

MOIDULS

OF TEDDINGTON

Indian Tapas ● Cocktails ● Fine Indian Dining

Weight Watchers Menu

3 to 5 Pro Points

Indian Mixed Salad (Slightly Hot) - £3.50

Indian Style Chicken Tikka Salad (Slightly Hot) - £6.95

Jhinga Tikka Shondari (3 pieces) - £7.95

Lightly spiced Bay of Bengal whole King Prawn, char-grilled with mushrooms and courgettes.

Ajwan Jhinga (3 pieces) - £7.95

Medium spiced Bay of Bengal King Prawns char-grilled with crushed Ajwan Hing (also known as Asafuetida) and chef's special sauce.

Mixed Vegetable Tikka –Starter- £5.50

Mixed char-grilled vegetables in a chef's special tandoori spice. Served slightly hot with a mild homemade chutney and salad.

Tangry Mumtaz (3 pieces) –Starter - £5.95

Pieces of chicken drumstick mixed in garam masala, crushed red chilli, ginger, garlic and a touch of lemon. Served with a homemade mint sauce.

Haas Tikka – Starter - £5.50

Marinated duck fillets lightly spiced and cooked in a clay oven.

Moiduls Spicy Chicken Bora Kebab –Starter- £5.50

Minced chicken kebab, slow fried with onions, green chillies, fresh coriander and chef's special spice. Served with a side salad.

Garlic Mushrooms - £4.50

Button mushrooms cooked with finely chopped garlic, mixed peppers and spring onions. Served with baby chapatti.

3 to 5 Pro Points

Roshoni Tikka – starter - £5.95

Diced pieces of supreme chicken breast spiced with lots of fresh garlic and a touch of green chilli.

Chicken Sherpa – Starter £5.95

Thin pieces paneer cheese, and then tossed in a medium spiced sauce made with fresh green chillies, fresh coriander, mixed peppers and tandoori.

Chicken Khatmundo - Starter £5.50

Small pieces of chicken breast fried with corn flour. Cooked with green peppers, egg fried aubergine and tomato puree. Served slightly hot.

Sea Bass Biran - £6.50

Fillet of sea bass, slow fried with fresh green chillies and onion.
Served with salad and mild chutney.

Mixed Vegetable Tikka - £5.50 - main £9.95

Mixed char-grilled vegetables in a chef's special tandoori spice. Served slightly hot with a mild homemade chutney and salad.

Aloo Matar Ka Tikey – Starter - £4.95

Medium spiced mash potato stuffed with fresh garden peas, shallow fried and served with homemade mint chutney.

6 to 10 Pro Points

Jhinga Tikka Shondari - (main £14.95)

Lightly spiced Bay of Bengal whole King Prawn, char-grilled with mushrooms and courgettes.

Ajwan Jhinga - (main £9.95)

Medium spiced Bay of Bengal King Prawns char-grilled with crushed Ajwan Hing (also known as Asafuetida), and chef's special sauce.

Barra Kebab - £5.95

Pieces of lamb char-grilled with crushed red chilli, garam masala, garlic, ginger, a touch of yoghurt and papaya puree. Served with a fresh salad and homemade tamarind chutney.

Lamb Tikka Pura - £5.50

Medium spiced pieces of lamb, char-grilled with chef's special spice.

Moidul's Special Paneer Tikka - £5.50

Lightly spiced Indian cottage cheese, char-grilled with mixed peppers and mushrooms.

6 to 10 Pro Points

Chicken Tikka Pura – Starter - £5.50

Medium spiced pieces of lamb, char-grilled with chef's special spice.
Served with home mad mint chutney and salad.

Monk Fish Tikka - Starter - £6.95

Hydrabede style char-grilled with white pepper, garlic, ginger, crushed mustard seeds, asafoetida (hing), coconut milk and a touch of lemon juice. Served with homemade tamarind sauce and salad.

Salmon Tikka – Starter -£6.95

Medium spiced pieces of Scottish slamon, char-grilled with white pepper, garlic, ginger, cashew paste, fresh coriander and green chillies. Served with salad and a mint chutney.

Tilapai Fish Tikka – Starter- £5.50

Cubes of tilapai char-grilled in a medium spiced chef's special sauce. Served with a side salad.

Three Colour Tikka - £5.95

Combination of mild chicken tikka, medium duck tikka and slightly hot lamb tikka. Served sizzling with mixed peppers and a side salad.

Tangry Mumtaz (3 pieces) –£9.95

Pieces of chicken drumstick mixed in garam masala, crushed red chilli, ginger, garlic and a touch of lemon. Served with a homemade mint sauce.

