

Welcome TO

ZEERA

Authentic Indian Restaurant & Takeaway

WELCOME TO ZEERA, WHERE THE VIBRANT FLAVORS OF INDIA COME TO LIFE. LOCATED IN THE HEART OF STROUD GLOUCESTERSHIRE, ZEERA OFFERS A CULINARY JOURNEY THROUGH INDIA'S DIVERSE AND RICH HERITAGE. OUR NAME, INSPIRED BY THE AROMATIC CUMIN SEED, SYMBOLIZES OUR COMMITMENT TO AUTHENTIC, UNFORGETTABLE CUISINE.

AT ZEERA, TRADITIONAL RECIPES MEET CONTEMPORARY TECHNIQUES, SHOWCASING THE BEST OF INDIA'S REGIONAL DISHES.

OUR EXPERT CHEFS USE THE FINEST INGREDIENTS TO CRAFT EACH PLATE WITH PASSION AND CREATIVITY, ENSURING AN EXCEPTIONAL DINING EXPERIENCE.

STEP INTO ZEERA AND BE TRANSPORTED BY OUR WARM AMBIANCE AND ATTENTIVE SERVICE. WHETHER IT'S A CASUAL MEAL, A SPECIAL CELEBRATION, OR A QUIET DINNER, ZEERA IS THE PERFECT BACKDROP. JOIN US AND INDULGE IN THE TRUE TASTE OF INDIA, ONE EXQUISITE BITE AT A TIME.

ALLERGY NOTICE

(V) = Vegetarian
(VG) = Vegan
(S) = Soya
(GF) = Gluten Free

(F) = Fish
(L) = Lupin
(MT) = Mustard
(N) = Nuts

(SE) = Sesame
(G) = Gluten
(E) = Egg
(ML) = Molluscs

(C) = Celery
(D) = Dairy
(P) = Peanuts
(CR) = Crustaceans

STARTERS

All served with salad and chefs own special sauce and salsa

Murug Angara Tikka 🌶️🌶️ (D)	£6.50
Chicken breast marinated with paprika powder, tandoori powder and hung yoghurt and smoked with whole garam masala. Served with salad and mint chutney sauce.	
Murug Methi Tikka 🌶️🌶️ (D) (N)	£6.50
Chicken breast marinated with fried gram flour, kasturi methi, lime juice, and hung yogurt and grilled. Served with salad and mint chutney.	
Ajwain Salmon Tikka 🌶️🌶️ (D)	£7.50
Scottish salmon fillet marinated English mustard paste, lime juice, red chilli, and black pepper, ajwain and grilled. Served with pickling onions and mint chutney.	
Kofta Kebab 🌶️🌶️ (D)	£6.50
Minced lamb marinated with chef's special spices, capsicum chopped, finished in tandoor.	
Lucknowi Lamb Chops 🌶️🌶️ (D)	£7.50
Lucknowi is the capital and the largest city of the Indian state of Uttar Pradesh. Lamb chops marinated with nutmeg powder and chef's special blend of aromatic spices. Served with salad and mint chutney sauce.	
Mans Ki Sole Kebab 🌶️🌶️ (D)	£6.95
Bihari kebab is one of the most popular Pakistani kebabs that everyone loves to eat. At we are using lamb fillets smoked with chef's special blend of whole spices and marinated with brown onion paste and grilled. Served with onion, cucumber and tomato salad and mint chutney sauce.	
Aloo Tikki Chole 🌶️🌶️ (D) (G)	£5.95
Mashed potato & chickpeas seasoned with light spice, battered, and deep-fried. Served with tamarind, mint-coriander chutney.	
Methi Onion Bhaji 🌶️🌶️ (E) (G) (VG)	£5.95
Onion and mathi leaves lentil fritters flavoured with roasted cumin and coriander seeds. Served with tamarind sauce.	
Aatishi Paneer Tikka 🌶️🌶️ (D) (V)	£6.25
Indian cottage cheese marinated with homemade chat masala, ajwain, kasturi methi, and hung yogurt. Served with mint chutney sauce and salad.	
Palak Corn Pakoda 🌶️🌶️ (G) (V)	£5.95
Grated courgette, fresh spinach and mashed sweetcorn, lightly spiced and deep-fried. Served with sweet and spicy mango chutney.	
Punjabi Samosa 🌶️🌶️ (G) (V)	£6.25
A perfectly cooked samosa with a crispy, flaky crust that crunches as you bite into it, and a peas-potato filling that's savoury, spicy and just right.	
Lollipop Chicken 🌶️🌶️ (G) (D) (C)	£6.50
Chinice styled batter fried chicken lollipops, flavoured with garlic, pepper, ajinomoto, egg, corn flour, celery,leaves, viniger, and soya sauce.	
Kaichi Chicken Wings 🌶️🌶️ (G) (C)	£6.25
Chicken wings coated with corn flour and deep-fried and tossed in Korean style sweet and spicy celery sauce.	
Murug Malai Tikka 🌶️ (D) (N)	£6.50
Chicken breast marinated with giner garlic paste, spices like cardamom powder, garam masala, cashew nut paste.	
Sharing Platters For 2 🌶️🌶️ (G) (D) (N)	£12.00
Angara Murgh tikka, lamb tikka, salmon tikka. Served with mint chutney and salad.	
Veggie Platters For 2 🌶️🌶️ (G) (D) (N) (V)	£10.00
Punjabi samosa, mathi onion bhajee, Aatishi paneer tikka. Serverd with mint chutney and sweet mango chutney.	

