

# ZOUK

tea bar & grill

## **Zouk Restaurants**

Zouk means the best of style and the best of taste, and it's our philosophy to make sure this is what every customer experiences. On the al la Carte menu you'll find mouth-watering authentic curries and a selection of seafood and modern healthier alternatives to enjoy. Alternatively try something totally different and treat yourself to one of our chefs specials

## **Zouk Parties & Hireable Spaces**

Our restaurant is the perfect venue for special occasions and we can offer dining for large groups of people with a variety of spaces to choose from. If you are looking for a venue to hold a party with friends, family or colleagues then find out more about the spaces on offer including the mezzanine, the terrace or full restaurant hire by contacting [manchestermanager@zoukteabar.co.uk](mailto:manchestermanager@zoukteabar.co.uk)

## **Zouk Outside Catering**

We love to feed people, in fact it's what we do best, so the launch of our catering business was a natural progression. The Zouk catering service allows us to bring our award-winning cuisine to your chosen venue and make your celebration extra special. Our specialities include weddings, parties and corporate events but we can provide food for smaller parties or intimate events too

## **Zouk Cooking School**

Whether you are a complete novice in the kitchen or a budding master chef, our cooking school is a fabulous fun-filled event. The cooking school gives you a chance to learn some of the secrets of Asian cooking first hand. Book now and learn to dazzle your friends and family at home

For further information, sample menus or gift vouchers please ask at reception or visit

**[zoukteabar.co.uk](http://zoukteabar.co.uk)**

- For information on allergens please ask a member of staff
- An optional service charge will be added to your bill



# Appetiser

**Popadom & Pickle Box** (Serves 2) **£5.00**  
Delicious assortment of popadoms with a mixture of our freshly blended sweet and spicy chutneys

---

## Starters

**Chicken Imlee** **£4.50**  
Chicken Tikka pieces served with a tangy tamarind and plum sauce

---

**Chooza Chaat** **£4.95**  
Pan-fried slivers of chicken and peppers in a sizzling hot sauce

---

**Lamb Chops** **£4.95**  
Char-grilled lamb coated in a secret Mughlai marinade

---

**Crispy Calamari** **£6.50**  
Tasty calamari in a spicy batter served with saffron mayo

---

**Seekh Kebab** **£3.95**  
Juicy minced lamb kebabs with fresh ginger, spices and chilli

---

**Gola Kebab** **£4.95**  
A delightfully tasty combination of chicken keema, crumbled paneer & peppers mixed with herbs and spices and char-grilled

---

**Tandoori Haddock** **£5.95**  
Haddock fillet marinated with in garlic, coriander and crushed pomegranate

---

**King Prawns** **£6.95**  
Delicious succulent prawns marinated with olive oil, crushed cumin & coriander seeds

---

**Chicken Liver** **£4.50**  
Rich and flavoursome liver marinated with lemon and crushed chillies, then cooked on a Tawa Asian griddle

---

**Spicy Prawn Cakes** **£5.95**  
Delicious pan-fried cakes made with juicy prawns and spices and served with saffron mayo

---

**Tandoori Mixed Grill** **£6.95**  
Mixed char-grilled starter with Chicken Imlee, Seekh Kebab, Lamb Chop & Chicken Drumstick

---

**Scallops** **£6.95**  
Scallops marinated with select herbs & spices and grilled over hot charcoal

---

**Punjabi Lollipop** **£3.95**  
Chicken wings marinated in pomegranate and spices and gently cooked over hot charcoal

---

**Chilo Kebab** **£4.95**  
Thin slices of tender lamb fillet marinated in mouth-watering spices

---

**Tava Lamb** (For 2 People) **£10.95**  
Our very own invention a unique starter to share. Sizzling crispy lamb served with pickles, chutney and pancakes... wrap, eat, share!

---





# Vegetarian Starters

**Samosa Chaat****£4.50**

Traditional Pakistani chaat with a delicious fresh samosa, tamarind sauce and raita

---

**Paneer Tikka****£4.50**

Skewer of onions, peppers and spicy Indian cheese char-grilled

---

**Masala Mirch****£3.95**

Jalapeno chilli stuffed with herbs & spices and cooked in a spicy tomato sauce

---

**Hummus****£3.95**

Freshly made with chickpeas, lemon, herbs & spices and served with mini naan bread

---

**Alloo Paratha****£3.95**

Spicy mashed potatoes cooked inside a butter tawa chapatti with pickle or raita

---

**Falafel****£3.95**

Arabian style freshly made falafel with crushed chickpeas, herbs & spices

---





# Main Courses

## Karahi

A traditional dish from the North West region of Pakistan. The Karahi is prepared over hot flames with tomatoes, crushed peppercorns, cumin, ginger & garlic

