

Amans

STOCKTON HEATH
INDIAN RESTAURANT & TAKEAWAY

Amans is an exceptional dining experience where we pride ourselves on the quality of our food and service.

Inspired by India's grand culinary traditions, our menu will take you on a journey around the regions of the sub-continent. We offer authentic classic and contemporary cuisine to suit all tastes, from subtle aromas and delicately spiced speciality dishes through to our richly flavoured dishes.

We use carefully selected ingredients and our own unique blending of spices, all freshly prepared on the premises by our chefs.

Amans – Fine food, reassuringly fine service.

FOOD ALLERGIES & INTOLERANCES

We use known allergens in our kitchen to prepare and cook our food.

We also cook different items in the same equipment. We cannot eliminate all risks of cross contamination, all dishes may contain listed or unlisted ingredients, meat/fish dishes may contain bone.

All major credit/debit cards accepted at the restaurant on transactions over £12.50. All calls are recorded for quality and training purposes. All prices correct at time of print. Offers and promotions can be withdrawn without notice at anytime without giving a reason. Management reserves the right to refuse service without giving a reason.

Bramhall

222 Moss Lane
SK7 1BD

0161 440 9686

Congleton

West Heath Shopping Centre
CW12 4NB

01260 271 218

Lowton

239 Church Lane
WA3 2RZ

01942 72 72 62

Newton-Le-Willows

61 High Street
WA12 9SL

01925 292 677

Worsley

184 Chaddock Lane
M28 1DN

0161 799 7484



Official Partner for Indian Beer

APPETISERS

Spiced Papadum	£0.85	Hot Sauce	£0.75
Papadum	£0.75	Mixed Pickle	£0.75
Mango Chutney	£0.75	Raitha	£2.25
Chopped Onions	£0.75	Cucumber, onion or plain	
Mint Yoghurt	£0.75	Chutney Tray	£2.50

STARTERS

All starters are served with salad & mint yoghurt sauce.

Shami Kebab		£4.95
Pan fried patties of minced lamb, finely chopped green chillies, fresh herbs and ground spices.		
Garlic Chilli Chicken Tikka <i>ااا</i>		£4.95
Chicken tikka cooked in a sweet chilli sauce infused with garlic oil, diced root ginger and celery. Served on a puri.		
Mulligatawny or Dal Soup V		£4.75
Aloo Baingan Puri V		£4.75
Spiced potatoes and aubergine cooked with whole garlic cloves and tamarind served with fried flatbread.		
Bhuna Prawn Puri		£4.95
King Prawn Puri		£6.25
Mushroom Puri V		£4.75
Chicken Pakora		£5.50
Chicken tikka in light batter and spices, deep fried.		
Onion Bhaji V		£4.75
Garlic Chilli King Prawn <i>ااا</i>		£6.25
King prawn cooked in a sweet chilli sauce infused with garlic oil, diced root ginger and celery.		
Samosa	Meat or Vegetable	£4.75
Chicken/Lamb Chat	Large	£9.95 £4.95
Prawn Cocktail		£4.95
Lahori Fish		£6.25
Seabass fillet lightly coated in our homemade spice gram batter.		
Thai Chilli Chicken <i>ااا</i>		£5.50
Chicken breast battered in corn flour and fried then stir fried in a sweet chilli sauce with onions and peppers.		
Paneer or Veg Pakora V		£4.75
Tiger Prawn Rolls		£6.25
Succulent tiger prawns wrapped in pastry		

PLATTERS TO SHARE

	For 1	For 2	For 4
Mix Platter	£6.25	£11.95	£19.95
Onion Bhaji, Sheek Kebab, Vegetable Samosa and Chicken Tikka.			
Tandoori Platter	£6.95	£12.50	£22.50
Chicken Tikka, Lamb Tikka, Sheek Kebab and Lamb Chop.			
Vegetable Platter	£5.75	£10.95	£18.95
Onion Bhaji, Vegetable Samosa, Vegetable Pakora and Paneer Pakora.			

TANDOORI SELECTION

The tandoor is an oven made of clay, shaped like a dome to concentrate the heat inside which in turn allows food to be cooked very quickly thus retaining most of the natural juices and flavours. Food is typically skewered and placed vertically that allows oils and fats to drip off giving you a much healthier meal.

Served with salad and mint yoghurt sauce.

