



Thank you for choosing to dine at Cinnamon.

Our aim is to provide a very high standard of food & service to our customers. Our strength is our experience, competence & efficiency.

Our well trained staff & chefs will provide you with the true taste of Indian cuisine by using fresh top quality ingredients blended with exotic, fragrant spices to produce subtle flavours.

Your Patience is appreciated as we take the utmost pride and care to prepare each dish freshly cooked to your order. All dishes are made with sunflower oil, less salt and less oil to provide a Healthier Option.

We do not use any food colouring in our dishes

Starters

NON - VEGETARIAN

MEAT SAMOSA.....	2.95
CHICKEN CHAT.....	4.25
MIX STARTER.....	4.75
Onion bhaji, Samosa & Shami Kebab.	
CHICKEN or LAMB TIKKA.....	3.95
SHEEK KEBAB.....	3.95
"CINNAMON" KEBAB.....	4.75
Small pieces of Chicken Tikka covered with thin layers of nan bread on skewer.	
RESHMI KEBAB.....	3.75
SHAMI KEBAB.....	3.75
"CINNAMON" SPECIAL CHICKEN.....	4.75
Spicy breast of chicken covered with breadcrumbs then deep fried.	
JEERA WINGS.....	4.25
Chicken wings marinated in jeera, herbs and spices. Medium.	
CINNAMON STARTER.....	4.95
Chicken marinated in a mixture of cheese, vinger, ginger garlic paste, cream, spinach and Indian herbs.	

SEAFOOD

PRAWN COCKTAIL.....	3.75
PRAWN PUREE.....	4.75
MONK FISH TIKKA.....	4.95
MYSORE CHILLI PRAWN.....	5.10
Fried tiger prawns lightly buttered and tossed with spring onions, tomatoes and green chillies.	
CRAB MALABA.....	5.25
Fresh flaked Crab with exotic spices, garlic tossed with peppers, white wine, green mango & garnished with cheese on the top.	
KING PRAWN BUTTERFLY.....	5.30
SUKA KING PRAWN.....	5.50
Sweet & sour tiger prawns fried in achari sauce with red wine.	

VEGETARIAN

ONION BHAJI.....	2.95
VEGETABLE SAMOSA.....	2.75
ALOO CHAT.....	3.75
VEGETABLE PUREE.....	4.25
PANEER TIKKA.....	3.95

Tandoori Dishes

All Tandoori dishes are marinated in special spices & then barbecued in clay oven. Served with green salad.

TANDOORI CHICKEN Whole.....	11.50
TANDOORI CHICKEN Half.....	6.95
CHICKEN or LAMB TIKKA.....	6.95
MONK FISH TIKKA.....	8.95
SHEEK KEBAB.....	6.75
TANDOORI MIXED GRILL.....	11.50
CHICKEN or LAMB SHASHLIK.....	7.25
TANDOORI KING PRAWN.....	11.50
HASH TIKKA.....	7.50

