

TEMPLE

BAR • RESTAURANT

Temple Bar & Restaurant - the ideal venue for any occasion!

Welcome to Temple Bar & Restaurant, Ware's newest and premier Indian restaurant.

Enjoy classic fusion dishes from India, Bangladesh and Nepal, friendly service and value for money. Whether you just pop in for drinks, or for a meal with family or friends, you'll receive a warm welcome any time of day.

Temple Bar & Restaurant is part of the successful group of Coriander restaurants in Amersham (Bucks), Buckhurst Hill (Essex), Vauxhall (London) and Westcombe Park (London). We have over 20 years experience in the restaurant industry and pride ourselves on providing a unique and exciting culinary experience. All food is freshly prepared using only the finest ingredients with little or no artificial colouring and minimal oil, making each meal a pleasurable and healthier experience.

We hope you enjoy your visit and the ambience of our new bar and restaurant with its fresh contemporary look, rich vibrant colours and stylish interior design. We can accommodate up to 110 guests and cater for private parties, corporate events, special occasions, etc. For details, of this and our takeaway service, ask a member of staff or email: templefusion@gmail.com

TO START

	JHAL PURI <i>Small, diced chicken tikka cooked in a fairly hot sauce – served on a puri.</i>	3.95
	LAMB CHOPS <i>Tender baby chops marinated overnight and cooked in a classic style.</i>	4.50
	HARA KEBAB <i>Spinach and potatoes, stuffed with cottage cheese and roasted cashew nuts, served with dry fenugreek.</i>	3.50
	MACHLI KEBAB <i>Fresh water fish made into a patty with onions, fresh ground spices and green chilli, pan-fried.</i>	4.50
	SHIMLA MIRCH <i>Green pepper stuffed with mixed vegetables, cottage cheese and cashew nuts – baked in a clay oven.</i>	3.95
	PANEER SHASHLIK <i>Spicy home-made cheese cooked in the Tandoor.</i>	3.50
	MURGH MALAI <i>Delicately spiced, succulent chicken, skewered and grilled in the Tandoor with yoghurt, garlic, ghee and mint.</i>	3.75
	SHEEK KEBAB <i>Minced lamb, mixed with various herbs and spices, skewered and grilled in the Tandoor.</i>	3.50
	TANDOORI CHICKEN <i>¼ spring chicken marinated in traditional spices and cooked in the Tandoor.</i>	3.50
	AJWANI SALMON <i>Fresh Scottish salmon char-grilled in the Tandoor with lemon juice, ginger & carom seeds.</i>	4.50
	CHICKEN OR LAMB TIKKA <i>Chicken or lamb tikka marinated overnight and cooked in the Tandoor.</i>	3.50
	ADHA JINGA <i>Jumbo prawns pickled in garlic, ginger, fenugreek and lemon juice, baked in the Tandoor.</i>	5.95
	PRAWN PATHIA PURI <i>Small prawns cooked in a sweet and sour sauce – served on a puri.</i>	4.25
	KING PRAWN PATHIA PURI <i>Jumbo prawns cooked in a sweet and sour sauce – served on a puri.</i>	5.50
	ONION BHAJI <i>Shredded onion patty with lentil flour, cumin, coriander & green pepper, deep-fried.</i>	2.95
	SAMOSA (vegetable or meat) <i>Fried pastry filled with fresh vegetables or minced lamb.</i>	2.95
	KING PRAWN BUTTERFLY <i>Large jumbo prawn lightly seasoned and covered in breadcrumbs, deep fried and served with a salad.</i>	4.95
	TEMPLE PLATTER <i>Chicken tikka, lamb chop, sheek kebab and salmon tikka.</i>	5.95

