlic and mixed peppers in a medium spicy sauce

BEEF

Beef Jalfrezey 🌶️🌶️

Pieces of prime beef cooked with ginger, garlic, green peppers and fresh green chillies

£14.00

Dum Ka Beef

Beef cooked with Indian makhani sauce, own blended brown sauce and selected spices

£14.25

Beef Nijami 🥛

Beef cooked in a medium sauce with traditional spices, topped with creamy coconut sauce

£14.25

FISH

Masala Sea Bass

Crunchy spicy sea bass fillet on spinach and mushrooms

£16.10

Coriander Monkfish 🥜🥛

Monkfish cooked with blended cashew nuts, coconut milk, mustard and coriander in a mild sauce

£16.10

SEAFOOD

Jhinga Bhoona

A stir fried dry distinctive combination of king prawns, tomatoes, onions and spices

£16.25

Jhinga Salan 🌶️

King prawns cooked with fresh tomatoes, capsicum and onions in chilli sauce

£16.25

Jhinga Palak

Diced king prawns cooked with selected herbs, spices and spinach

£16.25

Prawn Madras 🌶️

Tender tiger prawns cooked with garlic and ginger - a fairly hot traditional dish

£13.75

CORIANDER LOUNGE SPECIALS

Coriander Chicken 🌶️ 🥛 £12.95

Tender pieces of chicken cooked with green chillies, coriander, selected herbs and spices

Butter Chicken 🥜 🥛 £12.95

Chicken cooked with butter, cream, blended cashew nuts, tomatoes and selected spices

Chicken Jalfrezy 🌶️ 🌶️ £12.75

Chicken cooked with green chillies and capsicum in own blended spicy gravy

Chicken Tikka Jalfrezy 🌶️ 🌶️ 🥛 £12.95

Chicken tikka cooked with green chillies and capsicum in own blended spicy gravy

Chicken Lal Mirch 🌶️ 🌶️ 🥛 £12.95

Shredded Tandoori Chicken cooked in hot spicy sauce and topped with chillies and garlic.

May contain trace of bones

Chicken Nijami 🥛 £12.95

Chicken pieces cooked in a medium sauce with spices,
topped with creamy coconut sauce

Chicken Pasanda 🥜 🥛 £12.95

Tender chicken cooked in a special spicy cream sauce with almonds

Lamb Pasanda 🥜 🥛 £13.10

Tender lamb cooked in a special spicy cream sauce with almonds

Lamb Chettinad £13.10

Lamb with coconut, star anise, red chilli and crushed peppercorn in a medium hot sauce

Sally Lamb £13.10

Lamb cooked with dried apricots in a spicy masala sauce.

Topped with crisp straw potatoes

Bhatti Prawn Jalfrezy 🌶️ 🌶️ 🥛 £16.40

King prawns skewered in a Tandoori oven and cooked in spicy hot jalfrezy sauce

THALI DISHES AVAILABLE SUNDAY TO THURSDAY

Vegetable Thali 🥛 🌾 🥚 £16.50

Selection of Mushroom Bhaji, Bombay Aloo, Chana Saag, Tadka Dal,
Rice and Mini Naan

Chicken Thali 🥛 🌾 🥚 £17.50

Selection of Chicken Tikka, Chicken Jalfrezy, Chicken Bhoona, Chicken Dhansak,
Rice and Mini Naan

Lamb Thali 🥛 🌾 🥚 £18.85

Selection of Lamb Tikka, Lamb Jalfrezy, Lamb Bhoona, Lamb Dhansak,
Rice and Mini Naan

Coriander Special Thali 🥛 🌾 🥚 £19.90

Lamb Bhoona, Chicken Jalfrezy, Jhinga Dhansak, Saag Aloo, Rice and Mini Naan

CHEFS SPECIALS

Garlic Chilli Chicken 🌶️🌶️🥛

£12.95

Boneless chicken pieces cooked in hot spicy chilli sauce and roasted with fresh garlic

Tamarind Chicken 🌶️🥛

£12.95

Chicken barbecued in a Tandoori oven and cooked with a blend of chillies, garlic, tamarind, tomatoes and mustard seeds to give a sweet and sour flavour

Chicken Xacutti 🌰🌶️

£12.95

Whole dry roasted spices, ground to a fine paste and cooked with tender pieces of chicken

Chicken Nawabi 🌶️

£12.95

Chicken breasts marinated with selected spices, grilled in a Tandoori oven and cooked with a medium spicy sauce with jalapenos. Garnished with crispy fried onions

Mango Chicken 🥛

£12.95

Chicken marinated in selected herbs and spices, cooked in a mango based fruit sauce

Ginger Duck 🥛

£15.10

Pieces of tender duck lightly grilled in a Tandoori oven and then cooked with ginger, selected herbs and spices in our own blended sauce

Dum Ki Nalli 🥛

£15.10

Slow cooked lamb shank on the bone with an assortment of spices in our own blended sauce

Kashmiri Lamb 🥛

£13.00

Succulent lamb cooked with spices, yogurt, onions and tomato with a hint of fennel seeds