Kasmire Sheek Kebab - £4.95

Kasmiri spiced minced lamb skewered in a tandoori clay oven. Served with a mint chutney.

Chot Poti - £4.50

Medium spiced chickpeas, chunky potatoes and onion cooked in a sweet and sour tamarind sauce. Served in a spicy cone with salad.

Haas Tikka – Starter - £9.95

Marinated duck fillets lightly spiced and cooked in a clay oven.

Officer Lamb Chop Bahar (3 pieces) – Starter -£5.95

Medium spiced lamb chop, char-grilled with red and yellow peppers, served with a side salad.

6 to 10 Pro Points

Malai Tikka (chicken) – Starter- £5.95

Touch of garam masala soft cottage cheese, touch of Greek yoghurt, chef's special spice.
Served with homemade creamy chutney.

Moidul's Special Shami Kebab - £5.50

Medium spiced minced lamb, mashed with chick pea lentils.
Slow fried with garam masala and fresh coriander.

Moidul's Spicy Chicken Bora Kebab - main £9.95

Minced chicken kebab, slow fried with onions, green chillies, fresh coriander and chef's special spice. Served with a side salad.

Salmon Tikka - main £13.95

Medium spiced pieces of Scottish salmon, char-grilled with white pepper, garlic, ginger, cashew paste, fresh coriander and green chillies. Served with salad and a mint chutney.

Tilapai Fish Tikka - main £9.95

Cubes of tilapai char-grilled in a medium spiced chef's special sauce. Served with a side salad.

Aloo Matar Ka Tikey - main £8.95

Medium spiced mash potato stuffed with fresh garden peas, shallow fried and served with homemade mint chutney.

Roshoni Tikka – Main - £9.95

Diced pieces of supreme chicken breast spiced with lots of fresh garlic and a touch of green chilli.

Monk Fish Tikka - Main £13.95

Hydrabede style char-grilled with white pepper, garlic, ginger, crushed mustard seeds, asafoetida (hing), coconut milk and a touch of lemon juice.
Served with homemade tamarind sauce and salad.

Moidul's Special Paneer Tikka - main £9.95

Lightly spiced Indian cottage cheese, char-grilled with mixed peppers and mushrooms.
Served with a side salad.

Chicken Khatmundo - £5.50 (main £9.95)

Small pieces of chicken breast fried with corn flour. Cooked with green peppers, egg fried aubergine and tomato puree. Served slightly hot. (Sweet and sour taste)

11 to 15 Pro Points

Chicken Tikka Pura -main £9.95

Medium spiced pieces of lamb, char-grilled with chef's special spice.
Served with home mad mint chutney and salad.

Barra Kebab - £9.95

Pieces of lamb char-grilled with crushed red chilli, garam masala, garlic, ginger, a touch of yoghurt and papaya puree. Served with a fresh salad and homemade tamarind chutney.

Lamb Tikka Pura - £9.95

Medium spiced pieces of lamb, char-grilled with chef's special spice.
Served with a mint chutney.

Three Colour Tikka - £9.95

Combination of mild chicken tikka, medium duck tikka and slightly hot lamb tikka. Served sizzling with mixed peppers and a side salad.

Malai Tikka (chicken) – Main- £9.95

Touch of garam masala soft cottage cheese, touch of Greek yoghurt, chef's special spice.
Served with homemade creamy chutney.

Kasmire Sheek Kebab - £8.95

Kasmiri spiced minced lamb skewered in a tandoori clay oven.
Served with homemade mint chutney.

Officer Lamb Chop Bahar (3 pieces) - main £9.95

Medium spiced lamb chop, char-grilled with red and yellow peppers,
served with a side salad.

Moiduls Special Shami Kebab - main £9.95

Medium spiced minced lamb, mashed with chick pea lentils.
Slow fried with garam masala and fresh coriander.

Main Course Curry's in Pro Point Order

5 to 9 Pro Points

Keema Aloo Matar - tapas £5.95

Medium spiced minced lamb cooked with baby potatoes, peas, spring onions, fresh green chillies and a touch of coriander.

Lembu Kalimirch Ka Gust - tapas £5.95

Chunks of lamb cooked with fresh lemon, kasmiri black chilli and fresh coriander.
Served in a korari.

Jall E Bahar - chicken - tapas £4.95

Fairly hot curry cooked with fresh Bangladeshi Naga chilli, with fresh coriander, fresh mixed peppers and a touch of garlic and ginger.

Denaaz Puri - chicken - tapas £5.95

Very hot dish. Cooked with sun roasted red chillies and mixed peppers.
Served in a karahi with a touch of garlic and ginger.

