

BOOK US FOR PRIVATE PARTIES, WEDDINGS  
AND CORPORATE EVENTS.



OUTDOOR CATERING FROM £10 PER PERSON



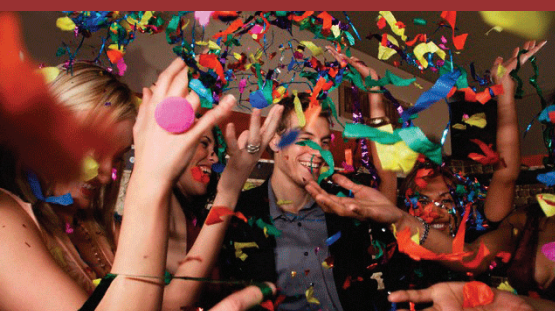
EAT IN, TAKE AWAY AND DELIVERY



# SEA | ROCK<sup>®</sup>

INDIAN BAR &  
RESTAURANT

*Great Times, Great Food*



## OPENING HOURS

Monday to Thursday: 4pm - 11pm

Friday: 4pm - 12am

Saturday: 2pm - 12am

Sunday: 2pm - 11pm



672 High Road, North Finchley, London N12 9PT

020 8446 6996

[www.searockclub.com](http://www.searockclub.com)



searock indian bar & restaurant



searock\_club





Bar Bites & Appetisers

Plain/Spicy Papadom 🟡🟢	£0.85	Boiled Eggs	£2.75
Masala Papadom 🟡🟢	£1.75	Masala Peanuts	£2.95
Spicy Peanuts 🟢	£2.00	Masala Chilli Crisps 🟢	£3.25
Chilli Crisps 🟢	£2.50	Mixed Masala Nuts & Crisps 🟢	£4.50

Vegetarian Starters

Masala Chips 🟢	£4.75
Delicious Spicy Indian Fries	
Samosas (3) 🟡🟠🟡🟢	£4.95
Crisp Filo Pastry Stuffed with Mixed Vegetables	
Plain Mogo 🟢	£4.95
Casava chips deep fried	
Onion Bhajia 🟢	£5.50
Onions dipped in lightly spiced batter & deep fried	
Jalapenos (4) 🔵🟢	£5.75
Breaded jalapenos stuffed with cream cheese	
Crispy Bhajia 🟢	£5.75
Potatoes marinated in gram flour & deep fried	
Egg Chops 🟢🟠	£5.95
Boiled eggs covered with a special potato mixed with black pepper, garlic powder, ginger, chat masala, special Indian spices and fried in bread crumbs	
Garlic Pilli Pilli Mogo or Masala Mogo 🔥🟢🟢🟢🟠	£6.50
Casava chips deep fried seasoned with garlic & chilli or vegetable sauce	
Batata Vada 🟡🟢🟢🔵	£6.50
Mashed potatoes mixed with ginger, chilli, pomegranate powder, Indian spices and fried with ground flour mix	
Aloo Tiki 🟢🟡🟢🟢🔵	£6.50
Mashed potatoes mixed with fresh green chilli, corriander, ginger, chat masala, Indian spices and fried with corn flour mix	
Crispy Bindi 🟢🔵	£6.75
Bindi mixed with corn flour, chat masala, salt, pepper and deep fried	
Chilli Mushrooms 🟡🟢🟢🟢🟢🟠	£6.95
Fresh mushrooms cooked with spicy chilli sauce, spring onion, capsicum & soya sauce	
Mixed Bhajia 🟢	£7.25
Assorted vegetables marinated in gram flour & deep fried	
Chilli Paneer 🟡🟢🟢🔵🟢🟢🟠	£7.25
Cottage cheese fried with spicy chilli sauce, spring onion, capsicum & soya sauce	
Paneer Shashlik 🔵🟡🟠	£7.25
Cottage cheese marinated in spices, tomato, capsicums & cooked in the tandoor	
Chatpatta Paneer Tikka (Chefs Speciality) 🟡🟢🔵🟢🟢🟢🟠	£7.75
Cottage cheese cooked in the tandoor covered in tomatoes & chilli sauce	

