

Mild 🌿 Medium 🌶️ Fairly Hot 🌶️🌶️ Hot 🌶️🌶️🌶️ Contains Nuts 🥜

Vegetarian Dishes 🌱

Zest's Mixed Vegetables 🌶️ 9.95
A mixture of fresh vegetables, including bhindi (okra), aubergine, chana dal and chickpeas, cooked in a rich blend of herbs and spices to give a flavoursome South Indian dish.

Saag Paneer 🌶️ 10.95
Spinach cooked with onions, tomatoes, cheese, fresh coriander, herbs and spices.

Bhuna Sabzi Saagi 🌶️ 9.95
Spinach and mixed vegetables cooked with ginger, garlic, bay leaf, tomatoes, herbs and spices.

Garlic Chilli Chana Aloo 🌶️🌶️ 9.95
Tender chickpeas and diced potato cooked with onions, selected medium spices, garlic and fresh green chillies.

Dal Korahi 🌶️ 9.95
Tender split chickpeas cooked with chunky onions, mixed peppers, garlic tarka, chopped tomatoes, bay leaf, roasted chilli, turmeric and chef's secret special herbs and spices.

English Dishes

Plain Grilled Chicken Breast 12.95
Chicken a la Cream 14.95

Chicken cooked in a creamy sauce with mushrooms and onions, served with rice or chips

Plain Grilled Salmon Steak 14.95
Served with rice or chips and garden peas

Salmon a la Cream 14.95
Salmon cooked in a creamy sauce with mushrooms and onions, served with rice or chips

Scampi 9.95
Served with chips and garden peas

Omelette 8.95
(Plain, Cheese, Chicken, Mushroom or Vegetable)

Rump Steak 16.95
Served with mushrooms, grilled tomato and chips

Pasta Glaze 12.95
Boiled pasta made with garlic, onion,

Tuna, Prawn, mussels and special herbs
Sardine Chat Puri 5.50

Vegetable Side Dishes 🌱

Bombay Aloo 🌶️ 5.50
Diced potatoes cooked with onions, herbs and medium spices

Saag Aloo 🌶️ 5.50
Spinach and potatoes entwined in rich exotic spicy sauce

Mushroom Bhaji 🌶️ 5.50
Mushrooms sautéed in onions, tomatoes, fresh garlic, ginger, herbs and spices

Bhindi Bhaji 🌶️ 5.50
Baby okra sautéed with onions and tomatoes with medium spices

Saag Bhaji 🌶️ 4.95
Spinach cooked with fresh garlic, onions, tomatoes and a traditional blend of spices.

Gobi Aloo 🌶️ 5.50
Fresh cauliflower and potatoes cooked with fresh ginger, herbs and spices.

Tarka Daal 🌶️ 5.50
Red split lentils cooked into a light sauce, seasoned with fresh garlic, mustard seeds and fresh coriander.

Motar Paneer 🌶️ 5.95
Peas and homemade cheese cooked with onion, tomato, medium spices and a touch of fresh garlic and ginger.

Zest Special Vegetables 🌶️ 4.95
Seasonal vegetables hand-picked by our chef, cooked with fresh garlic, onions, green chillies, fresh coriander, tomatoes and a traditional blend of spices with a hint of mango.

Chips

Chips Chilli 3.75
Chips 3.75

Cheesy Chips 5.50
Chilli Cheesy Chips 5.50

Sweet Potato Chips 5.95

Rice Bowls

Steamed Basmati Rice 3.75
Pilau Rice 3.75

Chef's Special Rice 4.95
Basmati rice stir fried with cashew nuts, sultanas, peas, egg, onions and coriander

Coconut Rice 4.25
Delicately steamed sweet rice, cooked with coconut and butter

Mushroom Fried Rice 4.25
Basmati rice stir fried with sliced button mushrooms, onions and light spices

Saag (Spinach) Rice 4.25
Onion Fried Rice 4.25

Egg Fried Rice 4.25
Basmati rice stir fried with sliced boiled egg, onions and light spices

