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Every dish is made fresh.

We're open 12pm to 12 am, seven days a week.  
Pick-up available.

حلال



A TRUE TASTE OF PUNJAB

MENU





# Welcome

## to a true taste of Punjab

*Iman's Restaurant is bringing a true taste of Punjab to Edinburgh. Iman's is a family-run restaurant serving up the very best in traditional Punjabi home cooking, using traditional techniques and spices of the Punjab region of Pakistan.*

*Not only does our menu include all your favourite dishes, but we also offer plenty of variety if you want to try something new, including a large range of vegetarian dishes and some mouth-watering desserts. If you can't find what you're after, just ask and we'll make it for you.*

### A family affair

*Your Head Chef is one of the most experienced chefs in town.*

*Having trained dozens of "fellas" in Indian restaurants and takeaways around Edinburgh, he's very well known in the city. Even the Head Chef's mum gets in on the action with a few "Mum's Specials" we guarantee you won't find anywhere else in town.*

*That makes a combined total of more than 70 years of cooking experience going into every dish, as well as the freshest ingredients and the best Punjabi spices. We promise you'll taste the difference.*

### Freshness guaranteed

We only use the very best ingredients, seasonal vegetables and locally sourced meats and fish in our dishes. Every dish is made fresh.

We're open 12pm to 12 am, seven days a week. Pick-up available.

## FOR VEGETARIANS

Indian vegetarian food is some of the tastiest. Choose from a range of healthy vegetarian dishes.

<b>Saag Paneer</b> . . . . .	£5.95
Cubes of paneer (home-made cheese) lightly fried and then cooked with spinach, onions, garlic and spices.	
<b>Vegetable Curry</b> . . . . .	£5.95
Fresh, seasonal vegetables cooked in a curry sauce.	
<b>Bombay Aloo</b> . . . . .	£5.95
Potatoes cooked with onion, chillies, ghee and spices, and seasoned with garam masala.	
<b>Aloo Spinach</b> . . . . .	£5.95
A hearty combination of spinach and potatoes cooked in spices.	
<b>Mushroom Curry</b> . . . . .	£5.95
Locally sourced, fresh mushrooms cooked in a curry sauce.	
<b>Tarka Daal</b> . . . . .	£5.95
Lentils cooked in a ginger and garlic paste, with red chillies, onions and tomatoes.	
<b>Channa Curry</b> . . . . .	£5.95
Chickpeas cooked in a curry sauce.	

## RICE

<b>Pilau (Saffron) Rice</b> . . . . .	£2.45
<b>Vegetable Rice</b> . . . . .	£2.95
<b>Special Fried Rice</b> . . . . .	£2.95

## BREADS

<b>Nan Bread</b> Plain flat bread . . . . .	£2.45
<b>Keema Nan</b> . . . . .	£3.45
Flat bread stuffed with minced lamb and spices.	
<b>Aloo Nan</b> Flat bread stuffed with spiced potatoes. . . . .	£2.75
<b>Peshawari Nan (Sweet Nan)</b> . . . . .	£3.45
Flat bread stuffed with nuts and raisins.	
<b>Cheese &amp; Garlic Nan</b> . . . . .	£3.45
Flat bread stuffed with cheese & topped with garlic & coriander	
<b>Garlic Nan</b> Flat bread with garlic. . . . .	£2.75

## SIDE DISHES

Try something different with your main course from our selection of side dishes and dips.

<b>Tinda Curry</b> . . . . .	£3.95
Fresh root vegetable cooked in a medium sauce with herbs spices & coriander	
<b>Vegetable Curry</b> . . . . .	£3.50
Fresh, seasonal vegetables cooked in a curry sauce.	
<b>Bombay Aloo</b> . . . . .	£3.50
Potatoes cooked with onion, chillies, ghee and spices, and seasoned with garam masala.	
<b>Aloo Spinach</b> . . . . .	£3.50
A hearty combination of spinach and potatoes cooked in spices.	
<b>Mushroom Curry</b> . . . . .	£3.50
Locally sourced, fresh mushrooms cooked in a curry sauce.	
<b>Tarka Daal</b> . . . . .	£3.50
Lentils cooked in fresh ginger and garlic, with red chillies, onions and tomatoes.	
<b>Channa Curry</b> . . . . .	£3.50
Chickpeas cooked in a curry sauce.	
<b>Aloo Gobi</b> . . . . .	£3.50
Delicious dish made from potatoes and cauliflower, cooked with tumeric, red chillies, onion and cumin, and seasoned with fresh coriander.	
<b>Mutter Paneer</b> . . . . .	£3.50
Traditional Punjabi dish of homemade cheese cubes lightly fried and cooked with peas and onions.	
<b>Saag Paneer</b> . . . . .	£3.50
Cubes of paneer (home-made cheese) lightly fried and then cooked with spinach, onions, garlic and spices.	

