

BALTI DISHES

Balti dishes are home style cooking prepared in a wok with combination of herbs and spices that makes this dish very exciting and popular, garnished with tomatoes and coriander & served with nan bread

BALTI CHICKEN OR LAMB.....	£7.20
BALTI CHICKEN OR LAMB TIKKA.....	£7.95
BALTI PRAWN	£8.95
BALTI KING PRAWN.....	£9.95
BALTI CHICKEN TIKKA JALFREZI	£8.50
BALTI LAMB TIKKA JALFREZI	£8.50
LE SPICE BALTI MIX (Chicken & lamb tikka).....	£10.95

RICE

BOILED RICE	£2.10
PULAU RICE	£2.30
SPECIAL FRIED RICE	£2.55
KEEMA RICE.....	£2.55
MUSHROOM RICE	£2.55
VEGETABLE RICE	£2.55
LEMON RICE	£2.55
COCONUT RICE	£2.55

SUNDRIES

NAN.....	£2.10
KEEMA NAN	£2.30
CHEESE NAN	£2.30
PESHWARI NAN	£2.30
GARLIC NAN	£2.30
VEGETABLE NAN	£2.30
TANDOORI ROTI	£2.30
CHAPATI.....	£1.20
PARATHA.....	£2.30
STUFFED PARATHA	£2.30
MIX RAITHA.....	£1.50
PARADUMS (Plain or spicy).....	£0.50
PICKLES.....	£0.50
CHUTNEYS	£0.50

WALTHAM ABBEY TOWN COUNCIL

RECOGNISE

LE SPICE

ARLINGHAM MEWS

FOR THEIR

CONTRIBUTION TO TOURISM 2001



A. H. M. M.
MAYOR

10th MAY 2001

S. A. M.
TOWN CLERK

CIHE NATIONAL CURRY CHEF 2002

Epping Forest District Council

Local Heat Winner

Presented to

Saleh Ahmed of L'e Spice

CIHE NATIONAL CURRY CHEF 2001

Epping Forest District Council

Presented to Saleh Ahmed of L'e Spice



The Finest Exclusive

Indian & Bangladeshi Cuisine in Town

Fully licensed & Air conditioned

Quality Guaranteed



FREE HOME DELIVERY

for orders over £12 within 4 mile radius

10% DISCOUNT

on collection orders over £15

Le Spice Sunday Buffet

EAT AS MUCH AS YOU LIKE

3 Starter, 3 Main Course, 3 Side Dishes,

3 Sundries, Salad & Dessert.

Adult £8.50 Child £4.25

1.00pm to 10.30pm

1 Arlingham Mews, Sun Street,
Waltham Abbey, Essex. EN9 1ED.
www.lespicecuisine.co.uk

TUESDAY BANQUETING NIGHT

Starter, Main Dish, Side Dish, Rice,
Nan and Coffee or Tea.

£10.95 per person

King Prawn or Fish Extra £2.95

TELEPHONE:

0844 318 1345

Open seven days a week including Bank holidays

Mon-Thurs: 5.30pm to 11.30pm

Fri-Sat: 5.30pm to Midnight

Sunday: 1.00pm to 10.30pm

We do not use artificial colour on our food.

Private Parties Welcome

All major credit cards accepted.

Cheques accepted with valid bankers card.



The management reserves the right to refuse service without giving any reason.

STARTERS

TANDOORI MIX STARTER	£4.50
ONION BHAJI	£2.30
ALOO CHAT	£2.70
CHICKEN SHAZMIN	£3.50
<i>Pan cakes stuffed with spiced chicken cooked to our chef's own recipe</i>	
LAMB SHAKIL	£3.50
<i>Pan cakes stuffed with spiced minced lamb cooked to our chefs own recipe</i>	
SAMOSAS (Meat or Vegetable)	£2.70
CHICKEN CHAT	£3.25
CHICKEN TIKKA OR LAMB TIKKA	£3.10
MURG PEPPER	£4.10
<i>(Capsicum stuffed with chicken, deep fried covered with paste)</i>	
PRAWN PURE	£3.25
KING PRAWN PUREE	£4.50
KING PRAWN BUTTERFLY	£4.20
TANDOORI CHICKEN	£3.10
SHEEK KEBAB	£3.10
TANDOORI FISH TIKKA	£4.50
KAKRA	£5.50
<i>(Crab) Medium spiced, highly flavoured with coriander seeds. Served with salad</i>	
MURUG NAZAKAT	£4.50
<i>(Chicken marinated with garlic paste cooked in clay oven. Served with salad and chef's own special sauce)</i>	
MURUG LIVER	£3.70

