

The Cinnamon TREE Treforest Takeaway

Family owned business since 1999

The Cinnamon
Tree restaurants
promise an
Indian food
experience you
will never forget




The Cinnamon Tree at **Treforest**
Cinnamon House, Tonteg Road,
Treforest CF37 5UA

Tel: **01443 843 222**



www.cinnamontreetreforest.co.uk

Starters to Share

MIXED THALIA PLATTER (for two)	£11.95
Meat Samosas, spicy mince kebabs, chicken pakora and onion bhajees.	
VEGETABLE THALIA PLATTER (for two) 	£10.95
With Allo Vadha (lightly spiced potatoes, curry leaves, green chillies deep fried in chick pea batter). Selection of Samosas, onion bhajees and chana chat.	
LAMB MIRPURI (for two)	£11.95
Spicy lamb dry roasted in a tandoori oven, shredded and pan stirred with Fenugreek, onions, peppers and coriander, served on a hot sizzler dish with a dash of lemon juice.	



Starters

CITRUS LAMB	£10.95
Tender lamb rib chops (3), carefully spiced with lemon, lime and orange zest, nutmeg mace and garam massala. Grilled in tandoori oven, laced with honey and served on a banana leaf.	
SALMON, CRAB AND POTATO CAKE	£10.95
Flakes of salmon and crab meat, with buttered potatoes, caramelised onions, mustard and fresh herbs. Garnished with pomegranate and mango sauce.	
KING PRAWN DELIGHT	£10.95
Tandoori king prawn pan fried in a spicy massala sauce.	
KING PRAWN GARLIC	£10.95
King prawns in garlic sauce with a touch of fenugreek and coriander.	
SHEEK KEBAB	£6.95
Minced meet fried with egg topping or roasted on skewers.	
MIXED TANDOORI	£7.95
Delightful mixture of chicken tikka, lamb tikka and sheek kebab.	
CHICKEN PAKORA	£4.95
Strips of tender chicken, lightly spiced and deep fried in a chickpea flour batter.	
CHICKEN TIKKA or LAMB TIKKA	£5.95 / £6.95
Tender chicken pieces or lamb, marinated with yoghurt and spices roasted in tandoori. Chicken tikka, lamb tikka and sheek kebab.	
CHICKEN CHAT OR ALOO CHAT 	£5.95 / £4.95
Chicken or potatoes in a thick, tangy medium spicy sauce.	
PRAWN PUREE or CHICKEN PUREE	£6.95/£5.95
Succulent small shrimps or tender chicken, simmered in light spices and herbs. Served on thin fried Punjabi puree (bread).	
ONION BHAJEES 	£4.50
SAMOSAS (Spicy Lamb or Vegetables) 	£3.50/£2.95
GARLIC MUSHROOMS 	£4.95
Stir fried in a butter sauce with garlic and fenugreek.	



Mild



Medium



Hot



Vegetarian

Specials

GOAN KING PRAWN £15.95

A south Indian recipe of king prawns with coconut milk, mustard and chilli sauce

GOAN SEA BASS £16.95

Fillet of bass on a bed of crushed potatoes with caramelised onions and roasted mustard seeds. Served with a lighty spiced coconut milk, crushed shrimp and mango sauce.

MURG-E-BAHAR £13.95

Marinated chicken breast rolled with spicy minced meat, cooked with fresh coriander, almond powder, Kashmiri Massala, fenugreek and tomato in a smooth creamy sauce.

DHAKA ACHARI CHICKEN - Cooked 3 Way £12.95

As you'd find in the capital of Bangladesh. Breast of chicken cooked in an onion, pickle and chilli sauce.

BOMBAY BEEF £13.95

Traditional home cooked topside beef in a medium spiced sauce with potatoes.

KOFTA BHUNA £10.95

Classic spicy kebab meat balls served in a thick onion and pepper sauce.

From The Tandoor

TANDOORI KING PRAWNS SHASHLIC £15.95

King prawns grilled in a tandoori with onion, tomato, and green pepper. Served with massala sauce.

TANDOORI KING PRAWNS £14.95

King prawns in a light spicy yoghurt marinade, grilled in a tandoori oven.

TANDOORI SHASHLIC £12.95 / £13.95 / £17.95 Chicken, Lamb or Mixed (including King Prawns)

Chicken or lamb pieces grilled in a tandoori with onion, tomato, and green pepper. Mixed consists of chicken, lamb and king prawns. All served with massala sauce.