<b>Aloo Gobi</b> . . . . .	£5.95
Delicious dish made from potatoes and cauliflower, cooked with tumeric, red chillies, onion and cumin, and seasoned with fresh coriander.	
<b>Mutter Paneer</b> . . . . .	£5.95
Traditional Punjabi dish of homemade cheese cubes lightly fried and cooked with peas and onions.	
<b>Brinjal Aloo</b> . . . . .	£6.95
Chargrilled potatoes, combined with herbs and spices.	
<b>Bhindi</b> . . . . .	£6.95
Okra, also known as ladies fingers, stuffed with herbs and spices and pan-fried.	
<b>Tinda Curry</b> . . . . .	£6.95
Fresh root vegetable cooked in a medium sauce with herbs spices & coriander	
<b>Chana Masala</b> . . . . .	£6.95
Chick peas cooked with yoghurt & herbs & coriander	

<b>Mushroom Rice</b> . . . . .	£2.95
<b>Keema (Lamb) Rice</b> . . . . .	£3.50
<b>Chips</b> . . . . .	£2.45

<b>Tandoori Roti</b> . . . . .	£1.25
Flat bread baked in the tandoor.	
<b>Chapati</b> Thin flat bread. . . . .	£0.95
<b>Keema Paratha</b> . . . . .	£3.45
Flaky bread made from whole-wheat flour and stuffed with spiced lamb.	
<b>Aloo Paratha</b> . . . . .	£2.95
Flaky bread made from whole-wheat flour and stuffed with spiced potatoes.	
<b>Plain Paratha</b> . . . . .	£2.45
Flaky bread made from whole-wheat flour.	

<b>Bindi</b> . . . . .	£3.95
Okra, also known as ladies fingers, stuffed with herbs and spices and pan-fried.	
<b>Brinjal</b> . . . . .	£3.95
Chargrilled eggplant, combined with herbs and spices.	
<b>Mixed Pickle</b> . . . . .	£0.95
A variety of pickled vegetables.	
<b>Mango Chutney</b> . . . . .	£0.95
Sweet and thick mango sauce for dipping.	
<b>Spiced Onions</b> . . . . .	£0.95
Just as it says - spiced onions to go on the side.	
<b>Raita</b> . . . . .	£1.95
Seasoned yoghurt sauce for dipping.	
<b>Pickle Tray</b> . . . . .	£2.95
Mango chutney, mix pickle & spiced onions	

## EUROPEAN DISHES

<b>Omelette &amp; Chips (various &amp; variety)</b> . . . . .	£6.95
<b>Fish &amp; Chips</b> . . . . .	£7.95
<b>Fried Chicken &amp; Chips</b> . . . . .	£8.95

## TANDOORI SIZZLERS

Classic tandoori dishes cooked Punjabi-style in the intense heat of our tandoor clay oven and served up sizzling on your plate. All dishes are marinated in yoghurt and traditional spices, seasoned with garam masala fresh herbs, and cooked evenly on hot skewers until succulent and tender.

### Imans Special Tandoori Chicken .. £12.95

Boneless pieces breast marinated & seasoned with herbs spices & cooked in the tandoor & served with a covering special sauce

### Tandoori Chicken .....£7.95

Half a chicken marinated overnight, seasoned with herbs and spices, and cooked in the tandoor.

### Tandoori Chicken Tikka ..... £8.95

Small pieces ("tikka") of marinated boneless chicken, seasoned and grilled in the tandoor.

### Tandoori Lamb Tikka ..... £8.95

Small pieces ("tikka") of marinated lamb, seasoned and cooked in the tandoor.

### Tandoori Lamb Chops .....£9.95

Juicy, marinated lamb chops, seasoned and cooked to perfection in the tandoor.

### Tandoori King Prawns ..... £12.95

Locally sourced, marinated king prawns, seasoned and cooked on skewers in the tandoor.

### Tandoori Mixed Grill ..... £14.95

A sizzling selection of tandoori specialities, including tandoori chicken, chicken tikka, lamb tikka, chops and seekh kebab.

