

AUTHENTIC TRADITIONAL STARTERS

Onion Bajji	£2.95	Bhuna Prawn On Puri	£3.95
Pakura	£2.95	Bhuna Keema On Puri	£3.95
Prawn Cocktail	£3.50	Chicken Chatt On Puri	£3.95
Samosa	£3.25	Garlic Mushroom On Puri	£3.95
Aloo Chat On Puri	£3.95	King Prawn Bhajji On Puri	£4.95

MODERN INDIAN STARTERS

CHICKEN		SEAFOOD	
Murgh Momo	£4.95	Ajwani	£5.95
<small>Lightly spiced chicken coated with lentils, spring onions, cucumber rolled with puri.</small>		<small>Marinated salmon cooked in a tandoor oven flavoured with spices.</small>	
Murghi Tikka Chat	£4.95	Namaste Jinga	£5.95
<small>Shredded chicken tikka, mixed with bell peppers, onion and curry leaves.</small>		<small>King prawns sautéed in onion, with mustard seed, coriander, chilli and curry leaves.</small>	
Roshuni Tikka	£4.95	Zalophori Scallops	£5.95
<small>Lightly spiced chicken cooked with garlic, spring onions and capsicum.</small>		<small>Lightly Indian spiced King scallops with cherry tomatoes and ginger.</small>	
Oregano Murgh	£4.95	Mussels	£3.95
<small>Chicken marinated with cheese, oregano and butter, olive oil and lime juice.</small>		<small>Prepared in a sweet, sour hot sauce cooked in lentils.</small>	
Mirchi	£4.95	Kakra	£4.95
<small>Lightly spiced chicken served in a baked green pepper.</small>		<small>Lightly spiced cub meat.</small>	

LAMB		VEGETABLE	
Naram Lamb Chops	£5.95	Aloo Bortha	£3.95
<small>Succulent lamb chops in ginger, mint and Kashmiri spices.</small>		<small>Spiced potato dumplings served in chickpea masala.</small>	
Tandoori Mix Platter	£5.95	Moong Dhall Dosa	£3.95
<small>Chef's special - mixed starters.</small>		<small>Rice flour crepe filled and served with seasonal vegetables.</small>	
Shish The Buffalo	£4.25	Mushroom Surprise	£3.95
<small>Beef served with bell-pepper cheese.</small>		<small>Mushroom stuffed with cheese.</small>	
Mirchi	£4.25	Mysore Bhonda	£3.95
<small>Lightly spiced lamb served in a baked green pepper.</small>		<small>Round shaped deep fried bread made with maida and yoghurt, fluffy inside with chippy exterior.</small>	
Sheek Roll Kebab	£4.25	Namaste Soup	£3.50
<small>Naan bread with spicy minced lamb filling.</small>		<small>A blend of lentils, apples and south Indian spices.</small>	

SMALL AND LARGE FROM OUR CLAY OVEN

All main courses from the clay oven are served with a naan bread and salad

	Small	Large
Chicken Tikka	£3.95	£9.95
<small>Pieces of chicken marinated in yoghurt, lemon juice, ginger and tandoor spices and herbs.</small>		
Seekh Kebab	£3.95	£8.95
<small>Small pieces of minced lamb, tomatoes and onion, threaded onto skewers and grilled over charcoal.</small>		
Mixed Kebab	£4.95	£9.95
<small>Chicken Tikka, Onion Raj & Seekh Kebab.</small>		
Tandoori Chicken	£4.95	£9.95
<small>Tender baby chicken marinated in yoghurt, lemon juice, ginger, garlic, tandoor spices and herbs.</small>		
Namaste Lamb Chops	£5.95	£10.95
<small>Lamb chops marinated in garlic, tomatoes, spices and herbs.</small>		
Sashleek		£9.95
<small>Barbecue chicken tikka with onion, mixed peppers on a skewer.</small>		
Tandoori King Prawn		£12.95
<small>Marinated King prawns with a hint of lemon.</small>		
Tandoori Kazana		£12.95
<small>A mixed platter from the tandoor.</small>		

