

# Introducing Flavours of The Valley

Some of the unusual spices we use in our cooking which give the very special flavours and aromas you will experience in the dishes we have prepared for you.

## Ajwain

These small oval reddish or greenish-brown seeds have a strong flavour and the aroma of thyme. Used in deep-fried savoury dishes and as a stuffing for parathas.

## Amchur (mango powder)

This is the dried unripe fruit of the Indian mango tree. When dried, the sliced mango turns dark brown and may be powdered. It is sour-sweet with a resinous bouquet, and is used in curries, chutneys and marinades for fish or vegetables.

## Badyan Khatai (aniseed)

This is a member of the carrot and parsley family. The fruit is made up of two united carpels, and these are harvested once the fruit begins to ripen. The flavour of the seeds is similar to that of fennel seeds.

## Haldi (turmeric)

Turmeric is the thick, cylindrical underground stem of a tropical plant belonging to the iris family and was originally grown in India and the Far East. It adds a brilliant yellow colour and an earthy flavour to a variety of foods.

## Hing (asafoetida)

This spice is derived from the sap of the giant fennel, a member of the parsley family. The spice looks like reddish-brown crystals and is available in crystalline or powder form, normally used in minute quantities. It is a great flavour enhancer.

## Kalonji (onion seeds)

These tiny, black, teardrop-shaped seeds are crunchy, bitter and peppery, with a faint nutmeg aroma. They are sprinkled on top of naans before baking.

## Methi (fenugreek)

Both the leaves and seeds of fenugreek are used in Indian cuisines. The leaves are cooked as a vegetable and can be combined with potatoes. The seeds are an ochre-brown colour and resemble tiny pebbles. They are used both whole (for pickles) and powdered for cooking.

## Soonf (fennel seeds)

These seeds are curved, ridged and a dull yellow-green colour, rather like plumper and larger versions of anise seeds.

## Til Sufaid (sesame seeds)

Sesame seeds have very little aroma, but their flavour is heightened when they are dry fried, and their nutty aroma is possible to smell.

## Zaferan (saffron)

This has a distinctive and lasting aroma with a touch of warmth. It is added to many dishes, because of its delicate flavour and striking colour.

All of the meats used in our meals are Halal prepared.

# Welcome to The Valley Connection 301

We proudly opened our third restaurant, The Valley Connection 301, in 2001. Over the years I certainly think we have achieved its main purposes; to whet your appetite with a mouth-watering range of succulent dishes and to provide you with a high quality of service which brings you back time and time again.

I now introduce you to a striking interior with an exciting décor, authentic & traditional yet contemporary in style. I desire to continue my aim which is to provide the perfect ambience in a unique setting, to meet the high expectations of my customers and for The Valley Connection 301 to be another restaurant of which I can be proud.

You, our customers, are at the forefront of our planning. The menu ranges from the mild to the spicy, the creamy to the piquant, catering for all tastes. Whatever your choice, I promise to offer the most delicious dishes made with fresh ingredients.

To complement your meal, you can make a selection from our comprehensive list of quality wines. We offer characteristics and vintages to suit all palates, specially selected for the Valley Restaurants from both new and old-world wine producing regions.

Khana povug korun - Enjoy your meal  
At your service.

## Daraz

All prices include VAT. A service charge is not included

### Special requests

If you have any special requests for dishes which are not on our menu, please ask and we will try to prepare them for you.

### Food Preparation

All our dishes are carefully prepared with fresh ingredients, freshly ground spices and halal meat.

### Allergen Advice

Some dishes on the menu include nuts in the recipe.

If you suffer from any food allergy please let us know before placing your order.

### OPENING HOURS - The Valley Connection 301

Tuesday to Sunday 5.00pm till 10.30pm

Closed Monday. Open Bank Holiday Mondays.

## Starters

**Soups** £3.95  
Lentil, mulligatawny or fish and tomato, served with bread

**Onion Bhaji** £3.95  
Deep fried, crispy, spiced onion balls

**Vegetable Pakura** £3.95  
Similar to Onion Bhaji, but made with vegetables

**Bhuna Prawn on Puree** £4.95  
Prawns cooked with special herbs and spices, served on a small pancake

**King Prawn Bhaji** £7.95  
Super king prawns stir fried with garlic, onions herbs and spices and fresh coriander. Served on a small pancake

**Dhai Baigon** £4.95  
Grilled aubergine, stuffed with spicy vegetables, topped with spiced yoghurt

**Chingri Moslai (Served cold)** £4.95  
Prawns with garlic, mustard, herbs and spices. Served on crispy salad

**Chingri Varkee** £4.95  
Grilled green pepper stuffed with spicy prawns

**Sabzi Varkee** £4.95  
Grilled green pepper stuffed with spicy fresh mixed vegetables, topped with minty yoghurt sauce

**Chapati Roll** £4.95  
Spicy mixed vegetables or minced lamb rolled into a garlic chapati

**Sheek Kebab** £4.50  
Succulent minced lamb rolls, blended with special herbs and spices. Cooked over the charcoal. Served with salad and minty yoghurt sauce