<b>Lamb</b>	£7.95
<b>Chicken</b>	£7.95
<b>Minced Lamb</b>	£7.95
<b>King Prawn</b>	£11.95
<b>Zouk Special Karahi</b>	£9.95
Chicken, lamb, mushrooms & potatoes	

## Handi

This Punjabi style dish is slow cooked over burning flames with tomato, onions, garlic & Zouk garam masala

<b>Lamb</b>	£8.50
<b>Chicken</b>	£8.50

## Biryani

Basmati rice cooked using the traditional method from the Province of Sindh with layers of potatoes, spices and garam masala. Served with raita or curry sauce

<b>Chicken</b>	£9.50
<b>Lamb</b>	£9.50
<b>King Prawn</b>	£11.95





# Main Courses

**Chicken Jalfrezi** £8.95

Chicken fillet cooked with capsicum, onion & eggs in a thick spicy sauce & finished with masala & coriander

---

**Chicken Haleem** £7.95

A speciality from Delhi with slivers of spicy chicken slowly cooked in a thick masala with lentils, fried onions & fresh green chilli

---

**Chicken Tikka Masala** £9.50

A true classic! Barbecued chicken tikka pieces cooked in a spicy balti of garlic, ginger, tomatoes & cream

---

**Chicken Khabani** £9.95

A deliciously hot curry with a hint of sweetness. Tender chicken is cooked with aromatic spices, fiery red chillies and apricots, then topped with potato straws

---

**Chicken Korma** £7.95

A mild dish of tender chicken pieces cooked with cream, coconut & almonds

---

**Butter Chicken** £9.95

Barbecued chicken breast cooked in a buttery sauce with gentle spices & cashew nuts

---

**Chicken & Spinach** £8.95

A robust flavoured dish of chicken pieces cooked with spinach, fenugreek & ginger

---

**Lamb Nihari** £9.95

A traditional speciality from Lahore, slow cooked lamb with a thick & spicy sauce

---

**Lamb Sultani** £11.95

Tender lamb shank marinated in aromatic spices and slowly cooked until the meat just falls off the bone

---

**Lamb Neelgiri** £8.95

Lightly spiced Goan style lamb cooked in fresh coconut, curry leaves and crushed coriander seeds

---

**Lamb Laziz** £9.95

Punjabi style lamb curry slowly cooked until tender with aromatic spices in a traditional handi

---

**Railway Curry** £9.95

A Rajasthan inspired fiery lamb curry cooked on the bone using natural yoghurt and both fresh green chilli and red Kashmiri chillies

---

**Paya** £8.95

A traditional dish of sheep trotters cooked slowly until the meat is tender in a rich & spicy broth

---

**Magaz** £8.95

Pakistan speciality of sheep brain pan-fried with onions, tomatoes, green chillies & ground garam masala

---

# Seafood

**Zouk Ocean Platter** £14.95

Tiger prawn, salmon steak & juicy scallops in a special Zouk marinade

---

**Goan Fish Curry** £12.95

Aromatic haddock curry cooked with fresh coconut, curry leaves & cracked mustard

---

**Spiced Sea Bream** £12.95

Pan-fried sea bream coated in a spicy crust topping and wrapped in banana leaf. Served with a tangy coconut & chilli chutney

---

**Salmon** £10.95

Fillet of salmon marinated in herbs & spices to give this dish an Asian twist

---

**Sea Bass** £11.95

Marinated in herbs & spices & gently grilled over the pani sigri

---

**King Prawn & Baby Spinach Karahi** £11.95

A sizzling king prawn curry stir-fried with spinach, ginger and delicate spices

---

**Zouk Seafood Special** £11.95

King prawns, haddock, warm water prawns & mushrooms cooked with pomegranate & coriander seeds in a thick spicy sauce

---

**Lobster Thermadour** £34.95

Succulent lobster meat removed from the shell & pan-fried with mustard, onions, mushrooms, garlic & finished with fresh cream. Served in the lobster shell with grilled cheese, rice and sautéed vegetables

---

**Lobster Gwadri Khas** £34.95

A sensational masala lobster cooked with gentle spices from the Baluchistan province in Pakistan. Served with in the shell with rice, sautéed vegetables and katchumber salad this is the ultimate dish for lobster lovers!

