

Curry Link : finest Indian take away... 115 Catford Hill, Catford, London SE6.

Contributors

Curry Link.

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CURRY LINK

FINEST INDIAN TAKE AWAY

TEL: 0 8314 5111
2
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*Open Monday to Thursday 5.00pm to 11.00pm
Friday and Saturday 5.00pm to 11.30pm*

FREE HOME DELIVERY

ON ORDERS OVER £7.00

SPECIAL OFFER

****Free Bottle of Wine**

WITH ORDER OVER £17.00

**Tandoori Chicken Wings or
Bottle of Cold Drink**

WITH ORDERS OVER £14.00

SPECIAL OFFER

6 COURSE MEALS ONLY £10.99*

Onion Bhajee, Chicken or Lamb Dupiaza

Chicken Madras or Lamb Korma

Any 2 Vegetable Side Dish, Nan or Pilau Rice

*Curry Link has been established to offer you the same authenticity of
the much relished 'Indian Cuisine' of the Moghul days.*

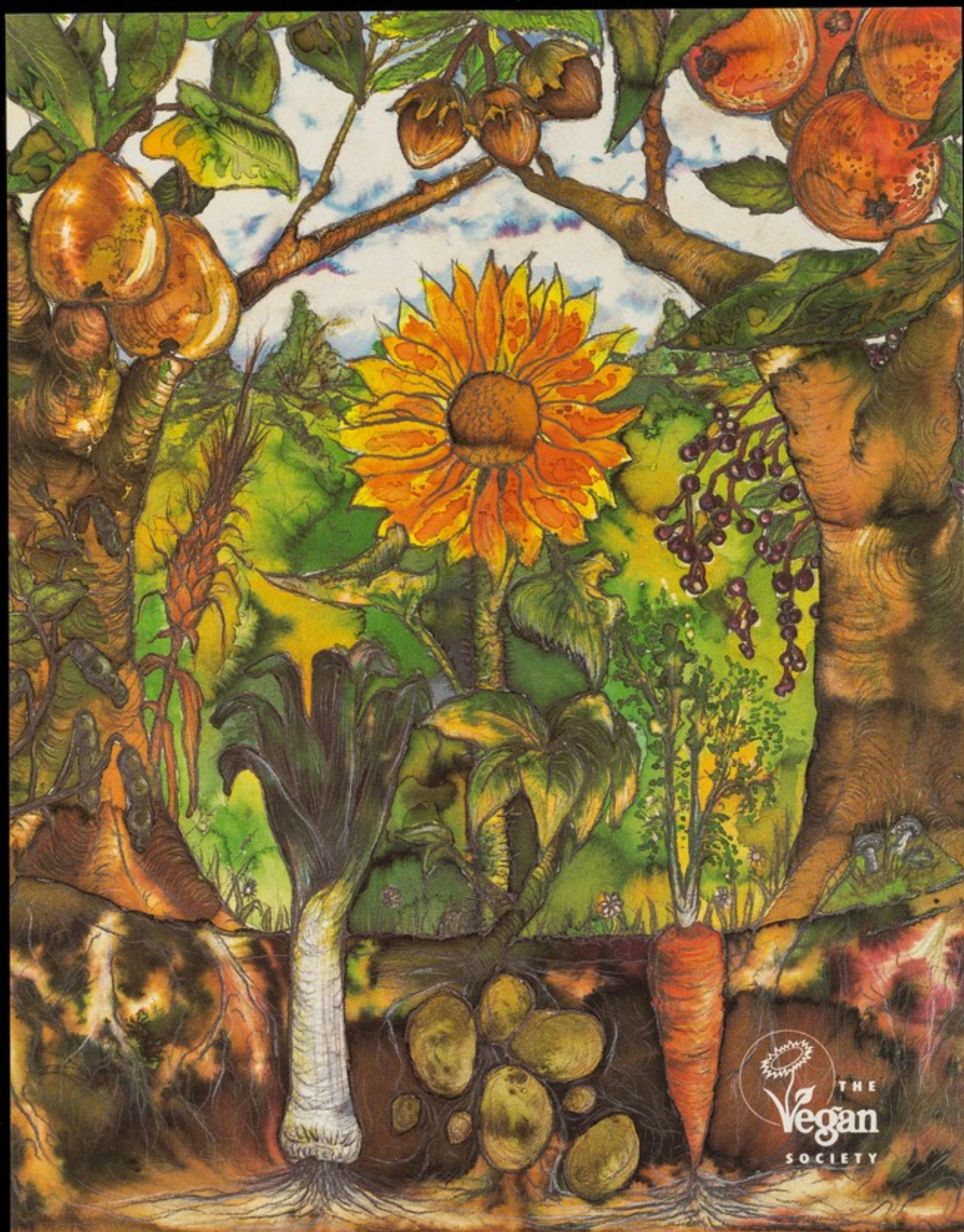
*Our objectives are Quality, Values for money and Customer
Satisfaction, assuring you the BEST ingredients and highest of service
at no extra charge. All our main dishes served in large containers.*