**Chicken or Lamb Tikka** £4.95  
Succulent boneless pieces of chicken or prime pieces of lamb, marinated, then barbecued, served with salad and minty yoghurt sauce

**Chicken Kebab** £4.95  
Chicken prepared with fresh herbs & green chillies, served with a green salad

**Kebab Bahar - for two** £10.50  
A selection of kebabs and tikkas, served sizzling with salad and minty yoghurt sauce

**Tandoori Dhakna** £4.50  
Chicken wings marinated in fresh herbs and spices, served with minty yoghurt sauce

**Macher Bora** £4.95  
Tuna fish kebab, spicy with green chilli and coriander

## Daraz's Choice Main Courses

**Roshon Kora** £10.95  
A dish with lots of garlic, black pepper, fresh herbs & spices in a sauce. Choose from chicken, lamb or beef - medium hot

**King Prawn Bongo Po** £15.95  
Super king prawns caught in the Bay of Bengal prepared with sliced green chillies in a medium to hot sauce

**Murgh Amchur** £10.95  
Chicken with the great flavour of mango in a spicy sauce - medium hot

**Shat Kora Delight** £10.95  
This particular dish comes from the Sylhet region of Bangladesh. A regional favourite for generations - the fantastic fragrance of Shat Kora which is from the lemon family and is only grown in Sylhet. Choose from chicken, lamb or beef

**Belati Baigon Zhal Zul** £15.95  
A king prawn dish prepared with fresh tomatoes, green chillies and fresh coriander. It has a medium consistency with a tangy flavour

**Special Bhuna Gosth** £10.95  
The most favourite dish of mine. Lamb or beef seasoned with fresh herbs and spices with a touch of garam masala, diced green chilli and fresh coriander. Is highly recommended - it's fairly hot

**Murgh Podina** £10.50  
Chicken cooked with fresh garden mint in a medium hot sauce

**Aloo Gosth** £10.50  
Lamb or beef with potatoes. Strongly spiced but light - medium hot

**Chana Gosth** £10.50  
Lamb or beef, cooked with chickpeas, prepared with fresh herbs and spices. Medium consistency, medium hot

**Sag Shangam** £10.50  
Chicken, lamb or beef cooked with fresh spinach, herbs and spices. Medium consistency, medium hot

**Tikka Garlic Salon** £10.50  
Marinated chicken or lamb, first prepared in the clay oven and then cooked with chopped garlic and green chillies with medium consistency, a little hot

### Five course super dinner

A very special meal selected for you by our Master Chef  
for two £70.00 for four £129.95

## Locku's Specials

**Beef Jolpai** £11.95  
Topside beef cooked with medium spices and olives

**Zhal Zul** £10.95  
Chicken, lamb, beef, or prawn cooked with naga chillies. Originally from Bangladesh, it's the worlds hottest chilli

**Lonka Zuri** £10.95  
Chicken, lamb, beef or prawn cooked with crushed dry chilli, traditional Sylheti dish - very hot

## Chef's Recommendations

The names of the following dishes will be unfamiliar to many Indian food devotees, because they are unique to The Valley Restaurants

**Murgh Jeera Sangam** £9.95  
Chicken cooked with great flavour of cumin, medium hot sauce

**Murgh-e-Khazana** £9.95  
Chicken cooked mainly with mild spices and honey, in a creamy sauce

**Murgh Sabzi Khana** £9.95  
Chicken stir fried with capsicum, tomato and bindi in a mixture of aromatic spices

**Murgh Zhal Roshun** £9.95  
Diced chicken cooked mainly with garlic & fresh green chillies. It's hot!

**Luari Mangsho** £10.95  
Strongly spiced medium hot lamb dish, cooked with tomatoes, green pepper & fresh coriander

**Shahjhani Pasanda** £10.95  
Prime pieces of lamb, cooked in fresh cream, yoghurt and almonds in a subtle sauce

**Mangsho Pesta Ke Shadi** £11.25  
Top side of beef cooked with a blend of mild spices, pistachio nuts and a touch of fresh cream

**Chilli Chingri Masala** £15.95  
Super king prawns first barbecued then cooked in a special blend of hot spices with green chillies