TANDOORI MIXED GRILL £14.95

Chicken tikka, lamb tikka, tandoori chicken (1/4) on the bone, sheek kebab and naan bread. Served with massala sauce.

TANDOORI LAMB CHOPS £14.95

Our chef's special preparation of spicy marinated lamb chops, grilled in a tandoori oven.

CHICKEN TIKKA or LAMB TIKKA £10.95 / £12.95

Chicken or lamb chunks flavoured with hand pounded whole spices, green chillies and garlic in a natural yoghurt marinade. Roasted in a tandoori.




We are proud to confirm that many of our dishes are available with these dining preferences in mind.

Please ask a member of staff for further information.

Biriani

Prepared with long grain basmati rice with fresh herbs and spices.
Served with mild to medium vegetable curry.

MAHARAJAH BIRIANI	£13.95
Prepared with chicken tikka, lamb tikka and minced lamb served on a bed of crisp lettuce with a topping of almonds and sultanas.	
CHICKEN or LAMB BIRIANI	£11.95 / £13.95
CHICKEN TIKKA BIRIANI	£12.95
PRAWN BIRIANI	£13.95
VEGETABLE BIRIANI 	£10.95

Vegetarian

KASHMIRI VEGETABLE MASSALA 	£10.95
Mixed vegetables in a creamy mild yoghurt sauce.	
JALFREZI VEGETABLE PANEER 	£10.95
Fairly hot, cooked with green chillies, fresh spices and cottage cheese.	
VEGETABLE DANSAK or CHANA 	£10.95
Mixed vegetables or chickpeas in a hot sweet and sour curry with lentils.	
BALTI VEGETABLE MASSALA 	£10.95
Mixed vegetables in a creamy, mild yogurt sauce.	
GOAN VEGETABLE CURRY 	£10.95
Fresh vegetables cooked in curry leaf, mustard, coconut milk, chilli, and mango.	
PANEER TIKKA KARAH 	£10.95
Cubed cottage cheese, grilled in tandoori oven and cooked with chopped onions, sliced ginger, capsicum, tomatoes and fresh spices.	
SAG PANEER	Side £5.95 Main £10.95
Home made cottage cheese with fresh shredded spinach.	
ALOO GOBI or SAG ALOO	Side £5.95 Main £10.95
Potatoes and cauliflower or spinach and potatoes.	
BRINJAL BHAJEE or SAG BHAJEE	Side £5.95 Main £10.95
Aubergines or spinach.	
MUSHROOM BHAJEE	Side £5.95 Main £10.95
BOMBAY ALOO or CHANA BHAJEE (Chickpeas)	Side £5.95 Main £10.95
Spicy potato or chickpea bhajees.	
DAL TARKA	Side £5.95 Main £10.95
Lentils with garlic, butter and herbs in a thin light sauce.	
CHANA MASSALA	Side £5.95 Main £10.95
Chickpeas in a mild creamy yogurt sauce, with coconuts and almonds	

Rice and Bread

BOILED RICE	£2.95
PILAU RICE	£3.95
MUSHROOM FRIED RICE	£4.20
KEEMA FRIED RICE (minced meat)	£4.10
SPECIAL FRIED RICE (eggs and peas)	£3.95
1/2 CHIPS and 1/2 RICE (with boiled)	£3.50
CHIPS	£2.95
NAAN Plain	£2.95
NAAN Keema / Peshwari / Garlic	£3.95/ £3.95/£3.95
PAPADOM Plain or Spicy	£0.95
RAITHA Plain Natural Yoghurt, Cucumber or Onion	£2.95

