

# baba

UNIQUE RECIPES, FRESHLY COOKED

Established in 1997, Baba Truro is constantly evolving; our passion for breaking culinary boundaries brings you an array of unique, fusion and traditional dishes of outstanding quality and flavour.

We are committed to sourcing local produce so you are guaranteed dishes made with the freshest ingredients while we maintain our support for local businesses and reduce our carbon footprint.

We have a superb selection of healthy dishes; all of our food is freshly cooked, made with the absolute minimum of oil and flavoured with health boosting spices and herbs. We happily cater for any special dietary requirement; please bring it to our attention before ordering.



Baba Truro – offering you consistently excellent food and service.

# Starters

## Appetisers

**Plain Pappadum** Indian crisp made with lentil and rice flour 0.60  
**Spicy Pappadum** Tandoori-baked lentil flour crisp with black pepper 0.65

**Chutneys and Pickles** per tray 3.50 / per pot 0.50  
 Lime Pickle, Chilli Pickle, Mango Chutney, Yoghurt Mint Sauce, Onion Salad

## Chicken

### Mild

**Chicken Chat** (north India) cubes of chicken and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 4.95

**Chicken Tikka** cutlets of tender chicken breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven. 4.95

**Tandoori Chicken** a quarter of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor. 4.95

**Indian Style Cucumber** (baba) chunky cucumber rings stuffed with shredded chicken, finely chipped green and red pepper, potato, ground turmeric and cumin. 8.95

**Aubergine Chicken Poori** (baba) puffed poori bread topped with a crispy aubergine ring, filled with cubes of chicken and juicy tomatoes in mild chat masala sauce. 6.95

**Chicken Tikka Bhaza** (baba) sliced chicken tikka, onion, and green and red pepper sizzled with gentle spices then flamed at your table with a shot of brandy. 9.95

### Medium

**Chicken Kurchan** (baba) strips of spring chicken with selected spices and a dash of fresh lime juice, stir-fried until crispy. Served with crisp lettuce leaves. Roll the chicken in the lettuce and eat with your fingers! 14.95

**Chicken Aloo Bortha** (baba) chicken breast marinated in strong masala and fired in the tandoor. Served on turmeric spiced smashed potato with chopped coriander and capsicum flecks. 6.95

### Hot

**Hot and Spicy Chicken** (baba) slices of succulent chicken breast, green chilli, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves. Roll the chicken in the lettuce and eat with your fingers! 15.95

**Chicken Chilli Pasta** (baba) a new concept at baba. Small pieces of chicken, scrambled egg and potato with mixed spices and finely sliced green chillies, tossed in vermicelli. 7.95

## Duck

### Mild

**Duck Chat** (north india) cubes of duck and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 5.95

**Duck Tikka** cutlets of tender duck breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven. 5.95

### Medium

**Duck Aloo Bortha** (baba) duck marinated in strong masala and fired in the tandoor. Served on turmeric spiced smashed potato with chopped coriander and capsicum flecks. 7.95

### Hot

**Hot and Spicy Duck** (baba) slices of duck, green chilli, capsicum and onion, tossed with fresh garlic and ginger. Finished with fresh coriander and lemon juice and served with crisp lettuce leaves. Roll the chicken in the lettuce and eat with your fingers! 16.95

## Lamb

### Mild

**Lamb Chat** (north india) cubes of lamb and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 5.50

**Lamb Tikka** lamb cutlets marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven. 5.50

**Shammi Kebab** (north india) a succulent kebab of minced lamb and finely chopped capsicum spiced with tamarind and cumin, bound with egg yolk and cooked on the flat pan. 5.50

**Sheek Kebab** (north india) the traditional tandoor-roasted skewer of minced lamb, delicately flavoured with fresh garlic and ginger, coriander, mint and spring onions. 5.50

**Lamb Somosa** (north india) crisp triangular pastries with minced lamb filling. 3.50

### Medium

**Lamb Aubergine Moss Moss** (baba) a crispy ring of aubergine filled with a lightly spiced mixture of minced lamb, scrambled egg and thinly sliced mushrooms and potatoes. 8.95

### Hot

**Chilli Kebab** (baba) minced lamb, slivers of fresh green chilli, fresh ginger and aromatic spices, fired in the tandoori oven. 6.95

# Starters

## Local Fish

### Mild

**Grilled Salmon** (baba) fillet of Newlyn salmon brushed with yoghurt and gentle spice emulsion then grilled. 7.95

**Grilled Mackerel** (baba) Newlyn mackerel rubbed with a paste of lemon juice, ginger, garlic, cumin and tamarind, then grilled in the tandoori oven. 7.95