Jalfrezi - chicken - tapas £4.95

Diced chicken or lamb cooked with fresh green chillies, mixed peppers, tomato, onions and a combination of chef's special spices. Served slightly hot.

Jall E Bahar - Lamb - tapas £4.95

Fairly hot curry cooked with fresh Bangladeshi Naga chilli, with fresh coriander, fresh mixed peppers and a touch of garlic and ginger.

Denaaz Puri – Lamb - tapas £5.95

Very hot dish. Cooked with sun roasted red chillies and mixed peppers.
Served in a karahi with a touch of garlic and ginger.

Jalfrezi – Lamb - tapas £4.95

Diced chicken or lamb cooked with fresh green chillies, mixed peppers, tomato, onions and a combination of chef's special spices. Served slightly hot.

Jall E Bahar - Chicken- Main £8.95

Fairly hot curry cooked with fresh Bangladeshi Naga chilli, with fresh coriander, fresh mixed peppers and a touch of garlic and ginger.

Jalfrezi - Chicken- Main £8.95

Diced chicken or lamb cooked with fresh green chillies, mixed peppers, tomato, onions and a combination of chef's special spices. Served slightly hot.

Pathia Balti -chicken - £9.95

Pieces of chicken cooked in a traditional Persian style. Sweet, sour and slightly hot curry.
(Probably one of the best curries in the house)

10 to 14 Pro Points

Tilokkey - £10.95

Pieces of chicken rolled with nepaly spices, char-grilled in the tandoori clay oven, then slow cooked in a fairly thick medium sauce.
Served sizzling in a korai.

Keema Aloo Matar - £9.95

Medium spiced minced lamb cooked with baby potatoes, peas, spring onions, fresh green chillies and a touch of coriander.

Lembu Kalimirch Ka Gust - £9.95

Chunks of lamb cooked with fresh lemon, kasmiri black chilli and fresh coriander.
Served in a korari.

Jall E Bahar - Lamb – Main £8.95

Fairly hot curry cooked with fresh Bangladeshi Naga chilli, with fresh coriander, fresh mixed peppers and a touch of garlic and ginger.

Denaaz Puri – Lamb – Main £9.95

Very hot dish. Cooked with sun roasted red chillies and mixed peppers.
Served in a karahi with a touch of garlic and ginger.

Jalfrezi – Lamb – Main £8.95

Diced chicken or lamb cooked with fresh green chillies, mixed peppers, tomato, onions and a combination of chef's special spices. Served slightly hot.

Pathia Balti - Lamb) - £9.95

Pieces of lamb cooked in a traditional Persian style. Sweet, sour and slightly hot curry.
(Probably one of the best curries in the house)

Tilapia Fish Masala Salon - £14.95

Fresh water tilapia char-grilled in the tandoor then cooked in a tomato based medium spiced sauce. Served with pilau rice.

Jinuk Raja - £15.95

Large Bay of Bengal king prawns cooked with king scallops in a mild spiced chef's special sauce. Served with pilau rice.

King Prawn Sag Khana - £15.95

Large Bay of Bengal king prawns cooked with fresh spinach in chef's special medium spiced sauce. Served with pilau rice.

Monk Fish Salon - £15.95

Lightly spiced monk fish grilled with crushed fennel and mustard seed.
Served hot or medium spiced with pilau rice.

Vegetarian Side Dishes in Pro Point Order

4 to 6 Pro Points

Vegetable Khazana - £3.95

A variety of fresh vegetables cooked in a medium curry sauce.

Bindi and Brinjal - £4.50

Fresh ladies fingers and aubergines lightly spiced with garlic and onions.

Sag Bhaji - £3.95

Leaf spinach cooked with garlic and onion, lightly spiced.

Saag Aloo - £4.50

Leaf spinach and baby tomatoes, lightly spiced with garlic and mixed pepper.

Aloo and Chana Masala - £4.50

Potato and chick peas cooked in a medium spiced thick sauce.

Bombay Aloo - £3.95

Medium spiced baby potatoes.

7 to 12 Pro Points

Matar Paneer - £4.50

Fresh garden peas and Indian cottage cheese. Lightly spiced.

Three Bean Ka Khazana - £4.95

Mixed beans lightly cooked with fresh garlic and coriander. Lightly spiced.

Paneer Tikka Masala - £4.95

Char-grilled Indian cottage cheese, cooked in a medium spiced thick sauce.

Bangladeshi Tarka Daal - £4.95

Lentils caressed with garlic, birds eye red chilli and a touch of coriander

Bread

4 Pro Points

Chapati - Thin roasted bread - £1.50