

For the Curry Lovers!

Kurma

Delicate dish, cooked with cream and coconut.

Passanda

Made with yoghurt, cream and a hint of vinegar, providing a mild, rich and creamy taste.

Malaya

Cooked with pineapple and lychee.

Kashmir

An exotic dish, cooked with lychee and banana.

Delight

Delightful preparation with potatoe chips.

Lucknow

A mild curry with spices, mushrooms and cream.

Modhu

A honey based dish, providing a rich sweet taste.

Massala

Diced Chicken marinated for several hours in Heart of India's own sauce with selected herbs and spices, barbecued over a flaming clay oven and cooked in a rich Massala Sauce. Garnished with cream, these dishes have a truly dazzling flavour.

Tandoori Chicken Massala (on the bone) ...	8.25
Chicken Tikka Massala.....	7.95
Lamb Tikka Massala.....	8.15
King Prawn Tikka Massala	11.25

Kurma

Chicken.....	6.25	Lamb	6.75
Chicken Tikka.....	7.25	Vegetable	5.75
Prawn.....	6.25	King Prawn.	10.55

Passanda, Modhu

Chicken.....	6.95	Lamb	7.45
Chicken Tikka.....	7.95	Vegetable	5.95
Prawn.....	6.95	King Prawn.	10.25

Malaya, Kashmir, Delight & Lucknow

can be prepared with:

Chicken.....	6.65	Lamb	7.15
Chicken Tikka.....	7.65	Vegetable	6.15
Prawn.....	6.65	King Prawn	10.95

Makan Wala

Rich tomato and butter flavour

Chicken.....	6.95	Lamb	7.45
Prawn.....	6.95	King Prawn	10.55

SPECIAL DISHES

Prepared with Mincemeat, Heart Of India's special sauce and Egg. Can be cooked Hot, Medium or Mild - your choice. Naan Bread OR Pilau Rice included with every dish.

Special Chicken Curry.....	9.15
Special Lamb Curry.....	9.45
Special Vegetarian Curry.....	7.85
Special Prawn Curry.....	9.15
Special King Prawn Curry	9.45
Special Mixed Curry	9.95
Special Mixed Balti	10.45
SPECIAL MIXED BIRYANI	10.95

CANT FIND YOUR DISH???

JUST ASK

Achari

cooked with tikka breast, garnished with lime, mango and ginger.

Shatkora

An exquisite traditional dish of Bangladesh - if you like the zesty taste of lemons, this is the dish for you!

Butter

Tikka engulfed into a sauce made with butter, cream & spices.

Akbori

Succulent pieces of chicken breast garnished with garlic butter and Heart of India Imperial sauce.

Dupiaza

From the North of India. Using literally dozens of spices to produce a medium to sweet taste.

Bhuna

A very garnished dish, extensively treated and a little condensed, but one of the most tasteful.

Methi

A garnished dish, prepared with the herb methi (fenugreek).

Balti *Exotic dish, aromatically spiced and freshly cooked from the Balti pan.*

Regular Curry

basic original curry

Chicken, Prawn or Vegetable.....	5.95
Lamb.....	6.45
King Prawn	10.45

Shatkora

Chicken.....	5.95	Lamb	6.45
Vegetable.....	5.45		

Tikka Butter

Chicken.....	7.95	King Prawn	10.95
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Achari

Chicken Tikka.....	6.95	Lamb Tikka ..	7.45
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Dupiaza

Chicken.....	5.95	Lamb	6.45
Chicken Tikka.....	6.95	Lamb Tikka ..	7.45
Vegetable.....	5.45		
Prawn.....	5.95	King Prawn.	10.45

Akbori, Joypuri & Olive

Chicken Tikka	8.25
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Bhuna, Methi

Chicken.....	5.95	Lamb	6.45
Chicken Tikka	6.95		
Vegetable.....	5.45		
Prawn.....	5.95	King Prawn	10.45
Keema Aloo (Mincemeat).....	5.95		

Chana

cooked with chick peas

Chicken.....	6.45	Lamb	6.95
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Korai

Cooked with capsicum, tomato, herbs & ginger.

Chicken Tikka	7.95	Lamb Tikka	8.45
Prawn	7.95		
King Prawn Tikka.....	10.95		

Portions too big?!
Deduct 1.50 from prices for slightly smaller portions

Roughan Josh

With Pimento (fairly hot and juicy).

Vindaloo

Very hot. (Add 70p to prices).

Madras

A rich fairly hot taste.