	Starter	Main Course
Tandoori Chicken	£5.50	£10.25
Fresh spring chicken quarters marinated in a blend of fresh herbs, seasoning, ground spices and natural yoghurt.		
Chicken Tikka	£5.50	£10.25
Tender pieces of chicken breast in a similar marinade as the tandoori chicken.		
Garlic Chicken Tikka 🍷	£5.75	£10.95
In a garlic-infused marinade.		
Chicken Tikka Piri Piri 🍷🍷	£5.75	£10.95
A fiery hot marinade of sun dried chilli peppers and white wine.		
Fish Tikka 🍷	£5.75	£10.95
Chunks of white fish, marinated overnight in a special sauce.		
Lamb Tikka 🍷	£5.75	£10.95
Strips of lean, tender lamb leg marinated in a blend of yoghurt, fresh herbs and ground spices.		
Tandoori Lamb Chops 🍷	£5.95	£11.95
Succulent lamb chops. Soaked overnight in our marinade of fresh herbs and ground spices. Fired to perfection in the tandoor.		
Salt and Peri Lamb Chops 🍷🍷	£6.50	£12.50
Sheek Kebab	£5.50	£10.50
Sausage shaped kebabs of lean minced lamb, green herbs, chillies and seasoning.		
Garlic Chilli Sheek Kebab 🍷🍷	£5.75	£10.95
As above but with greater use of chilli and garlic to give a fantastic taste.		
Tandoori King Prawn	£7.50	£13.95
Jumbo king prawns, shelled and de-veined, marinated in a delicate blend of yoghurt, herbs and spices.		
Tandoori Deluxe	-	£13.95
Tandoori Chicken, Chicken Tikka, Lamb Tikka, Sheek Kebab and a Lamb Chop.		

**Any curry sauce of your choice is available
with the Tandoori Selection & Tandoori
Shashlik for an additional £2.50**

SHASHLIK

Onions, peppers and tomato skewered with either:

King Prawn Shashlik	£14.95
Chicken Tikka Shashlik	£11.95
Lamb Tikka Shashlik	£12.95
Paneer Shashlik 🍷	£11.95
Piri Piri Shashlik (Chicken with Piri Piri marinade) 🍷🍷	£12.95

GUIDE

Mild 🍷 Medium 🍷🍷

Fairly Hot 🍷🍷 Very Hot 🍷🍷🍷

Vegetarian 🍷

CHEF'S CHOICE

- Palak Murg Makhani** 🍴 **£11.95**
Chicken tikka and fresh spinach cooked in an extremely buttery tomato sauce flavoured with methi.
- Butter Chicken** 🍴 **£11.95**
Tender strips of chicken tikka cooked in a sauce of cream, tomatoes, ghee and jaggery.
- Murgi Masala** 🍴 **£12.50**
Tandoori chicken off the bone in a sauce cooked with minced meat, tomatoes and touch of cream.
- Handi** 🍴 **Chicken or Lamb Tikka £11.95**
A traditional spiced dish flavoured with methi leaves and cooked with exotic spices with onions, fresh garlic, ginger and then simmered in a tomato & yoghurt based sauce.
- Bengals Favourite Fish Curry** 🍴 **£13.95**
Pieces of seabass cutlet, served in a moderately spiced sauce, flavoured with zest of Bengali pomelo.
- Balti Exotica** 🍴 **£12.50**
Combination of chicken tikka, lamb tikka and a lamb chop cooked in a medium spiced Balti sauce, authentically prepared with fresh herbs and spices.
- Piri Piri Masala** 🍴 **£12.50**
Pieces of chicken tikka piri piri smothered with mild Masala sauce. Tease your taste buds.
- Bhindi Ghost** 🍴 **£12.50**
Lamb cooked with okra in a rich Bhuna sauce with medium spices and herbs.
- Chicken Sajan** 🍴 **£12.50**
Spinach cooked with chicken tikka, tandoori chicken and mincemeat with fresh herbs and spices.
- Thawa Gothh** 🍴 **£16.50**
A dish of rib eye steak cooked with medium spice and garnished with crispy onions.
- Lamb Shank** 🍴🍴 **£15.50**
Tender lamb shank cooked in a Bhuna sauce, various mild herbs, spices, green chillies and tomatoes.
- King Prawn Badshahi** 🍴🍴 **£14.50**
Whole king prawn on the shell cooked with peppers, herbs, fairly hot spices, sprinkled with crunchy onions.
- Karahi Mixed Grill** 🍴🍴 **£14.50**
Tandoori chicken, chicken tikka, lamb tikka and lamb chops cooked with onions, capsicum and fresh tomato in a spicy pungent sauce.
- Balti Garlic Chilli Chicken** 🍴🍴 **£12.50**
Tender chicken breast cooked with garlic, green chillies and fresh herbs, spices and naga chilli.
- Shashlik Korai** 🍴🍴 **Chicken or Lamb £13.25**
Marinated chicken pieces, green peppers, garlic, onion and tomatoes. Slow grilled then stir fried in a special sauce of dry consistency.
- Manchoori** 🍴🍴 **Chicken or Lamb Tikka £12.50**
Diced filling cooked with fresh green chillies, coriander, shredded root ginger and naga chilli.
- Nepali** 🍴🍴🍴 **Chicken or Lamb Tikka £11.95**
Marinated sliced chicken or lamb lightly pan fried then cooked with onions and peppers in a sweet, hot and tangy sauce.