Tandoori Specialities **DISHES**

All dishes are barbecued in tandoori oven, served with fresh salad & mint sauce. All dishes have their own unique recipes.

- Tandoori Khajna 🍗 (D)** **£12.95**
Our presentation of tandoori special contains a portion of tandoori chicken, chicken tikka, lamb tikka and sheek kebab.
- Chicken / Lamb Tikka 🍗 (D)** **£10.00/ £11.00**
Chicken pieces marinated in oriental spices and cooked on a charcoal.
- Tandoori Chicken (Half) 🍗 (D)** **£10.00**
Tandoori chicken barbecued on a charcoal fire.
- Chicken / Lamb Shashlik 🍗🍗 (D)** **£10.50/ £11.50**
Chicken pieces with special spices prepared with onion, capsicum and tomatoes, barbecued in a clay oven
- Tandoori King Prawns Shashlik 🍗🍗 (D) (CR)** **£14.95**
King size prawns with special spices prepared with onion, capsicum and tomatoes, barbecued in a clay oven

House Specialities **DISHES**

- Keralan Fish Curry 🍷 (F)** **£12.00**
Chef's signature dish. A traditional Keralan (South India) fish curry, home style seabass slow cooked in coconut milk curry leaves, infused with Kashmiri chilli powder.
- Malai Tiger Prawns 🍗 (CR)** **£13.00**
Chef's signature dish. Succulent tiger prawns sauteed with yellow mustard seeds and coconut milk, simmered in garlic scented lime curry leaves.
- King Prawn Gassi 🍗🍗 (CR)** **£14.00**
An absolutely delicious coconut milk based prawn curry, from south India, we present our version, whole spices roasted and made into a paste, and cooked with king prawn.
- Delhi Butter Chicken 🍗 (D) (N)** **£10.95**
Chef's signature dish. It has sugar and spice, kick and creamy texture, unctuousness and bite, all at the same time. Chicken cooked in a creamy and buttery sauce, made from fresh tomatoes and cashew nut paste, with light spices and hint of honey for the ultimate flavours.
- Murgh Tikka Lababdar 🍗🍗 (D) (N)** **£10.95**
Chef's signature dish. Chicken cooked with garlic, ginger, turmeric, chilli and roasted in a tandoori oven. Served with red and green pepper and Lababdar sauce.
- Garlic Chilli Chicken 🍗🍗🍗 (D) (C)** **£10.95**
A dish from the panjab and a popular delicacy in the part of India. Boneless chicken thigh, marinated with Kashmiri chilli, garlic ginger paste before being grilled and then finished in garlic, onion, tomato and pepper, spring onions celery leaves, malted vinegar.
- Keralan Duck 🍗🍗** **£12.00**
Smokey flavoured duck breast cooked in a Keralan style recipe with red and green peppers, coconut milk and garnished with whole red chilli.
- Pudukkottai Lamb Curry 🍗🍗** **£12.00**
It's a famous dish from Pudukkottai, a vibrant city located on the south-eastern coast of India. Onion, tomato, fresh coconut, dry red chilli, curry leaves roasted and blended into fine paste then cooked with lamb.
- Lamb Varuvaal 🍗🍗** **£12.00**
Chef's signature dish. Our chef's secret recipe, and a dish you must try. Lamb simmered and cooked with spicy dry red chilli, whole black pepper, fennel seeds, coriander, curry leaves, onion and tomato sauce.
- Rajasthani Lal Mas 🍗🍗** **£12.00**
Our chef's secret recipe, and a dish you must try. A dish from Rajasthan India. Lamb chop cooked with fried onions, tomato paste, black pepper and slowly cooked then smoked with whole spices and served with crispy potatoes.

Gosht Vindaloo 🌶️🌶️🌶️

£10.00

Lamb cooked with Goan style spices curry, it's a pure Goan dish.

