



# Jewels

## Take Away Menu

*Including  
Healthy  
Option  
Dishes*

Telephone:

**023 8046 6400 or 023 8046 2400**

**[www.jewelsrestaurant.co.uk](http://www.jewelsrestaurant.co.uk)**

**15% Discount on all Takeaway Meals**

**ON ORDERS OVER £10**

Card payments are accepted for purchases of £10 or more.

## LET US CHANGE YOUR PERCEPTION OF INDIAN FOOD.

We welcome you to Jewels and sincerely hope you enjoy your experience with us. Should you require a dish not shown on the menu please ask a member of staff and we will do our best to prepare it for you.

### ABOUT US

A top quality Bangladeshi and Indian cuisine restaurant with a good local reputation. We use only the freshest quality ingredients which ensure that our dishes retain maximum flavour. We look forward to welcoming all customers to our establishment.

### THE PERFECT VENUE

We are able to host any special occasion, party, celebration or business conference at our restaurant. Please ask to see the manager who will discuss your requirements and provide options to suit your budget.





## HEALTHY OPTIONS



Many of our dishes can be adapted to be cooked healthily. We do this by not adding any additional oil and by using frylight spray instead. We also use sweetener to replace sugar in sweeter dishes. We have many customers who attend weight-loss groups who regularly ask for a 'healthy-option' dish or two, and they successfully lose weight whilst still being able to enjoy a healthy meal!

All healthy-option meals that can be adapted have a heart symbol to the left hand side on our menu - remember to state 'healthy option' when ordering please.

*For a healthy start - look for the heart* 

We were the first Indian restaurant to offer Healthy option choices in Southampton and we'd like to think we're still the best, as we get told this regularly by our loyal slimming customers!

## IMPORTANT

### Nut / Gluten Allergies

Some of our meals may contain nuts or nut derivatives. If you are in doubt, please consult your waiter who will be pleased to advise you. Whilst we take every precaution concerning nut / gluten allergies, we CANNOT guarantee a dish to be 100% nut / gluten free due to outsourced ingredients beyond our control, however, most of our dishes are gluten-free. Please consult the manager for advice.

 = Suitable for Vegetarians and Vegans


**We do not use artificial flavouring in our food.**

### Chicken

Unless stated, all chicken used is breast fillet. Although we make every effort to ensure no bones remain, please be aware that on occasion some bone may be present.

## STARTERS

- ♥ **CHICKEN OR LAMB TIKKA** (Medium or hot) **£8.95**  
Boneless chicken or lamb dices marinated in yoghurt and cooked in the tandoori oven. (Hot option doused in Peri-Peri sauce).
- ♥ **CHICKEN OR LAMB CHAT** **£9.95**  
Boneless shredded chicken or lamb in a very slightly spicy chat masala sauce.
- ♥ **JHINGA CHAT** **£10.95**  
Jumbo tiger prawns in a slightly spicy chat masala sauce.
- ♥ **GARLIC CHILLI PRAWNS OR CHICKEN** **£10.95**  
Premium tiger prawns or chicken cooked with fresh garlic and tossed in chilli sauce.
- ♥ **GARLIC MUSHROOMS** **£8.50**  
Pieces of fresh chopped mushroom fried in butter with herbs and chopped garlic. (Healthy option in Fry-light)
- ♥ **SALMON TIKKA** **£10.95**  
Fillet of salmon grilled in the tandoori oven. Served with onions and green peppers.
- ONION BHAJI (4 PIECES)** **£7.95**  
Crispy shredded onion balls deep fried, served with mint yoghurt chutney.
- LAMB OR VEGETABLE SAMOSA (3 PIECES)** **£6.95**  
Triangular pastry filled with minced lamb or vegetables and mild spices.
- MIXED KEBAB** **£11.95**  
A classic combination of sheek kebab, shami Kebab, onion bhaji, chicken tikka and lamb tikka.
- SHEEK KEBAB** **£9.95**  
Finest lamb mince, mixed with onions and spices, then cooked in the tandoori oven. Served with salad.