Cinnamon Special

CINNAMON SPECIAL Chicken or Lamb.....	8.75
Barbecued pieces of chicken or lamb cooked with mint, herbs to chef's own recipe. Served on top of iceberg lettuce.	
CINNAMON KING PRAWN.....	11.95
A special delicious dish, cooked with butter, fresh herbs & spring onions.	
ADRAKA JHINGA.....	13.95
Chef's choice king prawns on tail sprinkled with lemon juice then mixed with yoghurt, garlic, ginger, paprika, chilli, ajwain seeds, salt & oil. Marinated in the tandoor - served with fresh salad.	
TANDOORI KING PRAWN MASALA.....	12.50
King Prawns marinated then cooked in special masala spices.	
CINNAMON SPECIAL BIRIANY.....	9.25
Chicken, lamb & prawns cooked with basmati rice. Served with omelette.	
DHAKA CHINGERI.....	10.95
Tiger prawns cooked in Bengali spices & fresh herbs in chef's own recipe.	
MALABA PRAWN CURRY.....	8.50
A delicious Prawn curry with green mango, coconut, kokum & curry leaves.	
NILGIRI CHICKEN.....	7.95
Tender pieces of chicken, yield to coriander and mint marination to make this a succulent delicious and memorable dish.	
LAMB SHANK.....	7.95
A supreme cut of lamb given the traditional Goan treatment, full of flavoures cooked with tomatoes & coriander.	
BEGUM BAHAR.....	7.95
Succulent pieces of chicken covered with minced lamb, egg and fresh herbs.	
BANGALORE DUCK.....	8.75
Duck cooked with a blend of spices, onions & capsicum in a medium thick sauce.	
ARKANI KORAI Chicken or Lamb.....	9.25
Cooked with onions, capsicum, tomatoes, fresh spices with a touch of Sambuca. Served with flames from korai.	
GOSTH KATA MASALA.....	8.25
Diced meat from leg of spring lamb brasied golden brown in sliced onions, ginger, garlic, and unground garam masala prepared in thick sauce.	
CHICKEN or LAMB TIKKA METHI.....	7.50
Cooked with freshly spiced methi leaves and exotic Bengali spice.	
CINNAMON SIZZLER.....	9.50
Succulent pieces of chicken cooked with fresh medium spices (Bayleaf cinnamon etc.)in julienne of onions and green peppers with a touch of Brandy. served sizzling.	
MAYA CHICKEN.....	8.50
Chef's Choice, sliced chicken cooked with fresh grounded garam masalla, green peppers, butter, golden syrup & fresh cream. Mild.	
CHETTINAD.....	8.25
A Speciality from Madras region, Chicken or lamb curry cooked in ground coconut, exotic spices & tempered with fresh garlic, curry leaves, staranise, mustard seeds & coriander.	
ZUZU CHICKEN (N).....	7.75
Fried chicken pan cooked with green peppers in a combination of masala and mild sauce.	
CHICKEN or LAMB TIKKA MASALA (N).....	7.50
Barbecued chicken or lamb tikka, cooked with chef's own recipe. Mild dish.	
CHICKEN or LAMB PASANDA (N).....	7.50
A very mild dish, marinated in special sauce of yoghurt and cooked with fresh cream and red wine.	
BUTTER CHICKEN (N).....	7.50
Cooked with a sauce of butter, mild spice, blended with coconut, almonds & fresh cream in thick sauce.	
CHICKEN JALFREZI.....	7.50
A fairly hot dish, cooked with fresh herbs, spices, green chillies and onions.	
CHILLI MASALA Chicken or Lamb.....	7.50
A fairly hot dish cooked with fresh green chillies.	
CHICKEN TIKKA REZALLA.....	7.50
A fairly hot dish, cooked with fresh green chillies, ginger, garlic, herbs and yoghurt.	
CHICKEN TIKKA KORAI.....	7.50
Chicken tikka cooked with onions, green peppers and medium spices. Served in Korai.	
CHICKEN or LAMB ACHARI.....	7.50
Cooked with tamarind and pickle giving a tangy taste.	
GARLIC CHICKEN.....	7.50
Cooked with fresh garlic garnished with onions & green herbs. Medium.	

Balti Dishes

Balti dishes are cooked in a cast iron Kashmiri pan, with light ginger, tomatoes, peppers and onions with freshly ground spices including daily picked herbs, creating a thicker, richer and exotic flavour.

CINNAMON BALTI SPECIAL.....	8.50
Tender pieces of chicken, lamb & king prawns cooked in our own special balti sauce.	
BALTI PESHWARI Chicken or Lamb.....	7.50
Cooked with green peppers, onions & special balti sauce.	
KING PRAWN PESHWARI BALTI.....	11.50
BALTI BAHARI Chicken or Lamb.....	7.50
Marinated Chicken or Lamb cooked with potatoes & special balti sauce.	
BALTI NOWABI Chicken or Lamb.....	7.50
Marinated Chicken or Lamb cooked with special balti sauce, egg and medium spices.	
BALTI KOFTA.....	7.25
Minced meat balls cooked in our own special balti sauce. Medium spiced.	

