

New generation masterchefs distill the purest methods of preparing traditional, fine Indian cuisine and fuse with contemporary innovation.

Steeped with only the freshest spices, chilli peppers and subtlest of flavourings, favourite menus and classic dishes are redefined to mouth-watering, modern stylish tastes.

Stepping into a sensuous play of interior styling where cool elegant lines meet warm natural surfaces, The Lane offers an intriguing dining space, airy and light, yet also satisfyingly intimate.

EXCLUSIVE FOOD BANQUET NIGHT

(Tuesday's only)

5 course meal, any dish from the menu ONLY £12.50

Any starter | Any main course | Any side dish | Rice or Naan | Filtered coffee
(Some fish dishes extra £3.50, duck & king prawn extra £3.50, lamb shank £3.50. Excluding Shahin and Sayed)

Are you planning a function?

Let us get your function in lane by take care of all your catering needs, contact us for more info.

Fancy a dessert?

Exotic Kulfi available in pistacio & mango.
Soft drinks also available.

TEL: 020 8989 1500

Minimum £10 order for card payments

ALLERGY AWARENESS

Some of our dishes may contain nuts or dairy products. If you suffer from any allergies or intolerances, please speak to a member of staff before ordering.

OPENING TIMES

5:30pm -11:00pm

Open until 11:30pm on Friday & Saturday



www.thelaneinstead.co.uk

82 Nightingale Lane London E11 2EZ

TRADITIONAL SELECTION

| | Chicken | Lamb |
|--|--------------|--------------|
| Birany | 9.70 | 10.50 |
| Cooked with basmati rice, served with vegetables | | |
| Tikka Birany | 10.70 | 11.50 |
| Marinated chicken or lamb cooked with basmati rice, served with vegetables | | |
| Bhuna | 7.50 | 8.00 |
| Medium spiced cooked in thick sauce with onion and tomatoes | | |
| Dansak | 7.50 | 8.00 |
| Hot, sweet and sour, cooked with lentils | | |
| Pathia | 7.50 | 8.00 |
| Highly spiced curry, sweet, sour and hot | | |
| Korma | 7.50 | 8.00 |
| Mild, cream and coconut | | |
| Dupiaza | 7.50 | 8.00 |
| Medium spiced with onions | | |
| Rogan | 7.50 | 8.00 |
| Medium Spiced, cooked in a thick sauce with lots of tomatoes | | |
| Madras | 7.50 | 8.00 |
| Fairly hot curry | | |
| Vindaloo | 7.50 | 8.00 |
| Very hot curry | | |
| Saag | 7.50 | 8.00 |
| Cooked with spinach, fenugreek and herbs | | |

VEGETARIAN MAIN DISHES

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| Sabzi Korma | 7.20 | Baigon Aloo Karai | 7.20 |
| Fresh vegetables in a very mild sauce with cream & coconut | | (medium) Spicy potatoes with aubergine | |
| Sabzi Birany | 8.95 | Sabzi Jalfrezi | 7.20 |
| Stir fried spiced vegetables with basmati rice, chopped herbs and fresh coriander, served with vegetables | | (hot) Mixed vegetables cooked together with shredded ginger, garlic, red, green pepper & fresh green chillies | |
| Sabzi Masala | 7.20 | Paneer Sashlik | 8.95 |
| Cooked in a mild and creamy masala sauce | | Cottage cheese grilled in a tandoor, with capsicums, onions and tomatoes | |

VEGETARIAN SIDE DISHES

All vegetable dishes are also available as main courses at 7.20

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| Mater Paneer | 3.75 | Mushroom Bhajee | 3.75 |
| Peas and cheese, creamy sauce | | Mushroom | |
| Saag Aloo | 3.75 | Onion Bhajee | 3.95 |
| Spinach and potato | | Clusters of deep fried onions with lentils and battered herbs | |
| Bombay Aloo | 3.75 | Aloo Gobi | 3.75 |
| Dry spicy potatoes | | Potato and cauliflower | |
| Saag Paneer | 3.95 | Niramish | 3.75 |
| Spinach and cheese - mild | | Dry mixed vegetables | |
| Dhall Masala | 3.75 | Vegetable Curry | 3.75 |
| Spicy lentils | | | |
| Tarka Dhall | 3.75 | Bindi Bhajee | 3.75 |
| Lentils, fried garlic | | Okra | |
| Baigon Bhajee | 3.75 | Chana Masala | 3.75 |
| Aubergine | | Chick peas - medium | |
| Saag Bhajee | 3.75 | Saag Dhall | 3.75 |
| Spinach | | Spinach and lentils | |

RICE AND ACCOMPANIMENTS

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| Pilau Rice | 2.95 | Sabzi Rice | 3.50 |
| Basmati | | Cooked with mixed Vegetable | |
| Boiled Rice | 2.60 | The Lane Special Rice | 3.95 |
| Basmati | | Cooked with egg and peas | |
| Lemon Rice | 3.50 | Keema Rice | 3.50 |
| Cooked with fresh lemon | | With minced lamb | |
| Garlic Rice | 3.50 | Chilli Rice | 3.50 |
| Cooked with fresh garlic | | Cooked with fresh green chillies | |
| Mushroom Rice | 3.50 | | |
| Cooked with fresh mushrooms | | | |

