



Seafood

Fish Curry	£8.95
King Prawn Curry	£10.95
Salmon Tikka <i>Served with salad</i>	£11.95
Tandoori King Prawn	£11.95
Salmon Curry	£11.95
Special Seafood Curry NEW	£12.95

Mixed of seafood items (fish, prawns & squid) cooked in chef's special prepared creamy coconut flavour.

Rice

Boiled Rice	£2.50
Pilau Rice	£2.95
Garlic Fried Rice	£3.25
Mushroom Fried Rice	£3.25
Egg Fried Rice	£3.50
Onion Fried Rice	£3.50
Vegetable Fried Rice	£3.95
Peri Peri Chicken Fried Rice	£4.50
Keema Rice	£4.50



English Dishes

Scampi, Chips & Salad	£5.95
Special Omelette, Chips & Salad	£5.95
Chicken Steak Burger & Chips NEW	£5.95
Cod Fish, Chips & Peas	£6.95
Tilapia Fillet, Chips & Salad NEW	£8.95

Upon ordering you can specify whether you would like any dishes altered to your preference and whether you would like your dishes

Mild

Medium

Hot

Naan

Tandoori Roti	£2.00
Plain Naan	£2.25
Garlic Naan	£2.75
Chilli Naan	£2.75
Garlic Coriander Naan	£2.95
Cheese Naan	£3.25
Cheese Garlic Naan	£3.50
Peshwari Naan	£3.50
Keema Naan	£3.75
Keema Cheese Naan	£3.95
Cheese Onion Kulcha NEW	£3.95
Paneer Kulcha NEW	£3.95
Special Naan	£4.25



Sides

Green Salad	£1.50
Plain Chips	£2.50
Curry Sauce	£3.25
Masala Sauce	£4.50
Masala Chips	£3.50
Sweet Chilli Chips NEW	£3.95
Chilli Battered Chips	£3.95
Cheese Chilli Chips	£5.00
Raita	£2.95
Plain Yoghurt	£2.00



Wraps

Chicken Tikka Wrap	£7.50
<i>Served with mayo, sweet chilli & lettuce</i>	
Sheesh Kebab Wrap	£7.50
<i>Served with mayo, sweet chilli & lettuce</i>	
Mixed Wrap	£7.95
<i>Chicken & kebab served with mayo, sweet chilli & lettuce</i>	
Paneer Wrap	£7.50
<i>Served with lettuce & mint sauce</i>	



Kids' Menu

Chicken Nuggets & Chips	£3.95
Fish Fingers & Chips	£3.95
Chicken Popcorn & Chips NEW	£4.50
Chicken Strips & Chips	£4.50
Chicken Burgers & Chips	£5.50
<i>(mayo & lettuce)</i>	
Chicken Curry & Rice <i>(mild)</i>	£6.95

FOOD ALLERGIES & INTOLERANCE:

Please speak to our staff about the ingredients in your meal, when making your order

Thank You!

THE SOW BAR & GRILL

LIVE SPORT

TNT SPORTS

sky SPORTS

Restaurant Opening Times

Monday to Sunday 12.30pm to 10pm

Bar Opening Times

Monday to Sunday 12pm to 11pm

for booking call on

0121 500 5888
0730 079 6309

26 HILL TOP WEST BROMWICH, B70 0PS



FOOD HYGIENE RATING



VERY GOOD

Starters

NON VEGETARIAN

All served with fresh salad

Papadums (2pcs)	£1.00
Chicken Tikka	£6.50
Sheesh Kebab	£6.50
Chicken Wings	£6.00
Lamb Chops	£9.50
Achhari Chicken Tikka	£6.95
Garlic Chicken Tikka NEW	£6.95
<small>Chicken tikka freshly marinated with extra garlic, spices & herbs</small>	
Southern Fried Wings	£7.00
<small>Chicken wings fried with southern fried coating</small>	
Methi Chicken Tikka	£6.95
Fish Pakora	£7.50
Meat Samosa	£3.95
Fish Tikka	£7.95
Salmon Tikka	£11.95
Tandoori King Prawn	£11.95
Battered Prawns (6pcs)	£9.95

VEGETARIAN

Veggie Samosa	£3.50
Spring Rolls	£3.95
Panner Tikka Achari	£7.95
Onion Bhajis	£3.95
Aloo Tikki NEW	£5.00
Soya Tikka	£8.50
Paneer Pakora	£7.95
Veggie Lamb Tikka NEW	£8.50



Mixed Grill

Boneless Mixed Grill	£18.95
<small>Chicken tikka, garlic chicken tikka, fish, kebab, achari chicken tikka & methi tikka</small>	
Regular Mixed Grill	£13.50
<small>Chicken tikka, sheesh kebab & chicken wings</small>	
Large Mixed Grill	£18.95
<small>Chicken tikka, garlic chicken tikka, methi tikka, chicken wings, sheesh kebab, lamb chops & fish pakora</small>	
The Sow Veggie Grill	£16.95
<small>Soya tikka, roast potatoes, roast mushrooms, paneer tikka & aloo tikki</small>	
The Sow Special Family Grill	£22.95
<small>Chicken tikka, garlic tikka, methi tikka, chicken wings, southern fried wings, sheesh kebab, lamb chops, battered prawn & fish pakora</small>	

