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The PUNJAB TIMES

INDIAN KITCHEN

HOURS
MONDAY - THURSDAY
 12 noon - 9pm
FRIDAY & SATURDAY
 12 noon - 10pm
SUNDAY
 3pm - 9pm

COCKTAILS

£6.95 EACH
 Sip on pure happiness!
 SEE PAGE 4



PRE-THEATRE OFFER

£12.50 PER PERSON
 A full two-course meal. Every day till 5.30pm.
 SEE PAGE 3



SPECIAL LUNCH DEAL

FROM £9.50 PER PERSON
 Three-course lunch. Mon to Sat : 12pm till 2pm.
 SEE PAGE 4

KIDS MENU

ONLY £5.95
 Delightful dishes for kids!
 ASK YOUR SERVER

TASTE OF TRADITION

Satisfy your cravings for delicious Indian food at The Punjab Times in Renfrew - a taste of India awaits!

If you're looking for great Indian cuisine in Renfrew, look no further than *The Punjab Times*.

Our menu is packed with classic Indian dishes, from spicy curries to flavorful tandoori dishes, all made with fresh ingredients and traditional cooking techniques.

The Punjab Times' ambiance is warm and welcoming, with decor inspired by the vibrant colors of India. From the moment you step inside, you'll be transported to a world of exotic flavors and aromas.

Our chefs are experts in their craft, with years of experience in traditional Indian cooking. Every dish is made with care and attention to detail, ensuring that the flavors are just right.

So if you're looking for a taste of tradition in Renfrew, come and join us at *The Punjab Times*. We can't wait to share our love of Indian cuisine with you. ♦



ORDER ONLINE

thepunjabtimes.co.uk/order-online



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LIGHT BITES

Get a quick and light snack before or with your meal from our selection below.

Poppadom ✓	1.00
Spiced Onions ✓	1.25
Mango Chutney	1.50
Raita	1.95
Homemade Pickle ✓	1.95
Tangy, and flavourful mixed pickle.	
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Condiment Tray	3.95
Mango Chutney, Spiced Onions and our very own <i>Homemade Mixed Pickle</i> .	

STARTERS

Monkfish Tikka	9.95	Chicken Chaat	5.50
Monkfish marinated in yogurt and spices and tenderly char-grilled.		A traditional chicken wing snack sold by street vendors in India.	
Garlic Butter King Prawns	7.25	Veg Samosa ✓	5.50
King prawns marinated in garlic, seared in butter, finished with a hint of lemon juice.		A triangular fried pastry with a savoury filling of spiced potatoes, onions, and peas with chickpeas on the side.	
Salmon Tikka	6.95	Garlic Mushrooms	5.25
Chunks of salmon with a flavourful marinade and char-grilled to juicy perfection.		These delectable garlic mushrooms are served in butter and herb sauce.	
Lamb Chops	6.95	Combo Starter 10.95 Serves Two An assortment of starters to share. <i>Vegetable Pakora, Chicken Pakora, Seekh Kebab and Chicken Chaat.</i>	
Lamb chops marinated in herbs, select spices, and flame grilled.			
Seekh Kebab	5.95	Grilled Platter 15.95 Serves Two A selection of our finest starters grilled. <i>Salmon Tikka, Lamb Chops and Chicken Tikka</i>	
Minced lamb seasoned with a homemade blend of spices, and tandoori grilled.			
Garlic Pepper Chicken 🌶️	5.95		
Freshly chopped garlic and peppers tossed with pieces of chicken and a spicy sauce.			
Chicken Tikka	5.95		
Flame-roasted boneless chicken breast pieces with tandoori spices.			

PAKORA

Crispy flavourful fritters!

Vegetable Pakora ✓	4.95
Chicken Pakora	5.95
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MIXED PAKORA	5.95
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Fish Pakora	5.95

POORI

A fried whole-wheat bread, with a filling of your choice.

Chicken Poori	5.95
Mushroom Poori ✓	5.95
Channa Poori ✓	5.95
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PRAWN POORI	6.95

TANDOORI GRILLED

Choice meats and seafood marinated in yogurt and assorted spices; roasted in the tandoori oven. Served with Pilau Rice & Curry Sauce.

Tandoori Chicken 12.95
Tender half chicken (on the bone) marinated in tandoori spices and gently char-grilled.

