



# Jewels

## Take Away Menu

*Including  
Healthy  
Option  
Dishes*

Telephone:

023 8046 6400 / 8046 2400

[www.jewelsrestaurant.co.uk](http://www.jewelsrestaurant.co.uk)

**20% Discount on all Takeaway Meals**

## **LET US CHANGE YOUR PERCEPTION OF INDIAN FOOD.**

We welcome you to Jewels and sincerely hope you enjoy your experience with us. Should you require a dish not shown on the menu please ask a member of staff and we will do our best to prepare it for you.

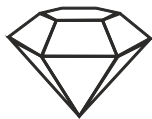
### **ABOUT US**

Top quality Bangladeshi and Indian cuisine established in 1997, Jewels has always had a reputation synonymous with quality and class. At Jewels we use only the freshest quality ingredients which ensure that our dishes always retain maximum flavour. We look forward to giving you a warm welcome to our restaurant.

### **THE PERFECT VENUE**

We are able to host any special occasion, party, celebration or business conference at our restaurant. Please ask to see the manager who will discuss your requirements and provide options to suit your budget.





## HEALTHY OPTIONS



Many of our dishes can be adapted to be cooked healthily. We do this by not adding any additional oil and by using fry light spray instead.

We also use sweetener to replace sugar in sweeter dishes.


We have many customers who attend weight-loss groups who regularly ask for a 'healthy-option' dish or two, and they successfully lose weight whilst still being able to enjoy a healthy meal!

All healthy-option meals that can be adapted have a heart symbol to the left hand side on our menu - remember to state 'healthy option' when ordering please.

*For a healthy start - look for the heart* 

We were the first Indian restaurant to offer Healthy option choices in Southampton and we'd like to think we're still the best, as we get told this regularly by our loyal slimming customers!

## IMPORTANT - NUT / GLUTEN ALLERGIES

Some of our meals may contain nuts or nut derivatives and are marked with . If you are in doubt, please consult your waiter who will be pleased to advise you.

Whilst we take every precaution concerning nut / gluten allergies, we CANNOT guarantee a dish to be 100% nut / gluten free due to outsourced ingredients beyond our control.

**We do not use artificial flavouring in our food.**

## STARTERS

- ♥ **CHICKEN OR LAMB TIKKA** £5.95  
Boneless chicken or lamb dices marinated in yoghurt and cooked in the tandoori oven served with sweet chilli yoghurt sauce.
- ♥ **JAL CHILLI CHICKEN** £6.95  
Boneless chicken strips stir-fried in a very hot chilli pepper and yoghurt sauce with pink peppercorns. Served with tamarind sauce.
- ♥ **CHICKEN OR LAMB CHAT** £5.95  
Boneless shredded chicken or lamb in a very slightly spicy chat masala sauce.
- ♥ **PALAK CHICKEN** £5.95  
Chicken cooked with roasted garlic, spinach, coriander and spices. Slightly moist.
- ♥ **JHINGA CHAT** £7.95  
Jumbo tiger prawns in a slightly spicy chat masala sauce.
- ♥ **KALONGHI JHINGA** £7.95  
Two whole king prawns with ginger, yoghurt, paprika, spices, peppers, toasted nigella seeds and a touch of lime.
- ♥ **TANDOORI CHICKEN** £5.95  
Marinated chicken on the bone, cooked in the tandoori clay oven.
- ♥ **GARLIC CHILLI PRAWNS** £6.95  
Premium tiger prawns cooked with fresh garlic and tossed in chilli sauce.
- ♥ **GARLIC MUSHROOMS** £4.95  
Pieces of fresh chopped mushroom fried in butter with herbs and chopped garlic.(Healthy option in Fry-light)
- ♥ **SALMON TIKKA** £6.95  
Fillet of salmon grilled in the tandoori oven. Served with onions and green peppers.

**SWEET CHILLI CHICKEN OR LAMB STRIPS** **£6.95**

Lamb or chicken tikka breast strips in a tasty sweet chilli style sauce.

**ONION BHAJI (4 PIECES)** **£3.95**

Crispy shredded onion balls deep fried, served with mint yoghurt chutney.

**TANDOORI LAMB CHOPS** **£7.95**

3 Succulent lamb chops marinated overnight before being cooked in the tandoori oven.

**CHICKEN, LAMB OR VEGETABLE SAMOSA (2 PIECES)** **£3.50**

Triangular pastry filled with shredded chicken, minced lamb or vegetables and mild spices.

**MIXED KEBAB** **£6.95**

A classic combination of sheek kebab, shami Kebab, onion bhaji, chicken tikka and lamb tikka. Served with sweet chilli yoghurt sauce.

**TIGER PRAWN PURI** **£7.95**

Jumbo tiger prawns in a medium spiced sauce served on a savoury pancake base.

