

TAMANNAS

RESTAURANT





Tamanna's is a family-run Indian restaurant rooted in rich tradition and authenticity. Our name carries the legacy of generations, and every dish we serve reflects the warmth and passion of our heritage.

The Lotus flower and the Shree symbol in our brand are not just design elements -they represent purity, prosperity, and the spiritual essence that guides everything we do.

At Tamanna's, we are proud to feature highly skilled speciality chefs who bring the diverse flavours of India to life, crafting each dish with precision, care and the soul of home-cooked excellence.

Please note that all dishes are prepared in the same kitchen, so cross-contamination may be possible. We take food allergies seriously and handle all requests with care.

V = Vegetarian, Ve = Vegan, GF = Gluten Free, Nuts = Contains Nuts



STARTERS

Paneer Tikka (V) (GF)

6.95

Paneer marinated in our chef's secret yogurt recipe and cooked in a clay oven.

Paneer Malai Tikka (V) (Nuts) 7.95

Soft paneer in hung curd, cashew cream & mild spices, grilled to perfection.

Soyabean Malai Chaap (V) (Nuts) 8.95

Tender soya chaap in a luscious, creamy cashew and coconut sauce.

Tandoori Aloo (V) (Nuts) 8.95

Potatoes stuffed with paneer and nuts, spiced and marinated in smoky yogurt.

The Samosa Chaat (V) 6.95

Homemade spiced potato samosas served with chole, yogurt, and chutneys.

Aloo Tikki Chaat (V) 6.95

Crispy aloo tikki paired with chole, yogurt, and a drizzle of chutneys.

Murgh Malai Tikka (GF) (Nuts) 8.95

Tender chicken marinated in yogurt, garlic, spices, nuts and grilled expertly.

Sharabi Chicken Tikka (GF) 8.95

Smoky grilled chicken marinated with yogurt, bold spices and flamed with rum.

Garlic Chicken Tikka (GF) 8.95

North Indian tandoor-grilled chicken, marinated with garlic.

Chicken Seekh Kebab (GF) 7.95

Tender, smoky chicken seekh kebabs bursting with classic flavours.

Lamb Chop (GF)

11 95

Juicy lamb chops, delicately spiced and smoky from a slow tandoor.

Lamb Seekh Kebab (GF)

8.95

Flavour-packed minced lamb kebabs infused with traditional spices.

Tandoori King Prawns (GF) 11.95

Plump king prawns marinated in spices and perfectly grilled. Served sizzling hot.

Tandoori Salmon (GF)

12.95

Fresh salmon marinated with spices, tandoor-grilled for a tender, smoky finish.

Tandoori Pomfret (GF) 16.95

Flavourful pomfret fillet, lightly spiced and smoky from the tandoor grill.

Hot Garlic Chilli Fish

12.95

Crispy cod in homemade garlic chilli sauce with our chef's signature spices.

PLATTER

Chef Sahib Platter (V) (Nuts) 22.95

A hearty mix of Paneer Tikka, Paneer Malai Tikka, Soyabean Malai Chaap, Tandoori Aloo.

Tandoori Treasure (Nuts) 29.95

Can't decide? Then go for a platter of Sharabi Chicken Tikka, Murgh Malai Tikka, Lamb Seekh Kebab, Tandoori King Prawns & Tandoori Salmon.



VEG CURRY

7.95

Dal Tadka (Ve) (GF)

A family favourite - lentils cooked with spices and a fragrant tadka.

Amritsari Chole (Ve) (GF) 8.25

Spiced chickpeas slow-cooked in a tangy-tomato gravy.

Hariyali Mushroom (Ve) (GF) 10.95

Fresh mushrooms sautéed with spring onions, bursting with herby flavors.

Navratan Korma (GF) (Nuts) 10.95

Fresh vegetables in velvety cashew and coconut sauce, delicately spiced.

Saag Paneer (GF) 11.95

Paneer in smooth, spiced spinach gravy, delivering vibrant, comforting flavours.

Kadhai Paneer (GF) 11.95

North Indian tandoor-grilled paneer, with peppers onions and spices.

Paneer Makhni (GF) 10.95

Paneer cubes simmered in creamy, buttery tomato sauce, rich with aromatic spices.

Shahi Malai Kofta (GF) 12.95

Crispy paneer dumplings nestled in sumptuous, silky cream sauce.

· · · CHICKEN CURRY · · ·

Chicken Tikka Masala (GF) 12.95

Juicy chicken pieces cooked in a rich, velvety tomato sauce with mild spices.

Delhi Butter Chicken (GF) 13.95

Classic butter chicken with succulent pieces in a smooth, buttery tomato gravy.

Kadhai Chicken (GF) 12.95

Spicy chicken, bell peppers and fresh tomatoes in a traditional kadhai style.

Railway Murgh Curry (GF) 12.95

Classic north indian curry with chicken in a fragrant tomato and onion gravy.

