

TRADITIONAL DISHES

	Chicken or Meat or Prawn	King Prawn	Chicken / Lamb Tikka	Tandoori Chicken	Mixed Veg
Medium / Madras / Vindaloo These dishes are cooked in a medium to spicy sauce	£8.95	£10.95	£9.25	£9.50	£7.95
Dansak A special preparation with lentils, pineapple and lemons with spices to produce a sweet sour and hot dish	£8.95	£10.95	£9.25	£9.50	£7.95
Bhuna Garnished with onions and tomato to provide a dish of medium strength	£8.95	£10.95	£9.25	£9.50	£7.95
Rogan Josh A specially prepared dish with garlic, garnished with tomato, spices, herbs and coriander. A fairly hot dish	£8.95	£10.95	£9.25	£9.50	£7.95
Sagwala A beautiful combination of spinach, garlic, onion and spices to produce a dry fish	£8.95	£10.95	£9.25	£9.50	£7.95
Dupiaza A maximum quantity of onions, oriental spices & green peppers. Medium	£8.95	£10.95	£9.25	£9.50	£7.95
Pathia A combination of chilli, lemon & sugar to create a sweet, sour & hot taste	£8.95	£10.95	£9.25	£9.50	£7.95
Kurma A delicate preparation with cream and mild spices producing a rich, creamy & mild texture	£8.95	£10.95	£9.25	£9.50	£7.95

BIRYANI

Basmati rice cooked together with mild oriental spices, flavoured with saffron & served with a vegetable curry sauce.

Persian Chicken Biryani	£12.95	King Prawn Biryani	£12.95
Paradise Special Biryani	£12.95	Chicken Tikka Biryani	£10.95
Malayan Chicken Biryani	£9.95	Lamb Tikka Biryani	£10.95
Chicken Biryani	£9.95	Tandoori Chicken Biryani	£10.95
Meat Biryani	£9.95	Mixed Vegetable Biryani	£9.50
Prawn Biryani	£9.95		

HOUSE MILD DISHES

Paradise Mellow	£9.95
Tender chicken tikka cooked with coconut flakes, exotic spices & mixed fruits	
Butter Chicken	£9.95
Chicken tikka with a touch of butter, garlic, ginger, coconut powder, skimmed milk & sweet mango.	

ENGLISH DISHES

Sirloin Steak Served with fried onion, mushrooms, salad and chips	£12.95
Chicken or Mushroom Omelette Served with Salad and chips	£8.95
Scampi and chips Served with Salad	£8.95
Fried Chicken & chips Served with Salad	£8.95
Chicken Nuggets & Chips Served with Salad	£8.95

SUNDRIES

Chips	£2.95
Peri Peri Chips	£3.95
Popadom	£0.70
Spicy Popadom	£0.80
Lime Pickle	£0.70
Mango Chutney	£0.70
Red Sauce Tomato ketchup, tamarind, garlic, ginger, coriander, sugar, green chilli & chilli powder	£0.70
Onion Salad Coriander, cucumber, tomato	£0.70
Mint Sauce Yoghurt, sugar, green chilli, garlic, milk, coriander, mint sauce, mango chutney	£0.70
Large Mint Sauce	£2.50

All dishes can be prepared with Vindaloo or Madras heat for £0.50 extra!

SIDE DISHES

We take great measures in selecting the finest vegetables for our delicious shabji dishes. They make a perfect combination on their own or with any meat dish