Nali Nihari 🌶️

£13.00

Chef's signature dish. The Mughals, a traditional slow cooked boneless lamb leg stew cooked in a delicious amalgamation of spices and herbs, like cinnamon, chillies, bay leaves, nutmeg and finished with julienne of ginger adding to the exotic and aromatic flavours.

Chicken Jal Zala 🌶️🌶️🌶️

£10.00

Chicken cooked with home-style, very famous and hot Bangladeshi naga chilli pickle. Hot!!!

Chicken / Lamb Tikka Massala 🌶️ (D)

£10.00/ £11.00

Cooked with delicate tikka sauce, smothered in butter and cream

Chicken / Lamb Tikka Pasanda 🌶️ (D)

£10.00/ £11.00

Marinated in light spices, cooked in a mild sauce & almonds

Shashlick Bhuna 🌶️

£11.50

Chicken or lamb tikka grilled in a tandoori with onions, peppers & tomatoes then cooked in a medium thick sauce.

Chicken Tikka Saag Paneer 🌶️ (D)

£11.00

Chicken tikka cooked with Indian cheese, spinach, herbs & spices

Kattamitta Chicken or Lamb 🌶️

£10.00/ £11.00

Chicken or lamb cooked with green pepper, onion, a special blend of tamarind & honey. Medium spices in a thick sauce.

Vegetable **DISHES**

Mushroom Malai Mutter 🌶️ (V)(D)(N)

Side £5.00 / Main £9.00

Peas and mushrooms cooked with mathi, fresh tomato, and cashew nut sauce with garam masala.

Old Delhi Aloo Gobi 🌶️ (V)

Side £5.00 / Main £9.00

Baby potatoes and cauliflower cooked with onions and tomato, julienned of ginger and green chilli.

Khatta Baingan 🌶️ (VG)

Side £5.00 / Main £9.00

Birnjol cooked with onion, tomato-based sauce tempered with dry chilli and mustard seeds.

Bhindi Bahaar 🌶️ (VG)

Side £5.00 / Main £9.00

Okra cooked in onion and mustard seed, curry leaves, tomato sauce.

Chilli Paneer 🌶️🌶️ (V) (D)

Side £5.00 / Main £9.00

Indian cottage cheese cooked with red and green pepper, garlic and green chilli.

Mutter Paneer 🌶️ (V) (D)

Side £5.00 / Main £9.00

Peas and Indian cottage cheese with tomato and cashew sauce.

Saag Aloo 🌶️ (VG)(D)

Side £5.00 / Main £9.00

Spiced potato cooked with spinach and mild spices.

Saag Paneer 🌶️ (V) (N) (D)

Side £5.00 / Main £9.00

Indian style cottage cheese cooked with onions, melon seeds, and fresh tomato. It's a Mogul dish from Delhi origin.

Paneer, Butter Masala 🌶️ (V) (N) (D)

Side £5.00 / Main £10.00

Indian style cottage cheese cooked with onions, tomatoes, cashew nut, fresh cream, butter, kasturi mathi. It's a moghul dish from Delhi.

Shobzi bihari 🌶️

Side £5.00 / Main £9.00

North Indian vegetarian dish mildly spiced consisting of capsicum, mushrooms, cauliflower, potatoes, coriander & a hint of mustard.

Palok Paneer 🌶️ (D)

Side £5.00 / Main £9.00

Diced Indian cottage cheese in a puree of spinach.

Bombay Aloo 🌶️ (VG) (D)

Side £5.00 / Main £9.00

Baby potatoes cooked in mild spices with onions, tomato and tempered with cumin seeds.

Daal Tadka 🌶️ (VG) (D)

Side £5.00 / Main £9.00

Red and yellow lentils roasted in pan and tempered with onion, garlic, cumin and fresh tomato.

