

Pre-Stater

Plain Pappadom	0.80
Masala Spicy Pappadom	0.80
Condiments	
Mango Chutney	0.80
Mint Yoghurt Sauce	0.80
Lime Pickle	0.80
Onion Salad	0.80

Appertisers

Tawa Fish Fillet of white fish fried in garlic, ginger pasta and mild spices.	5.95
Khas Sheek Kebab Minced lamb rolled in finely chopped onion, peppers, green herbs and spices, then skewered and grilled.	6.50
Tandoori Chicken Chicken on the bone, marinated in yoghurt, kashmiri herbs, mustard oil and slow cooked in a clay oven.	5.95
Salmon Tikka Cubes of salmon marinated overnight in garlic, yoghurt, ginger and ground spices.	6.95
Tiranga Mixed Platter A colourful mix from the tandoori with harra, kesari, chicken tikka, lamb tikka, onion bhajee and sheek kebab.	7.95

Please be aware of certain Allergens that some of our dishes may contain. Such as: Peanuts, Nuts, Cereals containing Gluten, Milk, Sesame, Soy/Soya Eggs, Molluscs, Sulphur Dioxide, Mustard, Celery, Fish, Lupin, Crustaceans. Please ask a member of staff for further information when ordering.

Appertisers (continued)

Chicken Tikka Pieces of chicken marinated in olive oil and yoghurt then cooked over charcoal with red spices.	5.95
Shahi Jhinga on Puree Prawns pan-fried with lemon and cream and a sprinkling of white pepper, served on Indian pancakes.	6.95
Chicken Chat on Puree Diced chicken cooked with cream, chat masala, cucumber and coriander.	6.95
Murgh Kesari Tikka Pieces of chicken coated in cashew nut pasta, garlic, ginger and cream, then skewered and grilled.	5.95
Paneer Tikka Curd cheese marinated with ginger, garlic and light spices then cooked in clay oven.	5.95
Vegetable Samosa Crispy pastry triangle parcels filled with mildly spiced mixed vegetables.	4.50
Lamb Samosa Crispy triangle parcels filled with mildly spiced lamb mince.	4.95
King Prawn Butterfly Mildly spiced king prawn in breadcrumb batter fried in butter.	6.95
Onion Bhajee Mildly spiced shredded onions, bound with gram flour and deep fried.	4.50

Rice, Breads and Accompaniments

Pilau Rice	3.95	Plain Naan	2.95
Plain Steamed Rice	3.95	Peshwari Naan	3.50
Vegetable Fried Pilau	4.95	Garlic Naan	3.50
Mushroom Fried Pilau	4.95	Keema Naan	3.95
Egg Fried Pilau	4.95	Cheese Chilli Naan	3.95
Keema Fried Rice	4.95	Tandoori Roti	2.95
Coconut Rice	4.95	Plain Paratta	3.95
Lemon Rice	4.95	Vegetable Stuffed Paratta	4.95
Special Fried Rice	4.95	Raitha	3.50

Vegetable Side Dishes

Vegetable Curry	4.95	Dhingri Palak	4.95
Mushroom Bhajee	4.95	Tarka Dall	4.95
Cauliflower Bhajee	4.95	Vegetable Bhajee	4.95
Bringle Bhajee	4.95	Sag Paneer	5.50
Bhindi Bhajee	4.95	Muttar Paneer	5.50
Sag Aloo	4.95	Aloo Gobi	4.95
Sag Bhajee	4.95	Bombay Aloo	4.95
Channa Masala	4.95	Onion Bhajee	3.95

Ashoka has been a family run restaurant for over 42 years, and we have endeavoured to create a dining experience that is second to none. We have taken great care to create an environment that is unique and truly enjoyable.



If it is traditional Indian food you seek because of its vast cultures and colours, at Ashoka our sole purpose is to ensure that you are served with the finest cuisine, receive the finest service and are regaled by a soothing yet refreshing ambience.

Sumptuous cuisine can be prepared only by the finest chef and they do not come finer than the table masters at India's Taj Group of Hotels, across New Delhi, Bombay, Calcutta, Madras, Bangalore and The Krishna Oberoi Five Star Hotel, Hyderabad.

