# **Short Eats**

Patties	£0.85
Homemade pattie filled with potato & vegetables with the option of:	
<ul><li>Fish</li><li>Veg</li></ul>	
Rolls	£1.00
Spicy Potato filling in a breadcrumb coated roll	
Chicken  Mutton	
<ul><li>Fish &amp; Egg</li><li>Veg</li></ul>	
Fish Bun (Malupan)	£0.85
Tina's famous triangular shaped buns filled with mackerel & potato, infused with spices baked in a homemade dough	
Seeni Sambol Bun	£0.85
Handmade dough filled with fiery sweet & spicy caramelised onions	
Fish Cutlets	£0.85
Mackerel & potato flavoured with spices	
Stuffed Roti	£1.00
Triangular shaped roti filled with potatoes & vegetables made on a hotplate	
Roast Paan	£3.00
Traditional Sri Lankan roasted bread, served with coconut sambal	
Chicken Pastry	£2.00
Chicken & potato filling in a puff pastry	



# Traditional Sri Lankan Curry

Traditional 311 Lankan Car	
Chicken Curry	£8.00
Chicken cooked to perfection with an indulgent coconut milk base and freshly ground spices	
Fish Curry	£8.50
Fresh fish locally sourced cooked in a delicate sauce, leaving your taste buds tingling	

Mutton Curry £9.00

Tender pieces of mutton in a rich and spicy curry with freshly ground spices

Vegetable Curry £6.50
Traditionally cooked Sri Lankan vegetable dishes

Dhal Curry £5.50

A world wide recognised lentil dish cooked and tempered with fresh turmeric crispy onions and hot chillies

Rice & Curry (Serves 1) £8.50 White rice served with 2 veg curries and an option of:

- Chicken
- Mutton
- Fish

Biriyani / fried rice made upon request £9.00

# Tina's Signature Roties

(With Complimentary Ceylon Tea)

4 soft velvety roties served with a dhal curry cooked with unique Sri Lankan aromatic spices with options of:

• Chicken £9.00

- Mutton
- Fish
- Veg

Tina's Signature Roti £0.90

Single soft velvety handmade roti

Kottu £9.00

Shredded roti with mixed vegetables and aromatic flavours with a choice of:

- Chicken
- Mutton
- Veg

# **ALLERGEN INFORMATION**

Due to the wide variety of ingredients we use in our kitchen, there may be traces of specific allergens and intolerances.

For all allergy and intolerance information please contact our team on 0208 306 1450

For all pre-orders, we are currently taking a 48 hour notice on weekends only.

## Drinks

£1.50

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Tea

Green Tea	£1.00
Latte	£2.50
Cappuccino	£2.50
Americano	£2.00
Flat White	£2.50
Espresso	E1.50
Double Espresso	£2.00
Coffee Syrups	£0.50

### Traditional Sri Lankan Tea

Ceylon Milk Tea	£2.00

### Soft Drinks

Coke	£1.50
Coke Zero	£1.00
Fanta Orange	£1.00
Sprite	£1.00
Bottled water	£1.00
Red Bull	£2.00

#### Sri Lankan Soft Drinks

Cream Soda	£1.80
Necto	£1.80
Ginger Beer	£1.80

### Sri Lankan Traditional Dishes Weekends Only or Pre-Orders

#### Yellow Rice Saturday's Only

£14.00

Flavoured aromatic rice served with aubergine, potato. seeni sambol & poppadoms with a choice of

- Chicken
- Mutton
- Fish

### Lamprais -Sunday's Only

£14.00

A Sri Lankan delicacy introduced by the Dutch. Tina's heritage - Baked and served with aubergine, ash plantain, seeni sambol, fish cutlet and an egg wrapped in a banana leaf

- Chicken
- Mutton
- Fish

# Sambols

Coconut Sambol Fresh grated coconut mixed with lime & chilli	£1.25
Katta Sambol Chilli flakes mixed with onion & lime	£1.25
Seeni Sambol Caramelised sweet onions	£1.25

# **Sweet Treats**

Sweet Heats	
Homemade Ribbon Cake (slice) Traditional Sri Lankan vanilla cake layered in green and pink coloured sponge	£2.50
Homemade Chocolate Cake (slice) Traditional Sri Lankan chocolate cake	£2.50
Pan Au Chocolate Freshly baked chocolate pastry	£1.50
Butter Croissant	£1.20

Freshly baked all-butter pastry



Home cooked comfort food is something we all love and crave. Tina has been cooking truly authentic home cooked Sri Lankan dishes for many years. Thanks to her loyal customers she has been able to expand her business to proudly open Tina's Kitchen.

We make it a priority to ensure that we provide our customers with fresh ingredients, unique spices and an unforgettable taste.

To do our part for the environment we also use biodegradable packaging which is 100% recyclable

### OPENING TIMES 9:00-20:00 MON - SUN

- 689 Cranbrook Rd, Ilford IG2 6SY
- www.tinaskitchen.co.uk
- 0208 306 1450
- ☑ Info@tinaskitchen.co.uk