## King Prawns

### Mild

**King Prawn Poori** (uk) large king prawns cooked in mild sauce with onion, tomato and chat masala seasoning. Served on a puffed poori bread and crisp lettuce leaf. 9.95

**King Prawn Aloo Bortha** (baba) king prawns marinated in strong masala and fired in the tandoor. Served on turmeric spiced smashed potato with chopped coriander and capsicum flecks. 11.95

## Prawns

### Mild

**Prawn Poori** (uk) prawns cooked in mild sauce with onion, tomato and chat masala seasoning. Served on a puffed poori bread and crisp lettuce leaf. 5.95

**Aubergine Prawn Poori** (baba) puffed poori bread topped with a crispy aubergine ring, filled with prawns and juicy tomatoes in mild, creamy chat masala sauce. 6.95

**Prawn Cocktail** prawns served on lettuce with creamy, tangy sauce. 4.95

### Hot

**Prawn Chilli Pasta** (baba) a new concept at baba. Prawns, scrambled egg and potato with mixed spices and finely sliced green chillies, tossed in vermicelli and garnished with fresh coriander leaves. 8.95

## Vegetables

### Mild

**Aloo Chat** (north india) potato cubes and juicy tomatoes seasoned with chat masala and simmered in mild, creamy sauce. Served on a puffed poori bread and crisp lettuce leaf. 3.95

**Goat Cheese Poori** (baba) lightly grilled goat cheese on turmeric spiced smashed potato with chopped coriander and capsicum flecks. Served on a puffed poori bread and crisp lettuce leaf. 8.95

**Aubergine Aloo Poori** (baba) puffed poori bread topped with a crispy aubergine ring, filled with potato cubes and juicy tomatoes in mild, creamy chat masala sauce. 6.95

**Aloo Phata** (baba) diced potato, green and red pepper and chopped onion tossed with gentle spices and served on crisp lettuce leaves. 7.95

### Medium

**Shinghara** (bangladesh) parcels of thick pastry filled with spicy mixed vegetables and peanuts. 3.50

**Vegetable Somosa** (north india) crisp triangular pastries with spicy mixed vegetable filling. 3.50

**Onion Bhaji** (south india) crisp balls of sliced onion, with potato, lentils and ground spices. 3.50

**Vegetable Pakora** (pakistan) selected vegetables with a blend of spices, hand battered with chickpea flour. 3.95

### Hot

**Aloo Chilli Pasta** (baba) a new concept at baba. Potato and scrambled egg with mixed spices and finely sliced green chillies, tossed in vermicelli and garnished with fresh coriander leaves. 6.95

**Masala Dosa** (south india) rice flour pancake served with a spicy vegetable and coconut sauce. 6.95

## Baba Platters

**Tandoori Platter** a selection of our most popular tandoori dishes – chicken tikka, lamb tikka, sheek kebab and duck tikka. 9.95

**Veggie Platter** vegetable somosa, vegetable pakora, shinghara and onion bhaji. 6.95

## Soup

**Kisuri Soup** (bangladesh) assorted vegetables, lentils and rice, with green chilli, fresh garlic and ginger. 4.95 **Hot**

**Daal Soup** red lentils and split peas with sliced garlic and fresh coriander. 3.95 **Mild**

# Sazzadur Specials

unique to baba

## Mixed Dishes

### Medium

**Prince Special (baba)** the finest dish in the house. Large king prawns, slices of succulent chicken, tender lamb and spiced potato wedges simmered with myriad aromatic spices in a sauce of green and red pepper, onion, fresh garlic and ginger. 34.95

**House Special Curry (baba)** two large king prawns, diced chicken tikka and a boiled egg simmered in a medium spiced tomato, onion and coriander sauce. 14.95

**Nawabi Murug (baba)** minced lamb, marinated chicken and peas in authentic spiced onion and tomato sauce. 10.95

## Chicken

### Mild

**Doiwalla Chicken (baba)** slices of marinated chicken poached in smooth, sweet, yoghurt based sauce with almond, coconut, sultanas and chopped coriander. 11.95

**Coriander Chicken (baba)** chunks of chicken marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on smashed herby potato. 14.95

### Medium

**Chicken Shatkorra (bangladesh)** pieces of chicken breast cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce. 12.95

**Balti Chicken Cheese (baba)** diced chicken cooked in a little sauce with light spices and herbs. Topped with mild Cheddar cheese, tomato, cucumber and coriander leaves. 9.95

**Chicken Garlic Shagorana (baba)** garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with two quarters of tandoori chicken, tomatoes and spiced potato wedges. 12.95

### Hot

**Chicken Gool Morris (baba)** chicken and freshly ground black pepper cooked in sauce with slices of browned garlic, onions and tomato. 8.95