Plain Pappadom	0.70
Masala Spicy Pappadom	0.70
Condiments (each)	0.70

Onion Bhajee Onion coated in chickpea flour, bound with gram flour and deep fried.	3.95	Shirasee Adraki Mumtaj Slices of chicken marinated with herbs and spices and covered with a mix of finely minced chicken breast, chopped garlic, ginger root fried with onions, peppers and fresh coriander, then cooked in a fresh yoghurt sauce.	12.95
Vegetable Samosa Crispy pastry triangle parcels filled with mildly spiced mixed vegetables.	3.95	Lamb Rahra Chopped pieces of succulent lamb coated with keema-minced lamb, cooked in a medium garlic and masala paste, flavoured with an exotic touch of chakra phool-star anise, dalchinni-cinnamon and cumin seeds.	10.95
Lamb Samosa Crispy triangle parcels filled with mildly spiced lamb mince.	4.50	Goan Jal Pari A soft white fish simmered in smooth coconut milk, enriched with a delicate infusion of pica dhaniya fresh coriander, red-mustard seed, curry leaf, garlic, ginger paste then aromatically flavoured with a touch of kadi patta-sweet neem leaf.	14.50
Chicken Tikka Pieces of chicken marinated in olive oil and yoghurt then cooked over charcoal with red spices.	4.95	Mixed Seafood Curry Chopped pieces of succulent fish, mussels and squid simmered in a smooth tomato and onion gravy, coconut cream. Finally a wonderful combination of kesar-saffron, garam masala and haldi-turmeric is added to bring out the seafood flavour.	15.50
Khas Sheek Kebab Minced lamb rolled in finely chopped onion, peppers, green herbs and spices, then skewered and grilled.	5.50	King Prawn La Jawab Grilled over charcoal and then cooked in a cream and butter sauce with delicate spices.	15.50
Murgh Kasara Tikka Pieces of chicken coated in cashew nut pasta, garlic, ginger and cream, then skewered and grilled.	5.50	Chicken Chittinad Full of south Indian spices, chicken at its best in chettinad homes of madras.	10.95
Tandoori Chicken Chicken on the bone, marinated in yoghurt, kashmiri herbs, mustard oil and slow cooked in a clay oven.	5.50	Duck Lazeez Barbecued duck breast cooked with a touch of tamarind sauce, ginger, pepperfresh chillies and spring onions in a hot, sweet and sour sauce.	11.95
Paneer Tikka Curd cheese marinated with ginger, garlic and light spices then cooked in clay oven.	5.50		
Tawa Fish Fillet of white fish fried in garlic, ginger pasta and mild spices.	5.95		
Shahi Jhinga on Puree Prawns pan-fried with lemon and cream and a sprinkling of white pepper, served on Indian pancakes.	5.95		
Chicken Chat on Puree Diced chicken cooked with cream, chat masala, cucumber and coriander.	5.95		
Selman Tikka Cubes of salmon marinated overnight in garlic, yoghurt, ginger and ground spices.	5.95		
King Prawn Butterfly Mildly spiced king prawn in breadcrumb batter fried in butter.	5.95		
Tiranga Mixed Platter A colourful mix from the tandoori with harra, kesari, chicken tikka, lamb tikka, onion bhajee and sheek kebab.	6.95		

Half Tandoori Chicken Chicken on the bone, marinated in yoghurt, kashmiri herbs, mustard oil and slow cooked in a clay oven.	8.95	Tandoori Mixed Grill A selection of the best tandoori dishes, including tandoori chicken, tandoori fish, tandoori vegetables and tandoori naan.	13.95
Chicken or Lamb Tikka Cubes of chicken or lamb marinated in yoghurt, kashmiri herbs, mustard oil and slow cooked in a clay oven.	8.95	Chicken or Lamb Shazlik Minced chicken or lamb coated with keema-minced lamb, cooked in a medium garlic and masala paste, flavoured with an exotic touch of chakra phool-star anise, dalchinni-cinnamon and cumin seeds.	10.50
Murgh Kesari Tikka Pieces of chicken coated in cashew nut pasta, garlic, ginger and cream, then skewered and grilled.	9.50	Shingrie King Prawn Prawns pan-fried with lemon and cream and a sprinkling of white pepper, served on Indian pancakes.	12.95
Harvey Murgh Tikka Cubes of salmon marinated overnight in garlic, yoghurt, ginger and ground spices.	9.50	Paneer Shazlik Curd cheese marinated with ginger, garlic and light spices then cooked in clay oven.	10.95
Grilled Salmon Prawns pan-fried with lemon and cream and a sprinkling of white pepper, served on Indian pancakes.	11.95		

Ashoka Main Course Old Favourites All served with pilau rice	
Kurma A very mild curry made with ground coconut and a sweet cream sauce with a light arrangement of spices.	11.95
Bhuna A medium spiced savoury thick sauce with a fine blend of onions and ground cumin powder.	11.95
Rogan Josh Delicately spiced and cooked with onion, capsicum, tomatoes and coriander.	11.95
Dansak Boiled soft lentils in a sweet and sour sauce cooked with fairly hot ground chilli powder.	11.95
Madras A hot dish with tomato puree and vinegar gravy with lots of chilli powder.	11.95
Jhalfrezi A hot highly spiced dish with ground chilli powder, lots of chopped green chillies with hot savoury flavours.	11.95
Tikka Masala Marinated, then char-grilled in the tandoori and cooked in a sweet mild masala herb creamy sauce.	11.95
Biryani Tender meat, medium spiced and fried with rice in this dish served with a mixed vegetable curry sauce on the side (Not served with extra rice).	12.95
Nihari A mixture of chilli and ginger, simmered in lentil and a tangy onion-based sauce.	11.95
Chilli Masala Hot, thick, highly spiced with lots of chopped green chillies and cooked with a sweet masala-based sauce.	12.95
Khari A bed of herbs and spices firstly fried to create a smokey well done flavour which perfectly compliments the char-grilled meat from the tandoori.	12.95
Garlic Chilli Meeals Pieces of chicken or lamb cooked in herbs and spices, served with a rich and spicy shatkora (Citrus lime) sauce.	12.95
Naga An ultimate curry for chilli lover individuals.	12.95
Passanda Cooked in Almond, coconut and cream with red wine.	11.95
Shatkora Pieces of chicken or lamb cooked in herbs and spices, served with a rich and spicy shatkora (Citrus lime) sauce.	12.95
Rezella Pieces of chicken or lamb prepared with chunks of onions, peppers and chillies, medium to hot taste.	12.95