A SELECTION OF MODERN CHICKEN DISHES

Hara Masala - Medium	£8.95
<small>Chicken breast marinated in ginger, garlic and spices, roasted and served with spring onion spicy sauce.</small>	
Chettinadu - Hot	£8.95
<small>Chicken cooked in hot south Indian spice with caramelised onions and tomatoes - Hot & Spicy Resc Kemp's favourite!</small>	
Kadal - Hot	£8.95
<small>Chicken cooked in spicy brown onions and roasted peppers.</small>	
Kozi Mappas - Mild	£8.95
<small>Chicken braised in coconut milk with a mixture of south Indian spices and herbs.</small>	
Pistachio - Mild	£8.95
<small>Pan seared breast of chicken, marinated in a blend of pistachio and cashew nuts, infused into a creamy sauce.</small>	
Murg Biryani - Medium	£8.95
<small>Chicken cooked with spices and saffron, served with raita and dahi.</small>	

A SELECTION OF MODERN LAMB DISHES

Karakudi - Hot	£9.95
<small>Lamb cooked in hot south Indian spice, with a sauce of tomatoes, chilli and onion.</small>	
Sukha Gosht - Medium	£9.95
<small>Leg of Durrham lamb, dry fried in a blend of spices, with a sauce of tomato and coriander.</small>	
Jerdaloo - Medium	£9.95
<small>Lamb cooked in spicy brown onion and roasted peppers.</small>	
Laknawee Thakkali - Mild	£9.95
<small>Traditional lamb shank with potatoes, coconut cream, mustard and curry leaves.</small>	
Namaste Delicacy - Medium	£9.95
<small>Leg of frenzied lamb and fillets served with a blend of spices and fresh herbs.</small>	

A SELECTION OF MODERN SEAFOOD DISHES

Namaste Style Seabass With King Prawns - Mild	£10.95
<small>Sea bass stuffed with king prawns, with a sauce of tomatoes, tomatoes, coconut milk and curry leaves.</small>	
Mixed Varaval - Medium	£10.95
<small>A selection of grilled king prawns, king scallops, salmon on a bed of namaste sauce.</small>	
Namaste Prawn Curry - Mild	£10.95
<small>King prawns cooked in curries and coriander, dressed with tomatoes and coconut milk.</small>	
Chemeeen Mangachar - Mild	£10.95
<small>Seared king prawns cooked with sweet sauce of mango and coconut milk complemented by tomato and south Indian style chutney.</small>	
Salmon Manchery - Hot	£9.95
<small>Tandoori marinated fresh salmon fillet, pan seared and served with a sauce of chilli, ginger and curry leaves.</small>	

VEGETARIAN SPECIALITIES

These can be served as main dishes to accompany your meal

Chola	£3.95
<small>Chickpeas cooked with onion, tomatoes, pomegranate seeds, spices and dahi masala.</small>	
Paneer Masala	£3.95
<small>Homemade paneer (cottage cheese) cooked in mild mekhar sauce and cream.</small>	
Aloo Gobi Daba	£3.95
<small>Potatoes, cauliflower cooked with onion, tomatoes, ginger, garlic and spices.</small>	
Dhal Thadukka	£3.95
<small>Moray dill pan fried onion, garlic, curries, green chilli, tomatoes with fresh coriander and butter.</small>	
Palok Paneer	£3.95
<small>A combination of spinach and cheese gratified.</small>	

AUTHENTIC DISHES

Chicken	£6.95	Prawn	£7.95
Chicken Tikka	£7.95	King Prawn	£8.95
Lamb	£7.95	Vegetables	£5.95

MILD	MEDIUM	HOT
Plain Curry <small>A sauce of medium consistency, made with a wide range of oriental spices giving it a rich flavour.</small>	Bhuna <small>A combination of spices, tried to provide a medium strength and dry consistency.</small>	Madras <small>Need we say more?</small>
Korma <small>Traditional Indian recipe with greater use of fresh cream.</small>	Dupizza <small>A method of preparation similar to bhuna of which onions are added to spices and fresh fish.</small>	Vindaloo <small>The King of curries, the fiery hot Vindaloo is of Portuguese origin.</small>
Kashmiri <small>Preparation of mild spices, similar to Madras but cooked with saffron.</small>	Rogan <small>Cooked in a delicately flavoured sauce with lots of tomato and sprig of dahi.</small>	Pathia <small>Lots of tomato and hot spices (sweet & sour taste).</small>
Malayan <small>Preparation of mild spices, in which cream, banana and pineapple are used to create a unique flavour.</small>	Dansak <small>A sweet and sour dish with pineapple and lentils.</small>	Sri Lanka <small>Cooled with strongly flavoured spices with lots of coconut.</small>
Pasanda <small>A light curry cooked with onion nuts.</small>	Korai <small>Cooked in a richly spiced sauce, with fresh garlic, ginger, green peppers, tomatoes, onion and fresh coriander.</small>	Jalfrazi <small>Hot green chills cooked with onions and peppers.</small>
Mosalla <small>Mild and creamy cooked with coconut, almonds and cream.</small>	Sagwala <small>Delicious medium spiced dish with spinach.</small>	Chilli Masalla <small>A tomato base with hot green chills, peppers and sautéed onion.</small>
		Balti <small>Cooled with fresh garlic, spices and green chills, tomatoes and coriander.</small>