TANDOORI SPECIALITIES

TANDOORI CHICKEN (HALF)	£5.50
TANDOORI KING PRAWN	£10.95
TANDOORI MIXED GRILL (NAN)	£8.95
CHICKEN OR LAMB TIKKA	£5.95
CHICKEN OR LAMB SHASLICK	£6.95
<i>Pieces of marinated chicken and lamb skewered with onions capsicum & tomatoes.</i>	

CHEF'S SPECIALITIES

LE SPICE SPECIAL CHICKEN OR LAMB	£6.95
<i>Pieces of chicken or lamb cooked with almonds, cashew nuts, mango pulp & cream</i>	
CHICKEN OR LAMB AMDANI	£6.95
<i>Pieces of chicken or lamb cooked with almonds, cashew nuts with mix fruit</i>	
CHICKEN OR LAMB PASANDA	£6.95
<i>Mild spiced chicken or lamb tikka cooked in creamy sauce and garnished with pistachio and almond</i>	
BUTTER CHICKEN OR LAMB TIKKA	£6.95
<i>Boneless chicken or lamb tikka pieces cooked in mild spices with almond & butter</i>	
TANDOORI KING PRAWN PASANDA	£9.95
<i>Mild spiced king prawns cooked in creamy sauce and garnished with pistachio and almond</i>	
CHICKEN OR LAMB HONEY	£6.95
<i>Chicken or lamb pieces cooked in mild spices and flavoured with almonds and honey on top</i>	
LAMB BATHASHI	£8.50
<i>Lamb tikka medium spiced cooked with brandy and vegetables</i>	
CHICKEN OR LAMB MAKHANI	£6.95
<i>Deep fried chicken or lamb pieces served with special creamy sauce</i>	
CHICKEN OR LAMB TIKKA KORAI	£6.95
<i>Chicken or lamb tikka marinated in spices and grilled in a traditional charcoal tandoor then cooked in curry sauce with oriental herbs, spices and tomatoes</i>	
KING PRAWN ZAFRAN	£10.95
<i>King Prawns on shall cooked in medium spiced. Served with pilau rice.</i>	
TANDOORI KING PRAWN KORAI	£9.95
<i>King prawns barbecued in tandoori clay oven and cooked in curry sauce with oriental herbs and spices</i>	
CHICKEN OR LAMB SHAZANI	£6.95
<i>Cooked in medium spicy sauce with onions and pepper, garnished with tomato and lettuce</i>	
BADAMI CHICKEN OR LAMB TIKKA	£7.95
<i>Sliced tikka cooked in creamy sauce and garnished with sliced cashew and almond</i>	
CHICKEN OR LAMB TIKKA GARLIC	£6.95
<i>Chicken or lamb tikka cooked in rich spices with plenty of garlic and onions to give this dish extra ordinary flavour</i>	
CHICKEN OR LAMB TIKKA JALFREZI	£6.95
<i>Chicken or lamb tikka cooked in a hot spicy sauce madras strength with fresh green chillies</i>	
KING PRAWN JALFRAIZY	£9.95
<i>King prawn cooked in a hot spicy sauce madras strength with fresh green chillies</i>	
MURGH RUSHAN JALL	£6.95
<i>Chicken curry made with onions, ginger, green chillies and coriander garnished with fried garlic</i>	
MURGH ANHARI	£6.95
<i>The unique chicken dish is made with spicy mango chutney dry and spicy served in a wok</i>	
CHICKEN TIKKA GARLIC CHILLY	£6.95