We accept cheques accompanied with bankers card.

Cheques should be made payable to Curry Link.

**119 CATFORD HILL, CATFORD,
LONDON SE6**

*** All special offers and promotions are subject to availability*



If you're concerned about your health, the well-being of the planet and the avoidance of animal suffering, then a closer look at the vegan diet is for you . . .

APPETISERS

ONION BHAJI	£1.50
SOMOSA	£1.50
<i>(Meat or Vegetable)</i>	
CHICKEN CHAT/ALO CHAT.....	£2.10
<i>Cubs of chicken cooked with special chat masala</i>	
PRAWN PUREE	£2.40
<i>Spicy prawns with fried bread</i>	
KING PRAWN PUREE	£3.20
KING PRAWN BUTTERFLY	£3.20
PRAWN COCKTAIL	£2.10
CHICKEN PAKORA	£2.50
ALOO CHOF	£2.10
SHEEK KEBAB	£2.20
<i>Lamb mince with onions, special herbs and spices, skewered and barbecued</i>	
SHAMI KEBAB/RESHME KEBAB	£2.20
<i>Specially fried lamb, finely minced and flavoured with spices and herbs</i>	
CHICKEN or LAMB TIKKA	£2.20
TANDOORI CHICKEN	£2.10
TANDOORI CHICKEN WINGS.....	£2.10
KEBAB ROLL.....	£2.30
STUFFED MUSHROOM.....	£2.10

TANDOORI DELICACIES

All these dishes are marinated in a special blend of Tandoori spices and grilled in our special clay oven, over charcoal heat. Complimented with green salad and mint sauce.

TANDOORI CHICKEN ... (HALF) £3.90 (FULL) £7.50	
CHICKEN TIKKA	£4.20
LAMB TIKKA	£4.20
KING PRAWN TANDOORI	£7.50
<i>Mildly Spiced Succulent Prawns</i>	
CHICKEN SHASLICK	£5.50
LAMB SHASLICK	£5.50
SHEEK KEBAB	£4.20
TANDOORI MIXED GRILL.....	£6.90
LAMB CHOP TANDOORI	£6.00

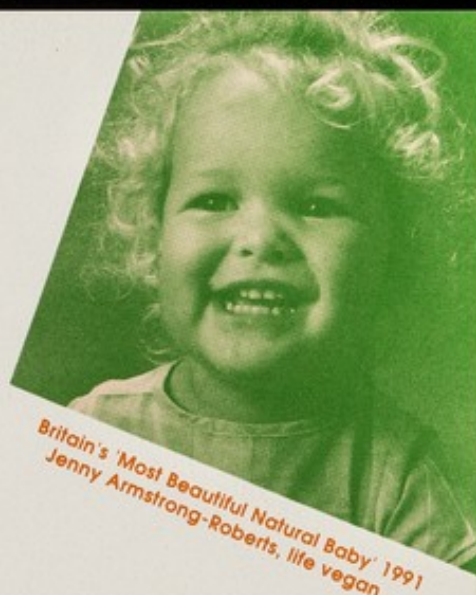
BALTI DELICACIES

Balti is a traditional North Indian Dishes Originating from a Place in Kashmir Call Balitistan. These dishes are freshly cooked in a special Balti pan and very highly spiced. These dishes can be served medium or hot on request (served with nan).