	<b>TANDOORI CHICKEN</b> 1/4 piece chicken marinated in yoghurt and spices then cooked in the tandoori oven.. Served with salad.	<b>£8.95</b>
	<b>TIGER PRAWN PURI</b> Jumbo tiger prawns in a medium spiced sauce served on a savoury pancake base.	<b>£11.95</b>
	<b>CRISPY FISHCAKES (2 PIECES)</b> Selected fillets of fish encased in a crispy coating - served with a salad garnish and tartare sauce.	<b>£9.95</b>
	<b>HONEY CHICKEN</b> Chicken pieces served with honey, tamarind and chilli sauce dip and salad.	<b>£9.50</b>
	<b>INDIAN COMBI (FOR TWO)</b> Meat Samosa (2 pieces) • Vegetable Samosa (2 pieces) Onion Bhaji (2 pieces) • Chicken Tikka (6 pieces) Sheek Kebab (2 pieces)	<b>£21.95</b>



*Remember.....  
dishes marked with  
a '♥' symbol can be  
cooked as a ...  
'Healthy Option!*

*Please mention when  
ordering!*

**15% Discount on all Takeaway Meals  
ON ORDERS OVER £10**

# TANDOORI CHICKEN TIKKA OR TENDER LAMB

*Marinated chicken tikka breast or tender lamb coated in a variety of spices and sauce to create your chosen dish.*

♥ **JALFREZI** **£15.95**  
Cooked with fresh green chillies, ginger, peppers, onions and selected ground spices with a hint of lime. Chilli hot.

♥ **ZAFRINE MASALA** **£15.95**  
A unique combination of masala and bhuna sauces resulting in an array of flavours. Medium.

♥ **MASALA** **£15.95**  
Cooked in masala yoghurt sauce with garlic, ginger and coriander paste with coconut. Mild.

♥ **SAG** **£15.95**  
Cooked with onions, fresh tomatoes, green peppers and spinach. Medium.

**PESHWARI CHICKEN OR LAMB** **£15.95**  
Cooked with coconut and fresh cream in a masala strength sauce. Mild.

**BUTTER TIKKA** **£15.95**  
Tikka cooked with butter, tomato pulp, yoghurt and fresh cream. Mild.




## TANDOORI SPECIALITIES

*Tandoori is a barrel shaped open charcoal clay oven. This special feature imparts a distinctive flavour to all tandoori dishes. We use only the freshest available ingredients and spices to ensure all our dishes retain maximum flavour.*

- ♥ **CHICKEN OR LAMB SHASHLICK** **£16.95**  
Pieces of chicken or lamb cooked with onions, peppers and tomatoes on a skewer. Served with salad.
- ♥ **CHICKEN OR LAMB TIKKA** **£16.95**  
Pieces of chicken or lamb tikka cooked with onions and green peppers. Served with salad.
- ♥ **SIZZLING GARLIC SWEET CHILLI (Medium or hot)** **£19.95**  
Chicken or lamb cooked with garlic, yoghurt, sweet mango chilli sauce, onions and a variety of spices.
- ♥ **SALMON TIKKA** **£19.95**  
Two fillets of Salmon grilled in the tandoori oven. Served with onions and green peppers.
- TANDOORI MIXED GRILL** **£25.95**  
Tandoori chicken on the bone, chicken tikka, sheek kebab, lamb tikka, lamb chop and naan bread. Served with salad.

## BIRIANI DISHES

*All these dishes are mixed with pilau rice and served with a seperate vegetable curry. Medium or hot.*

- ♥ **CHICKEN OR LAMB BIRIANI** **£17.95**
- ♥ **TIGER PRAWN BIRIANI** **£18.95**
- ♥ **VEGETABLE BIRIANI**  **£15.95**

# TRADITIONAL CHICKEN OR LAMB DISHES

*Home style dishes made with 100% chicken breast or lamb, and cooked using traditional methods.*

