

English Dishes

Chicken Omelette with Chips£6.40	Chicken with Chips£5.90
Plain Omelette with Chips£5.40	Chicken Tikka with Chips£7.20
Chicken Tikka as Main£6.60	Chips portion£1.80

Special Set Meal for Four People

Pakora (veg), Niblets, Wings, Sheekh Kebab, Chicken Tikka, Mixed Balti (prawn, lamb, chicken), Lamb Rogan Josh, Balti Chicken Tikka Masala, Balti Chicken Makhani, Saag Aloo (side dish), 2 x Pilau Rice and 2 x Nan£46.00

Sundries - All Nans contain dairy products

Chapatti (Tava) Thin unleavened bread cooked over a hot steel plate (tava). Light and delicious£1.00
Tandoori Roti Unleavened bread cooked in a clay oven£0.90

	Small	Medium	Large
Tandoori Nan Leavened bread baked in a clay oven£1.40	£2.40	£4.80
Garlic Nan Nan stuffed with garlic£2.40	£3.90	£5.90
Onion Nan Nan stuffed with onion£1.90	£3.60	£5.60
Chilli Nan Nan stuffed with chillies£1.90	£3.90	£5.90
Vegetable Nan Nan stuffed with vegetables£2.90	£4.60	£4.60
Chicken Nan Nan stuffed with chicken£2.90	£5.20	£5.20
Garlic, Coriander & Onion Nan Garlic nan with coriander & onion	£2.90	£4.60	
Peshwari Nan (contains nuts) Stuffed with sultanas & Almonds, glazed with honey£2.90	£5.00	£6.90
Keema Nan Nan stuffed with mince Lamb£2.90	£5.20	
Paneer Nan Nan stuffed with Cheese£2.90		
Paratha Sweeter, crisper version of Chapatti cooked with butter£2.10		
Aloo Paratha Paratha, glazed with butter & stuffed with potato£2.40		

Rice - We only use the very best Basmati rice in all our dishes

Boiled Rice£2.80	Fried Rice£2.90
Pilau 'Rainbow' Rice£3.10	Mushroom Fried Rice£3.20
Egg Fried Rice£3.20	Garlic Rice£3.20
Mushroom Pilau Rice£3.40		
Mince Lamb Keema, Mushroom and Fried Rice£4.20		

A perfect accompaniment to any Balti dish. Only the most perfect fluffy Basmati rice tenderly prepared and cooked in a variety of styles.

Drinks

	Bottle	Glass
J20 Juice Various fruity combinations available (275ml bottle)£2.00	-
Soft drink Wide variety inc. coke/diet, orange, lemonade (275ml bottle)£1.00	-
Volvic Mineral Water (still 50cl bottle)£1.20	-
Perrier Mineral Water (sparkling 33cl bottle)£1.60	-

	Glass	Jug
Lassi The perfect drink for your balti dish. A yogurt smoothie, it will cool and complement the Balti flavours. Available as natural, sweet or salted£1.40	£5.90
Mango Lassi A favourite, its lassi & sliced Mango£1.60	£6.20
Pistachio Lassi Lassi fused with pistachio kulfi & nuts... Yummy!£3.60	£6.20
Tea Traditional English cuppa!£1.00	-
Indian Tea "Desi Chai" Try the traditional Indian version of the cuppa!£1.50	-
Coffee£1.00	-

A sweeter ending to the night? – Dessert Menu available

Al-Frash House Specialities

– highly recommended by the Chefs

Butterfly Special

Our signature dish, it fuses the delicious flavours of King Prawn, Chicken Tikka, Mushroom & Special Kashmiri Spices, cooked to perfection. Served with rice or naan..... £10.90

Butterfly Jalfraize (contains egg)

Delightful dish with a layer of specially cooked boiled egg, onions, tomatoes, green peppers and green chillies. Available with Chicken or Vegetarian..... £8.60