Chicken Shashlik 13.95
Supreme of chicken barbecued with chunks of onions and peppers in a delightful marinade of aromatic spices.

Chicken Tikka Tandoori 13.95
Flame-roasted boneless chicken breast pieces with a well spiced marination of crushed herbs and tandoori masalas.

Chicken Peri Peri Sizzler 14.95
Tandoori roasted chicken breast in a spicy peri-peri pepper marinade.

Lamb Tikka 14.95
Char-grilled cuts of tender lamb flavoured with sun-dried herbs and ground spices.

Lamb Chop Tandoori 15.95
Lamb chops steeped in ginger, garlic and spices. Grilled to perfection!

Tandoori Salmon 15.95
Salmon chunks cooked till tender with bold spices for a flavourful and wholesome meal.

Tandoori King Prawns 15.95
Plump and juicy king prawns delicately spiced and flame-grilled. A must-try for any seafood lover!

Tandoori Platter 18.95

An assortment of our favourite grilled dishes — Tandoori Chicken, Chicken Tikka, Lamb Tikka, Seekh Kebab & Tandoori King Prawns.

Tandoori Monkfish 19.95
Monkfish in a blend of yogurt and aromatic spices, gently tandoori grilled until tender.

ADD MELTDOWN TOPPING + 1.50
A topping of mozzarella cheese and a drizzle of BBQ sauce.

UPGRADE CURRY SAUCE + 1.50
› Korma Sauce
› Garlic Chilli Sauce
› Chasni Sauce

BIRYANI

A classical Indian basmati rice preparation full of delightful aromas and exquisite flavours.

Served with Curry Sauce.

Chicken Breast 10.95

Tender Lamb 12.95

King Prawns 14.95

MIXED BIRYANI 15.95

SUBSTITUTE CURRY SAUCE + 1.50

› Korma Sauce
› Garlic Chilli Sauce
› Chasni Sauce

POPULAR CURRIES

You can never go wrong with these tried and tested classics.

- CHICKEN BREAST** 9.95
- TENDER LAMB** 11.50
- PRAWNS** 11.50
- KING PRAWNS** 13.95
- PANEER CHEESE** 8.95
- MIXED VEGETABLES** 8.95
- QUORN MEAT-FREE** 9.95

Bhoona

A thick preparation with tomatoes, ginger, and garlic cooked over intense heat. Hearty and aromatic!

Curry

The traditional curry of onions, tomatoes, ginger and garlic with a range of fresh herbs and spices.

Dhansac

A distinctive and quite flavourful dish that consists of lentils and a variety of aromatic spices. Quite wholesome!

Dopiaza

Known for its distinctive presence of onions, cooked with puréed tomato, dried herbs and crushed spices.

Patia

Tomatoes and lemon juice give this dish its signature sweet and sour flavour that leaves a tangy taste on the palette.

HOUSE SPECIALS

A great selection of noteworthy curries with a host of different flavours, freshly prepared. There's something for everyone!

- CHICKEN TIKKA** 9.95
- TENDER LAMB** 11.50
- PRAWNS** 11.50
- KING PRAWNS** 13.95
- PANEER CHEESE** 8.95
- MIXED VEGETABLES** 8.95
- QUORN MEAT-FREE** 9.95

Achari

Sun-dried chillies and pickling spices gives this hot dish plenty of flavour.

Balti

A fresh and flavoursome dish with chickpeas, tomatoes and spring onions.

Chasni

Smooth and velvety with a slightly sweet and sour taste with tomato and mango.

Jaipuri

Hot and spicy with chunks of peppers, onions and earthy spices.

Jalhandri

Peppers, onions, ginger, garlic, and mixed pickle simmered in coconut cream.

Jalfrezi

Thick stir-fried dish with ginger, peppers and spring onions. Vibrant and tangy!

Karahi

A rich aromatic curry simmered in onions and tomato with ground spices.

Kerala Chilli

A sauce of tomatoes, black pepper and a touch of coconut cream with wicked green chillies.

Malaidar

Spinach puree & green chillies with ginger & garlic infused oil and cream.

Masala

Tomatoes and fresh cream delicately spiced with aromatics. This dish is a Scottish favourite.

Pardesi

Crunchy onions, mushrooms and spinach make this a hearty curry.