**Chicken Lonka Pyaza (baba)** fresh green chilli halves and chunky onions with chicken tikka and tomatoes, cooked in onion based stock with garam masala. 12.95

**Red Hot Chicken (baba)** a fiery treat for the palate. Chicken chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger. 12.95

**Chicken Naga Morris (baba)** a saucy dish for fans of extreme spice. Slices of marinated chicken cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chilli. 12.95

## Duck

### Mild

**Doiwalla Duck (baba)** slices of marinated duck poached in smooth, sweet, yoghurt based sauce with almond, coconut, sultanas and chopped coriander. 13.95

**Coriander Duck (baba)** chunks of duck marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on smashed herby potato. 16.95

### Medium

**Duck Shatkorra (bangladesh)** pieces of duck breast cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce. 13.95

**Balti Duck Cheese (baba)** diced duck cooked in a little sauce with light spices and herbs. Topped with mild Cheddar cheese, tomato, cucumber and coriander leaves. 11.95

**Duck Garlic Shagorana (baba)** garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with duck tikka, tomatoes and spiced potato wedges. 13.95

### Hot

**Duck Gool Morris (baba)** duck and freshly ground black pepper cooked in sauce with slices of browned garlic, onions and tomato. 9.95

**Duck Lonka Pyaza (baba)** fresh green chilli halves and chunky onions with duck tikka and tomatoes, cooked in onion based stock with garam masala. 13.95

**Red Hot Duck (baba)** a fiery treat for the palate. Duck chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger. 14.95

**Duck Naga Morris (baba)** a saucy dish for fans of extreme spice. Slices of marinated duck cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chilli. 13.95

## King Prawns

### Medium

**Spicy Tiger Prawns (baba)** five large butterfly-shaped tiger prawns, steamed with a pinch of turmeric, then tossed with onion, green chilli and capsicum slices, subtle spices and lemon juice. Served with crispy lettuce. Roll the mixture in the lettuce and eat with your fingers! 24.95

**Coriander King Prawns (baba)** king prawns marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on smashed herby potato. 24.95

**King Prawn Shatkorra (bangladesh)** king prawns cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced tomato sauce. 18.95

### Hot

**King Prawn Naga Morris (baba)** a saucy dish for fans of extreme spice. King prawns cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chilli. 18.95

## Sazzadur Specials

unique to baba  
Local Fish

### Mild

**Spiced Salmon (baba)** fillet of Newlyn salmon brushed with yoghurt and gentle spice emulsion, grilled and served on a bed of smashed herby potato. 11.95

**Tandoori Mackerel (baba)** Newlyn mackerel rubbed with a paste of lemon juice, ginger, garlic, cumin and tamarind, then grilled in the tandoori oven. 11.95

### Lamb

### Mild

**Doiwalla Lamb (baba)** slices of tender lamb poached in smooth, sweet, yoghurt based sauce with almond, coconut, sultanas and chopped coriander. 13.50

**Coriander Lamb (baba)** chunks of lamb marinated with fresh ground spices, crisped and tossed with onion, green and red pepper. Finished with lots of fresh coriander and served on smashed herby potato. 15.95

### Medium

**Lamb Shatkorra (bangladesh)** pieces of lamb cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced sauce. 13.50

**Balti Lamb Cheese (baba)** diced lamb cooked in a little sauce with light spices and herbs. Topped with mild Cheddar cheese, tomato, cucumber and coriander leaves. 10.50

**Lamb Garlic Shagorana (baba)** garlic cloves, finely chopped and browned for maximum flavour, simmered in mixed spice sauce with lamb tikka, tomatoes and spiced potato wedges. 13.95

### Hot

**Lamb Gool Morris (baba)** lamb and freshly ground black pepper cooked in sauce with slices of browned garlic, onions and tomato. 9.50

**Lamb Lonka Pyaza (baba)** fresh green chilli halves and chunky onions with lamb tikka and tomatoes, cooked in onion based stock with garam masala. 13.50

**Red Hot Lamb (baba)** a fiery treat for the palate. Lamb chunks cooked in thick sauce flavoured with crushed red hot chillies, strong garlic and ginger. 13.95

**Lamb Naga Morris (baba)** a saucy dish for fans of extreme spice. Slices of lamb cooked with tomato and potato in highly aromatic naga pepper sauce. The naga pepper is the world's hottest chilli. 13.50

### Vegetables

### Medium

**Shobjee Torkaree (baba)** aubergine, potato and a selection of vegetables slow cooked in onion, tomato and garlic sauce with a tempering of fresh ginger. 11.95

**Aloo Chana Shatkorra (baba)** potato and chickpeas cooked with shatkorra, a Bangladeshi citrus fruit, in aromatic, richly spiced tomato sauce. 9.95

## The Sizzlers

tandoori dishes

Tandoori dishes are dry so we advise you take accompanying vegetable side dishes.

