

Welcome

Welcome
Cinnamon Lounge is the unique place for Indian food.
Our aim is to please you and make your visit a memorable experience.
**IF YOU SUFFER FROM AN ACUTE ALLERGY TO ANY INGREDIENTS
PLEASE DO NOT HESITATE TO ASK US WHEN ORDERING.**

APPETIZERS

PAPADAM PLAIN OR SPICY	£0.95
Indian Crisp (V)	
CHUTNEYS & PICKLES	£0.65
CINNAMON MIXED PLATTER //	£2.95
Selection of mixed starters chosen by our chef //	£2.95
(Egg, Mustard)	
ONION BHAJI (V)	£4.95
KEBAB TABLA //	£6.95
Chicken(Lamb) (Egg, Mustard)	
COCKTAIL KEBAB //	£6.95
Chicken(Lamb) (Egg, Mustard)	
INDIAN STYLE CHICKEN //	£6.95
NOODLES	
CHICKEN / VEG SPRING ROLL //	£3.95
(Cereals Gluten)	
SAMOSA (V) //	£3.95
Meat, Chicken or Vegetable (Cereals Gluten)	
CHICKEN CHAT PURI //	£6.95
PRAWN COCKTAIL //	£5.95
SPICY CHIPS	£4.50
SPICY CHIPS with Chicken tikka	£6.95
MINT CHICKEN	£6.95
SHEEK KEBAB // (Egg, Mustard)	£6.95
SHAMI KEBAB // (Egg, Mustard)	£6.95
MEAT DOSHA	£6.95
KING PRAWN PUEKHAWA //	£7.95
(Crustaceans)	
KING PRAWN PUREE	£7.50
(Crustaceans, gluten)	
KING PRAWN BUTTERFLY //	£7.95
(Crustaceans)	
PRAWN PUREE // (Cereals gluten)	£6.95
TANDOORI CHICKEN (Milk, Mustard)	£6.95
CHICKEN OR LAMB TIKKA //	£6.95
(Milk, Mustard)	
MIX KEBAB	£6.95
Chicken, Lamb, Sheek Kebab	
CHICKEN PAKORA	£5.95
PONIR TIKKA	£6.95

TANDOORI (DRY)

These dishes are dry, served with salad and mint yoghurt dressing, are made to order which can sometimes lead to a delay. We strongly recommend that you take one side dish and accompaniments e.g. Vegetables and Indian bread.

TANDOORI CHICKEN //	£9.95	TANDOORI KING PRAWN //	£14.95
CHICKEN or LAMB TIKKA //	£9.95	KING PRAWN SHASLICK //	£14.95
CHICKEN TIKKA ALTA [Mild] //	£9.95	DUCK TIKKA //	£13.95
CHICKEN TIKKA CHARGA //	£9.95	ROOP CHANDA //	£13.95
CHICKEN or LAMB SHASLICK //	£10.95	BULSARI SALMON //	£13.95
GARLIC CHICKEN TIKKA //	£9.95	LAMB CHOP //	£12.95-£15.95
TANDOORI MIXED GRILL //	£10.95	CHILLI PANFER //	£10.95

FRUIT DISHES

THAI DISHES	
MALAYA CHICKEN	£11.95
Chicken cooked with pineapple mild sauce curry	
CHICKEN MANGO	£11.95
Chicken cooked with sweet mango, palm sugar herbs and home made spice	
LAMB KASMRI	£11.95
Cooked with banana, lychees herbs and homemade spice	
KING PRAWNS KASMRI	£14.95
Cooked with banana, lychees herbs and homemade spice	
KASMRI CHICKEN	£11.95
Cooked with banana, lychees herbs and homemade spice	

BIRYANI DISHES

Saffron flavoured basmati rice cooked with sautéed onions, finely chopped, sun dried tomatoes and mushrooms in a rich, creamy homemade sauce

with spiced vegetables, chicken, lamb, prawn, king prawn and a served with mix vegetable curry (only ahkey biryani is served with chicken & vegetable curry)	
VEGETABLE BIRYANI	£9.95
CHICKEN or LAMB BIRYANI	£11.95
CHICKEN OR LAMB TIKKA BIRYANI	£12.95
PRawn BIRYANI	£11.95
KING PRawn BIRYANI	£15.95
TANDOORI KING PRawn BIRYANI	£15.95
MIX BIRYANI	£13.95

KEY: VEGETARIAN = (V) MILD = / MEDIUM = // HOT = // / VERY HOT = // //

EXOTIC DISHES

DUCK MEETHA	£14.95	CHICKEN MEETHA	£11.95
Off the bone pieces of duck, slightly sweet prepared with almonds, palm sugar, honey, served in a rich creamy sauce		Off the bone pieces of chicken, slightly sweet prepared with almonds, palm sugar, honey, served in a rich creamy sauce (Milk Mustard)	
INDIAN STYLE CHICKEN NOODLES	£11.95		
Cooked with homemade spices			
DUCK MOUDOUN	£14.95	BUTTER CHICKEN	£11.95
tender pieces of duck, slightly sweet, prepared with a rich creamy sauce; hon		Exotic homemade mild spices with almonds, yogurt, honey served with fresh fresh cream	