Mushroom Bhajee	£4.50
Fresh mushroom cooked with onions & fresh herbs	
Cauliflower Bhajee	£4.50
Fresh cauliflower cooked with onions & fresh herbs	
Saag Bhajee	£4.50
Fresh spinach cooked with onions & fresh herbs	
Begun Bhajee	£4.50
Fresh brinjal cooked with onions & fresh herbs	
Bombay Potatoes	£4.50
Potatoes cooked in fairly hot & sour sauce	
Mixed Vegetables	£4.50
Fresh vegetables cooked in a medium sauce	
Tarka Daal	£4.50
Assorted lentils cooked with spices & garlic	
Saag Paneer	£4.95
Spinach cooked with cottage cheese & spices	
Matter Paneer	£4.95
Cottage cheese & peas, cooked mildly	
Saag Aloo	£4.95
Spinach cooked with potatoes & herbs	
Saag Daal Bhajee	£4.95
Spinach & lentils cooked with potatoes & herbs	
Mushroom & Cauliflower Bhajee	£4.95
Cooked with onions & fresh herbs	
Mushroom & Potato Bhajee	£4.95
Cooked with onions & fresh herbs	
Mushroom & Saag Bhajee	£4.95
Cooked with onions & fresh herbs	
Aloo Gobi	£4.95
Cooked with onions, herbs & spices	
Bhindi & Begun Bhajee	£4.95
Okra & aubergine cooked with onions, herbs & spices	
Cucumber & Onion Raita	£1.95
Mixed Salad	£1.95

DRINKS

Coke / Fanta / Sprite	Can £1.20
Ginger Beer	Can £1.40
Coke / Diet Coke	Bottle (1.5L) £3.50



Our dishes may contain the following allergens:
GLUTEN, CRUSTACEANS, MOLLUSCS, FISH, EGGS, PEANUTS, SOYA BEANS, NUTS, MILK, CELERY, MUSTARD, SESAME SEEDS, SULPHITES & LUPIN.
If you are unsure with this, please ask a member of staff when ordering.

ROTI

Chicken Naan	£3.60
Leavened bread freshly baked stuffed with minced chicken	
Stuffed Naan	£3.50
Leavened bread freshly baked, stuffed with vegetables	
Keema Naan	£3.50
Leavened bread freshly baked, stuffed with minced meat	
Cheese Naan	£3.50
Leavened bread freshly baked, stuffed with cheese	
Peshwari Naan	£3.50
Leavened bread freshly baked, stuffed with coconut	
Onion Naan	£3.50
Leavened bread freshly baked, stuffed with onion	
Garlic Naan	£3.50
Leavened bread freshly baked, stuffed with garlic	
Paratha	£3.60
Buttered bread, freshly baked	
Chapatti Thick baked bread	£1.95
Naan	£2.95
Tandoori Roti	£2.95
Paradise Special Naan	£4.95
Keema, Garlic, Coriander, & Cheese	
Extra Toppings (each)	£0.50
(Cheese / Onion / Chilli)	

RICE

Chicken Pilau Rice	£3.95
Basmati rice cooked with minced chicken & onions	
Meat Pilau Rice	£3.50
Basmati rice cooked with minced lamb & onions	
Mushroom Pilau Rice	£3.50
Basmati rice cooked with mushrooms & onions	
Peas Pilau Rice	£3.50
Basmati rice cooked with peas & onions	
Kashmiri Pilau Rice	£3.50
Mixed Vegetable Rice	£3.50
Egg Fried Rice	£3.50
Pilau Rice	£2.95
Fried Rice	£3.50
Plain Boiled Rice	£2.75
Paradise Special Pilau Rice	£4.95
Peas, egg & carrots cooked with onions	
Garlic Fried Rice	£3.50

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Quality Balti Restaurant & Take Away



Best Chef CurryLife Award 2018
COVID-19 Hero Award 2021

TAKEAWAY MENU



FEEL FREE TO BRING YOUR OWN ALCOHOLIC DRINK
NO SOFT DRINK ALLOWED FROM OUTSIDE

HOME DELIVERY AVAILABLE

Within a 4 mile radius. Minimum order of £20.00
Please note: Deliveries between Friday & Saturday during the hours of 7.00pm - 9.00pm will take longer than usual.