Cooked at a moderate temperature to ensure the best flavour, these dishes take longer to prepare.

All these dishes are spiced but not hot and served with sizzling onions.

### Mixed

**Tandoori Mixed Grill** a combination of our most popular tandoori dishes – chicken tikka, lamb tikka, tandoori chicken and sheek kebab, served with sizzling onions. 14.95 *Mild*

### Chicken

**Chicken Tikka** cutlets of tender chicken breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions. 8.95 *Mild*

**Tandoori Chicken** two quarters of spring chicken immersed overnight in a light spice masala marinade. Roasted in the tandoor and served with sizzling onions. 8.95 *Mild*

**Chicken Tikka Shashlik (russia)** chicken tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions. 11.95 *Mild*

### Duck

**Duck Tikka Shashlik (russia)** duck tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions. 13.95 *Mild*

**Duck Tikka** cutlets of tender duck breast marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions. 10.95 *Mild*

### Lamb

**Lamb Tikka Shashlik (russia)** lamb tikka, green and red pepper, tomato and onion skewered in the tandoor and served with sizzling onions. 12.95 *Mild*

**Lamb Tikka** lamb cutlets marinated overnight with homemade yoghurt and light-spice masala. Roasted in the tandoori oven and served with sizzling onions. 9.95 *Mild*

### King Prawns

**Tandoori King Prawns (uk)** king prawns coated in light spiced yoghurt marinade, then roasted until pink. Served with sizzling onions. 19.95 *Mild*

### Vegetable

**Shobjee Paneer Shashlik (baba)** delicately spiced Indian paneer cheese, mushrooms, aubergine, tomato, capsicum and onion skewered in the tandoor and served with goat cheese. 14.95 *Mild*

# Chicken

## Mild

**Chicken Tikka Masala** (uk) the nation's favourite. Chicken tikka in spicy, sweet, tangy yoghurt and tomato sauce with almond, sultanas and a little coconut. 8.95

**Murug Makhani** (north india) chicken tikka breast, off the bone, with almond and fenugreek in smooth, buttery, delicately spiced tangy tomato sauce. 8.95

**Butter Chicken** chicken tikka breast glazed with butter in thick sauce of onion, fresh tomato, fresh coriander and medium spices. 8.95

**Chicken Korma** (north india) chicken in creamy, sweet coconut sauce. 7.95

**Chicken Muglai** chicken with scrambled egg, almond and black pepper in thick sweet, creamy sauce. 8.95

**Chicken Passanda** chicken, flaked almonds and sultanas lightly spiced with garam masala in thick creamy almond sauce. Garnished with pistachio nuts. 8.95

## Medium

**Chicken Curry** the original. Chicken in brown onion gravy sauce with medium spices. 6.50

**Balti Chicken** (uk) suited to every palate. Chicken cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 7.95

**Chicken Bhuna** chicken in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 7.95

**Chicken Tikka Bhuna** marinated chicken tikka in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 8.95

**Shai Akbary Chicken** chicken tikka in thick, slightly sweet, tomato and onion sauce, with light spices, a drop of fresh cream and lemon juice. 8.95

**Chicken Rogan Josh** (kashmir) chicken braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 7.95

**Chicken Veg** chicken with mixed vegetables. 7.95

**Chicken Sag** chicken with spinach. 7.95

**Chicken Dupiaza** chicken with chopped onions. 7.95

**Chicken Kashmir** chicken with banana. 7.95

**Chicken Malaya** chicken with pineapple. 7.95

**Chicken Bombay** chicken with potato and boiled egg. 7.95

**Chicken Brinjal** chicken with aubergine. 7.95

**Methi Chicken** chicken with fenugreek leaves. 7.95

**Chicken Mushroom** chicken with mushrooms. 7.95

**Chicken Chana** chicken with chickpeas. 7.95

**Chicken Korai** (pakistan) chicken with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 8.95

## Medium to Hot

**Chicken Dansak** (gujarat) baba's twist on the original. Chicken simmered in slightly hot, spicy lentil sauce. 7.95

**Chicken Ceylon** chicken in slightly hot, spicy coconut sauce with lemon juice. 7.95

**Chicken Pathia** chicken with fresh tomatoes in hot, spicy sauce with lemon juice. 7.95

## Hot to Very Hot

**Chicken Madras** chicken in hot, spicy curry sauce. 6.95

**Chicken Jalfrezi** chicken and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 8.95

**Chicken Chilli Masala** chicken cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 8.95

## Very Hot to Extremely Hot

**Chicken Vindaloo** (goa) chicken and potato in very hot red chilli curry sauce. 7.95

**Chicken Phall** chicken in extremely hot red chilli curry sauce. 8.95

## Duck

### Mild

**Duck Tikka Masala** (uk) duck tikka in spicy, sweet, tangy yoghurt and tomato sauce with almond, sultanas and a little coconut. 9.95