**INDIAN COMBI (FOR TWO)** **£14.95**

Meat Samosa (2 pieces) • Vegetable Samosa (2 pieces)

Onion Bhaji (2 pieces) • Chicken Tikka (6 pieces)

Sheek Kebab (2 pieces)



***Remember.....  
dishes marked with  
a '♥' symbol can be  
cooked as a ...  
'Healthy Option!'***

***Please mention when  
ordering!***

**20% Discount on all Takeaway Meals**

# TANDOORI CHICKEN OR LAMB

*Chicken breast or lamb marinated overnight in special spices.  
Firstly grilled in the tandoori oven, then coated in a variety of different  
sauces to create your chosen dish.*

- ♥ **TIKKA BALTI** £10.95  
Cooked with tomatoes, chunks of onion, capsicum and special balti spices. Medium.
- ♥ **JALFREZI** £10.95  
Cooked with fresh green chillies, ginger, peppers, onions and selected ground spices with a hint of lime. Chilli hot.
- ♥ **ZAFRINE MASALA** £10.95  
A unique combination of masala and bhuna sauces resulting in an array of flavours. Medium.
- ♥ **TIKKA MASALA** £9.95  
Cooked in masala yoghurt sauce with garlic, ginger and coriander paste with almonds and coconut. Mild.
- 🍷 **TIKKA PASSANDA** £9.95  
Marinated in spices and cooked in fresh cream, almond puree, coconut and blackcurrant. A very mild dish.
- 🍷 **BUTTER TIKKA** £9.95  
Tikka cooked with butter, tomato pulp, yoghurt and fresh cream. Mild.

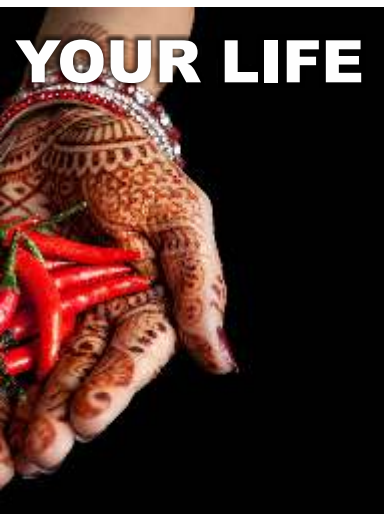




## CHICKEN OR LAMB DISHES

*Home style dishes made with 100% chicken breast or lamb, and cooked using traditional methods.*

- |   |   |        |
|---|---|--------|
| ♥ | <b>BHUNA</b>  | £8.95  |
|   | A spicy moist dish cooked with fresh tomato, onions, fenugreek and capsicum. Medium.  |        |
| ♥ | <b>ROGAN</b>  | £8.95  |
|   | Juicy and pleasantly flavoured, garnished with onion and tomato. Medium.  |        |
| ♥ | <b>KORAI</b>  | £8.95  |
|   | Cooked with tomatoes, chunks of onion, green peppers and a variety of spices. Medium.   |        |
| ♥ | <b>SAG</b>  | £9.95  |
|   | Chicken or lamb cooked with onions, fresh tomatoes, green peppers and spinach. Medium.  |        |
| ♥ | <b>MADRAS</b>   | £8.95  |
|   | Cooked with tomatoes, garlic and a twist of lime juice. Hot.  |        |
| ♥ | <b>VINDALOO</b>   | £8.95  |
|   | Cooked with tomatoes, garlic, spices and chilli powder. Very hot.   |        |
| ♥ | <b>PATHIA</b>   | £12.95 |
|   | Cooked in a special moist spicy, sweet and sour and fairly hot sauce with onions and tomatoes. Served with pilau rice.(Plain rice - healthy option) |        |
| ♥ | <b>DHANSAK</b>  | £12.95 |
|   | Cooked with lentils, sweet and sour sauce and lemon juice. Fairly hot. Served with pilau rice.(Plain rice - healthy option)                         |        |
| 🍲 | <b>KORMA</b>  | £8.95  |
|   | Cooked in fresh cream with almond and coconut. Mild & sweet.  |        |



# YOUR LIFE

## JEWELS SPECIALITIES

*Each of the following dishes although fairly similar in core ingredients, incorporate individual tastes through different blends of selected premium spices.*