BREAD AND SUNDRIES

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| Naan | 2.50 | Aloo Paratha | 2.80 |
| Plain naan bread | | Stuffed with potatoes | |
| Peshwari Naan | 2.80 | Chapati | 1.80 |
| Stuffed with coconut and sultanas | | Unleavened flat-bread | |
| Keema Naan | 2.80 | Tandoor Roti | 2.50 |
| Stuffed with spicy minced lamb | | Crispy bread prepared in the tandoor | |
| Garlic Naan | 2.80 | The Lane Special Raita | 2.50 |
| Stuffed with garlic and coriander | | Yoghurt seasoned with coriander, cumin, mint and other herbs and spices | |
| Kulcha Naan | 2.80 | Papadom | 0.80 |
| Coriander and onion | | Thin crispy Indian wafer | |
| The Lane Special Naan | 3.50 | Spicy Papadom | 0.80 |
| Chilli and crushed pineapple | | Thin crispy and spicy Indian wafer | |
| Paratha | 2.80 | Chutney(each) | 0.80 |
| Indian flat-bread | | | |



FREE DELIVERY ON ALL ORDERS £15 & ABOVE

FREE DELIVERY WITHIN 3 MILES

The Lane

Fine Indian Cuisine

UNDER NEW MANAGEMENT



➔ APPETISERS ◀

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| Prawn Puree | 4.50 |
| Prawns cooked dry medium on deep fried puree | |
| King Prawn Puree | 6.50 |
| King Prawns cooked dry medium on deep fried puree | |
| King Prawn Butterfly | 5.95 |
| King Prawn buttered and deep fried until crispy | |
| Mussels | 6.50 |
| Indian Style Mussels | |
| Stuffed Chilli | 4.95 |
| Fresh whole chillies stuffed with cheese | |
| Badami Chicken | 4.95 |
| Skewered grilled chicken breast in peanut sauce | |
| Lamb Chops | 5.50 |
| Marinated chops grilled in the tandoor | |
| Meat or Vegetable Samosa | 3.25 |
| Triangular pastry filled with minced lamb | |
| Onion Bhajee | 3.95 |
| Clusters of deep fried onions with lentils and battered herbs | |
| Chicken Tikka | 4.50 |
| Diced breast of chicken marinated in herbs and spices, grilled in the tandoor | |
| Lamb Tikka | 4.70 |
| Diced lamb marinated in herbs and spices, grilled in the tandoor | |
| Duck Tikka | 5.50 |
| Duck marinated in herbs and spices, grilled in the tandoor | |
| Tandoori Chicken | 4.50 |
| Spring chicken marinated in herbs and cooked in the tandoor | |
| Sheek Kebab | 4.50 |
| Minced lamb with ginger, mixed herbs and hot spices, grilled in the tandoor | |
| Pancake Kebab | 4.50 |
| Pancake stuffed with delicious tender lamb | |
| Jinga Garlic | 6.50 |
| Marinated king prawns baked in the tandoor, then flavoured with garlic | |
| Chilli Fried Calamari | 6.50 |
| Squid fried with coconut milk and thai sweet chilli | |
| Chilli Fried Scallop | 6.50 |
| King scallop fried with coconut milk and thai sweet chilli | |

Nazakat **4.95**
Delicate pieces of chicken marinated then skewered and cooked in the tandoor, highly flavoured with garlic

Murgh Liver..... **4.95**
Deep fried liver cooked with chef's own recipe

Ajwani Salmon..... **6.50**
Salmon marinated in herbs and cooked in a tandoor



Made with love, just for you.
For you piece of mind, all our dishes are made fresh for you by our chef when you place your order.

➔ TANDOORI SPECIALITIES ◀

Tandoori Mixed Grill..... **13.50**
Consists of Chicken Tikka, Tandoori Chicken, Lamb Tikka, Sheek Kebab and King Prawn

Lamb Tikka..... **8.80**
Cubed lamb marinated in special herbs and spices, grilled in the tandoor

Chicken Tikka..... **8.50**
Cubed chicken marinated in special herbs and spices, grilled in the tandoor

Tandoori King Prawns **13.50**
King Prawns marinated in special sauce, skewered and flamed then served sizzling hot with garnish

Tandoori Duck..... **11.50**
Marinated in special herbs and cooked in the tandoor

Lamb Shashlick **10.50**
Grilled onions, peppers and tomatoes

Chicken Shashlick **9.70**
Grilled onions, peppers and tomatoes

Tandoori Monkfish..... **13.95**
Monkfish marinated in medium spices, cooked in the tandoor