CHEF'S RECOMMENDATION

N	MALAI MURGH MASALA <i>Delicate pieces of chicken, cooked with a almond and freshly ground masala sauce finished with layer of butter and cream.</i>	7.50
🌿	JINGHA BALCHOU <i>King prawns cooked in a delicious hot, sweet and sour masala sauce with fresh mushroom. A classic Goan dish.</i>	11.50
🌿	LAMB CHOP MASALA <i>Tender baby lamb chops marinated overnight & cooked in an exotic sauce.</i>	8.95
🌿	HANDI LAZEEZ <i>Boneless pieces of chicken, sautéed and simmered in their own juice. Made ready with aromatic chillies, coriander and cardamon.</i>	7.95
N	CHICKEN OR LAMB PASSANDA NAWABI <i>Marinated pieces of chicken or lamb cooked in cream and delicate herbs, a Kashmiri recipe.</i>	7.95
🌿	KING PRAWN NOORJAHANI <i>King prawn cooked to perfection with a sauce consisting of yoghurt, tomato puree, crushed garlic, ginger and a unique blend of spices. A very well balanced dish.</i>	11.95
🌿	CHICKEN OR LAMB NOORJAHANI <i>Chicken or lamb cooked to perfection with a sauce consisting of yoghurt, tomato puree, crushed garlic, ginger and a unique blend of spices. A very well balanced dish.</i>	7.95
N	TANDOORI KING PRAWN MASALA <i>Marinated large prawns cooked in a creamy sauce made from almonds and coconuts, a fusion of special tandoori spices</i>	11.95
🌿	JINGHA HARA JHUL <i>Delicately spiced king prawn cooked in a rich sauce of yoghurt, garlic, fresh coriander, green chillis and whole grain mustard with a touch of olive oil.</i>	11.95
🌿	MURGH HARA JHUL <i>Delicately spiced chicken cooked in a rich sauce of yoghurt, garlic, fresh coriander, green chillis and whole grain mustard with a touch of olive oil.</i>	7.95
🌿	MAHI MASALA (salmon) <i>Scottish marinated salmon, cooked with onion, tomato, green chilli, and grain mustard.</i>	8.95



TANDOORI SELECTIONS

All Tandoori items are marinated in yogurt and variety of different spices, baked in a clay oven

SEA BASS	8.95
<i>Lightly seasoned fillet of Sea bass, marinated in a selection of herbs, and then baked in the clay oven – served with a salad.</i>	
BARAH KEBAB (lamb chops)	8.95
<i>Tender baby lamb chops marinated overnight and cooked to a very classic taste.</i>	
SULA SALMON	8.95
<i>A classic Rajasthani smoked kebab of fresh salmon.</i>	
TANDOORI MIXED GRILL	11.95
<i>A plate of mouth-watering Tandoori specialities include pieces of king prawn, Chicken Tikka, Sheek Kebab, Lamb Chop and Tandoori Chicken, served with a Nan.</i>	
TANDOORI KING PRAWN	11.95
<i>King prawns flavoured with mixed spices and tenderly cooked in the Tandoor.</i>	
CHICKEN OR LAMB TIKKA	6.75
<i>Boneless chicken or lamb pieces marinated with mild spices and cooked in the Tandoor.</i>	
TANDOORI CHICKEN (half)	6.50
<i>Tender chicken on the bone prepared with mild spices and cooked in the Tandoor.</i>	
CHICKEN OR LAMB SHASLICK	8.50
<i>Chicken or lamb pieces marinated with coriander and spices cooked with onions, capsicum and tomatoes.</i>	
KING PRAWN SHASLICK	12.50
<i>Marinated king prawns mixed with coriander and spices cooked with onions, capsicum and tomatoes.</i>	
PANEER SHASLICK	7.50
<i>Cubes of home-made cheese, cooked with onions, capsicum and tomatoes.</i>	

SALADS

Crunchy Green Salad is mixed with spinach, cucumber, tomatoes, lettuce and a touch of sliced onion.

GREEN SALAD	1.95
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N   
Nuts Medium Hot Very Hot
Please select your taste from the list

BANGLADESHI SPECIALITIES

	JHAL <i>Thin pieces of chicken or lamb cooked with our chef's unique recipe, using the finest aromatic Bangladeshi chillies.</i>	7.50
	BENGAL FISH <i>Well seasoned whole fillet of fresh water fish – pan fried and simmered with a tomatoe, garlic, onions and capsicums sauce – medium hot, semi dry.</i>	8.50
	ADHA DIYA <i>Pieces of chicken or lamb cooked with lots of garlic, ginger, coconut and cream – garnished with spring onions.</i>	7.95
	AAM DIYA <i>Pieces of chicken or lamb tikka cooked with mango, cream and coconut sauce – garnished with sultanas.</i>	7.95
	CHICKEN BEGUNI <i>Pieces of delicately spiced pieces of chicken, cooked with mashed aubergine, peas, olive oil and fresh ground spices, served on the aubergine skin.</i>	8.50

NEPALESE SPECIALITIES

	MURGH KATHMANDU <i>Whole breast of chicken seasoned and stuffed with lightly spiced fresh butter-nut squash, cheddar cheese and paneer, slow cooked in the tandoor.</i>	9.50
	GURKHA JINGHA <i>Large prawns marinated in whole grain mustard, lemon juice and ground spices, cooked in a medium sauce – garnished with cherry tomatoes.</i>	11.95
	KACHILA <i>Classic Nepalese meat-ball dish, slow pan fried lamb meat-balls served on a exotic sauce of yoghurt, ginger, cumin, fresh herbs and onion gravy – garnished with fresh mint.</i>	7.95

BIRYANI DISH

Exquisite recipe from the Mughal days combines your choice of items below with fragrant Himalayan rice, cooked with light spices – includes a medium vegetable curry.