### Tandoori Seekh Kebab ..... £7.95

Minced seasoned lamb rolled into sausage shapes and cooked tandoori-style on skewers in the tandoor.

### Sahiwali Kebab .....£11.95

Tender pieces of chicken or lam marinated in chef's own special sauce cooked on skewers with onions, pepper & mushroom & served on a hot sizzler

### Tandoori Paneer Tikka ..... £8.95

Pieces of home made paneer marinated, seasoned and grilled in the tandoor.

## CLASSIC CURRIES

We've got all the popular curries cooked just the way you like them. Choose your favourite dish and combine it with your choice of meat, prawns or vegetables.

### Korma

Mild, creamy curry made with cream, almonds, herbs and spices.

### Dopiaza

Classic medium-hot curry made with double onions ("dopiaza") boiled and fried onions that are added at different times during the cooking.

### Bhoona

Spices cooked in oil to release the true flavours and make a medium-hot curry.

### Pathia

Sweet, sour and hot curry made with green chillis, red peppers, garlic, onions, coriander and lemon juice.

All dishes available with:

Chicken .....	£6.95
Lamb .....	£6.95
Chicken Tikka .....	£7.95
Lamb Tikka .....	£7.95
Mixed Vegetables .....	£5.95
Paneer .....	£6.95
Prawns .....	£9.95
King Prawns .....	£10.95

### Rogan Josh

Popular medium-hot curry made from lots of spices and cooked home-style with tomatoes and onions to give the dish its famous red colour.

### Madras

Tomato-based, heavily spiced curry that comes in two versions hot or very hot!

### Vindaloo

What can we say - it's very hot and very tasty!

### Malayan

Spicy curry made with turmeric, coconut milk, ginger, chillis, garlic and pineapple.

## JUST FOR STARTERS

Warm up your taste buds before the main event with some classic Indian snacks. Choose a few to share for a true taste of Punjab.

### Poppadom and Spiced Onions ..... £1.50

Thin, crispy fried flatbread with spiced onions on the side. Also delicious with mango chutney and mixed pickle.

### Salad Bowl .....£2.95

Get your greens with a fresh, healthy garden salad.

### Vegetable Pakora .....£2.95

Fresh, seasonal vegetables deep-fried in spiced gram flour batter parcels until golden brown and crispy.

### Onion Bhaji .....£2.95

Fresh, seasonal vegetables deep-fried in spiced gram flour batter parcels until golden brown and crispy.

### Chicken Pakora ..... £3.50

Tender chicken pieces, deep-fried in spiced gram flour batter parcels until golden brown and crispy.

### Fish Pakora .....£3.95

Fresh white fish mixed with spices and deep-fried in spiced gram flour batter parcels until golden brown and crispy.

### Mushroom Pakora .....£2.95

Mushrooms and spices deep-fried in a spiced gram flour batter until golden brown and crispy.

### Mixed Pakora .....£3.95

Taste a selection of pakora, including veggie, chicken and fish.

### Channa Chat .....£2.95

Boiled chickpeas, potatoes, tomatoes and spiced with red chilli powder, cumin and coriander.

### Garlic Mushrooms ..... £3.50

Fresh, local mushrooms fried in butter and garlic.

### Mixed Starter For One .....£3.95

Can't decide? Our starter platter for one consists of samosa, vegetable pakora, chicken pakora and sheesh kebab.

### Mixed Starter For Two .....£6.95

For two, try a platter of samosa, vegetable pakora, chicken pakora, sheesh kebab and chicken chaat.

### Lamb Chops ..... £4.95

Juicy, marinated lamb chops, seasoned with spices.

### Chicken Wings .....£2.95

Chicken wings cooked in a tandoori sauce.

### Shammi Kebab .....£3.95

Melt-in-the-mouth lamb patties, spiced with onion, cardamom, garlic and ginger.

### Keema Samosa ..... £3.50

Spiced ground lamb wrapped in a pastry cone and deep-fried until golden crisp.

### Vegetable Samosa .....£2.95

Everyone's favourite! Peas and potatoes wrapped in a pastry cone and deep-fried until golden crisp.

### Mixed Kebab ..... £4.95

Tender cubes of boneless chicken tikka, lamb tikka & seekh kebab

### Chicken Tikka .....£3.95

Tender cubes of boneless chicken, marinated with spices and yoghurt and oven baked on skewers in the tandoor oven.