Butter Chicken

An exquisite combo of barbecued chicken in ginger and butter. . £8.30

Afrodesia - Highly recommended by the Chef

Finely minced chicken & king Prawn cooked with ground ginger, garlic, mushroom and our Special Al-Frash sauce. Exquisite! Spicy! . . . £9.90

Mirch Masala

Tandoori lamb tikka carefully prepared with seasoning & our special masala, topped with a dash of Chilli, Hot or Medium..... £7.90

Meetha Gosht (contains nuts)

Sweet Lamb cooked in fried onions, sultana, coconut, almonds. . £8.50

Archar Gosht - Highly recommended by the Chef

Lamb cooked in tantalising Pickle masala, laced with green chillies. Medium Hot..... £8.50

Garlic Chicken

Barbecued Chicken pieces in a fresh garlic and chilli sauce with fresh coriander..... £8.30

White Rose (contains nuts)

Chicken cooked with green cardimons, cashew nuts & creamy sauce making a citrus flavoured creamy dish. Most popular Mild dish. . £8.40

Chicken Chilli

Chicken cooked with green chillies, herbs & spices. Dry dish. . . . £8.40

Tandoori Fish Masala

Fish Tikka marinated with special seasoning, cooked using light vegetable oil..... £8.40

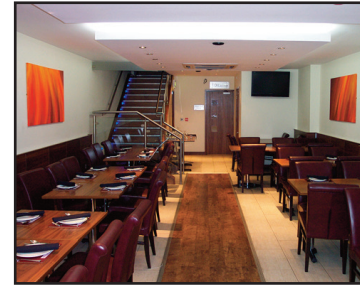
King Prawn Monarch

King prawns marinated in herbs, spices and tantalising rich sauce. Al-Frash, presents the Monarch of King Prawn Baltis!..... £9.90

Any dish can be prepared with any extra vegetable for £1

King-Prawn can be added for any dish £2.50. Extra Hot dish 50p extra

The Al-Frash Balti Experience



All our dishes are prepared Kashmiri style Balti cuisine. Each is individually prepared in the Balti with fresh herbs and spices added during the fast high-heat cooking process.

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

...the Premier Balti House in the heart of Brum's 'Balti Triangle'

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

Jan Moir, 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 and 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



www.alfrash.com

Welcome to Al-Frash

– The Butterfly Balti Restaurant

186 Ladypool Road, Sparkbrook,
Birmingham, B12 8JS

Tel: 0121-753 3120 (24hr Booking line)

We strive to create the best in authentic mouth-watering Balti cuisine, served freshly to you...

As the healthy alternative to the 'Indian Curry', the Balti tantalises you with a lighter, healthier and more flavoursome cuisine, served freshly to you within the famous Balti Triangle.



Our Waiters will be happy to assist in making tonight's dining experience perfect for you – remember we can tailor your Balti just the way you want it, so please feel free to ask.

Hi-chairs available for youngsters –

Child sized portions also available for some dishes.

Your Balti is Best enjoyed accompanied with Nan/Rice and Lassi beverage.

Follow us for the latest news and offers

WWW.ALFRASH.COM

Twitter: @BaltiTriangle

6th Best UK
Indian Restaurant
The Guardian

2011 Finalist
Birmingham City
Best Balti

UK #1
Best Budget
Restaurant
The Observer

Most major credit cards are accepted. Cheques accepted under pre-arrangement only. 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. See www.drinkaware.org

We can also accommodate catering for weddings, birthday and other private functions and off site food supply.

Customer Questionnaires available at reception. Your participation is welcome - please ask your waiter.

6th Best UK
Indian Restaurant
The Guardian

2011 Finalist
Birmingham City
Best Balti

UK #1
Best Budget
Restaurant
The Observer

Starters - served with Salad

A wonderful selection of starters; freshly prepared with our signature seasoning and delivered to you on a sizzling platter.

