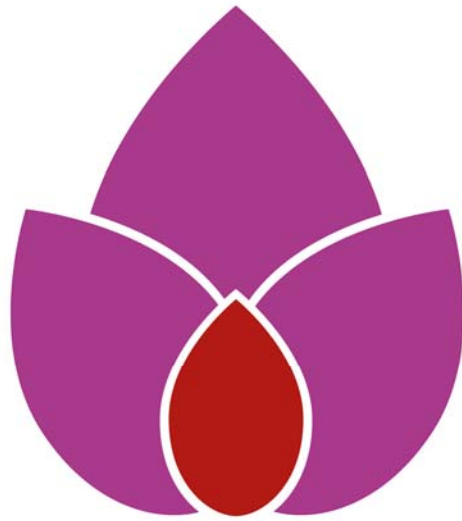


Saffrons

A truly different dining experience.

Saffrons cuisine is the balance & combination
of healthy Indian spices with European flavours
& fresh local ingredients.



SAFFRONS
RESTAURANT



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Spice odyssey

Here are some unique spice flavours that feature in Saffrons culinary journey.

- (a) Description.
- (b) Benefits in accordance with the traditional wisdom of Indian teachings.

Curry leaf (Kadhi Patha)

- (a) Almond shaped dark leaf. Famous for its pleasant aroma.
- (b) Curry leaves are traditionally used in the treatment of diabetes, ten leaves are consumed every morning for three months.

Sesame seed (Till)

- (a) Creamy coloured small glossy seeds.
- (b) Its oil heals minor aches, pains & enhances circulation.

Cinnamon (Dal Chini)

- (a) The bark of evergreen Laurel Trees.
- (b) Mild sweet flavour, cinnamon infused in warm water is used for preventing the common cold & nervous tension.

Carom (Ajwain)

- (a) A close relative of caraway & cumin. Tastes biting hot & bitter.
- (b) Can leave the tongue numb for a few seconds and is a sure cure for stomach ache.

Black pepper (Kali Mirch)

- (a) The king of spices. Pepper is cultivated mainly in “Kerala” the southern part of India.
- (b) The fruit of perennial vine, it is believed to relieve flatulence, colds, & even impotency.

Cloves (Laung)

- (a) Dark brown buds with unique strong flavour.
- (b) The anesthetic action of clove helps numb the digestive system & reduces gastric irritability.

Cardamom (Elaichi)

- (a) Called “Queen of spices”, pleasantly aromatic.
- (b) It soothes & cleanses the digestive system.



Garam Masala

(a) A special blend of hot spices makes the base for many dishes bringing a unique Indian flavour.

Every household has their secret recipe for Garam Masala, so as in Saffrons we blend our own special Garam Masala.

Shallots (Madras Pyaz)

(a) A must for south Indian curries & marinade.

(b) Helps to reduce blood cholesterol.

A la carte Menu

Starters

Goan style grouville bay oysters
crispy fried oysters, sauce vindaloo,
onion tomato kachumber

Crab ularthu
stir fried crab, Indian style, vermicelli, prawns,
rice hopper, moilee sauce

Scallops hinwali
asafoetida dusted & seared scallops,
spicy spaghetti of vegetables, lobster makhani sauce

Tawa murgh samosas
grilled chicken open samosas, papaya murabba,
tamarind chutney

Tandoori quail
yoghurt marinated & oven roasted quail,
warm chilli mango, pepper salad, beetroot chutney



Jeera aur muttar sorba (V)
creamy pea & cumin soup, baby corn,
pea & lotus kebab, coconut foam

Main Courses

Meen vevichathu
steamed seabass, tomato chutney,
gingered bean greens, shrimp balchao

Dahi machi
pan seared monkfish, finished in bio yoghurt,
Indian five spiced vegetables, mussel pakoras

Lobster kalimirch
black pepper grilled local lobster, beetroot thoran,
seafood spring roll, saffron cream sauce

Jeera murgh (carved at your table)
cumin flavoured organic spring chicken cooked in Tandoor oven
chicken liver & pepper kebab, mushroom & baby corn makhani

Scottish beef fillet, three ways:
grilled tornedos, beef jalfrezi,
coconut flavoured beef curry

Paneer butter masala (V)
fried cottage cheese in tomato sauce, baingan burtha,
corn & pea tomatar

Side Orders

Why not complete your meal experience
with some of our delicious side orders.

Biriyani Rice

Shrimp £6.50

Chicken £5.95

Vegetable £4.95

Homemade Naan Bread



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plain £1.50

garlic £1.80

Cucumber Raita £1.50

Plain Rice £2.50

Desserts

Mamidi pando

mango & caraway seed fondant

raspberry, nutmeg & mint, coconut lassi, elderflowers

Gajjar ka halwa

melon seeds, cardamom & carrot flavoured mascarpone cake

strawberry jelly, coriander basundi sauce

Chocolate ka khazana

hot cardamom flavoured black guanaja chocolate,

ivory & basil icecream,

clove flavoured crunchy jivara chocolate

Pista aur nimbo

spicy citrus & passion fruit

pistachio croustillant & nut candy, turmeric sauce

Jaji aur gulabi

rose & ginger flavoured south Indian raviolis,

smoked saffron & fennel consommé,

jasmine & red currant cubes

Selection of Continental & English cheese

pineapple murabba, spicy nuts & cumin breadsticks



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