Peshawari Murgh Kadhai (GF) 14.95

Aromatic chicken curry with traditional spices from the peshawar region.

Chicken Saagwala (GF) 14.95

Chicken in a luscious, spiced spinach sauce, bursting with vibrant flavors.

Achari Kadhai Chicken (GF) 14.95

Chicken with pickling yogurt and aromatic spices, smoky flavor, luxuriously creamy gravy.



LAMB CURRY

Gosht on the Bone (GF) 13.95

Tender lamb cooked on the bone with robust spices for rich flavour.

Peshawari Lamb Kadhai (GF) 14.95

Aromatic lamb curry prepared with traditional Peshawari spices.

Lucknowi Lamb Korma (Nuts) 14.95

Slow cooked lamb in creamy, cashew and yogurt sauce.

Railway Lamb Curry

Classic lamb curry with rich tomato and onion base.

14.25

Lamb Chennai Sukka 14.25

Dry-cooked lamb infused with aromatic South Indian spices and coconut.

Keema Mutter 13.95

Ground lamb and peas simmered together with aromatic spices.

Lamb Saag 14.25

Lamb simmered in a rich spinach gravy w ith traditional spices.

· · · SEAFOOD CURRY · · ·

Sharabi Jhinga 15.95

Plump prawns simmered in creamy spiced gravy, finished with dark rum.

Goan Prawn Curry 14.95

Plump prawns cooked in creamy coconut sauce, inspired by Goan coastal cuisine.

Achari Prawns 14.95

Prawns in tangy pickling spices with mustard oil and curry leaves.

ROTI & NAAN

Tandoori Roti

2.95

Whole wheat flatbread cooked in a tandoor.

Laccha Parantha

3.95

Layered flakey whole wheat bread.

Plain Naan

2.95

Classic tandoor-baked naan, light and perfect with any curry.

Butter Folding Naan

3.95

Fluffy naan with butter in each layer, cooked in tandoor.

Garlic & Corriander Naan

3.95

Soft tandoor-baked naan topped with fresh garlic and coriander.

Peshwari Naan (Nuts)

4.95

Soft tandoor-baked naan stuffed with sweet nuts, raisins, and coconut.

Paneer Kulcha

4.25

Tandoor-baked kulcha filled with seasoned paneer stuffing.

Stuffed Naan

4.25

Tandoor-baked naan filled with your choice of potato, paneer, cheese or a mix.

All naan contain dairy



RICE & BIRYANI

Plain Rice (GF)

4.25

Steamed basmati rice, perfect as a side for any curry.

Jeera Rice (GF)

4.95

Basmati rice infused with the warm, earthy taste of cumin.

Zafrani Basmati Pulao (V) (GF) 5.25

Fragrant basmati rice cooked with saffron and mild spices.

Lemon Prawn Biryani (GF) 14.95

Tangy lemon-flavoured rice cooked with succulent prawns.

Hyderbadi Chicken Biryani (GF) 15.95

Aromatic rice cooked with tender chicken, saffron and traditional spices. Served with raita.

Hyderbadi Lamb Biryani (GF) 16.95

Fragrant rice layered with succulent lamb and rich spiced. Served with raita.





SIDES & CHUTNEYS

Allotment Salad

3.95

Fresh greens and vegetables with a light dressing

Poppadom Basket (Ve) (GF) 1.95

Four thin, crunchy poppadoms, light and crispy. Perfect for sharing or enjoying solo.

Tamarind Chutney (Ve) (GF) 1.95

Tangy and slightly sweet. Perfect for dipping or drizzling.

Beetroot Chutney (Ve) (GF) 2.25

Bright and mildly spiced, offering a fresh and flavorful addition to dishes.

Mango Tadka Chutney (Ve) (GF) 2.25

Delightfully sweet mango with tempered spices, bursting with tropical flavour.

Pineapple Raita (GF)

2.95

Creamy yogurt with fresh pineapple, sweet and lightly spiced.

Boondi Raita (GF)

2.95

Velvety yogurt combined with crispy boondi, subtly spiced and refreshing.

Mixed Pickle Tray (GF)

6.95

Golden, crunchy poppadoms accompanied by flavourful green, mango, tamarind, and beetroot chutneys.

DESSERT

Gulab Jamun (GF)

5.75

Golden milk dumplings in fragrant rose sugar syrup. Add a scoop of vanilla icecream for £1.

Kulfi - 2 scoop (GF) (Nuts)

4.95

Traditional Indian ice cream with nuts. Choice of mango, pistachio or vanilla.



Hosting an event?

We Cater!

Let us elevate your next occasion - book our beautiful space or allow us to cater yours.

From intimate gatherings to grand celebrations, we offer both private event hosting and full-service catering.

Tamannas Restaurant at the Travelodge, The County Ground, Nottingham Rd, Derby DE21 6DA

Tel: 01332 683498





tamannas.restaurant