CHICKEN / LAMB TIKKA	9.50
CHICKEN / LAMB / PRAWN	8.50
TANDOORI KING PRAWN	12.50
VEGETABLE	7.50

If you have any kind of allergy to any nuts, dairy products or indeed any other items, please let us know when placing your order.

TRADITIONAL COLLECTIONS

	KORAI / JALFREZI <i>Street-cooking method, tempered with fresh green garlic, chopped onion and peppers cooked in a medium sauce and served in an iron skillet. Jalfrezi cooked with green chillies</i>	7.50
	BALTI <i>Chef's Special and frontier-style Balti dishes, refined and based on fresh coriander, garlic, green chillies, tomatoes and tamarind sauce.</i>	6.95
	TIKKA MASALA <i>The country's most popular dish, boneless pieces of diced chicken or lamb breast prepared with home-made almond and herbed masala sauce.</i>	7.50
	DANSAK <i>Dansak dishes are fairly hot, cooked with lentils, slightly sweet and sour.</i>	6.95
	PATHIA <i>Pathia dishes are fairly hot, cooked with onion, tomato, slightly sweet and sour.</i>	6.95
	PALAK (spinach) <i>Traditional Punjabi dish, cooked with fresh spinach tempered with garlic and onion.</i>	6.95
	KORMA <i>Very mild dish cooked in rich sauce of almonds, coconut and fresh cream.</i>	6.75
	MADRAS <i>A superb South Indian treasure enjoyed all over the world, cooked with home-made hot red chilli puree, lime juice and minced garlic in a thick onion and tomato sauce.</i>	6.50
	VINDALOO <i>A superb South Indian treasure enjoyed all over the world, cooked with home-made hot red chilli puree, lime juice and minced garlic in a thick onion and tomato sauce.</i>	6.50
	DOPIAZA <i>From the Northern region of India, this exciting mix of pepper, tomato, chopped onion, coriander and fresh fenugreek, prepared with mustard oil in a medium sauce.</i>	6.75
	ROGAN <i>A traditional dish from Mirpur, Pakistan. A blend of authentic freshly grounded medium spices and garnished with tomato, capsicum, fenugreek and coriander.</i>	6.75
	BHUNA <i>Bhuna dishes are spicy and medium hot (semi-dry).</i>	6.75

SUNDAY BUFFET

Try our unique Sunday Buffet
Between 1.00pm and 5pm

*All traditional dishes are available in lamb, chicken and prawn
with an extra 3.00 added to the price for king prawns*

VEGETABLE MAIN DISH



VEGETABLE DANSAK	5.95
MIXED VEGETABLE JALFREZI	5.95
GARLIC MUSHROOM	5.95
PANEER KORAI	6.95
BAINGON ALOO DUPIAZA	5.95



VEGETABLE SIDE DISH

GOBI GULISTAN (cauliflower and peas)	3.50
CHANA MASALA (chick peas)	3.50
MIXED VEGETABLE CURRY OR BHAJI	3.50
SAAG BHAJI (spinach)	3.50
BHINDI BHAJI (okra)	3.50
BOMBAY POTATOES	3.50
DAAL TARKA (lentils)	3.50
MUSHROOM BHAJI	3.50
CAULIFLOWER BHAJI	3.50
SAAG ALOO (spinach with potatoes)	3.50
SAAG PANEER (spinach with cheese)	4.50
MOTOR PANEER (peas with cheese)	4.50
MISHTI LAO BHAJI (sweet pumpkin)	3.50
SAAG DAAL (spinach and lentils)	3.50
BAINGON MOTOR (aubergine and peas)	3.50

RICE DISH & BREAD



PILAU RICE	2.50
BOILED RICE	2.20
MUSHROOM RICE	2.90
CORIANDER RICE	2.90
COCONUT RICE	2.90
NAN	1.95
KEEMA NAN	2.50
PESHWARI NAN	2.50
GARLIC NAN	2.50
PARATHA	2.50
ALOO PARATHA	2.90
CHAPATI	1.20
TANDOORI ROTI	1.50
TEMPLE SPECIAL NAN (with cheese and green chillies)	2.50

CONDIMENTS

PAPADOM	0.60
MASALA PAPADOM	0.60
RAITHA	1.95
CHUTNEY (per person)	0.60