Tindaloo

Extra hot. (Add 1.20).

Dhansak

Contains a delicious combination of spices with lentils, garlic, lemon and sugar.

Pathia

Red chilli, black pepper & lemon. Hot, sweet and sour taste.

Bengal

Similar to Bhuna in preparation but it has a fairly hot taste.

Ceylon

Contains coconut, black pepper and lemon. Fairly hot.

Bombay

A potatoe based madras hot curry.

Lemon Jafrani

Tikka engulfed with a combination of spices, lentils, finely chopped lemons and sugar. (Add 50p to prices).

All the featured dishes above can be prepared with:

Chicken.....	5.95
Chicken Tikka	6.95
Lamb.....	6.45
Vegetable.....	5.45
Prawn	5.95
King Prawn	10.45

Jalfrezi *Cooked in a special kashmiri sauce with exotic spices, green peppers and green chillies.*

Chicken.....	6.95	Lamb	7.45
Chicken Tikka.....	7.95	Lamb Tikka ..	8.45
Vegetable.....	5.95		
Prawn	6.95		
King Prawn	10.45		

Adha

strong ginger flavour

Chicken.....	6.45	Lamb	6.95
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Garlic Chilli *Extensive garlic and chilli to give a mouth watering taste.*

Chicken.....	6.95	Lamb	7.45
Chicken Tikka	7.95		
Vegetable.....	5.95		
Prawn.....	6.95	King Prawn	10.45

Korai Chilli Massala *Massala based curry cooked with capsicum, tomato, herbs and ginger. topped with fresh green chillies.*

Chicken Tikka	8.95
Lamb Tikka	9.45
King Prawn Tikka.....	12.95

HOT, HOT, HOT!

Naga Heart

Tikka breast drenched with onions, green pepper and a very hot pickle that is throbbing with a blend of the finest hot spices. Very Hot! Not for the faint hearted!

Chicken Tikka	9.25
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PARKSTONE

(01202) 737148 OR 716560

OPEN 6 DAYS A WEEK

5.30pm till 11pm

Portions too big?! Deduct 1.50 from prices for slightly smaller portions



Always using the Freshest Ingredients

Free Delivery ¹

STARTERS

Onion Bhaj	2.55
Samosa (Meat or Vegetable)	2.50
Chicken Tikka Starter	3.65
Lamb Tikka Starter	3.80
Chicken Tikka Pakora	3.75
Tandoori Chicken Starter (1 piece, on the bone)	3.75
Sik Kebab	3.25
Rashmee Kebab (with Egg)	3.45
Nargis Kebab (Boiled Egg & Keema)	3.80
King Prawn* Butterfly	4.25
Prawn Cocktail	3.25
Chicken Tikka OR Prawn Puree	3.80
Chicken Chatt	3.80
Aloo Chatt Chop	3.15
HEART OF INDIA MIXED KEBAB (Onion Bhaji, Sik Kebab, Chicken Tikka)	
	4.80

TANDOORI MAIN DISHES

TANDOORI and **TIKKA** dishes are not curries. They are dishes marinated in Yoghurt and a special blend of spices, then barbecued in a Tandoori, which is an open topped charcoal oven with clay walls. Served with fresh green salad and mint sauce.

Tandoori Chicken Main (2 pieces, on the bone)	6.50
Chicken Tikka Main	6.50
Lamb Tikka Main	6.90
Chicken Tikka Shalik	8.15
King Prawn* Tikka	9.95

HEART OF INDIA MIXED GRILL with Naan
(Tandoori Chicken, Chicken Tikka, Lamb Tikka & Sik Kebab)

10.95

GARLIC SIZZLER

Marinated strips of chicken tikka breast fried with garlic, onions and peppers

8.50

BIRYANI

BIRYANI - A traditional North Indian dish mixed with Basmati Rice and flavoured with Saffron. All include a Vegetable Curry side.