10% DISCOUNT

On collection orders over £12.00

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ONLINE ORDERS

www.thetasteofparadise.co.uk

OPEN 7 DAYS A WEEK

Sunday - Thursday: 5pm - 11.30pm
Friday & Saturday 5pm - Midnight
Out of hours bookings - Call: 07951 473 371

Sunday & Tuesday
4 Course Meal
£15.95
Per person | Dine in only
T&Cs apply

Rear of 2&4 High St, Newport,
Shropshire, TF10 7AN

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STARTERS

Salmon Tikka	£5.95
Chicken Chaat Puri	£4.95
Garlic Fried Tiger Prawn	£5.95
Tiger prawns cooked with onions, green peppers, tomato in a medium spice	
Stir Fry Chilli Chicken	£5.95
Chicken stir fried with onion, green pepper, tomato & a touch of spice to give an aromatic flavour	
Chicken Tikka	£4.25
Diced boneless spring chicken marinated & mildly seasoned, roasted in tandoori on skewers	
Lamb Tikka	£4.25
Succulent lamb pieces marinated in fresh ground spices & herbs, roasted in tandoori on skewers	
Tandoori Chicken	£4.25
Succulent chicken pieces marinated in fresh ground spices & herbs, roasted in tandoori on skewers	
Tandoori Fish	£5.95
Succulent fish marinated in fresh ground spices & herbs, roasted in tandoori on skewers	
Seekh Kebab	£4.25
Tender lamb mince, seasoned with onions, fresh mint, herbs & a touch of ground spices, roasted in tandoori on skewers	
Shami Kebab	£4.25
Special fried lamb, finely minced & flavoured with spices & herbs	
Stuffed Mushroom	£4.25
Specially prepared mushroom with minced chicken or lamb in a sauce covered with bread crumbs & eggs	
Stuffed Peppers	£4.25
Specially prepared peppers stuffed with mince chicken OR lamb	
Nargis Kebab	£4.95
Spiced mince, shaped & stuffed with boiled egg, fried in butter & topped with omelette	
Tandoori King Prawn	£5.95
King prawn marinated & spiced, roasted over charcoal	
Tandoori Mixed Kebab	£5.95
Consists of lamb tikka, chicken tikka & seekh kebab	
King Prawn Butterfly	£5.95
Marinated in a specially prepared sauce & then covered in breadcrumbs	
King Prawn Puri	£5.95
Cooked with thick sauce, fresh tomatoes & onions, flavoured with green herbs & served on puffy bread	
Prawn Puri	£4.95
Cooked with thick sauce, fresh tomatoes, onions & flavoured with green herbs, served on puffy bread	
Garlic Prawn	£4.95
Prawns cooked with garlic served with carrot slices.	
Onion Bhaji	£3.50
Chopped onions, special herbs, fried lentils	
Chicken Pakora	£4.25
Chicken Chaat	£4.25
Pieces of chicken with medium spices	
Prawn Cocktail	£4.25
Meat Samosa	£3.50
Triangular shaped pastry stuffed with mildly spiced meat then deep fried in oil	
Mixed Vegetable Samosa	£3.50
Triangular shaped pastry stuffed with mildly spiced mixed vegetables, deep fried in oil	
Spiced Potato with Garlic Mushroom	£3.95

TANDOORI DISHES

Chicken Tikka	£8.95
Diced, boneless spring chicken marinated & mildly seasoned, cooked in tandoori oven	
Lamb Tikka	£8.95
Succulent lamb pieces marinated in fresh ground spices & herbs, cooked in tandoori oven	
Tandoori Chicken	£8.95
Succulent chicken pieces marinated in fresh ground spices & herbs, cooked in tandoori oven	
Tandoori Fish	£11.95
Succulent fish marinated in fresh ground spices & herbs, cooked in tandoori oven	
Tandoori Mixed Grill	£11.95
Consists of lamb tikka, chicken tikka, tandoori chicken, seekh kebab & naan	
Chicken Shashlik	£9.95
Very tender diced chicken, marinated with spices & cooked over charcoal. Served with grilled tomatoes, onions & capsicum	
Tandoori King Prawns	£11.95
Tandoori Lamb Chops	£10.95
Lamb chops marinated in a special sauce then grilled in the tandoor	
Lamb Shashlik	£9.95
Very tender lamb marinated with spices, cooked over charcoal. Served with grilled tomatoes, onions & capsicum	
Tandoori King Prawn Shashlik	£12.95