Rogan Josh

A fragrant symphony of spices, simmered in a blend of onions, tomatoes, and ginger.

Sharabi

A robust curry with mushrooms, ginger and a drizzle of French Brandy to bring out its aromas and flavour.

Sing-Sing Chandni

Peppers & spring onions, in a sweet and sour sauce with a hint of spice.

South Indian

Garlic Chilli

Spicy with plenty of chillies and garlic with a hint of coriander. Fiery hot and fragrant!

KORMAS

Once exclusive to the royal kitchens of the Mughal empire of the 16th century, kormas are now one of the most popular Indian dishes in Scotland.

- CHICKEN BREAST** 9.95
- TENDER LAMB** 11.50
- PRAWNS** 11.50
- KING PRAWNS** 13.95
- PANEER CHEESE** 8.95
- MIXED VEGETABLES** 8.95
- QUORN MEAT-FREE** 9.95

Korma

A mouthwatering and fragrant delicacy that boasts a creamy, nutty, and mildly spiced sauce. The ultimate Indian classic!

Kashmiri Korma

Deliciously fruity with pineapple and cooked with creamy yoghurt for a well-rounded curry.

Ceylonese Korma

Indulge in the rich and creamy texture of a korma made with luscious coconut milk.

Shakuti Korma

A spicy and flavoursome dish with dry-roasted spices simmered in creamy coconut milk and green chillies.

Caribbean Korma

A delicious blend of pineapple sauce with coconut cream and shot of Malibu coconut rum liqueur.

HEALTH BENEFITS OF INDIAN CUISINE

Indian food is known for its diverse range of flavours and ingredients. Many of these ingredients and dishes are not

only delicious, but also offer numerous health benefits.

Here are some key Indian ingredients and dishes and the health benefits they provide:

TURMERIC — Contains curcumin, a potent anti-inflammatory compound that may help with arthritis and other chronic diseases.

GINGER — Well known for its anti-inflammatory properties and is often used to treat nausea and other digestive

issues, and is believed to have pain-relieving properties.

BIRYANI — A healthy addition to a balanced diet, it is a good source of carbohydrates and protein.

LENTILS — An excellent source of protein and fibre, lentils are also low in fat and calories, making them a healthy addition to any diet.

CHILLIES — A great source of vitamin C, and are also believed to aid in digestion and boost metabolism.

YOGURT — A great source of protein and probiotics, it is believed to aid in

digestion and improve gut health.

CINNAMON — Can help with blood sugar control and have anti-inflammatory properties.

CHICKPEAS - A good source of protein and fibre, and may help with weight loss and blood sugar control.

GARLIC — Contains allicin, a compound that can help lower blood pressure and reduce the risk of heart disease.

By incorporating these ingredients into your diet, you support your overall health and well-being. ●

FOR THE DISCERNING

CURRY CONNOISSEUR

Treat your taste buds to an exquisite culinary experience with our chef's favourite dishes, skillfully made with only the finest ingredients.

SALMON MALABAR 🌶️ 14.95

Scottish salmon in a spicy and tangy sauce with onions, tomatoes, and spices.

KING PRAWN BALCHÃO 🌶️ 14.95

King prawns in a thick and spicy preparation with ginger, garlic, cloves and cinnamon, seasoned with coconut and mustard seeds.

DESI LAMB 🌶️ 13.95

Tender pieces of lamb in a traditional sauce onions, tomatoes and exotic spices.

LAMB MINT MOONLIGHT 13.95

A delicious Indian dish of tender lamb cooked in a fragrant blend of mint, spices, and creamy yoghurt.

BUTTER CHICKEN 12.50

Tandoori grilled chicken pieces in a rich, velvety sauce of tomatoes, fresh cream and ground cashews.

MURGH HANDI 11.95

Spicy, aromatic dish made with tender chicken cooked in a rich sauce of tomatoes and onions.

SHAHI PANEER 9.95

Indian cottage cheese simmered in rich sauce of tomato, fresh cream and ground cashews. Pure indulgence!



VEGETARIAN SPECIALITIES

A selection of healthy Indian vegetarian specialities. Coincidentally all vegan!

Tarka Daal 🌱 8.95
Wholesome yellow lentil dish with tomatoes, chilli and cumin seeds.

