



Jewels

Menu & Wine List

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.

IMPORTANT INFORMATION

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.

OPENING TIMES

Tuesday to Sunday / Closed on Mondays
Evenings 5pm to 11.30pm

The Management reserves the right to refuse service without reason.

Card payments are accepted for purchases of £10 or more.
All prices inclusive of VAT





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

Please mention when ordering!

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 fry light 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!



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** **£6.95**
Triangular pastry (x3) 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.
- TANDOORI CHICKEN** **£8.95**
♥ 1/4 piece chicken marinated in yoghurt and spices then cooked in the tandoori oven.. Served with salad.
- TIGER PRAWN PURI** **£11.95**
Jumbo tiger prawns in a medium spiced sauce served on a savoury pancake base.
- PERINAISE CHICKEN** **£11.95**
Strips of chicken breast in Nando's Perinaise sauce. Served with salad.

CRISPY CHICKEN BITES **£11.95**

Pan filled chicken breast pieces in a sweet chilli sauce with ground black pepper. Served with salad.

GARLIC MAYO CHICKEN **£11.95**

Pan fried chicken breast pieces in a garlic mayonnaise dressing. Served with salad.

MINTY CHICKEN BREAST **£11.95**

Chicken breast cooked with our own home-made mint yoghurt sauce. Served with salad.

JINGA KING PRAWNS **£15.95**

Two prime king prawns (shell-on) cooked with fresh mint, lime and lemon juice, green peppers and ground black pepper. Served with salad garnish.

CRISPY FISHCAKES (2 PIECES) **£9.95**

Selected fillets of fish encased in a crispy coating - served with a salad garnish and tartare sauce.

HONEY CHICKEN **£9.95**

Chicken pieces served with honey, tamarind and chilli sauce dip and salad.

INDIAN COMBI (FOR TWO) **£21.95**

Meat Samosa (2 pieces) • Vegetable Samosa (2 pieces)
Onion Bhaji (2 pieces) • Chicken Tikka (6 pieces)
Sheek Kebab (2 pieces)

HOME STYLE DISHES

ROAST BENGAL CHICKEN **£22.95**

Chicken cooked on the bone in a bhuna sauce resulting in a moist flavoursome dish with a boiled egg (medium or hot)

ROAST BENGAL LAMB **£24.95**

Lamb cooked on the bone in a bhuna sauce. A moist tasty and slightly spicy dish served with yoghurt. (medium or hot.)

LAMB SHANK **£24.95**

Slow roasted shank of lamb using traditional herbs, spices, onions, peppers, lemon juice, and lime juice to create an authentic sauce. (medium or hot.)

MURGHI ALOO **£22.95**

Chicken cooked on the bone and served in a lentil style sauce with potatoes (medium or hot)

JINGHI DELIGHT **£27.95**

Prime king prawns (shell-on) cooked with fresh mint, onions, tomatoes, green peppers, lime juice and selected spices, garnished with fresh lemon and ginger.

CHEESY CHICKEN **£22.95**

Chicken breast fillet infused with melted cheddar cheese and tomato purée.

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.

THALI PLATTERS (For one person)

MIXED THALI £25.95

Chicken Tikka, Lamb Bhuna, Chicken Tikka Masala, Bombay Potatoes, Pileau Rice & Plain Naan

VEGETABLE THALI £22.95

Vegetable Samosa, Vegetable Bhuna, Sag Aloo, Vegetable Masala, Rice & Naan

SEAFOOD THALI £29.95

Salmon Tikka Fillet, Sweet Chilli Tiger Prawns, Tiger Prawn Masala, Vegetable Bhuna, Rice & Naan

MIXED PLATTER (For two people) £64.95

Sheek Kebabs, Shami Kebabs, Chicken Tikka, Lamb Tikka, Tandoori Chicken. Served on a bed of rice with chargrilled peppers, onions and nan bread.



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)



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.



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 **£19.95**

♥ Chicken or lamb cooked with garlic, yoghurt, sweet mango chilli sauce, onions and a variety of spices. (Medium or hot)

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**



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

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

TANDOORI BREADS

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

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

ACCOMPANIMENTS

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