CHEF'S SPECIAL DISHES

All dishes can be prepared with Vindaloo or Madras heat for extra £0.50

Paradise Special	£10.95
Tandoori king prawn, chicken tikka & lamb tikka spiced with garlic, ginger & tomato puree, then cooked with onions, green peppers, tomatoes & spiced with Lahore spices. Dressed with tomatoes, cucumber & onion	
Much Ammon	£9.95
Tandoori spiced chicken tikka cooked with garlic, ginger & green beans. Medium spiced, garnished with fresh tomatoes & coriander	
Palak Bahar (Chicken)	£9.95
Blended with onion, garlic, ginger, fresh spinach & lemon juice, then cooked with medium spice to give it's aromatic taste of bahar. Dressed with cucumber, tomato & lemon	
Bhindi Gosht	£9.95
Fresh tender lamb, roasted with onion, capsicum, coriander & fenugreek leaves. Medium spiced with ladies fingers	
Taste of Jaffong	£9.95
Lamb tikka cooked with onions, capsicum, coriander & fenugreek leaves. Medium spiced with ladies fingers	
Paradise Al Bahar	£10.50
Chicken, meat & prawns cooked with eastern homemade sauces & spices. Highly recommended to all those who love Indian cuisine	
Garlic Bahar	£9.95
Tandoori chicken in first marinated in tandoori spice & cooked in a tandoori oven then cooked with fresh garlic, tomato puree & ghee. A combination of dupiaza & rogan josh is fried with diced onions, green peppers, tomatoes & added herbs to give its original aroma	
Balti Ceylon	£9.95
A very rich, hot dish extensively prepared with lemon juice, coconut & fresh tomatoes. Served fairly hot & sour	
Balti Malaya	£9.95
Mildly spiced dish prepared with pineapple, served mild to medium	
Balti Methi	£9.95
Cooked with fenugreek, herbs & spices, served medium	
Balti Shahi (Hot Dish)	£9.95
Chicken pieces with fresh tomatoes, onions, green chillies, capsicum & chopped boiled egg	
Balti Kashmiri Chicken	£9.95
Cooked with slices of banana, tomatoes & curry sauce	
Chicken Tikka Karahi	£9.95
Diced tandoori chicken delicately spiced & garnished with fresh tomatoes & capsicum	
Lamb Tikka Karahi	£9.95
Diced tandoori lamb, delicately spiced & cooked with fresh tomatoes, herbs & spices	
King Prawn Karahi	£11.95
Delicately spiced, cooked with fresh tomatoes, herbs & spices	
Mixed Vegetable Karahi	£8.95
Delicately spiced, cooked with fresh tomatoes, herbs & spices	
Chicken Tikka Jalfrezi	£9.95
Diced tandoori chicken delicately spiced with capsicum, fennel, onions, tomatoes & hot green chillies	
Lamb Tikka Jalfrezi	£9.95
Diced tandoori lamb spiced with capsicum, fennel, onions, tomatoes & hot green chillies	
Prawn Jalfrezi	£8.95
Delicately spiced prawns with capsicum, fennel, onions, tomatoes & hot green chillies	
Chicken Tikka Matter	£9.95
Diced boneless tandoori chicken cooked delicately, spiced & again cooked with minced lamb & fresh peas	
Lamb Tikka Matter	£9.95
Tandoori lamb cooked delicately, spiced & again cooked with minced lamb & fresh peas	
Balti Special Curry	£10.25
Delicious, medium spicy dish of prawn, chicken & lamb cooked with onions, fresh tomatoes, a touch of fenugreek, coriander, spices & herbs	
Sylhet Bahar	£9.95
Chicken is firstly blended with exotic herbs, keema & brinjal. Medium dish of Bengali cuisine, dressed with egg & tomato	
Cheese & Onion Balti	£9.95
Cooked with chicken & onion, medium spiced then topped with cheese	
South Indian Garlic Chilli Chicken Masala	£10.25
Chicken cooked with onions, green chilli, tomato & garlic	
Tikka Bhuna Masala	£9.95
Chicken OR lamb tikka cooked with tandoori spices. Sweet dish	
Tandoori Murgh Masala	£10.95
Tandoori chicken, mince meat with boiled egg. Medium spice	
Chicken Rezala	£9.95
Marinated boneless chicken, cooked with strips of onions & green pepper. Extensively flavoured with herbs & spices	
Chicken Tikka or Lamb Tikka Balti	£9.95