Ghosh Kalimirch

£13.00

Tender pieces of lamb sautéed with herbs and spices, cooked with crushed black peppercorns

Palak Ghosh

£13.00

Lamb cooked with spinach, onions and spices for its unique taste in our own blended sauce

Tangy Jhinga

£16.60

Tandoori king prawns cooked with diced peppers in a rich tangy sauce

Mustard Prawns

£13.50

Tiger prawns cooked with mustard seeds, onions, garlic, cumin seeds and lemon juice

Methi Machli

£16.00

Fried seabass fillet tempered with aromatic spices, cooked with fenugreek in a special house sauce

BIRIANI DISHES

Vegetable Biriani 🌱🥛

£12.75

Seasonal vegetables, basmati rice, cardamom, cinnamon, bay leaf, sultanas, roasted cashew nuts and saffron cooked together at low heat

Chicken Biriani 🌱🥛🥚

£16.10

Chicken, basmati rice, cardamom, cinnamon, bay leaf, sultanas, roasted cashew nuts and saffron cooked together at low heat and garnished with egg

Lamb Biriani 🌱🥛🥚

£16.50

Lamb, basmati rice, cardamom, cinnamon, bay leaf, sultanas, roasted cashew nuts and saffron cooked together at low heat and garnished with egg

Chicken Tikka Biriani 🌱🔥🥛🥚

£16.50

Tandoori chicken, basmati rice, cardamom, cinnamon, bay leaf, apricots, sultanas, roasted cashew nuts and saffron cooked together at low heat and garnished with egg

Coriander Special Biriani 🌱🥛🥚

£16.80

Combination of chicken, lamb and prawn, basmati rice, cardamom, cinnamon, bay leaf, roasted cashew nuts and saffron cooked together at low heat and garnished with egg

TANDOORI DISHES

Tandoori Chicken 🥛

£12.00

Succulent pieces of marinated chicken on the bone baked in a Tandoori oven

Chicken Tikka 🥛

£12.00

Tender pieces of boneless chicken marinated, baked in a Tandoori oven

Lamb Tikka 🥛

£12.30

Tender pieces of boneless lamb marinated, baked in a Tandoori oven

Chicken Shaslik 🥛

£13.95

Chicken skewered with onion, tomato, capsicum and baked in a Tandoori oven

Lamb Shaslik 🥛

£14.75

Lamb skewered with onion, tomato, capsicum and baked in a Tandoori oven

Tandoori Salmon Tikka 🥛

£16.30

Filletted salmon marinated in herbs and spices, baked in a Tandoori oven

Jhinga Ajwaini 🥛

£16.30

King prawns marinated with yogurt, ginger and carom and baked in a Tandoori oven

TANDOORI MASALA

Chicken Tikka Masala (Mild) 🌱🥛

£12.75

Marinated chicken barbecued, then cooked in a masala sauce with almond powder

Batak Tikka Masala (Mild) 🌱🥛

£15.20

Duck marinated, baked in a clay pot, prepared in a masala sauce with almond powder

Lamb Tikka Masala (Mild) 🌱🥛

£13.85

Tender lamb marinated, barbecued, cooked in a masala sauce with almond powder

Bhatti Jhinga Masala (Mild) 🌱🥛

£16.50

Grilled king prawns with almond powder, cooked in a masala sauce

KARAI DISHES

Chicken Karai	£12.75
Chicken tossed in the karai, cooked with onions, ginger, garlic and capsicum	
Lamb Karai	£13.50
Lamb tossed in the karai, cooked with onions, ginger, garlic and capsicum	
Duck Tikka Karai 🍗	£15.00
Tender pieces of duck tikka cooked in the karai with onions, ginger, garlic and capsicum	
Beef Karai	£14.25
Tender pieces of beef tossed in the karai, cooked with onions, ginger, garlic and capsicum	
Jhinga Karai	£16.55
King prawns, ginger, garlic, onions and capsicum cooked in the karai	

PARSI DISHES ~ SERVED WITH EITHER PILAU OR BOILED RICE

Chicken Dhansak 🌶️	£16.25
A sweet and sour hot chicken curry cooked with lentils and fenugreek leaves	
Lamb Dhansak 🌶️	£16.40
A sweet and sour hot lamb curry cooked with lentils and fenugreek leaves	
Jhinga Dhansak 🌶️	£16.50
A sweet and sour hot king prawn curry cooked with lentils and fenugreek leaves	
Chicken Pathia	£16.25
A spiced dish cooked in an enriched, thick sauce for a sweet and sour taste	
Lamb Pathia	£16.25
A spiced dish cooked in an enriched, thick sauce for a sweet and sour taste	
Jhinga Pathia	£17.45
King prawn dish spiced and cooked in a thick sauce for a sweet and sour taste	