Lemon Fried Rice 4.25
Basmati rice stir fried with aromatic lemon, onions and light spices

Mixed Vegetable Fried Rice 4.25
Basmati rice stir fried with non-curried mixed vegetables

Garlic Fried Rice 4.25
Basmati rice stir fried with garlic and a touch of finely chopped onions and aromatic spices

Keema Rice 4.25
Jeera (Cumin seed) Rice 4.25

Zest's Bread Basket

Plain Naan 3.50
White fluffy flour, bread, milk, sugar and eggs baked in our tandoori clay oven

Chilli and Garlic Naan 3.75
Plain naan topped off with garlic and crushed chilli

Garlic and Coriander Naan 3.75
Plain naan topped off with garlic and coriander

Keema Coriander Naan 3.95
Delicious white fluffy naan, stuffed with spicy minced lamb and topped off with fresh coriander

Cheese Naan 5.50
White fluffy unleavened bread topped off with cheese

Zest Special Naan 5.95
Plain naan stuffed with tandoori chicken slices, spinach, chopped green chillies and cheese

Honey Naan 3.75
Served with honey drizzled on top

Peshwari Naan 3.95
Fluffy white bread stuffed with coconut, mango, almonds, sultanas and golden syrup drizzled on top

Plain Paratha 3.75
White floured bread layered with butter

Zest Special Paratha 3.75
Multi-layered bread stuffed with tandoori chicken, spinach, potato, green chillies and fresh coriander, cooked with butter

Chapati 3.75
Tandoori Roti 3.75

For Our Mini Adults...

Chicken Nuggets Served with garden peas and chips 6.95

Scampi Served with garden peas and chips 5.95

10" Garlic Bread and Cheese 5.50

Omelette (Plain, Cheese, Chicken, Mushroom or Vegetarian) 5.50

Any Small Curry With rice 5.50

Corn on the Cob Served with garden peas and chips 5.50

Chocolate Fudge Cake

4.50



Chef Abir will cook his delicious, traditional, handed-down, Grandma's recipes

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You can also order online at:

order.zestofindiabispham.co.uk

PLEASE NOTE: FOOD ALLERGIES OR INTOLERANCES If you, or a member of your party has a food allergy, or any special dietary requirements, it is important that you inform and ask a member of our staff before placing your order. Thank you.

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211 Bispham Road, Blackpool, FY2 0NG

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Starters

Papadum <i>Crisp lentil wafers</i>	0.95	Fresh Plain Yoghurt	2.95
Spicy Papadum <i>Crisp spicy lentil wafers</i>	1.05	Chutney and Sauces	each 0.95
Chana Chat <i>Mint & yoghurt, chickpeas, steamed cooked potatoes, sugar, tamarind, served with fresh coriander</i>	1.95	Lime Pickles, Aubergine Pickles or Mixed Pickles	each 1.25
Raita <i>Fresh yoghurt with light spices (tomato, cucumber, onion or mixed)</i>	2.95	Chutney Tray	4.50

Vegetarian Starters 🌱

Onion Bhaji 🌶🌶 <i>Crispy turnovers filled with lightly spiced mixed vegetables, deep fried.</i>	3.95
Vegetable Samosa 🌶🌶 <i>Crispy turnovers filled with lightly spiced mixed vegetables, deep fried.</i>	3.95
Garlic or Mushroom Puri 🌶🌶	5.50
Chana Dal Puri 🌶🌶	5.50
Grilled Capsicum 🌶🌶 <i>Whole capsicum stuffed with aubergine, diced potatoes, spinach, mushrooms, lemon juice, onions and light herbs and spices.</i>	5.50
Onion Rings	3.55