-  **BHUNA** **£14.95**  
A spicy moist dish cooked with fresh tomato, onions, fenugreek and capsicum. Medium.
-  **ROGAN** **£14.95**  
Juicy and pleasantly flavoured, garnished with onion and tomato. With lemon juice. Medium.
-  **KORAI** **£14.95**  
Cooked with tomatoes, chunks of onion, green peppers and a variety of spices. Medium.
-  **MADRAS** **£14.95**  
Cooked with tomatoes, garlic and a twist of lemon juice. Hot.
-  **VINDALOO** **£14.95**  
Cooked with tomatoes, garlic, spices and chilli powder, with a twist of lemon juice. Very hot.
-  **PATHIA** **£18.95**  
Cooked with lemon juice in a sweet and sour sauce, fairly hot sauce with onions and tomatoes. Served with pilau rice.(Plain rice - healthy option)
-  **DHANSAK** **£18.95**  
Cooked with lentils, sweet and sour sauce and lemon juice. Fairly hot. Served with pilau rice.(Plain rice - healthy option)
- KORMA** **£14.95**  
Cooked in fresh cream with coconut. Mild & sweet.
-  **HEALTHY OPTION KORMA** **£14.95**  
Our own version of Korma, cooked healthily using yoghurt, sweetener and frylight. (As close to the original as possible, using healthy ingredients) 2

## CHEF'S SPECIALITIES

*Each of the following dishes although fairly similar in core ingredients, incorporate individual tastes through different blends of selected premium spices.*

- ♥ **SALMON TIKKA BHUNA** £19.95  
Two grilled fillets of salmon in a bhuna-style sauce with onions, fenugreek leaves and a dash of lime.
- MINTY MANGO BAHAR** £17.95  
Chicken or lamb infused with mint, yoghurt, mango and fine chopped onion. Mild and sweet.
- ♥ **MURGHI MASALA** £18.95  
Chicken cooked off the bone with onions, tomatoes, green peppers, mincemeat and herbs. Garnished with spring onions and a boiled egg.
- ♥ **LANK PIAZA** £17.95  
Chicken tikka cooked with onions, peppers, lime juice, ginger and garlic garnished with onions, fried onions and peppers. Madras hot.
- ♥ **GARLIC CHILLI CHICKEN** £17.95  
Chicken cooked with onions, lemon juice, tomatoes and homemade garlic and chilli sauce. Fairly hot.
- ♥ **GARLIC SWEET CHILLI BHUNA** £17.95  
Chicken or lamb cooked with garlic, onions, tomatoes, mango sauce, ginger and a touch of ground fresh chilli. Medium to hot.
- COCONUT SUPREME** £17.95  
Chicken cooked with butter, cream, yoghurt, flaked coconut and sultanas - resulting in rich thick sauce. Mild and slightly sweet.
- LAMB LABADAR** £17.95  
Lamb cooked with garlic, ginger, dried onions, cumin seeds, green peppers and fenugreek leaves - with a subtle hint of piri-piri, resulting in a unique dry dish.

## PRAWN DISHES

- ♥ **TIGER PRAWN KORAI** £16.95  
Tiger prawns cooked with tomatoes, onions, green peppers and selected spices. Medium.
- ♥ **SWEET CHILLI TIGER PRAWNS** £16.95  
Tiger prawns cooked in herbs and spices in a slightly sweet chilli sauce.
- ♥ **TIGER PRAWN MADRAS** £16.95  
Tiger prawns cooked with tomatoes, garlic and a twist of lemon juice. Fairly hot.
- ♥ **TIGER PRAWN MASALA** £16.95  
Tiger prawns cooked in masala yoghurt sauce with garlic, ginger and coriander paste with coconut. Mild.
- ♥ **TIGER PRAWN JALFREZI** £16.95  
Tiger prawns cooked in special tandoori sauce garnished with green chillies and green peppers. Chilli hot.
- ♥ **TIGER PRAWN ROGON** £16.95  
Tiger prawns in a juicy tomato-based sauce, garnished with onion and tomato. Medium.
- ♥ **TIGER PRAWN PATHIA** £19.95  
Tiger prawns cooked in a fairly hot sauce which is spicy, sweet and sour, with onions and tomatoes. Served with pilau rice.
- ♥ **TIGER PRAWN DHANSAK** £19.95  
Tiger prawns cooked with lentils in a fairly hot sweet and sour sauce and garnished with coriander. Served with pilau rice.

# VEGAN FRIENDLY / VEGETABLE DISHES

Side portion £8.95

Main portion £12.95

## ♥ MIXED VEGETABLE CURRY

Seasonal vegetables cooked with selected herbs and spices in a medium strength sauce.

## ♥ MUSHROOM BHAJI

Mushrooms infused with selected spices.