CHICKEN BALTI	£5.25
LAMB BALTI	£5.25
PRAWN BALTI	£5.45
KING PRAWN BALTI.....	£7.50
CHICKEN & PRAWN BALTI	£5.50
LAMB CHOP BALTI	£5.50
CURRY LINK SPECIAL BALTI	£6.00

Health

A vegan diet is high in fibre, vitamins and minerals but low in cholesterol, saturated fat and salt. This is achieved by eating only plant foods such as nuts, beans, cereals, vegetables and fruits. Research involving human volunteers has shown that those on such a diet are at less risk of high blood pressure, breast and bowel cancer, diabetes, arthritis, varicose veins, heart disease, piles and kidney stones. Generations of vegans have demonstrated both the adequacy and health advantages of a vegan diet.



Britain's 'Most Beautiful Natural Baby' 1991
Jenny Armstrong-Roberts, life vegan

The Planet

Currently eight times as much land is cultivated than is necessary to support people living on plant foods alone; $\frac{7}{8}$ this is used to sustain farm animals. Clearly, passing plant material through animals is a highly inefficient use of scarce resources. Animal-based agriculture is a major contributor to environmental destruction e.g. acid rain, deforestation, soil erosion, global warming and water pollution.



Animals

Humans share a common bond with animals — the ability to feel pain. Rearing animals for food, whether factory-farmed or free-range, cannot be separated from the infliction of pain and suffering. Every year hundreds of millions of animals are killed for meat, while dairy products involve cows in an unending cycle of pregnancy, lactation and removal of their calves within a few days of birth. The majority of dairy calves are destined for slaughter, conversion into prime beef, or export for veal production using the 'crate' system (banned in the UK).

If you would like to make a positive and practical contribution towards improving your health, saving the planet and reducing animal suffering by adopting a vegan diet, the Vegan Society — an educational charity — can help. Simply fill in the coupon below.

- ☐ Please send me more information about the vegan diet and the Vegan Society
- ☐ I enclose a large stamped addressed envelope or small donation

Name _____ Address _____

Post code _____



Return to: The Vegan Society, 7 Battle Road,
St Leonards-on-Sea, East Sussex TN37 7AA
(Tel. 0424 427393)

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CURRY LINK

CHEF SPECIALITIES

*All the Following Dishes are prepared using the
Very Highest Quality Ingredients which
are first Cooked as 'Tikka'*

CHICKEN or LAMB TIKKA MASALA.....	£4.75
CHICKEN or LAMB BADAMI PASANDA.....	£4.75
CHICKEN or LAMB PASANDA	£4.75
CHICKEN CHAT MASALA	£4.95
CHILLIES CHICKEN MASALA	£4.95
NAWABI KEBAB MASALA.....	£4.95
GARLIC CHICKEN OR LAMB.....	£4.75
TANDOORI KING PRAWN MASALA.....	£7.50
ACHAR CHICKEN	£4.75
MURGI MASALA.....	£5.50
BUTTER CHICKEN	£4.75
CHICKEN TIKKA MUGLAI (with egg, tomato)	£4.75
CHICKEN MAKHANI.....	£4.75
VEGETABLE MAKHANI	£3.95
PRAWN MASALA	£4.95
CHICKEN TIKKA REZELLA.....	£4.95
CHICKEN TIKKA OR LAMB TIKKA METI KARAH.....	£5.00
TANDOORI KING PRAWN DELIGHT	£7.50
TANDOORI LAMB CHOP MASALA.....	£6.00