---





# Vegetarian Mains

**Main** | **Side**

---

**Palak Paneer**

Spinach leaf & fenugreek cooked with paneer Asian cheese

£8.95 | £4.95

---

**Palak Alloo**

Spinach leaf & fenugreek cooked with new potatoes & coriander

£8.95 | £4.95

---

**Mili Juli Sabzi**

Fresh vegetables cooked in a spicy tomato masala with herbs & spices

£8.95 | £4.95

---

**Bindi**

Traditional Punjabi dish of Okra cooked with onions, tomatoes and spices

£8.95 | £4.95

---

**Tarka Dall**

Everyone's favourite dall! Tasty channa and mung lentils cooked in a hot and spicy sauce

£8.95 | £4.95

---

**Dall Makhani**

Delicious classic Indian dish of black lentils slowly cooked with cream and spices

£8.95 | 4.95

---

**Mutter Paneer**

Peas & soft Indian cheese cooked in a mildly spiced sauce

£8.95 | £4.95

---

**Chilli Paneer**

Delhi style stir fry of paneer cheese in a spicy chilli sauce

£8.95 | £4.95

---

**Vegetable Tikka**

Char-grilled aubergines, courgettes, capsicums, tomatoes, onions & mushrooms served with rice & a spicy sauce

£8.95

---



# Zouk Steaks

All steaks are marinated with Zouk's special herbs & spices & served with hand cut maris piper potato chips & a selection of seasonal vegetables

**Lamb Fillet Steak** £19.95

---

**8oz Beef Rib Eye Steak** £19.95

---

**Chicken Steak** £14.95

---

**Sauces:** Choose from Pepper sauce or Zouk Sauce

---

# Zouk Gourmet Burgers

A special combination of herbs & spices means our burgers are bursting with flavour. Each is char-grilled to perfection & served with fresh bread buns, salad, relish & hand cut maris piper potato chips

**Special Burger** £7.95

Delicious Burger hand formed with the finest minced beef

---

**Chicken Burger** £7.95

Quality char-grilled chicken fillet burger

---

**Extras (Each)** £1.00

Cheese  
Garlic Mayo  
Zouk Chilli Sauce  
Zouk Spicy BBQ Sauce

---





# Zouk Schwarmas

Gourmet meats barbequed slowly & sliced to order. Served in a wrap with gherkins, tomatoes & hand cut maris piper potato chips

**Chicken** £7.95

Slices of chicken cooked over an open flame with lemon juice

---

**Lamb** £7.95

Succulent lamb cooked over an open flame with oregano & thyme

---

# Zouk Special Roasts

Each Sajji style roast is made using a traditional Baluchi marinade

**Whole Roast Chicken** £15.95

Waiting time 50 minutes - Serves 2 people

Slowly cooked over hot flames and served with roast potatoes, seasonal vegetables & spicy gravy

---

**Leg of Lamb** £55.00

Must be pre-ordered 2 hours in advance  
Serves 4 to 5 people

Slowly cooked over hot flames and served with roast potatoes, seasonal vegetables & spicy gravy

---

**Whole Stuffed Lamb** POA

24 hours notice required  
Perfect for a family feast or a special occasion

Made in traditional Baluchi style and stuffed with seasoned rice. Served with roast potatoes, seasonal vegetables & spicy gravy

---





## Accompaniments

### Bread

<b>Tandoori Roti</b>	£1.25
<b>Romali Roti</b>	£1.95
<b>Naan</b>	£2.95
<b>Garlic Naan</b>	£3.50
<b>Garlic &amp; Coriander Nann</b>	£3.50
<b>Peshwari Naan</b>	£3.50
<b>Keema Naan</b>	£3.95
<b>Cheese Naan</b>	£3.50
<b>Kulcha</b>	£3.50

### Rice

<b>Pilau Rice</b>	£2.95
<b>Lemon Rice</b>	£2.95
<b>Boiled Rice</b>	£2.95
<b>Mushroom Rice</b>	£2.95
<b>Egg Rice</b>	£3.50
<b>Vegetable Rice</b>	£3.50
<b>Cashew Rice</b>	£3.50

### Chutney

<b>Raita</b>	£1.95
<b>Mint Sauce</b>	£1.95
<b>Mango Sauce</b>	£1.95
<b>Imlee Sauce</b>	£1.95
<b>Tomato Chutney</b>	£1.95

### Salads

<b>Katcumber Salad</b>	£3.95
<b>Tabbouleh</b>	£3.95

### Chips

<b>Chips</b> Traditional hand cut maris piper chips	£2.95
<b>Gunpowder Chips</b> Traditional hand cut maris piper chips sprinkled with chaat masala	£2.95