SEAFOOD

KING PRAWN SIZZLER //	£15.95
King prawn grilled in clay oven, cooked with onions, red and green pepper, tomatoes, herb spices, coriander served with sizzling (Crustaceans)	
TANDOORI KING PRAWN MASSALA //	£14.95
Enriched with exotic masala sauce (Crustaceans)	
KING PRAWN PASSANDA //	£14.95
King prawn cooked in special, garnished with almonds, pistachio and sultanas (Crustaceans)	
KING PRAWN KHYBARI //	£14.95
King prawn cooked in spicy masala sauce with onions, capsicum, tomatoes and mango	



HOUSE SPECIALTIES

SOGOTI (Chicken or Lamb) //	£11.95
Cooked with, spinach, mustard, ginger & homemade spices	
CHICKEN OR LAMB RAZAL //	£11.95
Cooked with tangy hot sauce with coconut grain and homemade spices	
SATKARA CHICKEN OR LAMB //	£11.95
Cooked with Sythen citrus fruit medium spiced	
MINCE KEEMA SPECIAL (Chicken or Lamb) //	£11.95
Mince lamb or mince chicken slightly sweet, cooked in exotic homemade spices, served with red kidney beans or broad beans	
NAWABI MURGH //	£11.95
Tender pieces of chicken tikka in a creamy highly spiced sauce with (Nut)	
NAWABI LAMB //	£11.95
Tender pieces of lamb tikka in a creamy highly spiced sauce with (Nut)	
COCKTAIL MASSALA //	£12.95
Consists of landori chicken, chicken tikka, lamb tikka enriched cheese with exotic masala sauce (Chees)	
LAMB CHOP CHILL //	£13.95
Lamb Chops cooked with fresh chilli's, onions, ginger, green pepper	

TRADITIONAL DISHES

TRADITIONAL DISHES					
	CHICKEN	LAMB	PRawn	KING PRawn	VEG
CURRY //	£9.95	£10.95	£10.95	£14.95	£8.95
MADRAS //	£9.95	£10.95	£10.95	£14.95	£8.95
VINDALOO //	£9.95	£10.95	£10.95	£14.95	£8.95
BHUNA //	£9.95	£10.95	£10.95	£14.95	£8.95
Medium spiced in thick sauce					
GARLIC //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with garlic					
DUPIAZA //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with chopped onions					
CHILLI //	£9.95	£10.95	£10.95	£14.95	£8.95
Hot and spicy with green chilies					
SAAG //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with spinach					
ROGAN //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with tomatoes					
KURMA [Milk] //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with coconut, almonds. Fresh cream					
PATHIA //	£9.95	£10.95	£10.95	£14.95	£8.95
Hot sweet and sour					
DANSAK //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with lentils, hot, sweet and sour					
JALFRAZI //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with hot spicy sauce					
MOE //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with onion, capsicum, honey					
MINT //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with garden mint, herbs and medium spices					
METHI //	£9.95	£10.95	£10.95	£14.95	£8.95
Cooked with Fenugreek herbs and medium spices					

KEY: VEGETARIAN = [V] MILD = 1 MEDIUM = 2 HOT = 3 VERY HOT = 4

CHEF'S RECOMMENDATION

CHICKEN or LAMB TIKKA MASSALA (Milk, Mustard)	£11.95
VEGETABLE MASSALA (Nut)	£10.95
PASSANDA (Chicken or Lamb)	£11.95
DAHAKESHWARI (Chicken or Lamb)	£11.95
BHUNA TIKKA MASSALA (Milk)	£11.95
MOGLIA CHICKEN (Milk)	£11.95
TIKKA KEBAB KHYBERI	£11.95
TIKKA KEBAB PATHIA	£11.95
TIKKA KEBAB DANSAK	£11.95
TIKKA KEBAB JALFRAZI	£11.95
KARABI (Chicken or Lamb)	£11.95
CHICKEN MUSHROOM MAI CHAI	£11.95
GOSHT LAZIZ	£11.95
MURGHI MASSALA	£12.95
CHICKEN NAGA	£11.95
CHICKEN SIZLER	£11.95
CHICKEN CHILLI MASSALA	£11.95

BALTI SPECIALITIES

Balti is a very special traditional dish brought over from eastern regions of India. Authentic and exotic herbs blended with fresh root spices. Balti curries are prepared to your taste. (Can be cooked with any vegetable at 70p extra)	
CHICKEN or LAMB BALTI (Milk, Mustard)	£11.95
CHICKEN or LAMB TIKKA BALTI	£12.95
DUCK BALTI KING	£14.95
MASALLA CHICKEN	£11.95
TIKKA BALTI KING	