Established 1980

Take-Away Menu

01323 733344

28-30 Cornfield Road
Eastbourne, East Sussex

Open 7 days a week
including bank holidays
12 noon - 2pm / 5.30 - 11.00pm

www.ashokaeastbourne.com

Follow us on

We cannot accept cheques or Amex but all other major credit cards are accepted

Vegetable Side Dishes	
Vegetable Curry	4.50
Cauliflower Bhajee	4.50
Bhindi Bhajee	4.50
Sag Bhajee	4.50
Vegetable Bhajee	3.95
Onion Bhajee	4.50
Mushroom Bhajee	4.50
Bringle Bhajee	4.50
Sag Aloo	4.50
Chana Masala	4.50
Tarka Dall	4.50
Aloo Gobi	4.50
Bombay Aloo	4.95
Muttar Paneer	4.95
Sag Paneer	4.95
Rices	
Pilau Rice	2.95
Plain Rice (steamed)	2.75
Vegetable Fried Rice	4.50
Mushroom Fried Pilau	4.50
Egg Fried Pilau	4.50
Keema Fried Pilau	4.50
Coconut Rice	4.50
Lemon Rice	4.50
Special Fried Rice	4.50
Breads & Accompaniments	
Naan	2.95
Keema Naan	3.95
Garlic Naan	3.50
Peshwari Naan	3.50
Cheese Chilli Naan	3.95
Tandoori Roti	2.95
Plain Paratta	4.50
Vegetable Stuffed Paratta	4.95
Raitha	3.50

Always Available
Some dishes may contain nuts and/or shellfish. Please ask a member of staff when ordering your order, and they will be pleased to help.

KFL TAKEAWAY
available for free home collection every 200 11.00 in cash

Ashoka Main Course Old Favourites All served with Pilau Rice	
Kurma A very mild curry made with ground coconut and a sweet cream sauce with a light arrangement of spices.	14.50
Bhuna A medium spiced savoury thick sauce with a fine blend of onions and ground cumin powder.	14.50
Madras A hot dish with tomato puree and vinegar gravy with lots of chilli powder.	14.50
Jhalfrezi A hot highly spiced dish with ground chilli powder, lots of chopped green chillies with hot savoury flavours.	14.50
Dansak Boiled soft lentils in a sweet and sour sauce cooked with fairly hot ground chilli powder.	14.50
Tikka Masala Marinated, then char-grilled in the tandoori and cooked in a sweet mild masala herb creamy sauce.	14.95
Nihari A mixture of chilli and ginger, simmered in lentil and a tangy onion-based sauce.	14.95
Biryani Tender meat, medium spiced and fried with rice in this dish served with a mixed vegetable curry sauce on the side (Not served with extra rice).	14.95
Chilli Masala Hot, thick, highly spiced with lots of chopped green chillies and cooked with a sweet masala-based sauce.	14.95
Rogan Josh Delicately spiced and cooked with onion, capsicum, tomatoes and coriander.	14.50
Khari A bed of herbs and spices firstly fried to create a smokey well done flavour which perfectly compliments the char-grilled meat from the tandoori.	14.95
Naga An ultimate curry for chilli lover individuals.	14.95
Passanda Cooked in Almond, coconut and cream with red wine.	14.95
Shatkora Pieces of chicken or lamb cooked in herbs and spices, served with a rich and spicy shatkora (Citrus lime) sauce.	14.95
Rezella Pieces of chicken or lamb prepared with chunks of onions, peppers and chillies, medium to hot taste.	14.95
Palak A classic curry cooked with spinach, a variety of spices, red chillies, yoghurt and methi (fennu Greek)	14.50

Prices displayed include a chicken, lamb OR prawn as a main course option. For king prawn please add £3.00 to the total and tandoori king prawn add £4.00 to the total. For a vegetarian option please deduct a 00 from the regular price.

28-30 Cornfield Road - Eastbourne - East Sussex
Telephone: 01323 733 344
www.ashokaeastbourne.com

Open 7 days a week including Bank Holidays
12pm - 2pm / 5:30pm - 11:00pm

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We cannot accept cheques or Amex but all other major credit cards are accepted