MASALA DISHES

CHICKEN OR LAMB TIKKA MASALA	£7.10
<i>Barbecued tender chicken or lamb tikka pieces cooked in a speciality prepared flavoured sauce</i>	
TANDOORI KING PRAWN MASALA	£9.90
<i>King Prawns roasted in tandoor and cooked in a speciality prepared delicious flavoured sauce</i>	
MIX VEGETABLE MASALA	£5.70

PATIA

Patia is a medium hot dish very popular in our homeland

CHICKEN OR LAMB PATIA	£6.20
PRAWN PATIA	£7.20
KING PRAWN PATIA	£8.95

DANSAK

Dansak is a sweet and sour dish cooked with lentils (Hot)

CHICKEN OR LAMB DANSAK	£6.20
CHICKEN OR LAMB TIKKA DANSAK	£7.20
PRAWN DANSAK	£7.95
KING PRAWN DANSAK	£8.95
VEGETABLE DANSAK	£4.95

CHICKEN OR LAMB DISHES

CHICKEN OR LAMB KURMA	£5.45
<i>Chicken or lamb pieces cooked in mild spices and flavoured with almonds and fresh cream</i>	
CHICKEN OR LAMB DUPIAZA	£5.45
<i>Medium spiced chicken or lamb cooked with onions tomatoes & green pepper</i>	
CHICKEN OR LAMB ROGAN	£5.45
<i>Pieces of chicken or lamb cooked in rich spicy sauce with tomatoes & green pepper</i>	
CHICKEN OR LAMB JALFREZI	£5.45
<i>Chicken or lamb cooked in hot spicy sauce madras strength with green chillies</i>	
CHICKEN OR LAMB BHUNA	£5.45
<i>Chicken or lamb pieces cooked in spices and served with speciality prepared thick sauce fairly dry</i>	
CHICKEN OR LAMB SAG	£5.45
<i>Chicken or Lamb cooked with spinach in slightly spiced sauce</i>	
CHICKEN OR LAMB MADRAS OR VINDALOO	£5.20

SEA FOOD

PRAWN KURMA	£6.20
<i>Mild spiced prawns cooked with cream & yoghurt</i>	
PRAWN MADRAS/ VINDALOO	£6.20
<i>(Prawns cooked in fairly hot spicy sauce)</i>	
PRAWN SAG	£6.20
<i>(Prawns cooked with spinach with lightly spiced sauce)</i>	
PRAWN BHOONA	£6.20
<i>Prawns cooked in spices and served with thick sauce fairly dry</i>	
KING PRAWN KURMA	£8.10
<i>Mild spiced king prawns cooked with cream and yoghurt</i>	
KING PRAWN MADRAS/VINDALOO	£7.95
<i>(King Prawns cooked in spicy sauce)</i>	
KING PRAWN BHUNA	£8.10
<i>King Prawns cooked in spices served with thick sauce fairly dry</i>	
KING PRAWN SAG	£8.10
<i>King prawns cooked with spinach with slightly spiced sauce</i>	

BIRYANI DISHES

CHICKEN OR LAMB BIRYANI	£7.20
<i>Saffron flavoured rice cooked with spiced chicken or lamb & served with vegetable curry</i>	
KING PRAWN BIRYANI	£9.95
PRAWN BIRYANI	£7.95
CHICKEN OR LAMB TIKKA BIRYANI	£7.95
LE SPICE MIX BIRYANI	£8.50
<i>Chicken lamb and prawn</i>	
VEGETABLE BIRYANI	£5.95

FRESH VEGETABLE DISHES

SAG PANEER OR MUTTER PANEER (Cottage cheese)	£2.65
MIX VEGETABLE CURRY	£2.65
ALOO GOBI (Potatoes and cauliflower)	£2.65
MUSHROOM BHAJI	£2.65
BOMBAY ALOO (Potatoes)	£2.65
SAG BHAJI (Spinach)	£2.65
SAG ALOO (Spinach and potatoes)	£2.65
BINDI BHAJI (Okra)	£2.65
BRINJAL BHAJI (Aubergine)	£2.65
TARKA DALL (Lentils)	£2.65
GARLIC MUSHROOM	£2.65
CHANA MASALA (Chick peas)	£2.65
COURGETTE BHAJI	£2.65