**Duck Korma** (north india) duck in creamy, sweet coconut sauce. 8.95

**Duck Passanda** duck, flaked almonds and sultanas lightly spiced with garam masala in thick creamy almond sauce. Garnished with pistachio nuts. 9.95

### Medium

**Duck Curry** the original. Duck in brown onion gravy sauce with medium spices. 6.95

**Balti Duck** (uk) suited to every palate. Duck cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 9.95

**Duck Bhuna** duck in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 8.95

**Duck Tikka Bhuna** marinated duck tikka in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 9.95

**Duck Rogan Josh** (kashmir) duck braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 8.95

**Duck Korai** (pakistan) duck with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 9.95

**Duck Sag** duck with spinach. 8.95

**Duck Dupiaza** duck with chopped onions. 8.95

**Duck Kashmir** duck with banana. 8.95

**Duck Malaya** duck with pineapple. 8.95

**Duck Bombay** duck with potato and boiled egg. 8.95

**Duck Methi** duck with fenugreek leaves. 8.95

**Duck Mushroom** duck with mushrooms. 8.95

**Duck Chana** duck with chickpeas. 8.95

### Medium to Hot

**Duck Dansak** (gujarat) baba's twist on the original. Duck simmered in slightly hot, spicy lentil sauce. 8.95

**Duck Ceylon** duck in slightly hot, spicy coconut sauce with lemon juice. 8.95

**Duck Pathia** duck with fresh tomatoes in hot, spicy sauce with lemon juice. 8.95

### Hot to Very Hot

**Duck Madras** duck in hot, spicy curry sauce. 7.95

**Duck Jalfrezi** duck and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 9.95

**Duck Chilli Masala** duck cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 9.95

### Very Hot to Extremely Hot

**Duck Vindaloo** (goa) duck and potato in very hot red chilli curry sauce. 8.95

**Duck Phall** duck in extremely hot red chilli curry sauce. 9.95

# Lamb

## Mild

**Lamb Tikka Masala** (uk) lamb tikka in spicy, sweet, tangy yoghurt and tomato sauce with almond, sultanas and a little coconut. 9.50

**Lamb Passanda** lamb, flaked almonds and sultanas lightly spiced with garam masala in thick creamy almond sauce. Garnished with pistachio nuts. 9.50

**Lamb Korma** (north india) lamb in creamy, sweet coconut sauce. 8.50

## Medium

**Lamb Curry** the original. Lamb in brown onion gravy sauce with medium spices. 7.00

**Balti Lamb** (uk) suited to every palate. Lamb cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 9.50

**Lamb Bhuna** lamb in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 8.50

**Lamb Tikka Bhuna** marinated lamb tikka in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 9.50

**Lamb Rogan Josh** (kashmir) lamb braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 8.50

**Lamb Veg** lamb with mixed vegetables. 8.50

**Lamb Sag** lamb with spinach. 8.50

**Lamb Dupiaza** lamb with chopped onions. 8.50

**Lamb Kashmir** lamb with banana. 8.50

**Lamb Malaya** lamb with pineapple. 8.50

**Lamb Bombay** lamb with potato and boiled egg. 8.50

**Lamb Brinjal** lamb with aubergine. 8.50

**Methi Gost** lamb with fenugreek leaves. 8.50

**Lamb Mushroom** lamb with mushrooms. 8.50

**Lamb Chana** lamb with chickpeas. 8.50

**Lamb Korai** (pakistan) lamb with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 9.50

## Medium to Hot

**Lamb Dansak** (gujarat) baba's twist on the original. Lamb simmered in slightly hot, spicy lentil sauce. 8.50

**Lamb Ceylon** lamb in slightly hot, spicy coconut sauce with lemon juice. 8.50

**Lamb Pathia** lamb with fresh tomatoes in hot, spicy sauce with lemon juice. 8.50

## Hot to Very Hot

**Lamb Madras** lamb in hot, spicy curry sauce. 7.50

**Lamb Jalfrezi** lamb and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 9.50

**Lamb Chilli Masala** lamb cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 9.50

## Very Hot to Extremely Hot

**Lamb Vindaloo** (goa) lamb and potato in very hot red chilli curry sauce. 8.50

**Lamb Phall** lamb in extremely hot red chilli curry sauce. 9.50



## King Prawns

## Prawns

### Mild

**King Prawn Korma** (north india) king prawns in creamy, sweet coconut sauce. 15.95

**Tandoori King Prawn Masala** (uk) tandoori king prawns in spicy, sweet, tangy yoghurt and tomato sauce with almond, sultanas and a little coconut. 17.95

