

English Dishes

Omelette with Chips	£5.90
Chicken with Chips	£5.40
Plain Omelette with Chips	£4.90
Chicken Tikka with Chips	£6.50
Chicken Tikka as Main	£6.00
Chips portion	£1.40

Any of the above dishes can be prepared with any vegetable - extra charge 90p.
Extra Hot or Mild dishes 50p extra. Additional King-Prawn for any dish is £2.50
Each dish can be prepared with any of the following vegetables:
Aubergine / Cauliflower / Aloo / Eggs / Ladyfingers / Chana / Spinach / Peas /
Mushrooms / Mix Vegetables / Dall / Methi / Black Eye Beans.

Special Set Meal for Four People

Selection of Pakora, Niblets, Wings, Sheekh Kebab (portion), Chicken Tikka, Lamb Tikka, Mixed Balti (prawn, mushroom, lamb, chicken), Lamb Rogan Josh, Balti Chicken Tikka Masala, Balti Chicken Makhani, Aloo Gobi (side dish), Pilau Rice, Nan. Includes Coffee. £42.90

Sundries - All Nans contain dairy products

Tandoori Roti Unleavened bread cooked in a clay oven		£0.60	
	Small	Medium	Large
Tandoori Nan Leavened bread baked in a clay oven	£1.40	£2.20	£4.20
Garlic Nan	£2.30	£3.60	£5.60
Onion Nan Nan stuffed with onion	£1.70	£3.60	£5.60
Chilli Nan Nan stuffed with chillies	£1.80	£3.60	£5.60
Vegetable Nan Nan stuffed with vegetables	£2.50		
Chicken Nan Nan stuffed with chicken	£2.60	£4.80	
Garlic, Coriander & Onion Nan Garlic nan with fresh coriander & onion	£2.20	£4.50	
Peshwari Nan (contains nuts) Stuffed with sultanas & Almonds, glazed with honey	£2.50	£4.80	
Keema Nan Nan stuffed with mince Lamb	£2.50	£4.80	
Paneer Nan Nan stuffed with Cheese	£2.50		
Paratha Roti cooked with butter	£1.80		
Aloo Paratha Paratha, glazed with butter & cooked with potato	£2.20		

Rice - We only use Basmati rice in all our dishes

Boiled Rice	£2.50
Fried Rice	£2.60
Pilau Rice	£2.90
Mushroom Fried Rice	£2.90
Egg Fried Rice	£3.20
Mince Lamb Keema, Mushroom & Fried Rice	£3.90

Drinks

J20 Juice - various fruity combinations available	Glass	£2.00		
Soft drink - Lilt, Tango, Coke / Diet, 7-up, Lemonade	Glass	£1.00		
Lassi - salted or sweet milk & yogurt drink	Glass	£1.30	Jug	£5.50
Mango Lassi - sweet lassi with fresh sliced Mango	Glass	£1.50	Jug	£6.00
Juice - Orange, Pineapple, Mango	Glass	£1.20		
Volvic - Mineral Water (still - 50cl bottle)		£1.20		
Perrier - Mineral Water (sparkling - 33cl bottle)		£1.60		
Tea - Traditional cuppa!		£1.00		
Coffee		£1.00		

Al-Frash House Specialities

Butterfly Special

King Prawn, Chicken Tikka, Mushroom & Special Kashmiri Spices, served with rice £9.80

Butterfly Jalfraize (contains egg)

Delightful dish with a layer of specially cooked boiled egg, onions, tomatoes, green peppers & green chillies £7.95

Butter Chicken

A delightful combination of barbecued chicken in ginger & butter £7.60

Afrodesia

Finely minced chicken & king Prawn cooked with ground ginger, garlic, mushroom & our Special Al-Frash sauce - Exquisite! Spicy!! £9.50

Mirch Masala

Tandoori lamb tikka carefully prepared with seasoning & our special masala, with dash of Chilli, Hot or Medium £6.90

Meetha Gosht (contains nuts)

Sweet Lamb cooked in fried onions, sultana, coconut & almonds £7.95

Archar Gosht

Lamb cooked in tantalising Pickle masala, laced with whole green chillies £7.50

Garlic Chicken

Barbecued Chicken pieces in a fresh garlic & chilli sauce with fresh coriander £7.60

White Rose (contains nuts) - Highly recommended by the Chef

Chicken cooked with green cardimons, cashew nuts & creamy sauce making a citrus flavoured creamy dish £7.50

Chicken Chilli

Chicken cooked with green chillies, herbs & spices. Dry. £7.90

Tandoori Fish Masala

Fish Tikka marinated with special seasoning £7.90

The Al-Frash Balti Experience



Apart from Biryani, all our dishes are prepared Kashmiri style Balti cuisine. Each is individually prepared in the Balti with fresh herbs & spices added during the fast cooking process.