Sheekh Kebab (2 in portion) <i>Two finely minced Lamb kebabs; with chillies, mint & coriander, freshly cooked to order on a skewer in our charcoal Tandoori oven. Spicy</i> . . .	£3.20
Shami Kebab (2 in portion) <i>Two finely minced Lamb kebabs shaped as a Pattie and deep fried. Mild</i> . . .	£3.00
Mixed Kebab (2 in portion) <i>Combo of both Shami & Sheekh minced lamb kebabs</i> . . .	£3.10
Chicken Tikka <i>Boneless spring chicken, marinated in yoghurt with fresh herbs & spices. Cooked on a skewer in a clay oven</i> . . .	£3.80
Lamb Tikka <i>Diced Lamb marinated with herbs & spices. Cooked on a skewer in a clay oven</i> . . .	£4.40
Lamb Chops Tikka <i>BBQ Lamb chops marinated in our signature Masala. Tantalising</i> . . .	£4.60
King Prawn Tikka <i>Marinated in yoghurt with herbs & spices. Cooked on skewers in a clay oven</i> . . .	£6.40
Tandoori Chicken <i>Spring chicken marinated in yoghurt with herbs & spices, barbecued in charcoal fired oven</i> . . .	£3.30
Tandoori Fish <i>Silver Hake marinated in yoghurt with herbs & spices, deep fried. An Al Frash fave</i> . . .	£3.60
Masala Fish <i>Boneless cod marinated with dry herbs & spices, deep fried</i> . . .	£3.50
Samosa (any 2 per portion) <i>Available in Lamb, Vegetable, Chicken & Paneer (Indian Cheese) triangular-shaped savouries with your choice of filling</i> . . .	£2.60
Chicken Shashlik <i>Boneless spring chicken, marinated with herbs & spices, skewered with tomatoes, onions and capsicum and grilled in a clay oven. A popular starter</i> . . .	£4.50
Pepper Shashlik <i>Selection of skewered grilled vegetables, with peppers, filled with cheese & spices</i> . . .	£4.30
Mix Grill - 'The Sizzler' (Serves 2) <i>Great selection of our best starters. Includes Sheekh Kebabs, Lamb Tikka, Chicken Tikka, Tandoori Wings & Niblets. Recommended</i> . . .	£6.40
Tandoori Wings <i>A portion of Tandoori chicken wings seasoned with our masala</i> . . .	£2.30
Tandoori Niblets <i>Al Frash masala seasoned portion of chicken niblets</i> . . .	£2.90
Al Frash 'Butterfly Special' Kebab (Serves 2) <i>The traditional "chappal kebab". Mince kebab with fried egg</i> . . .	£5.90
Prawn Puree . . .	£3.90
Chicken Tikka Puree . . .	£3.90
King Prawn Puree . . .	£4.30
Mushroom Puree <i>Fresh herbs, garlic, lemon and tomato cooked over a flame with Prawn, Chicken or Mushroom</i> . . .	£3.30
Prawn Cocktail <i>Traditional Prawn cocktail</i> . . .	£3.90
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 - 'The Group Sizzler' (Serves 4) <i>Mix Grill (see above) with Tandoori Fish, Pakora, Lamb Chops & Wings. Delightful combo of all our most popular Starters</i> . . .	£15.00

Delicious side accompaniments to any starter... Great to share and nibble on

Chicken Pakora . . .	£3.20
King Prawn Pakora . . .	£4.60
Fish Pakora . . .	£3.90
Paneer [Indian Cheese] Pakora . . .	£2.90
Vegetable / Mushroom / Aubergine / Aloo Pakora <i>Freshly cooked North Punjabi Starter - freshly prepared & coated with gram flour batter. With Fresh herbs and spices, the Pakora has become a popular side-starter</i> . . .	£2.30
Onion Bhaji (2 per portion) . . .	£3.40
Onion Rings . . .	£2.40

6th Best UK
Indian Restaurant
The Guardian

2011 Finalist
Birmingham City
Best Balti

UK #1
Best Budget
Restaurant
The Observer

At Al Frash, we specialise in Kashmiri style Balti dishes. Meat or vegetables marinated in sauce and individually fast-cooked in the Balti dishes, along with exiting spices, freshly chopped coriander and tomatoes. Combined together, Balti cuisine has become the healthy and exciting alternative to any other eastern cooking. Served sizzling hot in the traditional Balti dish!