ACCOMPANIMENTS

VEGETABLE BHAJEE	£5.25
VEGETABLE CURRY	£5.25
BOMBAY ALOO	£5.25
MUSHROOM BHAJEE	£5.25
BINDI BHAJEE (Okra/ladies Fingers)	£5.25
BRINJAL BHAJEE (Aubergine)	£5.25
CHANA MASSALA (Spicy chick peas)	£5.25
DALL MASSALA (Spicy lentil)	£5.25
SAG BHAJEE (Spinach)	£5.25
SAG ALOO (Spinach & potatoes)	£5.25
ALOO GOBI (Potatoes & cauliflower)	£5.25
GARLIC MUSHROOM	£5.25
SAG PANEER (Spinach and cheese)	£5.25
MATTER PANNER (Peas and cheese)	£5.25
TARKA DALL (Lentil)	£5.25
GREEN PEPPER BHAJEE (Capsicum)	£5.25
GARLIC POTATOES	£5.25
GREEN SALAD	£2.95

SUNDRIES & RICE

BOILED RICE (Basmati rice)	£3.95
PILAU RICE (Basmati Rice) (Milk)	£3.95
MUSHROOM RICE	£4.95
SPECIAL RICE (Egg)	£4.95
EGG RICE	£4.95
GARLIC RICE	£4.95
PINEAPPLE RICE	£4.95
HOUSE SPECIAL RICE (Fruity)	£4.95
RAITHA (Cucumber)	£2.50
PLAIN NAN (Egg, Milk)	£3.50
KEEMA NAN	£3.95
GARLIC NAN	£3.95
PESHWARI NAN (Egg, Milk)	£3.95
STUFFED NAN	£3.95
CHEESE NAN	£3.95
HOIRO NAN	£3.95
CHAPATI	£2.50
PARATHA	£2.95
STUFFED PARATHA	£3.95
CHIPS	£2.50

SET MEAL

Sweet coffee not included

Set Meal for 1 person £18.95	Set Meal for 2 person £34.95
STARTERS	STARTERS
Lamb Cocktail Kebab	Chicken Tikka, Lamb Cocktail Kebab
MAIN COURSE	MAIN COURSE
Bhuna Tikka Masalla, Prawn Balti	Bhuna Tikka Masalla, Prawn Balti
ACCOMPANIMENTS	ACCOMPANIMENTS
Garlic Potatoes, House Special Rice, Nan, Papadom & Chutneys	Aloo Govi, Sag Paneer, House Special Rice, Nan, Papadom & Chutneys
Set Meal for 1 person £17.95	Set Meal for 4 person £69.95
(Vegetarian)	STARTERS
STARTERS	Chicken Tikka, King King Prawn Puree, Lamb, Cockatil Kebab
Chana Chat	MAIN COURSE
MAIN COURSE	Lamb Rezela, Chicken Moglia, Prawn Dupiaza, Tikka Kebab Khyber
Specially Prepared Vegetable Dish	ACCOMPANIMENTS
ACCOMPANIMENTS	Vegetable Curry, Tarka Dall, Garlic Mmushroom, House Special Rice, Nan, Papadom & Chutney Nan.
Sag Panner, House Special Rice, Nan, Papadom & Chutneys	

SPECIAL SET MENU IS AVAILABLE FOR LARGE PARTIES.
SPECIAL SET MENU IS AVAILABLE FOR LUNCH TIME.

CINNAMON LOUNGE IS

the perfect venue for every occasion

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SCAN IT TO
VISIT OUR
WEBSITE
FAST & EASY

Allergy Awareness:
Some of the dishes may contain nuts or dairy products. If you suffer from any kind of allergies, especially nuts, please consult with a member of staff before ordering.

NOTICE

None of the dishes include Rice except Biryani. Our Chefs will be delighted to prepare any dish of your choice not shown on the menu.

As we depend on supplies of fresh produce we reserve the right to change prices without notice.

All our dishes are prepared individually to order, to the highest standard, using the freshest of ingredients. The chef's may have up to 100 dishes or more to cook during busy times, so you may have to wait a little longer please bear with us, especially at weekends and do not think you have been forgotten.

Cheques are accepted when supported by a bankers card within its limit.

All prices within include VAT.



All major credit & debit cards accepted. We do not accept cheques.



We are situated in the heart of Houghton Regis.

5 minutes drive from the Dunstable town center.

Est. 2013

Issued 2026



CINNAMON LOUNGE

Indian Takeaway

Your Local Indian Takeaway
Great Food - Fantastic atmosphere



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Please ask a member of staff for more information