Non Vegetarian Starters

Samosas (3) 🟡🟠🟡🟢	£4.95
Crisp filo pastry stuffed with lamb mince	
Kebab (3)	£7.50
Marinated lamb mince cooked in the tandoor	
Chilli Wings (6) 🟢🟠	£7.50
Tender fried chicken wings battered in cornflower with chilli & lemon	
Tandoori Wings (6) 🔵🟡🟢🟠🟠🟠🟠🟠	£7.50
Wings with skin marinated in special spices, cooked in the tandoor	
Chicken Tikka 🔵🟡🟠	£7.50
Chicken cubes marinated in tandoori sauce & cooked in the tandoor	
Jeera Chicken (Chef’s Speciality) 🟢	£7.50
Chicken wings marinated in special cumin sauce	
Nairobi Chicken Tikka (Chef’s Speciality) 🔥🟢🟠🟠🟢🟠🟠	£7.50
Boneless chicken thighs marinated in a special spicy sauce & crushed chilli cooked in the tandoor	
Mari Chicken (Dry) 🔥🟢🟢	£7.50
Boneless chicken cooked with black pepper & spices	
Boti Lamb 🟡🟢🟢	£8.95
Lamb cubes fried & cooked in a special sauce	
Lamb Chops (4) 🟡🔵🟢🟢🟠🟠🟠🟠	£9.95
Lamb chops marinated & cooked in the tandoor	
Lamb Tikka 🟡🔵🟢🟢🟠🟠🟠🟠	£9.95
Tender boneless lamb marinated & cooked in the tandoor	
Mixed Grill (for 2 persons) 🟡🔵🟢🟢🟠🟠🟠🟠	£17.95
Lamb chops, chicken tikka, tandoori wings, sheek kebab & lamb tikka all served on a sizzler plate	

Vegetarian Main Courses

Tarka Daal 🟡🟢	£7.25
Comforting lentils seasoned with coriander, tomatoes, garlic & butter	
Daal Makhani 🔵🟢	£7.25
Lentil delicacy flavoured with ginger, garlic, tomatoes & cream	
Bhindi Aloo Dry/Bhaji 🟡🟢🔵	£7.25
Fried okra with or without potatoes tossed in Indian spices	
Began Aloo 🟡🟢🔵	£7.25
Aubergine & potato dish cooked in an onion and tomato gravy	
Bombay Aloo 🟡🟢🔵	£7.25
Potatoes worked in Indian spices with tomatoes & peppers	
Began Ka Bharta (Orrow) 🟡🟢🔵	£7.25
Mashed aubergine cooked in thick gravy	
Methi or Saag Aloo 🟢	£7.25
Potatoes combined wonderfully with fresh methi or spinach	
Aloo Gobi 🟡🟢🔵	£7.25
Baby potatoes with cauliflower, onions, mustard seeds, curry leaves, ginger, chilli, fresh tomatoes & coriander	
Veg Kheema – (Soyabean) 🟡🟢🔵	£7.25
A rich protein dish cooked with a blend of Indian spices, onions, coriander & chilli	
Tawa Channa Masala 🟡🟢🔵	£7.25
Chick Peas cooked with sliced tomatoes & thick vegetable sauce	
Mix Vegetable Jalfrezi 🔥🟡🟢🔵	£7.25
Mixed veg cooked with onions, capsicum, tomatoes, green chillies in a vegetable sauce	
Tawa Egg 🟡🟡🟢🔵	£7.50
Boiled eggs served with sliced tomatoes in a thick vegetable sauce	
Corn Beans Methi Tawa 🟢🔵	£7.95
Methi, corn & kidney beans served with tomatoes & thick vegetable sauce	
Paneer Masala - Saag Paneer 🔵🟡🟢🟢	£8.75
Cottage cheese cooked with or without spinach in thick vegetable gravy	
Paneer Tikka Masala 🍌Mild 🔵🟡🟢🟢🟢🟠	£8.75
Cottage cheese cooked in tandoor & prepared with cashew nuts, coconut, almonds in a creamy sauce	