Info: Our lamb & chicken 'Tikka' is meat marinated in spices, then dry-roasted in a clay oven

Balti Dishes

Traditionally cooked in a lovely sauce of herbs & spices. Served in the famous balti.

Balti Lamb	£6.90
Balti Chicken	£6.60
Balti Prawns	£7.60
King Prawns	£8.90
Black Eyed Beans and Chicken	£7.40
Keema (Lamb Mince)	£6.90

Fish Balti specialities

Fresh fish cooked using our special sauces & given the Al Frash finishing touch!

Tandoori Fish Masala Balti <i>Whole silver hake marinated with herbs and spices</i>	£8.40
Lazeeza Fish Balti <i>Cod fish fillet, with extra garlic, fried onions, spices and delicious thick sauce</i>	£7.90
Thavva Fish <i>Fish fillet lightly grilled on a steel platter and seasoned with herbs and spices with a sauce of ground garlic, ginger and onion</i>	£8.40
King Prawn Monarch <i>The king of King Prawn dishes. Thick sauce and a tantalising mix of herbs and spices</i>	£10.40

Bhoona Dishes (Dry & Spicy)

An aromatic dish, cooked with fresh tomatoes, onions, and coriander. A Medium spiced dish.

Balti Lamb	£7.60
Balti Chicken	£7.40
Balti Prawns	£7.90
Balti King Prawns	£9.90
Balti Chicken Tikka	£8.30
Balti Lamb Tikka	£8.50
Desi Mutton Bhoona Karahi <i>Tender lamb cooked in a karahi with special spices to give a unique Desi flavour</i>	£8.70

Makhani Dishes (contains nuts) (Sweet and Creamy)

A rich mouth-watering sauce, cooked with fresh cream, pistachio & almond nuts with our special sauce. These dishes are sweet, creamy & simply delicious.

Balti Chicken	£7.40
Balti Lamb	£7.80
Balti Chicken Tikka	£7.90
Balti Prawn	£7.50
Balti King Prawn	£9.90
Balti Vegetable	£6.60
Balti Tropical (Lamb, Chicken, Prawns)	£7.90

Dopiaza Dishes

Tender chicken cooked in black eyed beans. An old Al Frash special. Specially prepared with extra onions & tomatoes.

Balti Chicken	£7.80
Balti Lamb	£7.80
Balti Lamb Tikka	£8.20
Balti Chicken Tikka	£8.00
Balti Prawn	£7.90
Balti King Prawn	£9.90
Balti Tropical	£8.40
Balti Vegetable	£6.40

Korma Dishes (Creamy and Sweet)

Mild, creamy & sweet, prepared with coconut and yoghurt.

Balti Chicken	£7.40
Balti Lamb	£7.80
Balti Prawn	£7.90
Balti King Prawn	£9.90
Balti Vegetable	£6.60

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 and can be enjoyed as both mains or side dishes.

	Main	Side
Balti Tharka Daal (Smoked Lentils)	£6.30	£4.30
Balti Dall / Veg / Spinich / Chana - Chef recommended	£6.30	£4.30
Balti Black Eye Beans and Lady Fingers	£6.30	£4.30
Balti Saag Paneer	£6.30	£4.30
Balti Mix Vegetable	£5.90	£3.80
Balti Mushroom	£5.90	£3.80
Balti Aloo Saag	£5.90	£3.80
Balti Saag (Spinach)	£5.90	£3.80
Balti Aubergine	£5.90	£3.80
Balti Daal (Lentils)	£5.90	£3.80
Balti Aloo (Potato)	£5.90	£3.80
Balti Chana (Chick Peas)	£5.90	£3.80
Balti 'Lady Fingers' (Okra)	£5.90	£3.80
Balti Black Eye Beans	£5.90	£3.80
Balti Aloo Gobi (Cauliflower)	£5.90	£3.80
Balti Chana Daal (Chick Peas & Lentils)	£5.90	£3.80

Passanda Dishes (Mild and Creamy)

Much loved mild curry. Rich creamy sauce cooked in yoghurt, coconut milk, almonds & pistachio. Delicate flavour, ideal for 1st time balti enthusiasts too!