Please note that we use low cholesterol vegetable oil, minimal artificial food colouring, & we aim to avoid genetically modified products.

We at Al-Frash specialise in Kashmiri style Balti dishes. Meat or vegetables marinated in sauce & individually fast-cooked in the Balti dishes with additional spices, including freshly chopped coriander & tomatoes. Combined together, Balti cuisine has become the healthy & exciting alternative to any other eastern cooking. Served sizzling hot in the traditional Balti.

We've also introduced Balti Fish specialities, combining on our east Asian heritage at Al-Frash.

"You can't go far wrong (certainly not in terms of value for money) eating in any of the curry houses in Brum's famous Balti Triangle. Everyone has their favourite, but one of the best is undoubtedly the Al-Frash"

Gavin McOwan, The Guardian

"A parade of impeccable dishes. They do it very well"

Daily Telegraph Weekend Review

"Contents so fragrant that the aroma was near solid enough to dine on"

Birmingham Post

"Rich balti sauce ...unstinting portions"

Essential Balti Guide

"A restaurant where the bill is eye-catchingly low & the food is superb"

Birmingham Evening Mail

"Very agreeable... We shall return"

Lord Jellicoe, Royal Geographical Society

"Smart restaurant, one of my personal favourites"

Good Curry Guide

"Commonly regarded as the City's top balti"

Daily Metro

AL FRASH **balti** 

THE BUTTERFLY

www.alfrash.com

Home Delivery Service Now Available - Please Call!

The very best of Birmingham's
Balti Triangle Experience



We continue to strive to create the best in Balti cuisine, served freshly to you



#6*
Indian Restaurant in
UK
* The Guardian
Sept 07

0121 753 3120

(24hrs)

186 Ladypool Road,
Sparkbrook, Birmingham, B12 8JS
info@alfrash.com

#1
Balti Restaurant in
Birmingham

Cheques will not be accepted without a valid bankers card. Business cheques are only accepted by prior arrangement. Most major credit cards are accepted. All prices are inclusive of V.A.T at the current rate. Gratuities are at the discretion of the customer. The management reserve the right to refuse service. Please limit your drinks with your meal within these premises. We can also accommodate catering for weddings, birthday & other private functions & off site food supply. "Customer Questionnaires" available at counter. Your participation is welcomed - please ask staff at counter. Hi-Chairs available for youngsters. Children sized portions available for some starters - Please ask staff for details.

Air-conditioned inside

Starters - Served with Salad A wonderful selection of starters seasoned with Al-Frash special ingredients & freshly prepared by our chefs & delivered to you on a sizzling platter