- ♥ **LANK PIAZA** **£12.95**  
Chicken tikka cooked with onions, peppers, lime juice, ginger and garlic garnished with tomato. Fairly hot.
- ♥ **GARLIC CHILLI CHICKEN** **£12.95**  
Chicken cooked with onions, lemon juice, tomatoes and homemade garlic and chilli sauce. Fairly hot.
- ♥ **CHICKEN DAZZLING** **£12.95**  
Chicken cooked with onions, lemon juice, tomatoes, spices and a hot pepper sauce. Madras hot.
- ♥ **JHINGA BHAJEE** **£12.95**  
Cooked with whole king prawns, capsicum, onions, tomatoes, peppercorns and ground spices. Medium.
- ♥ **GARLIC SWEET CHILLI BHUNA** **£12.95**  
Chicken or lamb cooked with garlic, onions, tomatoes, mango sauce, ginger and a touch of ground fresh chilli. Medium to hot.
- 🍲 **PESHWARI CHICKEN OR LAMB** **£12.95**  
Cooked with almonds, coconut, and fresh cream in a masala strength sauce. Mild to Medium.
- CHICKEN TIKKA REZALLAH** **£12.95**  
Cooked with onion, green peppers, tomatoes, garlic and a hint of lime garnished with crispy potato flakes. Medium.
- MURGHI MASALA** **£14.95**  
Chicken cooked on or off the bone with onions, tomatoes, green peppers, egg, mincemeat and herbs. Garnished with spring onions. Medium.



## PRAWN DISHES

- ♥ **JHINGA TENGI** £11.95  
Tiger prawns cooked with diced green peppers in a rich tangy sauce.
- ♥ **TIGER PRAWN KORAI** £11.95  
Tiger prawns cooked with tomatoes, onions, green peppers and selected spices. Medium.
- ♥ **SWEET CHILLI TIGER PRAWNS** £11.95  
Tiger prawns cooked in herbs and spices in a slightly sweet chilli sauce.
- ♥ **TIGER PRAWN MADRAS** £11.95  
Tiger prawns cooked with tomatoes, garlic and a twist of lime juice. Fairly hot.
- ♥ **KING PRAWN JALFREZI** £13.95  
King prawns cooked in special tandoori sauce garnished with green chillies and green peppers. Chilli hot.
- ♥ **KING PRAWN PATHIA** £14.95  
King prawns cooked in a fairly hot sauce which is spicy, sweet and sour, with onions and tomatoes. Served with pilau rice.
- ♥ **KING PRAWN DHANSAK** £14.95  
King prawns cooked with lentils in a fairly hot sweet and sour sauce and garnished with coriander. Served with pilau rice.

## TANDOORI SPECIALITIES

*Tandoori is a barrel shaped open charcoal clay oven. This special feature imparts a distinctive flavour to all tandoori dishes. We use only the freshest available ingredients and spices to ensure all our dishes retain maximum flavour.*

- ♥ **TANDOORI KING PRAWN** **£12.95**  
Whole king prawns cooked with special spices, black peppercorns and served with salad.
- ♥ **CHICKEN OR LAMB SHASHLICK** **£9.95**  
Pieces of chicken or lamb cooked with onions, peppers and tomatoes on a skewer. Served with salad.
- ♥ **CHICKEN OR LAMB TIKKA** **£8.95**  
Pieces of chicken or lamb tikka cooked with onions and green peppers. Served with salad.
- ♥ **SIZZLING GARLIC SWEET CHILLI** **£12.95**  
Chicken or lamb cooked with garlic, yoghurt, sweet mango chilli sauce, onions and a variety of spices.
- ♥ **HALF TANDOORI CHICKEN** **£10.95**  
Two chicken quarters marinated on the bone and cooked in the tandoori oven. Served with crispy salad.
- TANDOORI MIXED GRILL** **£16.95**  
Tandoori chicken on the bone, chicken tikka, sheek kebab, lamb tikka, lamb chop, king prawn and naan bread. Served with salad.

## BIRIANI DISHES

*All these dishes are mixed with pilau rice and served with a seperate vegetable curry. Medium or hot.*

- ♥ **CHICKEN OR LAMB BIRIANI** **£11.95**
- ♥ **TIGER PRAWN BIRIANI** **£11.95**
- ♥ **VEGETABLE BIRIANI** **£9.95**

# VEGETABLE DISHES

**Main portion £7.95   Side portion £4.75**

## ♥ **MIXED VEGETABLE CURRY**

Seasonal vegetables cooked with selected herbs and spices in a medium strength sauce.

## ♥ **MUSHROOM BHAJEE**

Mushrooms infused with selected spices

## ♥ **SAG BHAJEE**

Spinach and selected spices.

## ♥ **SAG ALOO**

Potatoes and spinach in an aromatic sauce.

## ♥ **BOMBAY POTATOES**

Baby potatoes and very finely chopped onions in an aromatic sauce.

## ♥ **MIXED FRIED VEGETABLES**

A selection of gently fried mixed vegetables.(Healthy option in Frylight)

## **SWEET CHILLI POTATOES**

Potatoes cooked in mango sweet chilli sauce.

## **PONIR JALFREZI**

Cheese and chillies cooked with onions, tomatoes and spices. Fairly hot.

## **SAG PONIR**

Spinach and cheese, mixed herbs, spices and fresh cream in an aromatic sauce.

## **TARKA DHALL**

Lentils with selected herbs and spices.