### Seekh Kebab ..... £3.50

Minced seasoned lamb rolled into sausage shapes and grilled on skewers in the tandoor oven until juicy and tender.

### Lamb Tikka ..... £4.50

Tender, lean cubes of lamb, marinated Punjabi-style with spices and oven-baked on skewers in the tandoor oven.

### Chicken Chaat ..... £3.50

Fresh, tangy dish made up of tender boneless chicken pieces mixed with herbs and spices and served cold.

### Iman's Sizzler .....£9.95

Our special starter of chicken chaat, chicken tikka, lamb tikka, lamb chops and seekh kebab arrives still sizzling on your plate.

### Masala Trout .....£9.95

marinated in with our home made masala sauce

### Channa Poori ..... £3.50

Puffy, deep-fried flatbread with chickpeas.

### King Prawn Butterfly ..... £4.95

King Prawns fried with light frothy butter and served with special masala sauce and herbs.

### Prawn Cocktail ..... £4.50

Served with rosemary sauce and salad

### King Prawn Poori ..... £4.95

Puffy, deep-fried flatbread with king prawns.

### Prawn Poori ..... £4.95

Puffy, deep-fried flatbread with king prawns.

### Vegetable Poori ..... £3.50

Puffy, deep-fried flatbread with seasonal vegetables.

### Chicken Tikka Poori ..... £4.50

Puffy, deep-fried flatbread with boneless chicken pieces cooked on skewers.

### Paneer Tikka Poori .....£3.95

cheese marinated with special tandoori sauce & cooked in tandoori oven

### Lamb Tikka Poori ..... £4.95

Puffy, deep-fried flatbread with lamb pieces cooked on skewers.

## KARAHI CORNER

At Iman's, our food is cooked the way it would be in the Punjab region of Pakistan. The karahi is a deep, circular, cast-iron pan used to fry and simmer meats and other dishes.

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| <b>Karahi Gosht (Boneless)</b> ..... £8.95<br>Flavourful boneless lamb cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander.                   | <b>Karahi King Prawns</b> ..... £12.95<br>Pieces of king prawn on the bone cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander.  |
| <b>Karahi Chicken</b> ..... £8.95<br>Succulent pieces of chicken cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander.                         | <b>Sahiwali Karahi</b> ..... £9.95<br>Succulent pieces of chicken or lamb cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander & yoghurt  |
| <b>Karahi Chicken Tikka</b> ..... £9.95<br>Tender cubes of chicken cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander.                       | <b>Paneer Karahi</b> ..... £8.95<br>Cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander.   |
| <b>Karahi Lamb Tikka</b> ..... £9.95<br>Tender cubes of lamb cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander.                             | <b>Iman's Special Karahi</b> ..... £12.95<br>Succulent pieces of chicken & lamb tikka cooked with onions, tomatoes, garlic, ginger and spices & pieces of pepper, onion & mushrooms, garnished with fresh coriander, served in a hot sizzler |
| <b>Tandoori Lamb Chop Karahi</b> ..... £10.95<br>Lamb chops marinated tandoori-style and cooked with onions, tomatoes, garlic, ginger and spices, garnished with fresh coriander. |  |

## BRILLIANT BIRYANIS

Popular rice dishes made from basmati rice cooked in butter ghee with your choice of lamb, chicken and prawns, and spiced up with Punjabi cooking staples such as cloves, cardamom, cinnamon and coriander.

Try Iman's Special Biryani to taste our whole selection.

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| <b>Chicken Biryani</b> ..... £8.95<br>Tender, marinated chicken, seasoned with herbs and spices, and cooked with basmati rice.   | <b>Vegetable Biryani</b> ..... £7.95<br>Cooked with seasonal vegetable with herbs and spices, and cooked with basmati rice.               |
| <b>Lamb Biryani</b> ..... £8.95<br>Tender, marinated lamb, seasoned with herbs and spices, and cooked with basmati rice.   | <b>King Prawn Biryani</b> ..... £12.95<br>Succulent, marinated king prawns, seasoned with herbs and spices, and cooked with basmati rice. |
| <b>Lamb Tikka Biryani</b> ..... £9.95<br>Tender pieces of lamb marinated overnight, seasoned with herbs and spices, and slow roasted on charcoal with basmati rice.                | <b>Prawn Biryani</b> ..... £10.95<br>Succulent, marinated prawns, seasoned with herbs and spices, and cooked with basmati rice.           |
| <b>Chicken Tikka Biryani</b> ..... £9.95<br>Tender pieces of boneless chicken marinated overnight, seasoned with herbs and spices, and slow roasted on charcoal with basmati rice. | <b>Iman's Special Biryani</b> ..... £11.95<br>Can't choose? Try them all with our special tasting platter.                                |

## MUM'S HOME-COOKED SPECIALS

We want to bring a true taste of Punjab to Edinburgh, which is why we've included some dishes made by the Head Chef's mum. You won't find these dishes anywhere else in Edinburgh, but Iman's owner and the Head Chef both grew up enjoying them at home, and now we'd like you to taste what you've been missing.