RECOMMENDED DISHES

Chicken Tikka Masala	£9.50
Diced roasted chicken cooked in a sauce made with delicate blend of aromatic spices, coconut and herbs, simmered in fresh tomatoes butter and cream	
Lamb Tikka Masala	£9.50
Tandoori Chicken Masala	£9.50
Fish Masala	£11.95
King Prawn Masala	£11.95
Mixed Vegetable Masala	£8.95
Chicken Pasanda Nawabi	£9.50
Tender spiced chicken pieces cooked in fresh cream, cultured yoghurt & chef's special sauce	
Lamb Pasanda Nawabi	£9.50
Tender spiced lamb pieces cooked in fresh cream, cultured yoghurt & chef's special sauce	

CHILLI MASALA

Prepared in the same way as bhuna, with extras green chilli to produce a fairly hot dish

Paradise Special Chilli Masala	£10.95
Chicken Tikka Chilli Masala / Lamb Tikka Chilli Masala	£9.95
Mixed Vegetables Chilli Masala	£9.25

NEW DISHES

Malai Murgh Tukra	£13.95
Whole tender breast of chicken roasted with a filling of savoury vegetables and accompanied with a tantalising kashmiri sauce & pilau rice	
Bihari Masala	£13.95
Succulent chicken fillet seasoned with light spices and shallow fried on an Indian tawa. Extensively cooked with onions and peppers in a special tamarind chutney sauce and accompanied with natural basmati rice	
Chicken Tarka	£13.95
Thinly sliced chicken tikka stir fried with peppers, spring onions, baby corn, and baby carrots layered with a garlic tarka sauce. Served hot accompanied with pilau rice.	
Modhu Minty Lamb	£13.95
Tender chunks of lamb chop infused with honey & fresh garden mint, then slowly cooked with baby potatoes in a medium thick sauce. Accompanied with natural basmati rice.	
Shatkora (Chicken or Lamb)	£13.95
Famous traditional dish from Sylhet. The distinctive lemon aroma balances well with the rich fragrant sauce, creating a mouthwatering tasty dish.	
Shashlick Bhuna (Chicken Tikka or Lamb Tikka)	£13.95
Chicken OR Lamb Tikka garnished with onions and tomato to provide a dish of medium strength	
Shahi Murgh Masala	£13.95
Tandoori chicken on the bone cooked with mince meat, boiled egg in a special sauce. Medium spiced served with pilau rice	
Green Chicken Curry	£13.95
Cooked with plenty of donya, tomato sauce & green chilli to create a hot dish	
Chicken Achari	£13.95
Cooked with garlic pickle & green chilli producing a fiery hot & spicy curry	
Tandoori Delight	£13.95
Tandoori chicken cooked with spinach, minced meat & tandoori spices. A medium spiced dish	
Naga	£13.95
Chicken OR lamb tikka specially marinated then cooked with a unique Bengali chilli called the naga. Slightly hot dish	
Chicken Rajastani	£13.95
Chicken marinated in a special spicy sauce to give a medium hot dish. Garnished with fried thinly sliced potatoes to provide a unique taste	
Staff Special Curry	£13.95
Chicken or lamb served on the bone, highly rich flavour. Try what we eat. Slightly hot. Please ask a member of staff for availability.	

SPECIAL FISH DISHES

All dishes can be prepared with vindaloo or madras heat for extra £0.50

Salmon Spice	£13.95
Delicately spiced chunks of salmon, marinated tenderly, baked & cooked in a medium hot chefs special gravy & accompanied with boiled rice	
Tilapia Jalfrezi	£13.95
Bangladeshi fish cooked with capsicum, fennel onions, tomatoes & hot green chilli served with rice	
Cod Machli Salam	£13.95
Cod cooked in a traditional hot curry & accompanied with rice	