Balti Chicken	£7.40
Balti Chicken Tikka	£7.60
Balti Lamb	£7.80
Balti Prawn	£7.90
Balti King Prawn	£9.90
Balti Vegetable	£6.60

Dansak Dishes (Sweet and Sour)

A popular Indian dish, combining Persian & Gujarati cuisine. Dansak is a spicy hot yet almost sweet & sour dish. Served with special mix of lentils & pineapple.

Balti Chicken	£7.40
Balti Chicken Tikka	£7.60
Balti Lamb Tikka	£7.80
Balti Mince	£7.60
Balti Prawn	£7.90
Balti King Prawn	£9.90
Balti Vegetable	£6.40

Pathia Dishes (Sweet and Sour)

Originating as a Persian dish & usually served as a fairy hot dish. Combining sweet & sour flavours. Served with special spices, tomato puree, lemon juice.

Balti Chicken	£7.40
Balti Lamb	£7.60
Balti Prawns	£7.90
Balti King Prawn	£9.90
Balti Vegetable	£6.40

Jalfraizie Dishes (Spicy)

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

Balti Chicken	£7.60
Balti Lamb	£7.80
Balti Lamb Mince	£7.90
Balti Prawn	£8.60
Balti King Prawn	£9.90
Balti Chicken Tikka	£8.20
Balti Lamb Tikka	£8.10
Balti Vegetable	£6.60

Rogan Josh Dishes (Medium Hot)

An aromatic dish, popular across the Indian subcontinent. We specially prepare with green peppers, onions, tomatoes & saffron. Superb flavours!

Balti Chicken	£7.40
Balti Lamb or Lamb Mince	£7.60
Balti Prawns	£7.90
Balti King Prawns	£9.90
Balti Vegetable	£6.40

Mix Balti (Medium Hot)

You choose the Combo Baltis to enjoy that can be served as medium or hot.

Tropical mix (Chicken, Lamb, Prawns)	£8.30
Chicken and Lamb mix	£7.40
Chicken and Prawns mix	£7.40
Chicken and Vegetable mix	£7.40

Tandoori Balti (Barbecued, medium)

Prepared using the Tandoor (clay oven) giving a barbecued taste to some of our most popular Balti dishes.

Tandoori Chicken	£7.40
Chicken Tikka	£7.60
Chicken Tikka Tavva (cooked & served on a steel platter)	£7.60
Lamb Tikka	£7.80
Tandoori King Prawns	£9.90

Masala Balti Dishes (Barbecued, mild or spicy)

Some of the most popular dishes marinated in special yoghurt with herbs and Tandoori spices, barbecued in a Tandoor oven, then cooked again with more fresh herbs and spices in a thick sauce.

Chicken Tikka	£7.90
Tandoori Chicken	£7.90
Lamb Tikka	£8.40
Paneer Tikka Masala	£7.40
Chana Masala	£6.40
King Prawns Tikka	£9.90

Biryani

Basmati Rice prepared with various herbs & spices, served with special sauce.

Chicken Biryani	£6.90
Lamb Biryani	£7.20
Chicken Tikka Biryani	£7.70
Prawn Biryani	£7.40
King Prawn Biryani	£9.90
Tropical Biryani	£7.60
Vegetable Biryani	£6.20
Peas and Aloo Biryani	£6.90
Chana and Aloo Biryani	£6.90