### Medium

**King Prawn Curry** the original. King prawns in brown onion gravy sauce with medium spices. 14.95

**Balti King Prawns** (uk) suited to every palate. King prawns cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 15.95

**King Prawn Bhuna** king prawns in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 15.95

**King Prawn and Spinach** king prawns with spinach. 16.95

### Medium to Hot

**King Prawn Dansak** (gujarat) baba's twist on the original. King prawns simmered in slightly hot, spicy lentil sauce. 16.95

**King Prawn Ceylon** king prawns in slightly hot, spicy coconut sauce with lemon juice. 16.95

**King Prawn Pathia** king prawns with fresh tomatoes in hot, spicy sauce with lemon juice. 16.95

### Hot to Very Hot

**King Prawn Madras** king prawns in hot, spicy curry sauce. 15.50

**King Prawn Jalfrezi** king prawns and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 17.95

**King Prawn Chilli Masala** king prawns cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 17.95

### Very Hot to Extremely Hot

**King Prawn Vindaloo** (goa) king prawns and potato in very hot red chilli curry sauce. 15.95

**King Prawn Phall** king prawns in extremely hot red chilli curry sauce. 16.95

### Mild

**Prawn Korma** (north india) prawns in creamy, sweet coconut sauce. 6.95

**Prawn Tikka Masala** (uk) marinated prawns in spicy, sweet, tangy yoghurt and tomato sauce with almond, sultanas and a little coconut. 7.95

### Medium

**Prawn Curry** the original. Prawns in brown onion gravy sauce with medium spices. 5.50

**Balti Prawns** (uk) suited to every palate. Prawns cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 6.95

**Prawn Bhuna** prawns in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 6.95

**Prawn Rogan Josh** prawns braised in concentrated broth, topped with rich spiced tomato and garlic sauce. 6.95

**Prawn Veg** prawns with mixed vegetables. 6.95

**Prawn Sag** prawns with spinach. 6.95

**Prawn Dupiaza** prawns with chopped onions. 6.95

**Prawn Kashmir** prawns with banana. 6.95

**Prawn Malaya** prawns with pineapple. 6.95

**Prawn Bombay** prawns with potato and boiled egg. 6.95

**Prawn Brinjal** prawns with aubergine. 6.95

**Methi Prawns** prawns with fenugreek leaves. 6.95

**Prawn Mushroom** prawns cooked with mushrooms. 6.95

**Prawn Chana** prawns cooked with chickpeas. 6.95

**Prawn Korai** (pakistan) prawns with strong garam masala and ground coriander, green and red peppers and chunks of red onion in full flavoured garlic sauce. 6.95

### Medium to Hot

**Prawn Dansak** (gujarat) baba's twist on the original. Prawns simmered in slightly hot, spicy lentil sauce. 6.95

**Prawn Ceylon** prawns in slightly hot, spicy coconut sauce, with lemon juice. 6.95

**Prawn Pathia** prawns with fresh tomatoes in hot, spicy sauce, with lemon juice. 6.95

### Hot to Very Hot

**Prawn Madras** prawns in hot, spicy curry sauce. 5.95

**Prawn Chilli Masala** prawns cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 7.95

### Very Hot to Extremely Hot

**Prawn Vindaloo** (goa) prawns and potato in very hot red chilli curry sauce. 6.95

**Prawn Phall** prawns in extremely hot red chilli curry sauce. 7.95

## Vegetable

## Other Dishes

### Mild

**Mixed Vegetable Korma** (north india) vegetables in creamy, sweet coconut sauce. 6.95

**Vegetable Tikka Masala** (uk) vegetables in spicy, sweet, tangy yoghurt and tomato sauce with almond, sultanas and a little coconut. 7.95

### Medium

**Mixed Vegetable Curry** the original. Vegetables in brown onion gravy sauce with medium spices. 5.50

**Vegetable Bhuna** vegetables in thick tomato and onion sauce with mixed spices, fresh garlic and coriander. 6.95

**Vegetable Balti** (uk) suited to every palate. Vegetables cooked in medium spiced sauce of diced onion, green and red pepper, with garam masala and ground coriander seeds. 6.95