## ♥ SAG ALOO

Potatoes and spinach in an aromatic sauce.

## ♥ BOMBAY POTATOES

Potatoes and very finely chopped onions in an aromatic sauce.

## ♥ SWEET CHILLI POTATOES

Potatoes cooked in mango sweet chilli sauce.

## ♥ TARKA DHALL

Lentils with selected herbs and spices.

## PONIR JALFREZI

Cheese and chillies cooked with onions, tomatoes and spices. Fairly hot.

## ♥ VEGETABLE KORMA

Vegetables cooked with fresh cream and yoghurt. Mild

## ♥ VEGETABLE MASALA

Vegetables cooked in masala yoghurt sauce with garlic, ginger and coriander paste. Mild

## ♥ VEGETABLE JALFREZI

Vegetables cooked with green chillies, peppers and ginger. Chilli hot.

## ♥ VEGETABLE MADRAS

Vegetables cooked with garlic, tomatoes and a twist of lemon juice. Fairly hot.

## RICE DISHES

*All rice used is premier basmati rice*

	<b>PILAU RICE</b>	<b>£3.95</b>
	Rice cooked with cumin and selected spices.	
♥	<b>PLAIN BOILED RICE</b>	<b>£3.95</b>
	Plain basmati rice.	
♥	<b>MUSHROOM RICE</b>	<b>£4.95</b>
	Basmati rice with mushrooms and selected spices.	
♥	<b>GARLIC AND ONION RICE</b>	<b>£4.95</b>
	Basmati rice with garlic, finely chopped onions and spices.	
	<b>COCONUT RICE</b>	<b>£4.95</b>
	Basmati rice with flakes of coconut,	

## TANDOORI BREADS

*All of the following breads are freshly baked in our clay barrel oven.*

	<b>PLAIN NAAN</b>	<b>£3.95</b>
	<b>PESHWARI NAAN</b>	<b>£4.95</b>
	Filled with coconut.	
	<b>GARLIC NAAN</b>	<b>£4.95</b>
	Filled with garlic and garnished with coriander.	
	<b>KEEMA NAAN</b>	<b>£4.95</b>
	Filled with premium lamb mince.	

## ACCOMPANIMENTS

♥	<b>GREEN SALAD</b>	<b>£3.95</b>
	Lettuce, cucumber, tomatoes and onions.	
♥	<b>CUCUMBER RAITA</b>	<b>£2.95</b>
	Yoghurt with cucumber, mint and red onions.	
♥	<b>SPICY BAKED PAPPADOM</b>	<b>£0.90 EACH</b>
	<b>PLAIN PAPPADOM</b>	<b>£0.90 EACH</b>
	<b>CHUTNEYS</b>	<b>£1.00 EACH</b>
	(mango, spicy hot, mint yoghurt, onion)	
	<b>LIME PICKLE TUB</b>	<b>£1.00 EACH</b>
♥	<b>LARGE ONION SALAD TUB</b>	<b>£1.50 EACH</b>

# MIDWEEK SPECIAL

(TAKEAWAY ONLY - AVAILABLE SUN-THURS)

Make **ONE** choice from each section:  
STARTERS, MAINS, SIDE DISHES, RICE/BREAD

1 PAPPADOM + 1 ONION SALAD

## STARTERS

Chicken Tikka - chicken Chat - Lamb Samosa  
Vegetable Samosa - Onion Bhaji (2 piece)

## MAINS

*Chicken, Lamb or Vegetable*

Korma - Masala - Korai  
Madras - Dansak

## SIDE DISHES

Bombay Potatoes - Sag Aloo

## RICE/BREAD

Plain Rice - Pilau Rice - Naan - Garlic Naan

£22.95

- **No discount** given on midweek special

- Not available: Christmas Eve, New Years Eve, Valentines Day, Mother's Day or Fathers' Day

# FRESHLY COOKED TO ORDER

# BUFFET

***AVAILABLE WHEN DINING IN***  
**SUNDAY TO THURSDAY EVENINGS**

**5pm to 10pm**

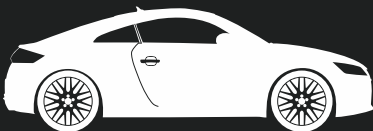
**Please note: The buffet option is not available on Fridays or Saturdays and any seasonal or national holidays, including Christmas, New Year's Eve and Valentines Day.**

## ***Table Reservations***

Reservations are accepted by telephone ONLY.  
Please call between 5pm & 11pm

## ***Notice - During busy periods***

Occasionally during busy periods your order may take time to prepare as we always cook fresh and wouldn't like to compromise our standards by rushing your food. We appreciate your patience and understanding at these times. Also whilst we try to cater for non-menu requests, this is not always possible during peak times.