Chef's Special

Chicken Claypot	£8.95
<small>Pieces of chicken cooked in special claypot sauce consisting of coriander, cashew, coconut, garlic & ginger</small>	
Chicken Rajastani	£8.95
<small>Chicken cooked in arich sauce containing chilli, cashew, ginger, garlic & lemon</small>	
Lamb Claypot	£9.50
<small>Pieces of lamb cooked in cashewnut, coconut, coriander & chef's special sauce</small>	
Desi Bhakra (on the bone)	£9.95
<small>Goat curry cooked in a home style gravy with ginger, garlic & chef's special prepared desi spices</small>	
Goan Fish Curry (cod)	£9.95
<small>Another fan favourite dish, intensely spiced coconut & tomato fish curry leaves inspired by Goa on Indian's West Coast</small>	
Punjabi Chicken Masala	£8.95
<small>Boneless tandoori chicken cooked with traditional Indian Punjabi style spices & boiled egg</small>	
Special Mixed Curry	£10.50
<small>Chicken, lamb & prawn cooked in onion, tomatoes, ginger garlic & fresh spices</small>	
Chicken Tikka Taka Tak	£9.50
<small>Medium spiced chef's secret spices based on onion & tomato gravy. Full Indian flavoured dish</small>	
Garlic Curry	Chicken £8.00 lamb £9.50 prawn £10.095

Indo Chinese

Soya Chilli (veggie chicken)	£8.95
Soya Lamb Chilli NEW	£8.95
Veggie Manchurian	£7.00
Chilli Mushroom	£7.00
Veggie Noodles	£6.50
Chilli Paneer	£7.50
Chilli Chicken	£7.50
Chicken Noodles	£7.50
Honey Chilli Chicken	£7.95
Chicken Chilli Lollipop	£7.50
Chilli Prawn	£10.95
Prawn Noodles	£8.95
Singapore Noodles	£8.95
Keema Noodles	£7.95
Mixed Noodles	£8.95
Chilli Fish	£7.95
Fried Chilli Squid NEW	£8.95



Chicken Main Courses

Chicken Rahra	£8.50
<small>Chicken pieces cooked with chicken mince & spices</small>	
Chicken Curry	£7.50
Chicken Tikka Masala	£7.95
Chicken Madras (hot & spicy)	£7.95
Butter Chicken	£8.95
Chicken Jalfrezi (medium spicy)	£7.95
Chicken Bhuna	£7.95
Chicken Korma	£7.95
Chicken Balti	£7.95
Chicken Karahi	£7.95
Chicken Pathia	£7.95
Chicken Mushroom Balti	£8.95
Chicken Saag	£7.95
Chicken Vindaloo (extra hot)	£7.95



Lamb Main Courses

Gurkha Lamb Tikka Curry NEW	£10.50
<small>Lamb tikka cooked in Nepalese traditional style. Medium spicy gravy & herbs</small>	
Lamb Curry	£8.95
Lamb Rahra	£9.50
<small>Lamb pieces cooked with lamb mince, spices & herbs</small>	
Lamb Jalfrezi	£8.95
Lamb Bhuna	£8.95
Lamb Balti	£8.95
Lamb Pathia	£8.95
Keema Curry	£8.95
Keema Mutter	£8.95
Lamb Saag	£8.95
Lamb Madras	£8.95
Lamb Vindaloo (extra hot)	£8.95
Sharabi Lamb (brandy)	£9.95



The Sow special, tender chunks of lamb cooked in a full flavour gravy with dash of brandy for an extra kick



Nepalese Chef's Special Dishes

Veggie Momo	£6.95
<small>Momos filled with minced soya tikka, cabbage, carrots, onions & herbs</small>	
Spicy Bhutan	£6.95
<small>Lamb's tripe, liver, kidney & heart cooked in Nepalese spices & spicy herbs</small>	
Chicken Choila	£7.50
<small>Boneless tandoori chicken slice tossed with coriander, spring onions, pepper, tomato & spices</small>	
Chicken Momo (Order to make between 20-30 min)	£7.50
<small>Momo are the dumplings that are popular in Nepal cooked with chicken mince, cabbage, onions, coriander with white plain flour, cooked in steam (served with special spicy Nepalese chutney)</small>	
Himalaya Chicken Curry	£8.50
<small>Chef's special style dish cooked with fresh coriander & special medium hot Nepalese spices prepared by chef. A traditional Nepalese curry!</small>	
Jhol Momo	£8.50
<small>Momos cooked in special Nepalese flavoured spicy sauce. Medium!</small>	
Chilli Momo NEW	£8.50
<small>Fried chicken momos tossed with chilli sauce, peppers, onions & herbs</small>	
Lamb Sekuwa NEW	£8.95
<small>Boneless tandoori lamb marinated in Chef's special Nepalese herbs & spices. Slow cooked in oven tossed with onions, ginger garlic, coriander & fenugreek seeds</small>	
Mustang Spicy Lamb	£9.95
<small>Chef's special dry style lamb cooked with special Nepalese spices & herbs. Comes with salad</small>	

Vegetarian Main Courses

Bombay Dum Aloo	£6.50
Dal Tadka	£6.50
Channa Masala	£6.50
Saag Aloo	£6.95
Mixed Vegetable	£6.95
Mushroom Curry	£6.95
Karahi Paneer	£6.95
Aloo Gobi	£6.95
Saag Paneer	£7.00
Dal Makhani	£7.00
Shahi Paneer	£7.50
Mutter Paneer	£7.50
Bhindi Masala	£7.50
Paneer Makhani	£7.95
Veggie Chicken Curry (soya)	£7.95
Veggie Lamb Curry NEW	£7.95



Biryani

All biryani served with curry sauce or raita

Veggie Biryani	£7.95
Soya Paneer Biryani NEW	£8.95
Chicken Biryani	£8.95
Lamb Biryani	£9.95
Prawn Biryani	£11.50
Mixed Biryani	£11.95