## Chicken Main Courses

<b>Chicken Masala</b> 🍌🍌🍌	<b>£8.25</b>
Boneless chicken cooked in thick onion gravy & spices	
<b>Karahi Chicken</b> 🍌🍌🍌	<b>£8.25</b>
Boneless chicken cooked in vegetable sauce with tomatoes, capsicums served in a karahi	
<b>Tawa Chicken</b> 🍌🍌🍌	<b>£8.25</b>
Boneless chicken cooked with sliced tomatoes in thick vegetable sauce	
<b>Chicken Jalfrezi</b> 🔥🍌🍌🍌	<b>£8.25</b>
Boneless chicken prepared with onions, capsicum, tomatoes & green chillies in a vegetable sauce	
<b>Methi or Saag Chicken</b> 🍌🍌	<b>£8.50</b>
Boneless chicken cooked in fresh methi/fenugreek leaves or spinach with herbs & spices	
<b>Mari Chicken (Chef’s Speciality)</b> 🔥🍌🍌🍌	<b>£8.75</b>
Boneless chicken cooked in chilli sauce & black pepper	
<b>Coco Chicken</b> 🥥 <i>Mild</i> 🍌🍌🍌	<b>£8.75</b>
Boneless chicken prepared in special coconut sauce	
<b>Chicken Tikka Masala</b> 🥥 <i>Mild</i> 🍌🍌🍌🍌🍌	<b>£8.75</b>
Boneless chicken tikka pieces cooked with a rich & creamy sauce (contains nuts)	
<b>Butter Chicken</b> 🥥 <i>Mild</i> 🍌🍌🍌🍌🍌	<b>£8.75</b>
Boneless chicken tossed in rich gravy with fresh cream (contains nuts)	
<b>Kukadi Chicken Curry (Chef’s Speciality)</b> 🔥🍌🍌🍌	<b>£9.50</b>
Chicken on the bone cooked with garlic, ginger & chilli sauce	

## Lamb Main Courses

<b>Kheema / Kheema Peas</b> 🍌🍌🍌	<b>£8.95</b>
Minced lamb cooked with or without green peas blended in thick gravy	
<b>Tawa Lamb</b> 🍌🍌🍌	<b>£8.95</b>
Lamb cooked with sliced tomatoes & thick vegetable sauce	
<b>Karahi Lamb</b> 🍌🍌🍌	<b>£8.95</b>
A succulent lamb curry cooked with vegetable sauce, tomatoes, capsicums all served in a Karahi	
<b>Lamb Masala</b> 🍌🍌🍌	<b>£8.95</b>
A delicious lamb dish in thick onion gravy & spices	
<b>Lamb Jalfrezi</b> 🔥🍌🍌🍌	<b>£8.95</b>
Lamb with onions, chillies, tomatoes, capsicums cooked in a vegetable sauce	
<b>Methi or Saag Lamb</b> 🍌🍌	<b>£9.25</b>
Lamb cooked in fenugreek leaves or spinach served in thick gravy	
<b>Roghan Gosh</b> 🍌🍌🍌	<b>£9.25</b>
Cooked lamb topped with capsicum, tomatoes & roghan Masala	
<b>Mari Lamb (Chef’s Speciality)</b> 🔥🍌🍌🍌	<b>£9.25</b>
Lamb pieces cooked in chilli sauce & black pepper	
<b>Desi Lamb (Chef’s Speciality)</b> 🔥🍌🍌🍌	<b>£9.95</b>
Lamb on the bone cooked in desi sauce	

## Sea Food Starters

<b>Amritsari Fish Fry</b> 🍌🍌🍌🍌	<b>£9.95</b>
Boneless fillet of tilapia fish deep fried & mixed with dry masala	
<b>Tawa Fish (Dry)</b> 🍌🍌🍌🍌	<b>£9.95</b>
Boneless fillet of tilapia fish marinated with special masala & cooked on a tawa	
<b>Chilli Garlic Fish</b> 🔥🍌🍌🍌🍌	<b>£9.95</b>
An amazing combination of fillet tilapia fish with chilli, garlic & onions with soya sauce	
<b>Chilli Garlic Prawns</b> 🔥🍌🍌🍌🍌	<b>£10.95</b>
Succulent prawns with chilli, garlic & onions with soya sauce	
<b>Tandoori Prawns (5)</b> 🍌🍌🍌🍌🍌	<b>£14.00</b>
Exciting king prawns marinated & cooked in the tandoor	