**AMPLE**  
**FREE**  
**PARKING**  
**AVAILABLE**

# ALLERGY AWARENESS

SOME OF OUR FOOD CONTAINS INGREDIENTS THAT CERTAIN CUSTOMERS MAY BE ALLERGIC TO. (SEE LIST BELOW). IF YOU ARE ALLERGIC TO ANY SPECIFIC INGREDIENT PLEASE INFORM THE MANAGER TO ENSURE THAT THEY TALK TO YOU WHEN ORDERING. WE WILL NOT BE HELD RESPONSIBLE FOR ANY INTOLERANCE REACTIONS THAT MAY OCCUR IF WE HAVE NOT BEEN INFORMED PRIOR TO PURCHASE.



## CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. Celery can be found in celery salt, salads, some meat products, stock cubes and soups.



## CEREALS (GLUTEN)

Wheat, Rye, Barley and Oats found in foods containing flour, some baking powders, batters, breadcrumbs, bread, cakes, couscous, pasta, pastry, meat products, sauces, soups and fried foods dusted with flour.



## CRUSTACEANS

Lobster, Crabs, Prawns and Scampi are Crustaceans. Shrimp paste often used in Thai and southeast Asian curries or salads



## EGGS

Eggs are found in cakes, mayonnaise, some meat products, mousses, pasta, quiche, sauces and pastries or food glazed with egg.



## FISH

Found in some fish sauces, pizzas, salad dressings, stock cubes and Worcester sauce



## LUPIN

Lupin flour and seeds can be found in some types of bread, pastries and even pasta.



## MILK

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, powdered soups and sauces.



## MOLLUSCS

These include Mussels, land Snails, Squid and Whelks, but can also be found as an ingredient in oyster sauce and fish stews.



## MUSTARD

Liquid mustard, powder and seeds fall into this category. Also found in bread, curries, marinades, meat products, salad dressings, sauces and soups.



## NUTS

Not to be mistaken with peanuts, tree grown nuts, such as almonds, Brazil nuts, walnuts, hazelnuts, macadamia nuts, pistachios, pecans and cashews. Also found in breads, biscuits, crackers, desserts, curries, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



## PEANUTS

Sometimes called groundnuts, grown underground, Peanuts are often used in biscuits, cakes, curries, desserts, sauces (such as Satay sauce) as well as oils and flour.



## SESAME SEEDS

Halvah, hummus, and tahini are common Middle Eastern foods made with sesame. Baked goods such as buns, crackers, cookies, and bagels frequently use sesame seeds



## SOYA

Often found in bean curd, Edamame beans, Miso paste, Soy sauce and Soy-based flour, grits, nuts, or sprouts. Soy-based milk, yogurt, ice cream, or cheese. Soy protein. Also meat, sauces and vegetarian products.



## SULPHUR DIOXIDE

Used in dried fruits such as raisins, apricots and prunes. Also found in Wine and Beer, meat products, soft drinks and vegetables. If you have asthma you have a higher risk of developing a reaction.

# Jewels

UNIT 2 & 3 • TOWNHILL WAY • WEST END  
SOUTHAMPTON • SO18 3RA

OPEN TUESDAY TO SUNDAY

CLOSED MONDAYS

(Except for Valentines Day, Christmas Eve and New Year's Eve)

Open 5pm to 11.30pm



For the latest updates on  
news and events join our  
facebook group:  
[jewelsrestaurantsouthampton](https://www.facebook.com/jewelsrestaurantsouthampton)



Scan the code above to visit our website.  
[www.jewelsrestaurant.co.uk](http://www.jewelsrestaurant.co.uk)

The Management reserves the right to refuse service without reason



All major credit cards are accepted  
on orders over £10.



All prices inclusive of VAT