Meat Starters

Chicken / Meat Chaat Puri 🌶🌶	5.50	Zest Special Kebab 🌶🌶 <i>Pulled meat slowly cooked for 24 hours</i>	6.95
Meat Boti Kebab 🌶🌶 <i>Lean meat marinated in yoghurt, fresh mint and special kebab spices.</i>	5.50	Chicken Tikka / Tandoori 🌶🌶 <i>Served with fresh salad, with or without cheese.</i>	10.95
Crispy Chicken Rolls 🌶	3.95	Zest Special Kebab Wrap 🌶🌶 <i>Pulled meat slowly cooked for 24 hours with chopped onion, garlic, ginger, black pepper, lightly spiced, served with fresh salad.</i>	12.95
Chicken Tikka Pakora 🌶🌶	5.50	Zest Munchie Box	32.95
Seekh Kebab (Chicken or Lamb) 🌶🌶	5.50	<i>Chicken Tikka, Lamb Tikka, Lamb chops chicken pakora, onion bhaji, meat samosa chicken kabab, vegetable spring rolls, pilao rice 1 sauce of choice</i>	
Samosa (Chicken or Lamb) 🌶🌶	3.50		
Mixed Kebab 🌶🌶 <i>Pieces of chicken tikka, lamb tikka, an onion bhaji and a chicken sheekh kebab.</i>	5.95		

Tandoori / Grilled Dishes

Applying a special oriental method of barbecue, these items (chicken / lamb / seafood) are marinated for at least 24 hours in an exotic sauce containing a special blend of herbs and spices and cooked evenly on a skewer in the clay oven. Served with a salad garnish. 🌶🌶

	Starter	Main	Starter	Main
Paneer Tikka 🌱	5.95	10.95	Tandoori King Prawn	7.95 14.95
Chicken Tikka	5.95	10.95	Grilled Lamb Chops	7.95 14.95
Duck Tikka	7.95	14.95	Chicken Tawa Chap	6.95 12.95
Tandoori Chicken	7.95	14.95	Chicken Wings	(4pcs) 7.95 (8pcs) 14.95
Tandoori Salmon Steak	7.95	14.95		

Shashlik

	Starter	Main
A speciality from the tandoor (chicken/ lamb / seafood), marinated in herbs, diced onions, green peppers and tomato, barbecued on a skewer in our clay oven and served with a salad garnish.		
Paneer 🌱	7.95	14.95
Chicken	7.95	14.95
Calf's Liver	7.95	14.95
Lamb	7.95	14.95
King Prawn	7.95	14.95
Duck	7.95	14.95