TIKKA CURRY DISHES

CHICKEN TIKKA CURRY (medium)	£4.10
CHICKEN TIKKA MADRAS (fairly hot)	£4.20
CHICKEN TIKKA VINDALOO	£4.50
CHICKEN TIKKA KORMA (very mild)	£4.50
CHICKEN TIKKA CEYLON (with coconut - fairly hot)	£4.50
CHICKEN TIKKA KASHMIRI	£4.50
(with bananas - medium)	
CHICKEN TIKKA MALAYA.....	£4.50
(with pineapple - medium)	
CHICKEN TIKKA DO-PIAZA	£4.50
(with onions - medium)	
CHICKEN TIKKA BOMBAY (with egg).....	£4.50
CHICKEN TIKKA ROGON (with tomatoes)	£4.50
CHICKEN TIKKA BHUNA (dry and spicy)	£4.50

JALFREZI DISHES

*(Hot) Cooked with Onions, Capsicum and Green Chillies
Cooked in our Chef's own recipe*

CHICKEN OR LAMB TIKKA	£4.75
PRAWN.....	£4.95
KING PRAWN	£7.50

KARAHI DISHES

CHICKEN OR LAMB TIKKA	£4.75
PRAWN.....	£4.95
KING PRAWN	£7.50

SAGWALA

Medium Prepared with Fresh Spinach

CHICKEN OR LAMB	£3.90
PRAWN	£4.25
KING PRAWN.....	£7.50
CHICKEN OR LAMB TIKKA SAG	£4.50

PATIA

*Fairly hot Sweet and Sour Prepared with Tamarind and a Hint of
lemon Juice*

CHICKEN OR LAMB	£3.90
PRAWN.....	£4.50
KING PRAWN.....	£7.50
CHICKEN TIKKA PATIA	£4.50

DANSAK

*Fairly Hot, an Excellent Combination of Spices
With Lentils Sweet and Sour*

CHICKEN OR LAMB	£4.25
PRAWN	£4.50
KING PRAWN	£7.50
CHICKEN TIKKA DANSAK.....	£4.50

BIRYANI DELICACIES

All Biryani dishes are served with a Vegetable Curry

CHICKEN BIRYANI	£4.95
LAMB BIRYANI	£4.95
PRAWN BIRYANI	£5.50
KING PRAWN BIRYANI.....	£7.50
CHICKEN TIKKA BIRYANI	£5.75
CURRY LINK SPECIAL BIRYANI	£6.00
MUSHROOM BIRYANI	£3.95
VEGETABLE BIRYANI	£3.95

ENGLISH DISHES

OMELETTE & CHIPS.....	£2.50
MUSHROOM OMELETTE & CHIPS.....	£3.50
PRAWN OMELETTE & CHIPS	£3.50
FRIED CHICKEN & CHIPS.....	£3.00
CURRY SAUCE & CHIPS.....	£2.20
CHIPS	£0.80

TRADITIONAL DISHES

CHICKEN CURRY

Chicken Curry	£3.00
Chicken Madras	£3.15
Chicken Vindaloo.....	£3.40
Chicken Korma	£3.40
Chicken Bhuna.....	£3.40
Chicken Rogan	£3.40
Chicken Dupiaza.....	£3.40
Chicken Ceylon	£3.40
Chicken Mushroom	£3.40
Chicken Bombay	£3.40

LAMB CURRY

Lamb Curry	£3.00
Lamb Madras	£3.15
Lamb Vindaloo	£3.45
Lamb Korma	£3.45
Lamb Bhuna	£3.45
Lamb Rogan	£3.45
Lamb Dupiaza	£3.45
Lamb Bombay	£3.45
Lamb Mushroom	£3.45
Lamb Ceylon	£3.45

PRAWN CURRY

Prawn Curry	£3.25
Prawn Madras	£3.40
Prawn Vindaloo	£3.50
Prawn Korma	£3.50
Prawn Bhuna	£3.50
Prawn Rogan.....	£3.50
Prawn Dupiaza.....	£3.50
Prawn Ceylon.....	£3.50
Prawn Mushroom	£3.50

