

Rock Salt

Main Courses

Chinese

STIR FRY CHINESE GREEN (G) - 7.95

Mixed Green Vegetables cooked with Chef's special sauce (VG)

SZECHUAN BEANS (VG) (G) - 7.95

Fresh beans tossed with onions, pepper, garlic and star Anise

STIR FRY PAK CHOI (VG) (G) -

Pak Choi tossed in fresh garlic

SWEET & SOUR CHICKEN (G) - 9.95

Crispy diced Chicken tossed in pineapple, peppers, onion and tangy tomato sauce

BEEF IN BLACK BEAN (G) - 9.95

Sliced beef cooked with black bean chopped ginger and soya

PORK SZECHUAN SAUCES (G) - 9.95

Sliced pork cooked with szechuan, pepper, capsicum and ginger garlic

PRAWN OYSTER SAUCE (G) - 11.95

Prawn cooked with diced pepper, celery, sliced ginger with oyster sauce

Fried Rice - 6.99

NOODLES - 6.99

VEG (VG) (G)

VEG (VG) (G)

EGG (G)

EGG (G)

CHICKEN (G)

CHICKEN (G)

Breads & Rice

PLAIN RICE - 2.95

PULAO RICE - 2.95

RAITA (D) - 2.50

TANDOORI ROTI - 2.50

NAAN BREADS

PLAIN (G) (D) - 2.50

GARLIC (G) (D) - 2.95

KEEMA (G) (D) - 2.95

PESHWARI (G) (D) - 2.95

CHILLI CHEESE (G) (D) - 2.95

Indian

MURG BUTTER MASALA (D) - 9.95

Tandoor roasted chicken cooked in blended onion, plum tomatoes and dry fenugreek

MIX PEPPER CHICKEN - 10.95

Chicken cooked with diced pepper, garlic, coriander and crushed indian spices

CHICKEN KORMA (N) (D) - 9.95

Chicken cooked with onion, fresh coconut and cardamom gravy

KORRI GHASSI CHICKEN - 10.95

Chicken cooked with herbs, ground spices, coconut milk, coriander, onion and tomatoes

KASHMIRI LAMB - 10.95

Lamb slow cooked with Indian spices for an intense flavour

LAMB KEEMA - 10.75

Spicy minced lamb cooked with green peas

RAILWAY LAMB CURRY - 11.95

Lamb cooked with onion tomato, bayleaf, mace and black cardamom

FISH COASTAL CURRY - 11.95

Cod cooked in a rich broth with onion, mustard and curry leaves

Rock Salt Special

KHADAI DUCK - 13.50

Slow cooked duck with onion, tomato, peppers, green chillies, fenugreek and cinnamon

PORK VINDALOO - 13.50

Pork cheek marinated in red wine vinegar, red chilli paste, garlic, cumin and black pepper

LAMB RAAN - 13.95

Lamb shank cooked with fresh onion, bay leaf cardamom & tomato gravy

KERELA BEEF CURRY - 13.50

Braised beef loin cooked with the flavour of curry leaves, mustard and coconut

PRAWN CHETTINAD - 13.95

Tandoori king prawn cooked with chettinad paste, coconut, fennel seed, coriander, cumin, ground spices, onion, garlic and ginger

Biryani (D)

** served with gravy and raita

VEGETABLE BIRYANI - 10.95

Fresh vegetables cooked with basmati rice, sealed in a clay pot with a saffron, mint, bayleaf

CHICKEN BIRYANI - 11.95

Chicken cooked with Basmati rice, flavoured with brown onion and saffron

LAMB BIRYANI - 12.95

Braised Lamb with basmati rice, fresh ginger, mint leaves and coriander

ACHARI JHINGA BIRYANI - 13.95

Pickled marinated prawns cooked with fennel seeds, mustard & cream

Veg Sides/Mains

LAHSONI DAL (VG) - 4.95/7.95

Yellow lentil cooked with chopped garlic, green chillies, tomato & coriander

BOMBAY ALOO (VG) - 5.95/7.50

Baby potatoes cooked with cumin and chopped tomatoes

PALAK PANEER (V) (D) - 6.95/9.95

Cottage cheese cooked with spinach, garlic, onion and tomatoes

KOLHAPURI VEG (VG) - 5.95/7.50

Mixed veg cooked with kolhapuri chillies, onion and tomatoes

CHANA MASALA (VG) - 5.95/7.50

Chickpeas cooked with carom seeds, chopped ginger, tomatoes & onion

BHINDI DO PYAZA (V) - 6.50/7.95

Okra cooked with diced onions, ginger & cumin seeds

SAAG ALOO (VG) - 5.75/8.25

Nutritious spinach with baby potatoes and a hint of garlic and ginger



ROCKSALTBRISTOL