Main Courses

Zest's Speciality Dishes

Exotic Biryani 🌶🌶 🥜 <i>This exotic biryani dish is a delicate preparation using succulent pieces of chicken, lamb, king prawns and mushrooms, sautéed with chopped onions, chef's special herbs and spices. The fried basmati rice is prepared separately with a hint of chopped onions, bell peppers, sultanas, cashew nuts, almonds, peas and pineapple, with a special blend of light spices.</i>	14.95	Zest Special Kebab 🌶🌶 <i>Lean beef slowly cooked for 24 hours with chopped onions, garlic, ginger, black pepper, cinnamon sticks, cumin and coriander. One of our traditional festival dishes from Bangladesh served with home made parata or rice.</i>	14.95
Kabli Pilau 🌶🌶 <i>(Lamb or Half Baby Chicken) Juicy chicken cooked with roasted almond and cashew nuts, raisins, fresh pineapple, caramelised onions, whole cumin seeds, yoghurt, milk, black pepper, special biryani spices with an accompaniment of boiled egg tawa fry.</i>	16.95	Dhakai Mixed Tawa Chaps 🌶🌶 <i>Whole breast of chicken coated with herbs and spices. Comes with chicken seekh kebab, chicken tikka, lamb tikka, lamb chops, tawa fried tandoori king prawn served with stirfry, capsicum, mushrooms, onion and salad. A very popular dish in Dhaka, Bangladesh.</i>	17.95
Turkish Grilled Sizzler 🌶🌶 <i>A fusion of tandoori (lamb chops and chicken), chicken seekh kebab and tikka (lamb, chicken and king prawn), served on a hot platter on a bed of onions, mushrooms and capsicum, mixed with light aromatic spices.</i>	17.95	Achari Calf's or Chicken Liver 🌶🌶🌶 <i>Cooked with onions, garlic, ginger, chef's herbs, spices and homemade pickle for an authentic flavour. A popular dish in Bangladesh.</i>	12.95
Kobeda Kebab 🌶🌶 <i>Minced beef mixed with egg yolks, garlic, ginger, salt and pepper, together with chef's special green sauce with herbs and spices cooked on our charcoal grill (a very popular Afghanistan dish). Served with rice, naan bread or chips</i>	14.95	Jhura Beef 🌶🌶🌶 <i>Slowly cooked lean beef with chopped tomatoes, onion, garlic, ginger, cinnamon, bayleaf, potatoes, cumin, whole peppercorns, roasted chilli, chef's special herbs and spices, garnished with fresh coriander.</i>	12.95
Bahara Balti 🌶🌶 <i>Succulent chicken tikka, lamb tikka, king prawn tikka, spinach and mushrooms cooked with Zest's special balti sauce and garam masala to produce a highly flavoured exotic dish.</i>	14.95	Duck Jolsha 🌶🌶🌶 <i>Strips of duck cooked with specially blended herbs and spices together with mustard, fresh garlic, fresh ginger, green chillies, tomatoes, plenty of coriander and light kashmiri sauce.</i>	14.95
Irish sea Fish Delight 🌶🌶 <i>Pan fried telapia, tandoori King Prawn, tandoori salmon, lobster, sea garlic prawn served with your choice of rice or chips</i>	24.95	Royal Lamb Shank 🌶🌶 <i>Slow cooked lamb shank with onion, garlic, tomatoes, minced lamb and the chef's own unique spices including ginger, ground pepper, cloves, cardamon, cinnamon and cumin.</i>	15.95

Fish Dishes

Manhari Fish 🌶🌶 <i>Diced, boneless Bangladeshi fish cooked with garlic, roasted cumin, medium herbs and spices, mango, yoghurt and green chillies. A delicacy of coastal Bangladesh.</i>	11.95	Dopiazza Fish 🌶🌶 <i>Succulent pieces of the chef's fish of the day, cooked chunks of onion, potatoes, chopped pineapple, roasted cumin, garlic and ginger, with a touch of tomato and chilli paste, herbs and coriander.</i>	11.95
Chadpuri Fish 🌶🌶🌶 <i>Small pieces of tilapia fish cooked with garlic, tomatoes, onions, green chillies, coriander and light spices.</i>	11.95	Lalmal King Prawn 🌶🌶🌶🌶 <i>A spicy dish prepared using king prawns cooked in a delicate sauce, green peppers, hot chilli sauce, spring onions, plenty of coriander, green chillies and fenugreek leaves for flavour.</i>	14.95
Salmon Handi Masala 🌶🌶 <i>cooked with garlic flake, diced onion, green chilli, mixed pepper, garnished with lemon slice and tomatoes</i>	14.95		