Vegetable Main Dishes

VEGETABLE KORAI.....	5.50
Assorted fresh vegetables cooked in medium hot spices & herbs with onions, capsicum & tomatoes.	
BALTI MULTI VEGETABLES.....	5.75
Mix vegetables in chef's own special recipe.	
VEGETABLE DHANSAK.....	6.25
Exotic mixed vegetables cooked with lentils, lemon juice, aromatic spices with hot, sweet & sour taste. Served with Pilau Rice.	
VEGETABLE KORMA (N).....	4.75
Fresh exotic vegetables cooked with coconut, almond & sultana in a creamy sauce. Very Mild.	
PANEER MASALA.....	4.95
Home made cottage cheese cubes cooked with spices, onions, capsicum and ginger.	
VEGETABLE JALFREZI.....	5.75
Exotic vegetables cooked in a thick sauce made with a variety of fresh herbs, spices, onions and green chillies. Fairly Hot.	
VEGETABLE MASALA.....	5.75
Cooked in medium spices with cream and butter to chef's own recipe.	

Favourites

Chicken Lamb Prawn King Prawn

CURRY.....	5.25	5.25	5.25	9.95
Cooked with medium sauce.				
MADRAS.....	5.50	5.50	5.50	10.10
Cooked with fairly hot sauce.				
VINDALOO.....	5.95	5.95	5.95	10.30
Cooked with potatoes with very hot sauce.				
KORMA (N).....	5.95	5.95	5.95	10.50
Cooked with mild spices, blended with coconut and fresh cream in thick sauce.				
BHUNA.....	5.95	5.95	5.95	10.50
Cooked with special spices and herbs with tomatoes, capsicum in medium thick sauce.				
DOPIAZA.....	5.95	5.95	5.95	10.50
Cooked with diced onions, spices and herbs in a medium thick sauce.				
KASHMIRI.....	6.25	6.25	6.25	- -
An aromatic dish cooked with lychees and bananas. Fairly Mild dish.				
SAG.....	6.25	6.25	6.25	10.50
Spinach cooked with medium spices.				
ROGAN.....	6.25	6.25	6.25	10.50
Cooked with special spices and herbs in medium thick sauce dressed with fried tomatoes, capsicum and onions.				
DHANSAK.....	8.50	8.50	8.50	12.50
Very tasty Persian dish, cooked with lentils in a thick sauce. Sweet, sour and fairly hot. Served with a portion of pilau rice.				
PATHIA.....	8.50	8.50	8.50	12.50
Hot, sweet and sour with desiccated coconut. Served with a small portion of pilau rice.				

Fish Dishes

MONK FISH CURRY.....	9.50
Monk fish cooked in a spicy curry sauce with coriander and onions.	
MONK FISH SHASHLIK.....	9.75
Marinated Monk fish barbecued in a charcoal fired clay oven, then cooked with tomatoes, onions and green peppers.	
GOAN FISH BHUNA (Monk fish).....	9.75
Diced cubes of succulent white fish coated with aromatic spices & cooked with ginger, garlic & tomatoes.	
FISH JALFREZI (Monk fish).....	9.95
Spicy fairly hot fish cooked with fresh chillies, chopped onions, tomatoes & green peppers. Cooked in an exotic sauce.	

Vegetables

Side dishes of various vegetables

MIXED VEGETABLE CURRY.....	3.40
MIXED DRY VEGETABLE.....	3.40
BOMBAY POTATO Medium spiced.....	3.40
DHALL MASSALA Thick & Spicy Lentils.....	3.40
DHALL TARKA Lentils fried with lots of fresh Garlic.....	3.40
SAG BHAJEE Spinach.....	3.40
SAG ALOO Spinach & potatoes.....	3.40
ALOO GOBI.....	3.60
MUSHROOM BHAJEE.....	3.60
CAULIFLOWER BHAJEE.....	3.60
BINDI BHAJEE Okra.....	3.60
BRINJAL BHAJEE Aubergine.....	3.60
CHANA MASALA Chick Peas.....	3.60
MUTOR PANEER Peas with home made cheese.....	3.75
SAG PANEER Spinach with home made cheese.....	3.75
DALL MAKHANI.....	3.75

Biryani

Biryani dishes are prepared with basmati rice fried with chicken, meat, prawns etc. (not hot). Served with vegetable curry.

