

SOUTH ASIAN SPECIALITIES

CLAY OVEN AND GRILL

All served with naan, pilau rice and curry sauce.

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| CHICKEN TIKKA (7) | 17 |
| LAMB TIKKA (7) | 18 |
| SEEKH KEBAB (2) | |
| <i>Minced lamb infused with aromatic spices.</i> | 18 |
| MALAI CHICKEN TIKKA (N) (7) | |
| <i>Cashew nut-based marination, made with ginger, cream cheese, coriander, mint and green chilli.</i> | 19 |
| KING PRAWNS (S) (6) | 24 |
| LAMB CHOPS (6) | 24 |
| GOAT™ HOUSE GRILL | |
| <i>A succulent selection of Chicken and Lamb Tikka, Lamb Chop, King Prawn and Seekh Kebab.</i> | 30 |

CURRIES

Popular dishes made with the finest Asian spices.

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| BHUNA | |
| <i>Medium spiced dish slow cooked with extra onions.</i> | |
| KURMA | |
| <i>A mild dish cooked with coconut and garam masala.</i> | |
| MASALA (N) | |
| <i>Made with cashews and a yoghurt marination.</i> | |
| SAAGWALA | |
| <i>A spinach-based dish cooked in a thick medium sauce.</i> | |
| JALFREZI | |
| <i>Made with onions, tomatoes and green chillis.</i> | |
| KORAI | |
| <i>Specially crafted medium curry with capsicum and tomatoes.</i> | |

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|-------------------------|----|
| CHICKEN / CHICKEN TIKKA | 13 |
| LAMB TIKKA | 14 |
| KING PRAWNS | 16 |
| VEGETABLE | 12 |

BIRYANI

A world-renowned Asian rice dish flavoured with fragrant spices, served with cucumber raitha, curry sauce and salad.

| | |
|---------------|----|
| CHICKEN TIKKA | 13 |
| LAMB TIKKA | 14 |
| KING PRAWNS | 15 |
| VEGETABLE | 12 |

NAAN

All our naans are freshly made in the Clay Oven.

BEETROOT AND GARLIC NAAN

Classic naan with a vibrant beetroot purée twist.

7

GREEN TEA AND VANILLA NAAN

Infused with Green Tea to give a unique, aromatic and earthy flavour with sweetness of vanilla.

7

PLAIN

4

GARLIC AND CORIANDER

5

PESHWARI (N)

5

CHEESE NAAN

5

RICE

GOAT™ HOUSE RICE (V)

Lightly spiced basmati rice cooked in a vegetable broth with a hint of paprika, garlic and black pepper.

6

STEAMED RICE

4

PILAU RICE

4

COCONUT RICE

5

VEGETABLE RICE

5

GARLIC RICE

5

MUSHROOM RICE

5

EGG RICE

5

SIDES

GOAT™ TAMARIND MASALA FRIES (V)

Fries coated with a slightly spiced and tangy tamarind recipe garnished with paneer.

7

HOUSE FRIES

4

ROASTED BOMBAY POTATOES (V)

6

GRILLED ASPARAGUS AND TENDER STEM BROCCOLI (V)

Cooked in a spicy ghee sauce.

6

SAAG PANEER (V)

6

MUSHROOM PEPPER FRY (V)

Made with Capsicum, Black Pepper, a drizzle of mustard oil and curry leaves.

6

(S) SEAFOOD (V) VEGETARIAN (N) NUTS

Allergy Awareness: This restaurant does NOT prepare food in an allergy-free kitchen and cannot guarantee that our foods are free from ingredients that may affect those with food allergies. We recognise the seriousness of food allergies, please contact us before you place an order. We reserve the right to decline any orders for customers with serious food allergies.

GOAT stands out in the South Asian culinary scene, expertly blending Indian, Bangladeshi, and Pakistani flavours. As a true reflection of menus on offer in the industry, GOAT's execution sets it apart, delivering an unmatched culinary journey. Join us to indulge in the true essence of South Asian cuisine, where tradition meets innovation with unparalleled success.

We cater for large parties and special occasions. Choose from our menu and if there is something you would like us to prepare then give us a call.

GOAT™ Express

South Asian Restaurant

TAKEAWAY MENU

OPENING TIMES

SUNDAY TO THURSDAY
5:00PM – 10:00PM

FRIDAY TO SATURDAY
5:00PM – 10:30PM

OPEN ON BANK HOLIDAYS

20% Discount (Telephone orders with Collection only).

WWW.GOATRESTAURANT.CO.UK



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ESSEX, RM14 2UB

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SOCIAL MEDIA



Find our menu with our online partners



Method of Payment



◆ APPETISERS AND STREET FOOD ◆

STICKY CHICKEN WINGS

Spicy wings in a sticky BBQ and tamarind sauce. (5) 11

MOMOS (V)

A rising favourite street food dish with Nepalese origins, dumplings with a vegetable filling served with our homemade chilli jam. (5) 8

TAMARIND CHILLI SQUID (S)

Lightly spiced squid served with our homemade tamarind treacle, honey and sweet chilli sauce. 10

CLAY OVEN AND GRILL

Cooked in the clay oven and finished on the grill, served with salad and mint sauce.