MADE TO ORDER

All our food is made to order, it can be milder or hotter to your liking. You can also have it with or without certain ingredients.

AMANS SPECIALS

Amchor 🍷

Starting with a sauce similar to Bhuna, cream and mango are added to create a sweet, creamy mildly spiced dish.

Ajnabi 🍷

Prepared in a creamy mushroom and garlic sauce with a range of traditional herbs and spices.

Gulabi 🍷

Smooth with a touch of sweetness, deliciously cooked in a medium strength honey and mustard sauce.

Kathmandu 🍷🍷

Lamb cooked with cinnamon, bayleaf, dry fried chilli garnished with coriander.

Achari 🍷🍷

A tasty dish cooked in pickle spices, tempered with mustard and green chillies from Hyderabad.

Bangla 🍷🍷

A Bhuna style dish with hotter spices and sliced beans making this dish irresistibly mouth-watering.

Naga 🍷🍷🍷

Prepared with garlic, tomatoes, lemon, Naga (Viper pepper) and a mixture of hot spices. A hot but very tasty dish.

The above dishes can be cooked with the following fillings.

Chicken	£9.95	Prawn	£10.95
Chicken Tikka	£10.95	King Prawn	£13.95
Lamb	£10.95	Mixed Vegetable V	£9.95
Lamb Tikka	£11.95	Mushrooms V	£9.95
Keema	£10.95	Special Mixed	£12.95
Fish Tikka	£11.95	Chicken, lamb, prawn and mushrooms	

MASALA 🍷

Cooked using a blend of tomatoes, butter, cream, ground almonds and aromatic spices creating a wonderful dish of subtle flavours.

Chicken Tikka	£10.95	Fish Tikka	£11.95
Lamb Tikka	£11.95	Tandoori King Prawns	£13.95

BIRYANI 🍷🍷

A flavoured basmati rice dish delicately spiced and served with a separate curry sauce of your choice.

Chicken	£9.95
Chicken Tikka	£10.95
Lamb	£10.95
Lamb Tikka	£11.95
Keema or Prawn	£10.95
King Prawn	£13.95
Mix Vegetable or Mushroom V	£9.95
Special Mixed	£12.95

Chicken, lamb, prawn and mushrooms.

Amans Biryani 🍷🍷🍷 **£14.95**

Chicken tikka, lamb tikka and keema in a spicy asian style mix.

POPULAR CHOICE

Passanda 🍛

A blend of cream, cultured yoghurt and mixed ground nuts, producing a rich, mild dish.

Korma 🍛

A sweet mild dish with plenty of fresh cream, coconut and ground almonds, ideal for beginners.

Dansak 🍛

A sweet and sour sauce of lentils, lemon juice and pineapple (extremely tasty).

Balti 🍛

Traditional authentic dish cooked with tomatoes, onions and peppers in a Balti sauce.

Saagwala 🍛

Moderately spiced and cooked with fresh spinach, fresh onion, tomato and coriander.

Chana 🍛

Medium spiced dish cooked with chickpeas, onions and tomatoes.

Bhuna 🍛

A combination of diced onions, tomatoes with fresh herbs in a moderately spiced thick sauce.

Dupiaza 🍛

A dish cooked similar to the Bhuna but with a large quantity of chopped onions.

Rogan Josh 🍛

Prepared with fresh garlic, tomatoes and pimentos to give a distinctive taste.

Jalfrezi 🍛🍛

A hot dish with an extensive use of spices, green chillies, peppers, tomatoes, onions and fresh coriander.