Traditional DISHES

For Tikka Curry, extra £1.00

Chicken or Meat Curry 🌶️🌶️	£9.50
The basic curry is a sauce of medium consistency produced from a wide range of spices giving a standard flavour	
Chicken or Meat Madras 🌶️🌶️🌶️ (Hot)	£9.50
Another popular dish from South Indian origin. A rich taste, extensively prepared with garlic, chilli and tomato puree - Hot	
Chicken Vindaloo 🌶️🌶️🌶️🌶️ (Very Hot)	£9.50
Black pepper, lemon, ginger and red chilli are a few of the spices added to qualify this dish as the most 'extravagantly hot'. Only suitable for persons with strong constitution.	
Chicken or Meat Bhuna 🌶️🌶️	£9.50
Cooked with spices & flavoured with green herbs, prepared in a thick sauce	
Chicken or Meat Korma 🌶️ (D)	£9.50
Mild with cream and coconut	
Chicken or Meat Dansak 🌶️🌶️	£9.50
Slightly hot sweet & sour curry with lentils	
Chicken or Meat Jalfrazi 🌶️🌶️🌶️	£9.50
Fairly hot, cooked with green chillies, capsicum, methi leaves & tomatoes	
Chicken or Meat Dupiaza 🌶️🌶️	£9.50
Bangalore style curry with spicy fried onions in a delicious medium hot sauce	
Chicken or Meat Rogan 🌶️🌶️	£9.50
Meat or chicken cooked in medium spices, chopped tomatoes & capsicum	
Chicken / Meat Saag 🌶️🌶️	£9.50
Chicken or meat cooked in fresh spinach, herbs & spices - medium	
Chicken / Meat Patia 🌶️🌶️🌶️	£9.50
A dish which uses extensive garlic, onion, tomato puree, red chilli, black pepper, sugar and lemon. A hot sweet and sour taste.	

Biryani DISHES

Chicken, meat, prawn or king prawn cooked together with basmati rice.
Served with separate half portion of special curry sauce

Chicken / Meat Biryani 🌶️🌶️	£11.00
Chicken / Lamb Tikka Biryani 🌶️🌶️	£12.00
King Prawn Biryani 🌶️🌶️ (CR)	£14.50
Prawn Biryani 🌶️🌶️ (CR)	£11.00
Vegetable Biryani 🌶️🌶️	£10.00
Tandoori Chicken Biryani 🌶️🌶️ (Off the bone)	£11.00
Special Biryani 🌶️🌶️ (CR)	£14.00
Chicken, meat, minced meat and prawn	

English DISHES

Scampi & Chips	£8.95
Chips	£2.95

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(S) = Soya	(MT) = Mustard	(E) = Egg	(P) = Peanuts
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Balti DISHES

This famous dish derives its special character from a blend of herbs & spices in a thick sauce - medium hot. Tikka Curry £1.00 extra.

Zeera Special Balti 🌶️🌶️ (CR)	£10.50
Chicken tikka, Lamb tikka, sheek kebab and prawns cooked together with our special balti sauce	
Chicken / Lamb Balti 🌶️🌶️	£9.50
King Prawn Balti 🌶️🌶️ (CR)	£13.50
Prawn Balti 🌶️🌶️ (CR)	£9.50
Vegetable Balti 🌶️🌶️	£9.50
Chicken & Prawn Balti 🌶️🌶️ (CR)	£9.50
Chicken & Mushroom Balti 🌶️🌶️	£9.50

SUNDRIES

Plain Rice	£2.95
Pilau Rice	£3.50
Egg Fried Rice (E)	£3.95
Onion Fried Rice	£3.75
Mushroom Rice	£3.95
Vegetable Rice	£3.95
Keema Rice	£4.95
Lemon Rice	£3.75
Puri	£1.50
Paratha	£3.75
Stuffed Paratha	£3.95
Chapati	£1.95
Raitha	£1.95
Papadom / Spicy	£0.95
Chutney & Pickle	£0.75
Per item	

Nan Leavened BREAD

Indian Nan (G)	£2.95
Keema Nan (G)	£3.95
Stuffed with minced lamb	
Kulcha Nan (G)	£3.75
Stuffed with vegetable	
Peshwari Nan (G)	£3.75
Covered with nuts	
Garlic Nan (G)	£3.75
Cheese Nan (G)	£3.95
Tikka Nan (G)	£3.95
Onion Nan (G)	£3.95
Cheese & Onion Nan (G)	£3.95
Cheese & Garlic Nan (G)	£3.75
Garlic & Coriander Nan (G)	£3.75
Chilli & Coriander Nan (G)	£3.75
Tandoori Roti (G)	£3.75

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Drinks LIST

Soft DRINKS

Coca Cola Bottle	£2.95
Diet Coke Bottle	£2.95
Lemonade	£2.95
Fanta	£2.95
Orange Juice	£3.25
Pineapple Juice	£3.25
Apple Juice	£3.25
Squash (Orange or Blackcurrant)	£2.00
Fruitshoots	£2.00
Tonic Water	£2.00
Soda Water	£2.00

Bottled Soft DRINK & MINERALS

Bottled Sparkling / Still Water	£2.75
Bottled Still Water 750ml	£4.50
Bottled Sparkling Water 750ml	£4.95
J20 (Various Flavours)	£2.75
Bottle Shloer 750ml	£4.95
Appletiser	£2.95

Indian DRINK

Lassi by the Glass Mango or salted	£3.25
Lassi by the Jug Mango or salted	£10.00