- CHICKEN TIKKA (5) 8
- LAMB TIKKA (5) 10
- SEEKH KEBAB (2) 10
- LAMB CHOPS (4) 12
- MALAI CHICKEN TIKKA (N) (5)

Cashew nut-based marination, made with ginger, cream cheese, coriander, mint and green chilli. 14

KING PRAWN (S) (4) 13

CHAAT ON PURI

A traditional savoury dish served by street vendors in South Asian countries, topped on a puri (flatbread).

- CHICKEN (PULLED) 10
- KING PRAWNS (S) (3) 14
- LAMB 13
- ALOO AND BEETROOT (V) 10

FAR-FAR (V)

Made of rice, tapioca and rice flour, sprinkled with sweet and tangy chat masala which makes a fun, delicious starter or simply great with any meal. 4

MANGO PANEER TIKKA (V)

Paneer cooked in the clay oven with roasted onions, peppers, tomatoes and tossed in a rich tangy mango sauce. Served with salad. (5) 8

PAKORAS (V)

Probably the most famous South Asian street food of all time, pakoras are crispy bite sized fritters seasoned with chickpea batter and deep fried. Served with mint sauce and green chutney. (5) 6

SAMOSA (V)

A little pocket of fried dough filled with spiced potato and peas, served with salad, green chutney and tamarind sauce. (2) 6

BUTTER CHICKEN KATSU ORBS (N)

Minced chicken coated in panko crumbs served with a butter sauce with hits of gingery undertone that packs a flavourful punch. (3) 14

DAL BUTTER AND TURMERIC SOUP (V)

Sour and spicy three lentil soup with chickpeas and turmeric, made with coconut milk served with naan. 8

POPPADOMS

POPPADOM (1) 2

CHUTNEYS (3) 4
(onion relish, mango chutney and beetroot)

GOAT™ HOUSE PLATTERS

Can't decide? To satisfy those cravings, why not enjoy a selection of our dishes made for those with big appetites but also great for sharing. Add our GOAT™ House Rice, Roasted Bombay Potatoes, and Curry Sauce for £6 / £10.

CLAY OVEN AND GRILL PLATTER

Chicken Tikka, Lamb Tikka, Seekh Kebab, Lamb Chops and Chicken Chaat.

FOR TWO 20

FOR FOUR 35

VEGETARIAN PLATTER (V)

Momos, Mango Paneer Tikka, Aloo and Beetroot Chaat, Pakoras and Far Far, served with Green Chutney.

FOR TWO 18

FOR FOUR 30

SIGNATURE COLLECTION

Our Country Style range of dishes are made with carefully selected spices, producing a rich and extraordinary flavour, cooked slightly longer than usual to release a unique taste. All Country Style dishes are served with our GOAT™ House Rice.

GOAT

GOAT CURRY Country Style

South Asian style curry with tender pieces of goat cooked with spicy potatoes, yoghurt and aromatic spices. 21

GOAT TAMARIND AND CHANA

Slow cooked goat with chickpeas in a rich sweet and spicy date and tamarind sauce served with puri (flatbread). 20

NAGA PICKLED GOAT Country Style

Using pickled naga peppers, this is a fiery dish spiked with heavy spices in a hot and tangy sauce. 22

LAMB

DARK BHUNA Country Style

Slow cooked tender pieces of Lamb in a rich bhuna sauce made from deep fried onions, mustard oil and black pepper. 20

STICKY CHILLI AND CORIANDER CHOPS

Tender lamb chops cooked in the clay oven and finished on the grill topped with our chilli and coriander sauce. (6) 21

GREEN MASALA

Cooked with green chillis, lots of coriander and spinach in a rich spicy and aromatic sauce. 18

VEGETARIAN SPECIALITIES

ALOO SAG PANEER (V)

Cooked with paneer, spicy potatoes and spinach in a medium sauce. Served with a Puri and coconut rice. 20

SABZI KOFTA MALAI Country Style (V)

Kofta made with a medley of mashed vegetables, mushrooms, lightly spiced in a medium sauce. 20

CHICKEN

ORANGE CURRY Country Style

Cooked in a spicy sauce using spinach, balanced with sweet undertones of citrus. 21

PATAKA CHICKEN Country Style

A fiery dish using green chillis, peppers and onions creating an explosion of flavours for those who like it extra spicy. 20

MANGO CHICKEN

Tender cuts of Chicken Tikka in a rich mango sauce cooked with coconut milk. 20

GREEN MASALA

Cooked with green chillis, lots of coriander and spinach in a rich spicy and aromatic sauce. 16

KACHEE BIRYANI

This is a slow cooked rice dish, prepared with layers of dry spices, herbs and saffron. This is cooked daily in a big pot so be quick to order as when it's gone, it's gone! Served with a curry sauce. 15

SEAFOOD

CORIANDER FISH Country Style (S)

Made with a fillet of Tilapia, briskly fried with onions, tomatoes, capsicum fused with a lemon and coriander sauce. 20

PATAKA KING PRAWN Country Style (S)

A fiery dish using green chillis, peppers and onions creating an explosion of flavours for those who like it extra spicy. 25

SEAFOOD CURRY Country Style (S)

A medley of seafood including squid, sea bass, king prawns and scallops to fulfil the seafood lover with an explosion of flavours in a rich coconut sauce. 28

GOAT™ HOUSE TARKA DAL (V)

A generous portion of slow cooked lentils that stays on an all-day burner giving it a rich and distinct taste unlike any dals you have tried before. 9