Bombay Potatoes 🌱 8.95
Potato cubes tossed with fragrant spices, tomatoes, ginger and garlic.

Saag Aloo 🌱 8.95
Fresh spinach and potato cooked with herbs and spices.

Mushroom Bhaji 🌱 8.95
Button mushrooms with onions, tomato and fresh coriander.

Channa Masala 🌱 8.95
Curried dish of white chickpeas, onions, tomatoes, spices and herbs.

OKRA DOPIAZA 🌱 8.95
Okra fingers tossed with plenty of onions, sun-dried herbs and spices.

EUROPEAN DISHES

Served with chips and salad.

Breaded Haddock 8.95

Chicken Tikka Burger 8.95

Southern Fried Chicken 8.95

Omelette 8.95
Choice of chicken or vegetable.

BREADS

Plain Naan 🌱 2.95

Garlic Naan 3.50

Garlic Coriander Naan 3.75

Cheese Naan 3.75

Peshwari Naan 3.95

Keema Naan 4.25

Chapati 🌱 1.95

Tandoori Roti 🌱 2.25

Paratha 3.25

RICE

Boiled Rice 🌱 2.50

Pilau Rice 🌱 2.95

Coconut Rice 🌱 3.50

Mushroom Pilau 🌱 3.50

Special Fried Rice 🌱 3.95
Pilau rice with a medley of mushrooms, peas, peppers and fried onions.

Chips 2.95

Masala Chips 🌶️ 3.25



THE REAL TASTE OF INDIA
AVAILABLE HERE

PRE-THEATRE SPECIAL OFFER

Available every day till 5.30pm*

Spice up your pre-theatre experience with our irresistible Indian cuisine and exclusive discount offer.

£13.50 per person

UPGRADE YOUR CURRY

- > Lamb +1
- > Prawns +2.5
- > King Prawns +4

*Offer may not be available on special days. Please check with your server.

STARTERS

Vegetable Pakora

Mixed Pakora

Chicken Pakora

Chicken Chaat

MAIN COURSE

Choice of: *Chicken / Mixed Vegetable / Paneer*

Korma

Chasni

Rogan Josh

South Indian Garlic Chilli

Chicken Tikka

[Fish & Chips]

— SERVED WITH

Boiled Rice

Pilau Rice

Bhoona

Tikka Masala

Jalfrezi

Lamb Tikka +3

Plain Naan

Garlic Naan

WINELIST

SPARKLING / FIZZ

Prosecco Rosé *Italy* 20cl Bottle **6.95**
A fragrant, fruity, delicate sparkling rosé wine with flavours of strawberries, raspberries and passionfruit.

Prosecco *Italy* 20cl Bottle **6.95**
Light, fresh and fruity character, this is Italy's signature sparkling wine.

WHITE WINE

Chardonnay *Chile* 175ml 4.25 • 250ml 5.95
Light-bodied, fresh, vibrant and easy drinking ranging through to complex, textured and age-worthy.

Pinot Grigio *Italy* 175ml 4.50 • 250ml 6.50
A dry white wine with a beautiful minerality and floral aromas, balanced with lively acidity and fruit.

Sauvignon Blanc *New Zealand* 19.95
175ml 4.95 • 250ml 6.95
The flagship varietal of New Zealand, and is typically a very crisp aromatic wine with notes of grapefruit and tropical fruit.

Chablis *France* 24.95
Citrus and white flower aromas with dry, lean, light-bodied flavors of citrus, pear, minerality, and salinity.

RED WINE

Merlot *Chile* 175ml 4.25 • 250ml 5.95
Full-bodied yet gentle, this fruity red with a smooth texture goes down extremely easily.

Shiraz *Australia* 175ml 4.50 • 250ml 6.50
Typically full-bodied with high alcohol, and vibrant berry and plum on both the nose and palate.

Cabernet Sauvignon *Italy* 18.95
A full-bodied red wine with dark fruit flavours and savoury tastes from black pepper to bell pepper.

Rioja *Spain* 24.95
A big wine with high tannin that pairs up well with meat, delivering structure and fruitiness.

ROSÉ

Grenache Rosé *California* 16.95
175ml 4.25 • 250ml 5.95
A delightfully light and fruity wine with generous layers of berries and cherries on the nose and palate.