Sheekh Kebab (2 in portion) <i>Two finely minced Lamb with chillies, mint & cori&er, freshly cooked to order on a skewer in our charcoal Tandoori oven - Spicy</i>	£2.60
Shami Kebab (2 in portion) <i>Two finely minced Lamb shaped as a Pattie & deep fried</i>	£2.60
Chicken Tikka <i>Boneless spring chicken, marinated in yogurt with herbs & spices - on skewer, clay oven cooked</i>	£3.50
Lamb Tikka <i>Diced Lamb marinated with herbs & spices - on skewer, clay oven cooked</i>	£3.90
Lamb Chops Tikka <i>Barbecued Lamb chops marinated in Masala - Tantalising</i>	£3.90
King Prawn Tikka <i>Marinated in yogurt with herbs & spices - on skewer, clay oven cooked</i>	£5.90
Tandoori Chicken <i>Spring chicken Marinated in yogurt with herbs & spices, barbecued in charcoal fired oven</i>	£2.90
Tandoori Fish <i>Silver Hake marinated in yogurt with herbs & spices, deep fried - an Al-Frash fave</i>	£2.90
Masala Fish <i>Boneless Cod marinated with dry herbs & spices, deep fried</i>	£3.50
Samosa (2 per portion) <i>Available in Lamb, Vegetable, Chicken & Paneer. Triangular-shaped savouries filled with lamb, chicken, vegetable or Paneer</i>	£1.70
Chicken Shashlik <i>Boneless spring chicken, marinated with herbs & spices, skewered with tomatoes, onions & capsicum & grilled in a clay oven</i>	£3.50
Pepper Shashlik <i>Selection of skewered grilled veg, with peppers, filled with cheese & spices</i>	£3.90
Mix Grill (Serves 2) <i>Selection of our best starters & includes Sheekh Kebabs, Lamb Tikka, Chicken Tikka, Wings & Niblets</i>	£5.90
Tandoori Wings <i>Portion of Tandoori chicken wings cooked with our seasoning</i>	£1.90
Tandoori Niblets <i>Portion of chicken niblets cooked with our seasoning</i>	£2.50
Butterfly's Special Kebab <i>The traditional "chappal kebab" Butterfly shaped mince kebab</i>	£3.50
Prawn Puree	£3.50
King Prawn Puree	£3.90
Chicken Tikka Puree	£3.50
Mushroom Puree <i>Fresh herbs, garlic, lemon & tomato cooked over a flame with Prawn, Chicken or Mushroom</i>	£3.00
Prawn Cocktail <i>Traditional Prawn cocktail</i>	£3.00
Chana Chaart <i>Chick peas with tangy Masala, diced tomatoes, cucumber & onions</i>	£3.50
Aloo Chaart <i>Diced potato mixed into a tangy Masala, diced tomatoes, cucumber & onions</i>	£3.50
Group Mix Starter (Serves 4) <i>Mix Grill (see above) with Tandoori Fish, Pakora, Lamb Chops & Wings. A delightful combination of our most popular Starters</i>	£12.90

Starters - Served without Salad Freshly cooked North Punjabi Starter - freshly prepared & coated with gram flour batter. With Fresh herbs & spices, the Pakora has become a popular side-starter

Chicken Pakora	£2.90
King Prawn Pakora	£3.90
Fish Pakora	£3.50
Vegetable / Mushroom / Aubergine Pakora / Aloo Pakora	£1.90
Paneer Pakora	£2.50
Onion Bhaji (2 per portion)	£2.90
Onion Rings	£1.90

Balti Dishes Traditionally cooked in sauce of herbs & spices

Balti Lamb	£6.50
Balti Chicken	£6.20
Black Eyed Beans & Chicken	£7.00
Keema (Lamb Mince)	£6.40

Fish specialities Fresh fish cooked to perfection

Lazeeza Fish Balti <i>Minced fish fillet, with extra garlic, fried onions, spices & sauce</i>	£7.50
Tandoori Fish Masala Balti <i>Whole fish fillet marinated with herbs & spices</i>	£7.90
Balti Prawns	£7.00
Thavva Fish <i>Fish fillet lightly grilled on a steel platter & seasoned with herbs & spices with a sauce of ground garlic, ginger & onion</i>	£7.90
King Prawns	£7.90

Bhoona Dishes Cooked with fresh tomatoes, onions, & coriander. A Medium spiced dish. Dry & Spicy

Balti Lamb	£6.90
Balti Chicken	£6.90
Balti Prawns	£7.00
Balti King Prawns	£8.90
Balti Chicken Tikka	£6.90
Balti Lamb Tikka	£7.30
Mutton Bhoona Karahi <i>Shredded lamb cooked in a karahi with special spices to give a dry dish</i>	£7.30

Makhani Dishes - contains nuts Cooked with fresh cream, pistachio & almond nuts with our special sauce. These dishes are sweet, creamy & delicious

Balti Chicken	£6.90
Balti Lamb	£6.90
Balti Chicken Tikka	£7.20
Balti Prawn	£7.50
Balti King Prawn	£8.90
Balti Tropical	£7.90
Balti Vegetable	£5.90

Pathia Dishes A hot & sour dish cooked with spices, tomato puree, sugar & lemon juice.