**Rajha Chingri Sagwala** £15.95  
Super king prawns cooked with fresh spinach, coriander and a touch of green chilli

**Salmon Bhaja** £12.95  
Salmon, fried with fresh herbs, garlic, ginger and onions

**Duck Masallam** £12.95  
Duck breast marinated in herbs. Cooked and served in a spicy, creamy sauce with coconut

**Salmon Salon** £12.95  
Salmon cooked with fresh herbs, spices and sliced green chillies with orange peel which gives a delicious flavour

**Beef Adrok** £10.95  
Topside of beef cooked with fresh herbs and lots of fresh ginger

### Chef's Choice

Seven course surprise dinner

**for two £74.95 for four £139.95**

## Tandoori Oven Main Courses

The following dishes are marinated in our own specially blended sauce with yoghurt and cooked in an authentic tandoori clay oven. Served sizzling on a bed of raw onion with fresh green salad and minty yoghurt sauce

**Tandoori Chicken** £9.95  
Half spring chicken on the bone

**Chicken or Lamb Tikka** £9.95  
Succulent boneless pieces of chicken or prime pieces of lamb

**Tandoori Super King Prawns** £16.95  
Large king prawns caught in the Bay of Bengal

**Tandoori Extravaganza** £13.95  
A fantastic selection of tandoori kebabs and tikkas

**Tandoori Trout** £11.95  
Clay oven grilled rainbow trout  
(This dish will take a little time to prepare)

**Chicken or Lamb Shashlik** £11.95  
Special pieces of chicken or lamb, barbecued on skewer with tomatoes, capsicum and onion

### Tikka Curries

The following dishes are prepared with Chicken Tikka, Lamb Tikka or Tandoori King Prawns each with their individual distinctive flavours

Choose from...

Bhuna	Masala	Dhansak
Madras	Ceylon	Pathia
Korma	Rogan	Dupiaza
Jalfrezi	Karai	

**All Tikka Curries** £9.95  
**With Tandoori King Prawns** £15.95

### 'A Passage to India'

#### Travel to The Valley Corbridge by Train

Our unique 'Passage to India' train service is ideal for a birthday celebration, special treat, anniversary or corporate entertainment.

No need to drink and drive.

Uniformed staff will be ready to greet you at Newcastle Central or Carlisle Station.

They will welcome you and your guests and escort you by train to The Valley at Corbridge.

#### We offer a package which includes:

- Return travel for each member of your party
  - A delicious four course meal chosen from our à la carte menu.
- The orders are taken on the train and will be ready on your arrival.

*Please ask for more details or visit our website:*

[www.valleyrestaurants.co.uk](http://www.valleyrestaurants.co.uk)

**Please note:** Parties of 20 or more will be asked to choose from a set menu, this can be tailored to your requirements.

## Main Courses

### Biryanis

Biryani is a traditional Indian dish, prepared with flavoured Basmati rice, a mixture of mild spices, cashew nuts, egg and sultanas in ghee. Served with mild, medium or hot vegetable curry

#### Choose from:

Chicken, Lamb or Beef	£12.50
Chicken Tikka or Lamb Tikka	£12.95
Prawn	£12.50
King Prawn	£15.50
Tandoori King Prawn	£15.95

### Individually Created

The following dishes are individually prepared with their own ingredients, textures and flavours

### Mild Dishes

#### Korma

Korma is a very mild dish prepared following a traditional Indian recipe with sultanas and greater use of fresh cream and coconut

#### Malayan

Preparation of mild spices in which cream, banana and pineapple are used to create a unique flavour

#### Kashmiri

Preparation of mild spices, similar to Malayan but cooked with sultanas and almonds

#### Shahe

Cooked in a creamy sauce with ground cashew nuts and a touch of cumin

#### Choose from:

Chicken	£8.95	Prawn	£8.95
Lamb	£9.95	King Prawn	£12.95
Beef	£10.50	Duck	£12.95
Vegetable	£8.50		

**10%  
OFF**

Having dined with us, we are delighted to offer you a 10% discount voucher redeemable against a meal at either of our sister restaurants. Please ask for further details or to make a booking.

## Main Courses

### Medium Hot

#### Rogan

This dish is cooked in delicately flavoured sauce with lots of tomatoes and a sprinkle of dania

#### Karai

Cooked with a special mixture of spices including garlic, ginger and a strong flavour of fresh coriander – slightly hot

#### Bhuna

Bhuna is a strongly spiced curry, a combination of a special blend of spices, fried to provide a dish of medium strength and dry consistency

#### Dupiaza

A method of preparation similar to Bhuna where fresh onions are mixed with spices and fried briskly

#### Choose from:

Chicken	£8.95	Prawn	£8.95
Lamb	£9.95	King Prawn	£12.95
Beef	£10.50	Duck	£12.95
Vegetable	£8.50		

### Hot Dishes

#### Madras

A South Indian version of the dishes, having greater proportions of hot spices which lend a fiery lemon taste to its richness