Popular Selection

GOAN CHICKEN CURRY 🍌	£10.95
In a traditional South Indian spicy sauce of coconut milk, mustard chilli, curry leaf and mango.	
MAHARAJAH BHUNA 🍌	£10.95
Tandoori chicken and minced meat cooked with sliced onions, green pepper, ginger and garlic with fresh herbs.	
MURG MIRCH MASSALA 🍌	£10.95
Tender pieces of chicken delicately marinated in traditional tikka marinade, cooked in a red chilli and tomato sauce.	
KING PRAWN KORAH 🍌	£15.95
Cooked with chopped onion, garlic, capsicum and tomatoes in a thick sauce.	
KOLAPURI CHICKEN / LAMB 🍌	£10.95 / £11.95
Strips of chicken/lamb cooked in onion, ginger, tamarind, mustard and chilli sauce.	
CHICKEN PASANDA / LAMB PASANDA 🍌	£10.95 / £11.95
Tender lamb cooked with fresh cultured yogurt and cream, mixed with nuts and flavoured with a touch of red wine.	
KARAH CHICKEN TIKKA or LAMB TIKKA 🍌	£10.95 / £11.95
Cooked with chopped onions, sliced ginger, capsicums, chopped onions, fresh green gillies and fresh herbs.	
CHICKEN TIKKA MASSALA 🍌	£10.95
Tender pieces of chicken cooked in a mild creamy sauce with coconuts and almonds.	
CHICKEN TIKKA JALFREZ 🍌	£10.95
Succulent pieces of spring chicken cooked with capsicums, chopped onions, fresh green chillies and fresh herbs.	
MAKHANI CHICKEN 🍌	£10.95
A mild dish cooked with fresh cream, ground almonds and coconuts with a touch of massala spices.	
CHICKEN TIKKA DANSAK 🍌	£10.95
A hot sweet and sour dish cooked with lentils, fenugreek and coriander and a thick slice of lemon	
SOUTH INDIAN GARLIC CHILLI CHICKEN 🍌	£10.95
Marinated chicken pieces, cooked in fresh garlic and chilli sauce with crisp red chillies.	
CHICKEN AND MUSHROOM GARLIC 🍌	£12.50
Tandoori chicken tikka with mushrooms and garlic lightly spiced with plenty of sauce.	
VEGETABLE DUMPLING DHALL CURRY WITH LEMON PANNER 🍌 🍌	£11.50
Fresh mixed vegetables crushed with mustard, spicy onions, ginger and lemon cottage cheese cooked in a medium spiced lentil curry.	
LAMB JALFREZ 🍌	£10.95
Slow cooked lamb prepared with onion, green chillies and fresh herbs.	

Please Note: Some meals may contain traces of nuts. If you have any food allergies, please let us know. We will be happy to advise you.

Although great care is taken to remove all bones, shells and whole spices, some may remain.

Go to [food.gov.uk/ratings](https://www.food.gov.uk/ratings) to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.

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Golden Oldies

We have made it easier for you to select a traditional dish – simply choose your flavour from below:

CHICKEN	£10.75	LAMB	£112.95
PRAWN	£12.95	KING PRAWN	£15.95
VEGETABLE	£10.75		

Traditional Mild

KORMA

Cooked with ground coconut and almond in a creamy sauce.

KASHMIR KORMA

A fruity korma made with yoghurt, sultanas, nuts, cream and mango.

Traditional Medium

BHUNA

Cooked with onions, green pepper, tomato and fresh herbs.

ROGON

Cooked with green herbs and spices, garlic, onions and tomatoes.

DUPIAZA

Chopped onions and green peppers in a thick spicy sauce.

SAG

With spinach, garlic, ginger and tomatoes.

SHALI

Spicy in a thick sauce with a topping of fried staw potatoes.

TRADITIONAL CURRY

A medium spiced traditional curry.

Traditional Hot

MADRAS OR VINDALOO

Cooked in a fairly hot / very hot spiced sauce.







PATHIA

Cooked with onions, fresh herbs and spices in a hot sweet and sour sauce.

DANSAK

With lentils and fenugreek in a thick, hot sweet and sour sauce.

Balti

BALTI KING PRAWNS 	£15.95
BALTI JALFREZI (Chicken Tikka or Lamb Tikka) 	£10.95/ £11.95
BALTI EXOTIC  (with Chicken, Lamb, Prawns and Spinach)	£12.95
BALTI CHICKEN or LAMB 	£10.95/ £11.95
BALTI CHICKEN TIKKA 	£10.95
BALTI VEGETABLE / BALTI VEGETABLE MASSALA 	£10.95
Balti's with extras of your choice, please add £0.60 Mushrooms spinach mixed vegetables potatoes	

The Cinnamon Tree at **Treforest**

Restaurant opening times:

Mon: **CLOSED**

Tues-Sat: **6pm-10pm** – Sun: **2:30pm-8:30pm**

Cinnamon House, Tonteg Road, Treforest CF37 5UA

Tel: **01443 843 222**

Also at:

The Cinnamon Tree at **Pontcanna**

173, Kings Rd, Cardiff CF11 9DE | Tel: **029 2037 4433**

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