KING PRAWN CURRY

King Prawn Curry	£7.50
King Prawn Madras	£7.50
King Prawn Korma	£7.50
King Prawn Vindaloo	£7.50
King Prawn Bhuna	£7.50
King Prawn Rogan	£7.50
King Prawn Dupiaza	£7.50
King Prawn Ceylon	£7.50
King Prawn Mushroom	£7.50

SET MEAL 1 - £9.90

Starter

Onion Bhaji or Chicken Tikka

Main Course

Butter Chicken or Chicken Tikka Jalfrezi

Any one Side Dish

Papadom, Pilau Rice, Nan

SET MEAL 2 - £18.00

Generous Helping for Two

Starter

Chicken Tikka or Chicken Tandoori

Main Course

Chicken Tikka Masala or Chicken Korma

Chicken Jalfrezi or Lamb Dupiaza

Any 2 Side Dishes

Pilau Rice, Nan, Papadom &

Onion Salad & Mint Sauce

Bottle of Wine

NON-VEGETARIAN THALI - £9.95

Meat Curry, Vegetable Curry,
Tandoori Chicken or Sheek Kebab,
Salad, Nan, Pilau Rice & Papadom

VEGETARIAN THALI - £9.95

3 Different Vegetable Curries, Samosa,
Pilau Rice or Nan, Onion Bhaji & Papadom

Special Offers & Promotions do not Apply to Set Meals

RICE & SUNDRIES

BOILED RICE	£1.20
PILAU RICE	£1.40
COCONUT RICE	(LARGE) £1.95
MUSHROOM FRIED RICE	(LARGE) £1.95
VEGETABLE FRIED RICE	(LARGE) £1.95
SPECIAL FRIED RICE (Egg & Peas).....	(LARGE) £1.95
PEAS FRIED RICE	£1.95
KEEMA RICE	£2.50
NAN	£1.20
KEEMA NAN	£1.40
PESHWARI NAN	£1.40
GARLIC NAN	£1.40
PARATHA	£1.30
STUFFED PARATHA	£1.40
GREEN SALAD	£1.50
RAITHA (Onions or Cucumber)	£1.00
TANDOORI ROTI	£1.20
CHAPATHI	£0.70
CHUTNEYS & PICKLES AVAILABLE	£0.40
PLAIN OR SPICED PAPADUM	£0.40
SOFT DRINKS	(Can) £0.60(Bottle) £1.50

VEGETARIAN DISHES

	SIDE	MAIN	BALTI <i>with Nan</i>
TARKA SAG DALL	£2.10	£2.60	£3.80
BOMBAY POTATO	£1.90	£2.60	£3.80
ALOO GHOBI	£1.90	£2.60	£3.80
SAG ALOO	£1.90	£2.60	£3.80
ALOO PEAS	£1.90	£2.60	£3.80
SAG PANEER	£1.90	£2.60	£3.80
MUTTER PANEER	£1.90	£2.60	£3.80
ALOO PANEER	£1.90	£2.60	£3.80
CHANA BHAJEE	£1.90	£2.60	£3.80
CHANA MASSALA.....	£1.90	£2.60	£3.80
CHANA ALOO	£1.90	£2.60	£3.80
BHINDI BHAJEE	£1.90	£2.60	£3.80
SAG BHAJEE	£1.90	£2.60	£3.80
BRINJAL BHAJEE	£1.90	£2.60	£3.80
MUSHROOM BHAJEE	£1.90	£2.60	£3.80
TARKA DALL	£1.90	£2.60	£3.80
DALL MASSALA	£1.90	£2.60	£3.80
MIXED VEGETABLE CURRY.....	£1.90	£2.60	£3.80
VEGETABLE KURMA	£2.20	£2.80	£3.85
VEGETABLE MASSALA (rich sauce)	£2.20	£2.80	£3.85
VEGETABLE PASANDA	£2.20	£2.80	£3.85
VEGETABLE BHUNA	£2.20	£2.80	£3.85
VEGETABLE DUPIAZA (with onions)	£2.20	£2.80	£3.85
VEGETABLE DANSAK	£2.20	£2.80	£3.85
VEGETABLE PATIA (hot, sweet & sour)	£2.20	£2.80	£3.85