#### Vindaloo

Related to the Madras but much hotter in taste. It owes its name and part of its contents to the early Portuguese settlers

#### Dhansak

Cooked in a thick sauce with fruit juice and lentils. Hot, sweet and sour taste

#### Jalfrezei

Cooked with capsicum, onion, tomatoes and hot spices

#### Pathia

The characteristics of this dish are derived from the use of tomatoes with a mixture of spices, hot and sour taste

#### Ceylon

Cooked with strongly flavoured spices which makes it hotter but with lots of coconut

#### Choose from:

Chicken	£8.95	Prawn	£8.95
Lamb	£9.95	King Prawn	£12.95
Beef	£10.50	Duck	£12.95
Vegetable	£8.50		

## Vegetarian Specials

The following dishes are specially selected and prepared for vegetarians, however, these are wonderful dishes for non-vegetarians too

**Palak Paneer** £8.50

Fresh spinach cooked with cheese, garlic and green chillies

**Mattar Paneer** £8.50

Garden peas with cheese in aromatic spices with a touch of green chilli

**Dhai Baigon** £8.50

Large grilled aubergine stuffed with spicy vegetables, topped with yoghurt

**Chana Bhuna** £8.50

Chickpeas cooked in a strongly spiced thick sauce

**Dhal Sabzi** £8.50

Fresh mixed vegetables cooked with lentils, lemon juice, garlic and chilli

**Chilli Vegetables** £8.50

Fresh mixed vegetables cooked with lots of green chillies

**Vegetable Masala** £8.50

Cooked with cashew nuts, fresh cream, yoghurt & mixture of spices in thick creamy sauce

**Anaj Vuj (Chef's choice)** £14.95

special vegetarian meal

A selection of specially prepared fresh vegetable dishes.

Served with rice and bread. (This dish will take a little time to prepare)

## Sabzi-Vegetable Side Dishes

**£3.95 per portion**

We highly recommend that you have vegetable side dishes to complement main courses. These can be shared.

**Mushroom Bhaji**

Fresh mushrooms with onion

**Sag Aloo**

Spinach and potatoes

**Bindi Bhaji**

Fresh okra with onion and spices

**Sag Bhaji**

Fresh spinach with garlic

**Bombay Aloo**

Spicy hot potatoes

**Tarka Dhal**

Lentils flavoured with garlic

**Aloo Gobi**

Potato and cauliflower

**Valley's Dhal**

Mixed lentils, with fresh herbs and spices

**Cabbage Bhaji**

Crispy cabbage with spices

**Vegetable Curry**

Mixed vegetables in spicy sauce

**Vegetable Bhaji**

Mixed dry vegetables

**Chana Bhuna**

Chickpeas with spices

**Brinjal Bhaji**

Aubergines stir fried

**Chana Dhai**

Chickpeas with spicy yoghurt

## Sundries & Rotis

**Pashwari Naan** £3.25 **Plain Naan** £2.75

With pistachio nuts, cashews, coconut & sultanas

Made with self-raising flour

**Keema Naan** £3.25 **Garlic Naan** £3.25

With spiced lamb mince

With fresh garlic

**Paneer Naan** £3.25 **Aloo Naan** £3.25

With cheese

Stuffed with spiced potatoes

**Stuffed Paratha** £3.50 **Paratha** £3.25

Stuffed with vegetables (Pan fried)

Leavened bread (Pan fried)

**Puree** £1.50 **Chapati** £1.50

Small fried pancake

Made with flour

**Tandoori Roti** £2.25 **Poppadums** £0.85

Bread baked in the clay oven

Spiced or plain

**Assorted Pickle** £0.85 **Raitha** £2.25

Lime, mango, onion etc. - Per person

Cultured yoghurt with onion and cucumber

## Rice Dishes

The following Pilaw rices are prepared with Basmati, the finest rice in the world, flavoured with ghee

**Nut Pilaw** £4.50 **Vegetable Pilaw** £3.50

**Mushroom Pilaw** £3.50 **Onion Pilaw** £3.50

**Peas Pilaw** £3.50 **Egg Pilaw** £3.50

**Keema Pilaw** £3.50 **Lemon Pilaw** £3.50

**Plain Pilaw** £3.00 **Plain Boiled Rice** £3.00

Visit our restaurant in Newcastle

## The Valley Junction 397

'Most original Indian Restaurant in Great Britain'

Awarded by the Curry Club of Great Britain

Dine in style in the characteristic old signal box and railway carriage in the heart of Newcastle.

The Jesmond restaurant has been transformed with an extension enlarging the fine Indian dining room and creating an elegantly refurbished, stylish and modern restaurant.

The Old Station, Archbold Terrace, Jesmond,  
Newcastle upon Tyne NE2 1DB  
Tel: 0191 2816 397

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