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| <b>Desi Saag (V)</b> ..... £6.95             |
| <b>Desi Saag Paneer</b> ..... £7.95          |
| <b>Desi Saag Gosht (Chicken)</b> ..... £8.95 |
| <b>Desi Saag Gosht (Lamb)</b> ..... £8.95    |
| <b>Desi Saag (Chicken Tikka)</b> ..... £9.95 |
| <b>Desi Saag (Lamb Tikka)</b> ..... £9.95    |
| <b>Desi Saag King Prawn</b> ..... £12.95     |
| <b>Desi Saag Prawn</b> ..... £10.95          |

## IMAN'S HOUSE SPECIALS

Choose from our selection of delicious house specials to suit every taste.

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| <b>Tandoori Chop Masala</b> ..... £10.95<br>Tandoori lamb chops marinated overnight and cooked tandoori-style, and simmered in a mild, creamy, yoghurt-based sauce.                 |
| <b>Keema Mutter/Aloo</b> ..... £7.95<br>Spicy minced lamb with green peas ("mutter") or potatoes ("aloo"), cooked in onions, garlic and spices, and garnished with fresh coriander. |
| <b>Kofta Curry</b> ..... £7.95<br>Chicken, lamb meatballs ("koftas") made with onions and spices and served up in a delicious gravy.  |

### Chilli Garlic

A hot and spicy traditional curry made of whole green chilli, fresh green pepper, garlic chilli and chef's own spices

### Jalfrezi

Tender chicken or lamb cooked in onions and garlic, seasoned with turmeric and chillies, and simmered in tomatoes and spices.

### Tikka Masala

Lamb or Chicken tender boneless chicken pieces marinated and roasted on skewers, and simmered in a mild, creamy, yoghurt-based sauce.

### Palak Gosht

Normally called Saag Gosht, this dish consists of tender lamb cooked with fresh spinach, onions and traditional spices.

### Daal Gosht (Dhansak)

Tender lamb cooked with lentils, onions and traditional spices.

### Punjabi Tikka Masala

Boneless chicken or lamb pieces, marinated overnight and slow roasted on charcoal, then cooked in a traditional desi yoghurt sauce. **Best HOT!**

### Tikka Madras Korma

Creamy curry made with cream, almond, herbs & spices & madras hot

### Achari Gosht

A strong spicy dish, slightly sour, cooked with tangy pickle, fresh green chillies, a wedge of lemon and fresh coriander

### Shahi

Once made for Mughal Emperors, the key ingredient of this dish is mango chutney, which helps give it a surprisingly sweet and sour taste.

### Pasanda

Tender pieces of meat cooked in cream & almond sauce

### Butter Curry

Tender pieces of meat cooked with butter & creamy sauce

### Bhindi Gosht

Meat cooked with okra & medium hot bhoona sauce

### Brinjal Gosht

Meat cooked with egg plant in a special bhoona sauce

### Methi Gosht

Tender pieces of meat cooked with fenugreek, garlic, ginger, herbs & fresh coriander

### Jaipuri

Meat cooked with mushrooms, pepper, onions, fresh garlic, ginger & coriander in home made bhoona sauce

### Tikka Bhoona

Tender lamb pieces marinated and roasted on skewers, and cooked in an aromatic curry sauce.

### Sahiwali Korma

Creamt Korma Sauce cooked with almonds, coconut, mixed fruit & herbs.

ALL IMAN'S HOUSE SPECIAL DISHES ARE AVAILABLE IN:

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|---------------------------|-------------------------|
| MIX VEGETABLE ..... £6.95 | PANEER ..... £7.95      |
| CHICKEN TIKKA ..... £7.95 | PRAWN ..... £10.95      |
| LAMB TIKKA ..... £7.95    | KING PRAWN ..... £12.95 |