CHICKEN or LAMB or PRAWN	8.50
KING PRAWN	12.50
VEGETABLE	6.25

Rice

PLAIN RICE	2.20
PILAU RICE	2.40
GARLIC RICE	2.95
LEMON RICE	2.95
EGG FRIED RICE	2.95
SPECIAL FRIED RICE	3.20
VEGETABLE PILAU	3.20
PEAS PILAU	3.20
MUSHROOM PILAU	3.20
COCONUT RICE (N)	3.20
APRICOTE RICE	3.20
KEEMA RICE	3.75

Bread

NAN	2.30
STUFFED NAN	2.75
PESHWARI NAN (N)	2.75
KEEMA NAN	2.75
GARLIC NAN	2.75
CHEESE NAN	2.75
PARATHA	2.30
TANDOORI ROTI	2.30
TANDOORI PARATHA	2.75
PUREE	1.50
CHAPATI	1.40

Sundries

PAPADUM	0.65
MASSALA PAPADUM	0.75
RAITHA Cucumber / onion	1.50
GREEN SALAD	1.95
PICKLES & CHUTNEY per person	0.50

Allergy Awareness:

Few of our dishes may contain nuts or dairy products, if you suffer from an allergy, then please enquire when ordering.

(N) Contains Nuts

 Fairly Hot

 Very Hot

Set Meals

Non Vegetarian

FOR TWO PERSONS 32.00

STARTERS:	Sheek kebab, Onion Bhaji & Papadam
MAIN COURSE:	Chicken Tikka Masala & Lamb Bhuna
SIDE DISH:	Sag Aloo, Mushroom Bhaji, 2 Pilau Rice and Nan

FOR FOUR PERSONS 64.00

STARTERS:	Papadoms & Chutney, Onion Bhaji, Meat Samosa, Chicken Tikka and Prawn Puree.
MAIN COURSE:	Chicken Tikka Massala, Rogan Josh, Prawn Bhuna, Chicken Jalfrezi
SIDE DISH:	Bombay Aloo, Tarka Dal, Chana Massala, Brinjal Bhaji, 3 Pilau Rice, 2 Nan

Vegetarian

FOR TWO PERSONS 26.00

STARTERS:	Onion Bhaji, Vegetable Puri & Papadam
MAIN COURSE:	Vegetable Korma & Vegetable Balti
SIDE DISH:	Aloo Gobi, Sag Paneer, 2 Pilau Rice & Nan

If there is a dish you may like & is not listed on the menu, please enquire with a member of our Staff & if possible within the time available we will be pleased to prepare it for you.

Banquet Night

Every Tuesday- Dine in only from 5.30p.m to 11.00p.m.

Choose any one dish from each section
Papadoms & Chutneys

STARTER
MAIN COURSE
SIDE DISH
RICE or BREAD

£10.95 per person

King Prawn Dishes Extra £4.00. Drinks are not included in this offer. This offer is not valid with any others promotions. The management reserves the right to withdraw this offer at any time.

Outside Parties catered for:
Take Away Service Available
All prices are inclusive of V.A.T.
Cheques are not accepted
Minimum Charge £10.00 per person
All Major Credit cards are accepted
The Management reserves the right to refuse admission.

TAKE - AWAY

10% DISCOUNT

on order over £10.00

Banquet Night

Every Tuesday- Dine in only from 5.30p.m to 11.00p.m.

Choose any one dish from each section

Papadoms & Chutneys

STARTER
MAIN COURSE
SIDE DISH
RICE or BREAD

£10.95 per person

King Prawn Dishes Extra £4.00. Drinks are not included in this offer. This offer is not valid with any others promotions. The management reserves the right to withdraw this offer at any time.

Sunday Buffet

Non - Vegetarian & Vegetarian dishes

Available from
12noon to 3.00p.m.

ADULT.....£8.95

CHILDREN (under 12 years)£4.50

OPENING HOURS:

Seven days a week including bank Holidays from
12noon to 2.00p.m. & 5.30p.m. to 11.00p.m.

DISABLE ACCESS AVAILABLE

AMPLE CAR PARK

6 Tilgate Parade, Crawley, West Sussex RH10 5EQ.

Tel / Fax:

01293 450011 (2 lines)

01293 431153

www.cinnamonindian.co.uk

Cinnamon

Finest Indian Cuisine

Take Away Menu