Balti Chicken	£6.40
Balti Lamb	£6.50
Balti Prawns	£7.20
Balti King Prawn	£8.80
Balti Vegetable	£5.50

Dopiaza Dishes Tender dish cooked in light herbs and spices. An old Frash special. Specially prepared with onions, tomatoes and ginger

Balti Chicken	£6.90
Balti Lamb	£6.90
Balti Lamb Tikka	£7.30
Balti Chicken Tikka	£7.30
Balti Prawn	£7.00
Balti King Prawn	£8.90
Balti Tropical	£7.90
Balti Vegetable	£5.90

Vegetarian Selection We only use fresh vegetables at Al-Frash so you can be assured of a fresh, vibrant taste to all our dishes. All vegetables are locally purchased & available to enjoy as main or side-dishes

	Main	Side
Balti Mix Vegetable	£5.50	£3.50
Balti Dall / Veg /Spin / Chana	£5.50	£3.50
Balti Mix Vegetable	£5.50	£3.50
Balti Mushroom	£5.70	£3.50
Balti Aloo Saag	£5.50	£3.50
Balti Saag (Spinach)	£5.50	£3.50
Balti Aubergine	£5.50	£3.50
Balti Daal (Lentils)	£5.50	£3.50
Balti Saag Paneer	£5.90	£3.90
Balti Aloo (Potato)	£5.20	£3.50
Balti Chana (Chick Peas)	£5.50	£3.50
Balti Lady Fingers (Okra)	£5.50	£3.50
Balti Black Eye Beans	£5.50	£3.50
Balti Aloo Gobi (Cauliflower)	£5.50	£3.50
Balti Black Eye Beans & Lady Fingers	£6.00	£4.00

Korma Dishes Mild, creamy & sweet, prepared with coconut & yogurt

Balti Chicken	£6.30
Balti Lamb	£6.40
Balti Prawn	£6.90
Balti King Prawn	£8.90
Balti Vegetable	£5.50

Dansak Dishes Specially prepared with lentils & pineapple, Sweet & Sour

Balti Chicken	£6.30
Balti Chicken Tikka	£6.50
Balti Lamb Tikka	£6.60
Balti Mince	£6.50
Balti Prawn	£6.90
Balti King Prawn	£8.90
Balti Vegetable	£5.90

Biryani Rice prepared with almonds & various herbs & spices, served with our special sauce.

Chicken Biryani	£6.50
Lamb Biryani	£6.60
Chicken Tikka Biryani	£6.90
Prawn Biryani	£6.90
King Prawn Biryani	£8.90
Tropical Biryani	£6.50
Vegetable Biryani	£5.50
Peas & Aloo Biryani	£6.50
Chana & Aloo Biryani	£6.50

Jalfraizie Dishes Delightful but fairly hot dishes with a layer of specially cooked onions, tomatoes, green peppers & green chillies with spices in a rich sauce

Balti Chicken	£6.90
Balti Lamb	£6.90
Balti Lamb Mince	£6.90
Balti Prawn	£7.20
Balti King Prawn	£8.90
Balti Chicken Tikka	£7.20
Balti Lamb Tikka	£7.30
Balti Vegetable	£5.90

Mix Balti Combination Baltis to enjoy & can be served as medium & hot

Tropical mix (Chicken, Lamb, Prawns)	£7.40
Chicken & Lamb mix	£6.50
Chicken & Prawns mix	£6.50
Chicken & Vegetable mix	£6.40

Tandoori Balti Prepared using the T&oor (clay oven) to give a barbecued taste to some of our most preferred Balti dishes

Chicken Tikka	£6.40
Chicken Tikka Tavva	£6.90
Lamb Tikka	£6.50
Tandoori King Prawns	£8.95

Masala Balti Dishes Some of the most popular dishes marinated in special yogurt with herbs & Tandoori spices, barbecued in a Tandoori oven, then cooked again with more fresh herbs & spices in a thick medium sauce

Chicken Tikka	£7.40
Lamb Tikka	£7.40
King Prawns Tikka	£8.95
Tandoori Chicken	£7.20
Chana Masala	£5.50
Paneer Tikka Masala	£6.50

Passanda Dishes Cooked in special yogurt, almond & pistachio nuts

Balti Chicken	£6.50
Balti Chicken Tikka	£6.90
Balti Lamb	£6.90
Balti Prawn	£7.30
Balti King Prawn	£8.90
Balti Vegetable	£5.90

Roqan Josh Dishes Specially prepared with green peppers, onion & tomatoes & saffron. Superb.

Balti Chicken	£6.60
Balti Lamb	£6.80
Balti Mince	£6.60
Balti Prawns	£7.25
Balti King Prawns	£8.90
Balti Vegetable	£5.90