Murgh Shaba..... **8.50**
Very hot - chicken marinated and very well spiced

Salmon Tikka **11.95**
Marinated Salmon, grilled in the tandoor

Tandoori Lamb Chops **11.50**
Marinated lamb chops, grilled in the tandoor

Tandoori King Prawn Shashlick..... **13.95**
Shelled king prawns, delicately spiced and skewered with tomato, onions and garnished with fresh coriander

Nazakat Chicken..... **8.95**
Delicately spiced succulent chicken, skewered and grilled in the tandoor, flavoured with garlic and nutmeg

Duck Shashlick **11.50**
Off the bone duck, capsicum, tomato and onion, marinated in fragrant spices, skewered and grilled in the tandoor

Badami Chicken..... **9.50**
Chicken marinated and covered in sweet peanut sauce, skewered and grilled in the tandoor

Tandoori Chicken..... **8.50**
On the bone chicken marinated in aromatic herbs, chef's special paste, skewered and grilled in the tandoor

➔ THE LANE SPECIALITIES ◀

Duck Cashewnut..... **11.50**
Succulent roasted duck cooked in coconut milk with cashewnuts

Duck Ananash..... **11.50**
Roast duck breast cooked in creamy coconut sauce - mild - blended with aromatic spices, complimented with pineapple

Lamb Shank **11.50**
Knuckles of lamb cooked in an medium spice along with chick peas

Murgi Masala **8.95**
Marinated chicken cooked with minced lamb and hard boiled egg, medium hot

Chicken Chilli Masala..... **8.95**
Cooked with garlic and chilli, fairly hot

Butter Chicken **8.95**
Shredded chicken cooked in a special sauce with almonds

Mix Tikka Masala..... **9.95**
Chicken, lamb and king prawn, in the Chef's secret masala sauce

Duck Korai..... **11.50**
Tender duck cooked in a curry sauce, delicately flavoured

Duck Jalfrezi..... **11.50**
Delicate duck curry, cooked with chilli, a fairly hot dish

Chicken Paharia..... **9.95**
Strips of chicken breast, cooked with broccoli, coconut, mild and aromatic ground spices

The Lane Special Balti **11.95**
On the bone chicken, lamb and king prawn, cooked medium hot

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| | Chicken | Lamb |
| Ramo Balti | 9.00 | 9.30 |
| Cooked fairly hot with onions, green peppers and chillies | | |

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| Shambo Balti | 9.00 | 9.30 |
| Chicken or lamb cooked with herbs and medium spices Nepalese style | | |

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| Tikka Masala | 9.00 | 9.30 |
| Mild - breast of chicken or lamb marinated in mild spiced, grilled and cooked in Chef's secret masala sauce | | |

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| Tikka Passanda | 9.00 | 9.30 |
| Very mild tender chicken/lamb, cooked in a special sauce with almonds | | |

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| Jalfrezi | 9.00 | 9.30 |
| Fairly hot, cooked with green chillies, green peppers and onions | | |

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| Korai | 9.00 | 9.30 |
| Tender chicken or lamb cooked with shallots, peppers, tomato and onion, in a selection of medium spices and fresh herbs | | |

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| Naga | 10.50 | 10.70 |
| Very hot dish prepared with Bangladeshi naga chili | | |

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| Masala Saag | 10.50 | 10.70 |
| Cooked in the tandoor, finished in a spinach, coconut and almond mild rich creamy sauce | | |

➔ SEAFOOD SPECIALITIES ◀

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| Cox Bazar Crab | 11.50 | |
| Soft shel crunchy crab served over bed of aromatic sauce | | |

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| Tandoori King Prawn Masala | 13.50 | |
| Shelled king prawns marinated in spices, grilled, then cooked in a special masala sauce | | |

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| King Prawn Birany | 13.50 | |
| Cooked with fresh basmati rice and served with vegetables | | |

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| Goan Fish Curry | 13.50 | |
| Tandoori monkfish cooked in coconut milk | | |

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| Monkfish Masala | 13.50 | |
| Monkfish grilled and cooked in masala sauce | | |

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| King Prawn Asari | 13.50 | |
| King Prawn cooked in chutney sauce | | |

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| King Prawn Moglai | 13.50 | |
| Shelled king prawns cooked with mild cashewnuts | | |

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| Sea Food Molly | 14.50 |
| A mild mixed seafood cooked in a traditional South Indian style | |

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| Chingri Saag Paneer | 12.50 |
| King prawn with spinach and cheese, with a hint of garlic | |

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| Chingri Johl | 12.50 |
| King prawn cooked in medium sauce, delicately flavoured with herbs and spices | |

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| Baigon Ada King Prawn . | 13.50 |
| King prawn and aubergine cooked in spices with fresh ginger an herbs | |

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| Salmon Rushni | 12.50 |
| Tandoori salmon cooked in a medium spiced bhuna sauce | |

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| Prawn Bhuna/Madras/ Dansak/Patia/Korma | 8.95 |
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| King Prawn Bhuna/Madras/ Dansak/Pathia/Korma . | 10.95 |
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