VEGETARIAN MAIN COURSES

Pannier aur Makai Bhurjee 🍗	£10.70
Corn and cottage cheese cooked with onions, tomato and selected spices	
Saag Mushrooms 🍄	£10.70
Spinach and sliced button mushrooms fried with onions, ginger, garlic and selected spices	
Delhi Dal Makhani 🍲 🍗	£10.70
Black gram beans, red kidney beans cooked together tomatoes and fresh ginger all blended into a thick rich sauce	
Garlic Chilli Paneer 🍗 🌶️	£10.70
Indian cottage cheese sautéed in a pan with traditional spices with fresh green chillies and garlic	
Malai Kofta 🍲 🍗	£10.70
Potato and cottage cheese mixed with blended cashew nuts, selected herbs and spices. Served in a creamy, medium spicy sauce	
Saag Pannier 🍗	£10.70
Spinach and cottage cheese cooked in a medium spiced sauce with cream, garlic, onions, selected herbs and spices	
Sabzi Karai	£10.70
Vegetables tossed in the karai, cooked with onions, ginger, garlic and capsicum	
Tadka Daal	£10.70
Yellow split Pigeon peas and red lentils cooked together with different spices and sautéed with garlic and green chillies	
Brinjal Daal	£10.70
A South Indian delicacy, where aubergine is cooked with yellow split Pigeon peas, red lentils and different spices to make an awesome blend to bring the best savour	

🌶️ - Hot 🍲 - Nuts 🍷 - Wheat 🍳 - Eggs 🍗 - Dairy

VEGETABLE SIDE DISHES

We can serve these side dishes as a main course, ask the management for details

Bombay Aloo ~ hot spicy potato	£6.30
Saag Aloo ~ potato and spinach	£6.30
Aloo Gobi ~ potato and cauliflower	£6.30
Tadka Dal ~ lentils and garlic	£6.30
Zeera Aloo ~ sautéed potato in cumin and fresh coriander	£6.30
Saag Bhaji ~ spinach	£6.30
Bhindi Bhaji ~ okra	£6.30
Brinjal Bhaji ~ aubergine	£6.30
Aloo Chana ~ potato and chickpeas	£6.30
Mushroom Bhaji ~ mushrooms	£6.30
Mixed Vegetables ~ mixed seasonal vegetables (Dry)	£6.30
Chana Masala ~ chickpeas	£6.30

RICE

Pilau Rice 🍚	£4.15
Plain Rice	£4.10
Egg Fried Rice 🍳 🍚	£4.50
Mushroom Fried Rice 🍄 🍚	£4.50

SPECIALISED RICE AVAILABLE SUNDAY TO THURSDAY

Vegetable Rice 🍚	£4.95
Tomato Rice/Lemon Rice	£4.95
Zeera Rice	£4.95
Garlic Rice	£4.95
Coconut Rice	£4.95
Onion Rice	£4.95

BREAD

Plain Naan 🍞 🌾	£3.95
Keema Naan 🍞 🌾 🍖	£4.95
Peshwari Naan 🍞 🌾 🍌 🍯	£4.95
Garlic Naan 🍞 🌾 🧄	£4.95
Chilli Naan 🍞 🌾 🌶️	£4.95
Chapathi 🍞 🌾	£2.90
Paratha 🍞 🌾	£4.95

SUNDRIES

Cucumber Raitha 🥒 🍶	£2.30
Dhai (Plain Yogurt) 🍶	£1.55
Green Salad	£2.45
Plain Popodum with Chutneys	£2.00
Masala Popodum with Chutneys	£2.00
Lime Pickle	£1.50

KIDS MENU

Chicken Tikka Pieces 🍗 🍶	£7.90
Bite size pieces of chicken tikka served with French fries	
Chicken Korma 🍗 🍲	£8.35
Served with choice of either French fries or boiled rice	
Chicken Bites or Fish Fingers 🍗 🐟	£7.90
100% chicken breast bites or 100% cod fillet fish fingers, served with French fries	

🌶️ - Hot 🌰 - Nuts 🌾 - Wheat 🍳 - Eggs 🍶 - Dairy

KURGEE LAMB £97.95

Whole leg of lamb marinated for several hours
in selected herbs and spices
and roasted to perfection ~ Served with rice

24 Hours notice required

EVENING BUFFET

AVAILABLE EVERYDAY UPON REQUEST

Selection of 4 starters, 4 main courses and 2 vegetable side
dishes with rice, naan and desserts.

For parties of 12 or more.

OUTSIDE CATERING

Whether it is an Anniversary, Birthday, Christening,
Engagement, Retirement, Cocktail Party or simply a Special
Celebration, we are here to help!

We will offer a personalised service and guide you from your
initial enquiry to the day of the event
– please ask for more details

ALL MAJOR CREDIT CARDS ACCEPTED
WE DO NOT ACCEPT PERSONAL CHEQUES
WE RESERVE THE RIGHT OF NO AVAILABILITY

If you suffer from a food allergy or intolerance, please inform a staff member upon placing your order.

PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THE FOLLOWING INGREDIENTS:
MILK, EGGS, WHEAT, SOY BEANS, PEANUTS, TREENUTS, FISH AND SHELLFISH