



Café Masala means that we have the knowledge and experience to source only the very purest spice (Masala) From the finest quality natural ingredients.

To find out more about our ranges ,

please visit :

www.thecafemasala.co.uk

Café Masala

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Thorpe Bay

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Call 01702 589494

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Eat Green To Stay Lean



QUALITY
IS OUR ONLY
ADDITIVE

Café Masala introduce a Lean menu.

You no longer have to step into a health club to have spa cuisine. Café Masala are now offering low-calorie food that were earlier found on health club menus. The added menu, for instance, offers an spread of Lean Starters & Lean main Courses while you can choose a la carte menu as use well .

Chef , Café Masala restaurant , stirs up a mean meal. Skim through the menu and it lays out a feast with such as Fish cutlet , Fresh water melon , Duck , Tandoori Fish , brown Rice and Tandoori Roti.



2007 & 2008

N o m i n a t e d
F o r C u s t o m e r s S e r v i c e
E x c e l l e n c e



Caterers of the year 2007

4 star grade awarded
By
Southend On Sea Borough Council

Menu

LEAN STARTERS

Papadoms.....£0.55

Pickles each.....£0.50

Fish Cutlet. (Pakura Style).....£4.95

Served with salads & sauce

Amlı Duck.....£5.95

Sliced breast of tender duck stir fried with spring onions, garlic, ginger and coriander accompanied by green salad.

Fresh Water Melon£2.95

LEAN MAIN MEALS

Machlee-ke-Tikka£8.95

Spiced and marinated fish gently cooked over Tandoori Oven.

Murgh Dil Bahar£8.95

Medium hot chicken tikka cooked with fresh lemon,tomato and ginger.

Duck Kati Adrak£8.95

Breast of tender duck cooked with onions and ginger served in a rich thick spicy sauce.

Vegetable Niramish.....£3.95

Brown Rice.....£2.95

Tandoori Roti.....£2.25