Lamb Dishes

Sunehri Lamb 🌶🌶 <i>Tender pieces of lamb cooked using fresh crushed garlic, ginger, chef's special balti masala, diced bell peppers, plum tomato and tempered with fresh medium spices.</i>	11.95	Nawabi Lamb 🌶🌶🌶 <i>Fresh pieces of diced lamb delicately cooked in a spicy sauce, prepared using chef's selected hot spices, fresh garlic, ginger, plentiful methi (fenugreek leaves), bay leaf, tamarind and fresh lentils. Garnished with sliced lemon.</i>	11.95
Lamb Khwab 🌶🌶🌶 <i>Diced lamb cooked with chopped onions, garlic, ginger, bay leaves, roasted chillies, cumin, Bangladeshi pumpkin, star seeds and chef's special spices.</i>	11.95	Bombaiya Lamb Naga 🌶🌶🌶🌶 <i>Diced lamb cooked with the hottest Bangladeshi chillies, ground spices and herbs. Very hot and flavoursome!</i>	11.95
Dheroshi Lamb 🌶🌶 <i>Tender cubes of lamb cooked with onions, fresh garlic, ginger, chef's selection of medium spices, tomatoes and dherosh (okra) to produce a rich medium strength dish which is a delicacy of the Indian sub-continent.</i>	11.95	Lamb Palak 🌶🌶 <i>Sliced lamb, on or off the bone, cooked with chopped onions, fresh garlic, a few selected spices, saag (spinach), coriander, bayleaves and garnished with roasted chilli.</i>	11.95
Adrag Lamb 🌶🌶🌶 <i>Slightly hot dish cooked with fresh garlic, ginger, onion, garden mint, green chillies and yoghurt. An aromatic lamb dish.</i>	11.95	Handi Karahi 🌶🌶 <i>Marinated lamb, on the bone or off the bone, cooked using the chef's carefully selected ground aromatic spices, extra garlic tarka, onions, mixed peppers, bayleaf, roast chilli and garnished with coriander.</i>	11.95
Doyal Lamb 🌶🌶🌶 <i>Diced lamb cooked with onions, fresh ginger, garlic wedges, sweet chilli sauce, rich Kashmiri spices and gram flour.</i>	11.95		

Traditionals and All the Favourites

Korma (mild) 🌱 <i>A preparation of mild flavoursome spices with fresh cream, almond, coconut, sultanas, cashew nuts and sugar to create a delicate flavor and creamy texture.</i>		Rogan Josh 🌶🌶 <i>A thoroughly garnished dish with onions, tomatoes and selected spices extensively treated to provide a medium strength flavour.</i>	
Bhuna 🌶🌶 <i>A thoroughly garnished dish with onions, tomatoes and selected spices extensively treated to provide a medium strength flavor.</i>		Jalfrezi 🌶🌶🌶 <i>Cooked with chopped onions, mixed peppers, green chillies, tomatoes, fresh ginger, garlic and chef's secret spices.</i>	
Dopiazza 🌶🌶 <i>Cooked with chopped onions, freshly chopped coriander, fresh cardamon and cinnamon.</i>		Korai 🌶🌶 <i>Cooked with chopped onions, mixed peppers, freshly chopped coriander, fresh cardamon and cinnamon, bay leaves and chef's specially hand selected spices.</i>	
Pathia 🌶🌶🌶 <i>Prepared with extensive use of garlic, onion, tomato paste, red chillies, black pepper, sugar and lemon to create a unique hot, sweet and sour taste.</i>		Dhansak 🌶🌶 <i>Cooked with lentils, lemon juice, herbs and spices, and a sweet and sour sauce.</i>	
Srilankan Chicken 🌶🌶🌶 <i>A special blend of fairly hot and spicy dish cooked with coconuts.</i>		Balthi 🌶🌶 <i>Chef's special balthi sauce cooked with green peppers, red peppers, onions, tomatoes and selected spices extensively treated to provide a medium strength flavour.</i>	
Vindaloo 🌶🌶🌶🌶 / Madras 🌶🌶🌶🌶 / Phall 🍋🍋🍋 <i>Cooked with ground fresh red chillies all the ground spices, potatoes, garlic, cumin, tarka, with a hint of lemon juice.</i>		Passander (mild) 🌱 <i>A preparation of mild flavorsome spices with fresh cream, almond, coconut, sultanas, cashewnuts and sugar to create a delicate creamy texture, boiled egg and yoghurt.</i>	
Curry <i>A preparation of basic curry cooked with garlic, ginger, roasted cumin and chef's special herbs and spices.</i>			
Vegetable 8.95 Lamb 9.95 K. Prawn 13.95 Chicken Tikka 9.95 Lamb Tikka 10.95 Chicken 8.95 Beef 10.95 Prawn 9.95 Duck Tikka 10.95 K.Prawn (Tik) 14.95			

Zest's Biryanis 🌶🌶 🌱

This popular and much talked about dish, splendid in taste and in a way, an articulation of Hyderabad ethos and personality. Zest of India has breathed the aroma of refinement of the biryani into some meat and non-meat dishes. Preparation includes aromatic basmati rice, a special blend of spices, sultanas, cashew nuts and boiled eggs. Served with a mixed vegetable curry sauce.