Chicken	8.25
Lamb	8.25
Vegetable	7.25
Mushroom	7.25
Prawn	8.25
King Prawn	10.50
Tandoori Chicken	10.95
Chicken Tikka	10.50
Lamb Tikka	10.95
PERSIAN Chicken	10.95
Lamb	11.45
(Contains Egg)	

Canned Drinks.....1.10 **Bottle (1.5ltr)**.....2.75

PICKLES & SAUCES

Mint Sauce	0.70
Yoghurt	1.00
Raita: Onion or Cucumber	1.20
Mango Chutney, Lime Pickle or Chilli Pickle	0.70

BREADS

Plain Naan	2.25
Keema Naan (Mince meat)	2.50
Peshwari Naan (Almonds and Coconut)	2.45
Garlic Naan	2.40
Kulcha Naan (Vegetable)	2.50
Chilli Naan	3.75
Chicken Tikka Naan	3.75
Cheese Naan	2.50
Tandoori Roti	3.30
Chapati (Thin, Wheat Bread)	1.30
Puree (Thin Bread, Deep Fried)	1.35
Paratha (Layered Bread, Fried)	2.45
Stuffed Paratha (Stuffed with Veg)	2.75
Egg Paratha	2.75
Papadum.....0.70	Massala Papadum (Spicy).....0.70

VEGETABLE SIDES

Curry or Bhaji	
Bhindi	3.25
Brinjal	3.25
Chana	3.25
Cauliflower	3.25
Mushroom	3.25
Vegetable	3.25

Sak Bhaji (Spinach)	3.25
Sak Aloo (Spinach & Potato)	3.40
Sak Paneer (Spinach & Cheese)	3.55
Tarka Dal (Garlic & Lentils)	3.25
Bombay Potatoes (Fairly hot)	3.40
Aloo Gobi (Potato & Cauliflower)	3.25

French Fried Chicken & Chips	7.95
Chips	1.95

Plain Rice (Boiled)	2.25
Pilau Rice (Basmati)	2.35
Onion Fried Rice	2.55
Egg Fried Rice	2.70
Garlic or Lemon Fried Rice	2.60
Special Pilau Rice	2.75
Mushroom or Vegetable Rice	3.35
Chicken or Keema (Mince meat) Rice	3.75
Coconut Rice	2.60
Chilli Rice	3.25



All Major cards accepted. Sorry, we do not accept cheques

Terms & Conditions apply. Free delivery to orders over £13.50 within four miles of the store. Charges may apply to deliveries outside the designated area, please ask instore for further information. Drivers carry less than £10. Although great care has been taken to remove all bones from meat products, some may remain. All trademarks are registered in the name of FMT group LTD. All rights reserved. Copyright 2012 © FMT group LTD. Our stores are busy working environments and there is risk of cross contamination between products, if you have an allergy please inform us at the time of order. Prices are subject to change without notice. All products are subject to availability. The address details you supply upon making your order will be retained in our records for use in connection with future orders placed with us, unless you explicitly request otherwise. Last orders accepted upto 15 minutes prior to closing time. Please be aware all order times are given as estimates. Please note that this menu has been update in FEB 2019 and therefore cancels any previous price list. If you experience any problems with our services or products please email the head office at: queries@heartofindia.co.uk.



IMRAN'S

"lovely curry since 1982"

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The Curry Delivery Experts

OPEN 6 DAYS A WEEK

(CLOSED TUESDAYS)

5.30pm till 11pm

FREE HOME DELIVERY!

(within 4 miles, min order £13.50)

Sizzler Meal

Meal for Two - Only **£17.95**

Available everyday of the week

Meal 1	Meal 2
2 Papadums	2 Papadums
1 Chicken Tikka	1 Chicken Tikka

1 Ch Jalfrezi	1 Ch Tk Massala
1 Lamb Bengal	1 Ch Kurma
1 Sag Aloo	1 Sag Aloo
1 Pilau Rice	1 Pilau Rice

1 Naan	1 Peshwari Naan
1 Onion Salad	1 Onion Salad
1 Green Salad	1 Green Salad
1 Mango Chutney	1 Mango Chutney
1 Mint Sauce	1 Mint Sauce

Taster Set Menu¹

Meal for Two - Only **£14.50**

Only Available Monday, Tuesday & Wednesdays

Taster 1	Taster 2
1 Onion Bhaji	1 Onion Bhaji
1 Samosa	1 Sik Kebab

1 Ch Tikka Massala	1 Chicken Balti
1 Lamb Bhuna	1 Lamb Garlic Chilli
1 Aloo Gobi	1 Aloo Gobi
1 Pilau Rice	1 Pilau Rice

2 Papadums	2 Papadums
1 Onion Salad	1 Onion Salad
1 Green Salad	1 Green Salad
1 Mango Chutney	1 Mango Chutney
1 Mint Sauce	1 Mint Sauce

PARKSTONE, POOLE BRANCH

409E ASHLEY ROAD, BH14 0AX

(01202) 737148

Revised Menu FEB 2019