Bombay 🍛🍛

An exotic dish made with fresh green chillies, coriander and potatoes in a thick curry sauce.

Karahi 🍛🍛

Onions, tomatoes and fresh ginger cooked with a group of strong spices in a consistent sauce.

Pathia 🍛🍛

Specially cooked with Oriental herbs and spices to achieve hot, sweet and sour flavour.

Sambar 🍛🍛

A fairly hot dish made from lentils and zest of lemon to obtain a sharp distinctive taste.

Madras 🍛🍛

A fairly hot dish cooked in a rich gravy sauce.

Vindaloo 🍛🍛🍛

A very hot, strongly flavoured dish with fresh herbs and spices.

Choose a "Style" from above followed by "Filling" from below

Chicken	£9.95	Prawn	£10.50
Chicken Tikka	£10.50	King Prawn	£12.95
Lamb	£10.50	Vegetable <input checked="" type="checkbox"/>	£9.95
Lamb Tikka	£11.50	Mushroom <input checked="" type="checkbox"/>	£9.95
Keema	£11.50	Special Mixed	£11.95
Fish Tikka	£11.50	Chicken, lamb, prawn and mushroom	

CONTINENTAL DISHES

All served with salad and fries

Fried Scampi	£10.50
Chicken Omelette	£10.50
Prawn Omelette	£10.50
Mushroom Omelette	£10.50
Fish and Chips	£10.50

VEGETARIAN CHOICE V

All vegetable dishes will be served as side as standard unless otherwise stated.

	Side	Main
Palak Paneer Spinach and cheese cooked with spices and garlic.	£4.95	£9.50
Chana Aloo Makhani V Chickpeas and potatoes in a tangy tomato, butter and cream sauce.	£4.95	£9.50
Egg and Potato Bhuna Boiled egg and potatoes cooked in a Bhuna sauce.	£4.95	£9.50
Special Sabzi Bhaji Seasonal vegetables cooked to perfection.	£4.95	£9.50
Tadka Dal Lentils flavoured with garlic and infused with ghee.	£4.95	£9.50
Saag Bhaji Spinach cooked in ghee with a generous helping of garlic and a hint of lemon.	£4.95	£9.50
Bindi Bhaji Fresh okra cooked with medium herbs and spices.	£4.95	£9.50
Mushroom Bhaji Mushrooms cooked with onions, tomato and herbs.	£4.95	£9.50
Chana Bhaji Chickpeas, lightly spiced cooked bhaji style.	£4.95	£9.50
Bombay Aloo With mix of spices, cumin, coriander and onion seed.	£4.95	£9.50
Aloo Gobi A variation of Bombay aloo with cauliflower.	£4.95	£9.50
Mix Vegetable Bhaji Mix vegetables cooked in a Bhuna style sauce.	£4.95	£9.50
Baingan Bhaji Aubergines cooked in lightly spiced curry sauce.	£4.95	£9.50
Saag Aloo Combination of potato and leaf spinach.	£4.95	£9.50
Any Curry Sauce	£4.95	£9.50

CHILDREN'S MENU

Served with boiled rice and chips

Chicken Tikka Masala Or any chicken or lamb dish from the popular choice.	£8.25
Fish Fingers	£8.25
Chicken Nuggets	£8.25
Scampi	£8.25



SUNDRIES

Basmati Rice	£2.95
Pilau Rice	£3.25
Kashmiri Pilau Rice	£3.95
Onion Fried Rice	£3.95
Special Fried Rice	£3.95
Vegetable Rice	£3.95
Mushroom Rice	£3.95
Keema Rice or Garlic Chilli Rice	£3.95
Egg Fried Rice	£3.95
Chips	£2.95
Piri Piri Chips	£3.50
Indian Salad	£3.50
Salad	£1.95

BREADS

Naan's are soft pillowy Indian bread baked to order in our Tandoor oven

Plain Naan	£2.95
Garlic or Garlic Chilli Naan	£3.50
Peshwari Naan or Keema Naan	£3.95
Garlic Coriander Naan	£3.50
Kulcha Naan <small>Onion, chillies, coriander</small>	£3.50
Chapati or Puri	£1.95
Garlic Chapati	£2.25
Tandoori Roti or Roti Paratha	£2.95
Paratha	£4.50
Stuffed Paratha <small>(Veg or Potatoes)</small>	£4.95
Keema Paratha	£4.95



SCAN
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