Paneer 🌱	11.95	Prawn	11.95	Mixed Vegetable	10.95
Chicken	11.95	Tandoori / Lamb	12.95	Mixed Chicken, Lamb & Paneer (Indian Cheese)	14.95
King Prawn	14.95				

Chicken Dishes

Butter Chicken (Mild or Medium)	11.95	MalayKofta 🌶🌶🌶 <i>Koftas (chicken meatballs) are barbecued separately in the clay oven and re-simmered in the distinct sauce obtaining rich flavours from the east.</i>	11.95
Shahi Chicken Tikka Masala 🌶🌶 🌱 <i>Chicken marinated and barbecued in the clay oven on skewers, re-simmered in ghee with rich mild sauce containing almonds, coconut, cashew nuts, sultanas and fresh cream.</i>	11.95	Shomrat Chicken <i>Strips of fresh chicken breast, marinated with garlic, green chillies and cooked with chef's own selected ground spices.</i>	11.95
Guljer Chicken 🌶🌶🌶 <i>Marinated chicken breast cooked using the chef's carefully selected ground aromatic spices, barbecued garlic, onions, green chillies, green peppers, blended sweet mango, fresh lemon juice and garnished with coriander.</i>	11.95	Garlic Dhaniya Chicken 🌶🌶🌶 <i>This special dish prepared using fresh strips of marinated chicken breast cooked using freshly ground spices, roasted garlic, onions, blended in to a delicate sauce prepared using fresh coriander, green chillies, green pepper and fresh garden mint, lemon zest and fresh tomato.</i>	11.95
Mango Chicken 🌶🌶 <i>Marinated strips of chicken with garlic, roasted cumin, medium herbs, bay leaf, mango, yoghurt, chef's hand selected medium herbs and spices.</i>	11.95	Agra Chicken 🌶🌶🌶 <i>Fresh succulent strips of marinated chicken breast, cooked with onions, fresh garlic, ginger, chef's homemade balthi spices and lightly flavoured with naga. Garnished with fresh spring onions.</i>	11.95
Chicken Chamuk 🌶🌶 <i>Strips of tandoori chicken cooked with fresh garlic, ginger, spinach, mixed vegetables and medium spices.</i>	11.95	Pamda Chicken 🌶🌶🌶 <i>Strips of chicken breast marinated in selected spices and cooked with tomato paste, fresh yoghurt, ajwain, tamarind, garlic, green chillies and selected ground spices and herbs. Rich flavours of the east.</i>	11.95
Dhakai Rajala 🌶🌶 <i>A flavorsome combination dish prepared using marinated chunks of chicken, green peppers, diced onions, tomato, barbecued tandoor and re-simmered in an exotic sauce using chef's selected spices.</i>	11.95	Garlic Chilli Chicken 🌶🌶🌶🌶 <i>Pieces of chicken tikka cooked with onions, garlic, fresh green chillies and chef's own selected spices. Hot but tasty!</i>	11.95
Reshmi Chicken 🌶🌶🌶 <i>Diced breast of chicken cooked with selected ground vegetables, green chillies, fresh garlic, fresh ginger, cinnamon and freshly ground spices.</i>	11.95	Hayderabadi Chicken 🌶🌶🌶🌶 <i>Strips of fresh marinated chicken breast cooked with chopped onions, chef's selected hot spices, red chilli sauce, bayleaf, diced green and red peppers to create a flavoursome hot and spicy dish.</i>	11.95
Tandoori Garlic Chicken Balti	11.95	Chicken Balti Masala <i>Marinated chicken tikka cooked with Balti and masala sauce, Sweet, sour, medium heat and fruity flavour. (No nut)</i>	11.95