**Vegetable Rogan Josh** vegetables simmered in onion gravy, topped with rich spiced tomato and garlic sauce. 6.95

**Vegetable Kashmir** vegetables with banana. 6.95

**Vegetable Malaya** vegetables with pineapple. 6.95

### Medium to Hot

**Vegetable Dansak** (gujarat) baba's twist on the original. Vegetables simmered in slightly hot, spicy lentil sauce. 6.95

**Vegetable Ceylon** vegetables in slightly hot, spicy coconut sauce with lemon juice. 6.95

**Vegetable Pathia** vegetables with fresh tomatoes in hot, spicy sauce with lemon juice. 6.95

### Hot to Very Hot

**Vegetable Madras** vegetables in hot, spicy curry sauce. 5.95

**Vegetable Jalfrezi** vegetables and slices of green chilli with chunks of onion, tomato and red and green peppers in fairly hot, spicy sauce. 7.95

**Vegetable Chilli Masala** vegetables cooked with lots of chopped green chilli, tomato and fresh coriander in hot, spicy sauce. 7.95

### Very Hot to Extremely Hot

**Vegetable Vindaloo** (goa) vegetables and potato in very hot red chilli curry sauce. 6.95

**Vegetable Phall** vegetables in extremely hot red chilli curry sauce. 7.95

### Biryani Dishes

Himalayan basmati rice tossed with onions and light spices, with almond, coconut and sultanas. Served with vegetable curry.

**Chicken Biryani** 10.95

**Lamb Biryani** 11.95

**Prawn Biryani** 10.95

**Duck Biryani** 11.95

**Chicken Tikka Biryani** 11.95

**King Prawn Biryani** 17.95

**Vegetable Biryani** 9.95

### Thali Dishes

If you are finding it difficult to choose between dishes, try one of our Thalis.

A thali is a large dinner plate used by families across the Indian subcontinent to serve a variety of dishes at once.

**Non-Veg Thali** tandoori chicken, lamb bhuna, chicken korma, pilau rice, naan bread and homemade yoghurt. 14.95

**Veg Thali** bombay potato, sag bhajee, tarka dal, pilau rice, naan bread and homemade yoghurt. 12.95

### Non-Indian Dishes

**Steak and Chips** steak served with chips, peas, tomato and fried mushrooms. Rare, Medium or Well-done. 14.95

**Fried Chicken and Chips** 9.95

**Scampi and Chips** 8.95

**Cheese Omelette and Chips** 9.95

**Chicken Omelette and Chips** 9.95

**Mushroom Omelette and Chips** 9.95

**Chips** 2.50

**Fried Mushrooms** 2.50

**Green Salad** 2.50

# Sides

## Saucy

**Curry Sauce** 3.25  
**Korma Sauce** 3.50  
**Masala Sauce** 3.95

**Vegetable Curry**  
mixed vegetables in medium-spiced curry sauce. 4.95

**Vegetable Korma**  
mixed vegetables in creamy, sweet coconut sauce. 4.95

**Kolla Korma** bananas in creamy, sweet coconut sauce. 4.95

**Tarka Daal** a popular side dish at every mealtime in the Indian subcontinent. Crisp, browned garlic poured over lentils as they cook gives this dish its rich and distinctive flavour. 4.95

**Mottor Paneer** green peas and Indian paneer cheese with a touch of homemade yoghurt. 6.95

**Sag Paneer** spinach and Indian paneer cheese, onions and a touch of homemade yoghurt. 6.95

**Cottage Cheese Sag** spinach cooked with garlic, onion and light spices, topped with cottage cheese. 5.95

## Stir-Fried

**Bombay Potato** spiced potato wedges and mustard seeds with tangy garlic, onion and tomato sauce. 4.95

**Cheese Bombay Potatoes** spiced potato wedges topped with melted cheese and fresh coriander. 5.95

**Vegetable Bhaji** mixed vegetables tossed with garlic, onions, tomatoes and fresh coriander. 4.95

**Sag Bhaji** spinach and tomatoes with onion, garlic and cumin. 4.95

**Mushroom Bhaji**  
mushrooms with onion, tomatoes and light spices. 4.95

**Cauli Bhaji** cauliflower and sesame seeds with onions. 4.95

**Okra Bhaji**  
okra and tomatoes with onion, garlic and mixed spices. 4.95

**Brinjal Bhaji**  
diced aubergine and tomato with onion and light spices. 4.95

**Chana Masala**  
chickpeas and tomato mixed with a little masala sauce. 4.95

**Sag Aloo** spinach and potato. 4.95

**Aloo Gobi** potato and cauliflower. 4.95

**Chana Sag** spinach and chickpeas. 4.95

**Methi Aloo** potatoes and fenugreek leaves with fresh coriander. 4.95

## Dry

**Onion Bhaji** crisp balls of sliced onion, with potato, lentils and ground spices. 3.50

**Vegetable Pakora** selected vegetables with a blend of spices, hand battered with chickpea flour. 3.95

## Fish

**Fish Bortha** grilled fish shredded into small pieces and mixed with crushed red chillies, onions, garlic and fresh coriander. 4.25