## RICE DISHES

*All rice used is premier basmati rice*

♥	<b>PLAIN BOILED RICE</b> Plain basmati rice.	<b>£2.95</b>
♥	<b>MUSHROOM RICE</b> Pilau basmati rice fried with mushrooms and selected spices.	<b>£3.50</b>
♥	<b>SPECIAL FRIED RICE</b> Pilau basmati rice fried with beaten eggs, peas, herbs and spices.	<b>£3.50</b>
♥	<b>GARLIC AND ONION RICE</b> Basmati rice fried with garlic, finely chopped onions and spices.	<b>£3.50</b>
	<b>PILAU RICE</b> Rice cooked with cumin and selected spices.	<b>£2.95</b>

## TANDOORI BREADS

*All of the following breads are freshly baked in our clay barrel oven.*

	<b>PLAIN NAAN</b>	<b>£2.95</b>
🥥	<b>PESHWARI NAAN</b> Filled with coconut and almond.	<b>£3.50</b>
	<b>GARLIC NAAN</b> Filled with garlic and garnished with coriander.	<b>£3.50</b>
	<b>KEEMA NAAN</b> Filled with premium lamb mince.	<b>£3.95</b>

## ACCOMPANIMENTS

♥	<b>GREEN SALAD</b> Lettuce, cucumber, tomatoes and onions.	<b>£2.50</b>
♥	<b>CUCUMBER RAITA</b> Yoghurt with cucumber, mint, red onion and toasted cumin.	<b>£2.50</b>
♥	<b>SPICY BAKED PAPPADOM</b>	<b>£0.75 EACH</b>
	<b>PLAIN PAPPADOM</b>	<b>£0.75 EACH</b>
	<b>CHUTNEYS</b> (mango, spicy hot, mint yoghurt, onion)	<b>£0.75 EACH</b>
♥	<b>LARGE ONION SALAD TUB</b>	<b>£1.50 EACH</b>

# MID-WEEK MEAL DEAL

**AVAILABLE TUESDAY TO THURSDAY**

Choose one from each section

**£12.95**

## **STARTERS**

- ♥ Chicken Chat
- ♥ Chicken Tikka
- Lamb or Vegetable Samosa (2 Piece)
- Onion Bhaji (2 piece)

## **MAINS (Chicken, Lamb or Vegetable)**

- 🥥♥ Masala
- ♥ Bhuna
- ♥ Rogon
- ♥ Patia
- ♥ Dansak
- 🥥 Korma

## **SIDE DISHES**

- ♥ Sag Aloo
- ♥ Sweet Chilli Potatoes

## **RICE / NAAN**

- ♥ Plain Rice
- Pilau Rice
- Plain Naan

- No discount is given on the above deal - Takeaway only
- Not available on any seasonal / national holidays
- Unfortunately menu changes are not permitted

🥥 = Nut Ingredients

# FRESHLY COOKED TO ORDER

# BUFFET

***AVAILABLE WHEN DINING IN***

**SUNDAY BUFFET 3pm to 10.30pm**

**EVENING BUFFET 5pm to 11pm**

**Please note: The buffet option is not available on any seasonal / national holidays, Christmas eve or valentines day.**

## ***Table Reservations***

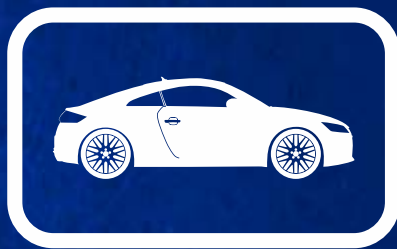
Reservations are accepted by telephone ONLY.  
Please call between 5pm & 11pm

## ***Notice - During busy periods***

Occasionally during busy periods your order may take time to prepare as we always cook fresh and wouldn't like to compromise our standards by rushing your food. We appreciate your patience and understanding at these times. Also whilst we try to cater for non-menu requests, this is not always possible during peak times.

## ***Having a party?***

If you are planning a special event or function and require large quantities of curries, rice and accompaniments, we would love to help you ensure everyone is catered for.  
Please speak to our manager, who will be happy to discuss this with you.



AMPLE  
FREE  
PARKING  
AVAILABLE



For the latest updates on news and events join our facebook group:

[jewelsrestaurantsouthampton](#)



Scan the code above to visit our website.  
[www.jewelsrestaurant.co.uk](http://www.jewelsrestaurant.co.uk)



# Jewels

UNIT 2 & 3 • TOWNHILL WAY • WEST END  
SOUTHAMPTON • SO18 3RA



OPEN TUESDAY TO SUNDAY  
CLOSED MONDAYS

Evenings 5pm to 11.30pm

Sundays 3pm to 10.30pm

The Management reserves the right to refuse service without reason



All major credit cards are accepted  
on orders over £10.

All prices inclusive of VAT