Pinot Grigio Blush *Italy* 18.95
Fresh and crisp with a zesty aroma and a fruity flavour — a wine with the delicate blush colour from its pink-tinged grape.

THREE-COURSE LUNCH DEAL

Available Monday to Saturday: 12pm till 2pm*
£9.50 per person

STARTERS

Veg Pakora **Chicken Pakora**
Chicken Chaat **Mixed Pakora**

MAIN COURSE

Choice of: *Chicken / Mixed Vegetable / Paneer*

Bhoona **Korma**
Chasni **Patia**
Curry **Rogan Josh**
Karahi
South Indian Garlic Chilli
Tandoori Chicken **Chicken Tikka**
Lamb Tikka +3 **[Fish & Chips]**

— SERVED WITH

Pilau Rice **Plain Naan**

DESSERT

Ice Cream **Tea / Coffee**

*Offer may not be available on special days. Please check with your server.

UPGRADE YOUR CURRY

- > **Lamb Curry +1**
- > **Prawns +2.5**
- > **King Prawns +4**

CHANGE NAAN +1



COCKTAILS

Indulge in unique and exotic cocktails perfectly crafted to complement our cuisine.

The Punjab Times Iced Tea 7.50
Five spirits — *gin, vodka, rum, tequila,* and *cointreau* — with the character and all the flavours of spiced chai.

Yoga on the Beach 7.50
Refreshing *vodka, peach schnapps,* orange & cranberry juice — sweet, tangy, and stunning.

Mango Monsoon 6.95
A refreshing trio of *coconut rum,* mango pulp and rich creamy yoghurt.

Passion Fruit Martini 6.95
Vodka with juicy passion fruit and lime, with smooth notes of vanilla and marshmallow.

Espresso Martini 6.95
A rich coffee-flavoured cocktail with hints of vanilla and chocolate, made with *vodka*.

Pink Gin Martini 6.95
A blend of juicy raspberry and tart lemon, with red berries and a sweet taste of *pink gin*.

BEER

Kingfisher *On tap* 2.75 / 5.50
Tennent's *On tap* 2.50 / 4.95
Tennent's Light 330ml Bottle 3.95
Cobra 660ml Bottle 6.50
Bombay Bicycle IPA 330ml Bottle 4.25
Peroni 330ml Bottle 3.95
Alcohol-Free Beer 330ml Bottle 3.50

CIDER

Peacock Mango & Lime 500ml Btl 5.95
Peacock Apple 500ml Bottle 4.50
Magners Original 568ml Bottle 4.95

VODKA

Smirnoff 3.50
Grey Goose 4.25

GIN

Gordon's London Dry 3.50
Bombay Sapphire 3.75
Gordon's Premium Pink 3.75
Whitley Neill Rhubarb & Ginger 4.25
Hendrick's 4.50

RUM

Bacardi 3.50
Captain Morgan Spiced 3.50
Malibu 3.50
Havana Club 7 Year Old 4.25

WHISKY

Famous Grouse 3.50
Southern Comfort 3.50
Jameson 3.95
Jack Daniel's 3.95

Spirits served in multiples of 25ml.
Draught Mixers: 50p Bottled Mixers: 1.50

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Jura 4.95
Laphroaig 4.95
The Macallan 5.95

COGNAC

Martell VS 4.25
Rémy Martin VSOP 4.95

LIQUEURS

5 Walla Chai Tea 3.50
Baileys 3.50
Cointreau 3.50
Drambuie 3.75
Disaronno 3.50
Glavya 3.50
Midori 3.50
Tia Maria 3.50

SHOTS

Fireball 3.50
Jose Cuervo Tequila 3.50
Tequila Rose 3.50
Sambuca 3.50
Apple Sourz 3.25
Cherry Sourz 3.25
Tropical Blue Sourz 3.25

SOFT DRINKS

Draught Soft Drink 2.25 / 2.95
Cola • Diet Cola • Iron Bru • Lemonade
Fruit Juice 2.25 / 2.95
Apple • Orange • Cranberry • Pineapple
Soft Drink Cans 2.50
Coca-Cola • Diet Coke • Coke Zero
Irn Bru • Diet Irn Bru • Ginger Beer
Fanta Orange • Sprite Lemon
Bottled Water 330ml Bottle 2.50
Still • Sparkling