## Raitha

**Raitha** homemade yoghurt with cucumber. 3.50

## Rice

**Steamed Rice** Himalayan white basmati rice. 2.50

**Pilau Rice**  
aromatic basmati rice, the perfect accompaniment to any dish. 2.95

**Special Fried Rice** onion, peas and egg with pilau rice. 3.95

**Coconut Rice** steamed rice with coconut and coconut milk. 3.25

**Lemon and Ginger Rice**  
lemon, ginger and crisped onion with steamed rice. 3.50

**Mushroom Rice** mushrooms with pilau rice. 4.95

## Indian Bread

**Plain Naan** soft leavened bread. 2.50

**Peshwari Naan**  
sweet naan stuffed with almond, coconut and raisins. 2.95

**Keema Naan** naan stuffed with spiced minced meat. 2.95

**Garlic Naan** 2.95

**Garlic Cheese Naan** 3.95

**Vegetable Naan** 2.95

**Tandoori Roti** wholewheat bread. 2.50

**Chapati** thin unleavened bread. 1.95

**Poratha** flaky buttery layered bread. 2.95

**Poori** crisp puffed bread. 1.25

## Spice up your health

Indian food is good for you! It is a common misconception that Indian food is unhealthy. Always freshly cooked, with plenty of vegetables and a good balance of protein and carbohydrates, enjoying Indian food is a great way to achieve a balanced diet, and what's more, many recent studies have discovered that the spices and herbs in Indian food can have fantastic health benefits. Here are a few examples:

**Garlic** – aids digestion, lowers cholesterol, decreases blood pressure and has anti-clotting effects. Recent research shows garlic to be beneficial in the treatment of diabetes.

**Ginger** – speeds up metabolism, inhibits nausea, calms spasms, soothes digestive problems and contains antioxidants, thus protecting against disease.

**Chilli** – reduces congestion, prevents stomach ulcers, aids cardiovascular health and could ease arthritic swelling and pain.

**Turmeric** – rich in antioxidants, researchers have discovered that turmeric may help prevent cancer and could prevent Alzheimer's disease.

**Cumin** – a good source of iron and manganese, helps digestion and prevents bloating.

**Mustard** - a stimulant that can be used to relieve respiratory complaints. Mustard seeds aid digestion and could help prevent cancer.

**Coriander** – a good source of iron, magnesium and fibre, helps relieve anxiety and insomnia and is used in India for its anti-inflammatory properties.

**Cinnamon** – contains powerful anti-ageing, disease-fighting antioxidants, improves blood circulation, has blood-thinning properties and lowers blood glucose and cholesterol.

**Cardamom** – used medicinally to soothe digestive disorders, reduce congestion in the lungs and to treat infections in the teeth and gums.

**Cloves** – stimulate digestion, reduce congestion, anti-inflammatory and are used for the treatment of toothache.

At Baba we only use the absolute minimum of oil in our dishes.

## Times

### Baba Gift Vouchers

The perfect gift for someone who loves good food.

Open for takeaway and restaurant meals, lunchtimes and evenings.

### Opening times:

Tuesday-Sunday	12-2pm	5-11pm
Monday	Closed	Closed

To reserve a table or order a takeaway, telephone: **01872 262694**

Advance restaurant bookings taken for 5-7pm and 9-11pm.

### Special Offers

2 for 1 @ lunchtime

Choose any two main dishes from our extensive restaurant or takeaway menu and we'll give you the cheapest dish free. Rice or naan must be purchased with each main dish.

### Early Evening Special

Order in the restaurant between 5 and 6.45pm and we'll give you a massive 20% off!

Order a takeaway between 5 and 6.45pm and get a further 20% off the discounted takeaway price!

**Tasting Menu** every Sunday £14.95

Major credit cards accepted.

We cannot accept cheques, American Express or Diner's Club.

All children welcome at lunchtime.

Well behaved children over 2 years old welcome in the evening.

Menu can be changed at any time without prior notice.

A minimum of a main course per person should be ordered for restaurant meals.

Please consider other customers, rude language cannot be tolerated in the restaurant.

### Baba Indian Restaurant

32 Lemon Street, Truro. TR1 2NR

[babatruro@hotmail.co.uk](mailto:babatruro@hotmail.co.uk)

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