RICE

Basmati rice	£2.95
Pilau rice	£3.25
Flavoured rice	£3.50

INDIAN BREADS & SUNDRIES

Plain Naan	£2.50
Flavoured Naan	£2.95
Chapati	£1.00
Puri	£1.00
Paratha	£2.95
Pickles 3 items	£2.00
Papadums Plain or spiced	£0.80

4 COURSE HAPPY HOUR MENU £10.95

Happy Hour menu available every night
5.00pm till 8.00pm

1. CHOOSE ONE STARTER

Onion Bhaji	Bhuna Prawn on Puri
Pakura	Bhuna Keema on Puri
Prawn Cocktail	Chicken Chatt on Puri
Samosa Meat or Veg	Garlic mushrooms on Puri
Chicken Tikka	Mixed Kebabs
Aloo Chatt On Puri	Seekh Kebabs

2. CHOOSE ONE MAIN COURSE

Choose from chicken, chicken tikka, lamb, prawn or vegetables
Add Tikka or Lamb £1 extra | Add King Prawn £2 extra

MILD	MEDIUM	HOT	GRILL DISHES
Plain curry	Bhuna	Madras	Chicken tikka (M)
Korma	Dupiaza	Vindaloo	Roshuni tikka (M)
Kashmiri	Rogan	Pathia	Mix kebabs (M)
Malayan	Dansak	Sri Lanka	Seekh kebab (M)
Pasanda	Korai	Jalfarazi	
Mosalla	Sagwala	Chilli Mosalla	
		Balti	

3. CHOOSE RICE DISHES

Basmati Rice or Pilau Rice
Add flavoured rice £1 extra

4. NAAN BREADS

Naan Bread per couple
Add flavoured naan £1 extra

Want more? Pay £1 extra for a desert or hot drink

HOT DRINKS

Coffee
Hot Chocolate
Latte
Espresso
Cappuccino

DESSERT

Vanilla Ice Cream
Chocolate Ice Cream

ENJOYED YOUR MEAL?

THE PARTY DOESN'T HAVE TO END HERE.
WHY NOT HAVE A DRINK AND RELAX IN OUR
NEW PROSECCO LOUNGE NEXT DOOR.

SEE YOU THERE!

KINGS
PROSECCO
LOUNGE

MODERN INDIAN CUISINE WITH AN EXCLUSIVE
EDGE IN SOUTH SHIELDS

EAT - DRINK - DANCE

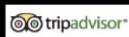
Namaste was formally known as the White Ensign pub.
From our experience in our four top restaurants around Sunderland
and South Shields we decided to create a venue like no other.

The resto has been transformed in to a Exclusive Indian Resto
alongside a Prosecco lounge & cocktail bar that has live music.

There is no other place like this in South Shields. Located on the
border between the seaside town and Sunderland Namaste is one
of a kind.

Whether it is our Live Music, Phenomenal Food or Classy Cocktails
you know that you can always have a brilliant night away from it all.

EVERYTHING UNDER ONE ROOF



Some dishes contain nuts. If you are allergic to nuts or any other ingredients, please notify a member of the staff. Although every precaution has been taken to remove traces from our dishes, some may remain.
The management reserve the right to change the price and offers without prior notice and also the right to refuse service.



NAMASTE

EXCLUSIVE INDIAN CUISINE



WINNER **English Curry Awards 2017**

**NORTH EAST
RESTAURANT OF THE YEAR
2017**

Food allergy notice:

Customer with allergies to nuts & dairy products,
please Ask for advice



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