## Sea Food Main Courses

<b>Fish Masala</b> 🍌🍌🍌🍌	<b>£9.95</b>
Tilapia fish in thick onion gravy & Indian spices	
<b>Malvani Fish</b> 🍌🍌🍌	<b>£9.95</b>
Tilapia fish cooked with mustard seeds, curry leaves & spices	
<b>Karahi Prawn Masala</b> 🍌🍌🍌🍌	<b>£11.50</b>
A succulent prawn curry cooked with onions, tomatoes & capsicums and served in a karahi	
<b>Malvani Prawns</b> 🍌🍌🍌	<b>£11.50</b>
Prawns cooked with mustard seeds, curry leaves & spices	

## Biriyani Specials

<b>Mix Vegetable Biriyani</b> 🍌🍌🍌🍌🍌	<b>£9.50</b>
Vegetables cooked in rice & aromatic spices	
<b>Chicken Biriyani</b> 🍌🍌🍌🍌	<b>£9.95</b>
Chicken cooked in rice & aromatic spices	
<b>Lamb Biriyani</b> 🍌🍌🍌🍌	<b>£10.95</b>
Lamb cooked in rice & aromatic spices	
<b>Prawn Biriyani</b> 🍌🍌🍌🍌🍌	<b>£11.50</b>
Prawns cooked in rice & aromatic spices	





Special Veg & Non-Veg Wraps

A variety of wraps available, combined with spiced sauces, onions and salad which is optional

Chips Wrap	£6.50
Omelette Wrap	£6.50
Chilli Paneer Wrap	£7.50
Paneer Tikka Wrap	£7.50
Chicken Tikka Wrap	£7.50
Kebab Wrap	£7.50

Bread & Accompaniments

Tandoori Roti	£2.60
Fresh bread made from seasonal flour & baked in a tandoor	
Tandoori Naan	£2.65
Fresh bread made from seasonal flour, onion seeds & baked in a tandoor	
Garlic Naan	£2.80
Fresh bread flavoured with garlic, onion seeds & baked in a tandoor	
Chilli Naan	£2.80
Fresh bread made from seasonal flour with chillies, onion seeds & baked in a tandoor	
Paratha	£3.10
Fresh bread made from wheat flour baked on a tawa	
Peshawari Naan	£3.50
Fresh Bread Stuffed with almonds, cardamom, coconut, fennel seeds, onion seeds & baked in a tandoor	
Kulcha Naan	£3.75
Fresh bread stuffed with onions, peppers, green chillies, onion seeds & baked in a tandoor	
Kheema Naan	£3.65
Naan served with lamb mince, onion seeds & baked in a tandoor	
Plain Rice	£3.50
Plain basmati rice	
Pilau Rice	£3.75
Flavoured rice with jeera, cinnamon and cloves	
Jeera Rice	£3.75
Stir fried rice with cumin	
Egg Fried Rice	£4.50
Boiled rice served with scrambled egg, spring onions, coriander & soya sauce	
Vegetable Fried Rice	£4.50
Plain rice mixed with assorted vegetables and a little chilli salt	
Yogurt	£1.50
Natural set yogurt	
Raita	£2.00
Yogurt whipped with cucumber, carrot & ground spices	
Special Salad	£2.50
Onion, carrots, cucumber, tomatoes, green chillies, lemon wedges & lettuce	

Desserts

Ice Cream	£2.95
Choice of Strawberry, Chocolate & Vanilla	
Kulfi	£3.25
Indian Ice cream available in pistachio, mango, almond & malai	
Punky	£3.95
Delicious vanilla ice cream in a ‘Punky’ novelty toy	
Fiorentina	£4.50
Vanilla & chocolate ice cream rippled with chocolate sauce and topped with amaretto biscuit, served in a glass	
Gulab Jamun	£4.50
One of India’s most popular sweets. Deep-fried dumplings/donuts, made of dried milk [khoya], dipped in a rose-cardamom flavored sugar syrup	
Rocky	£4.50
Thick and creamy vanilla ice cream with chocolate sauce and chocolate buttons in a wafer basket	
Banoffee Pot	£4.50
Toffee & banana ice creams topped with a toffee sauce and caramelised hazelnut and almond pieces, served in a ceramic pot	
Monte De Mint	£4.50
Dairy mint ice cream containing a chocolate sauce, enrobed in chocolate with mint cracknel pieces	
Nutty Nougat	£4.50
Creamy nougat ice cream decorated with almond, pistachio and dry cherry pieces	
Matka Kulfi	£4.50
A royal treat, a special blend of finest ice cream with saffron sauce topped with concentrated milk and pistachio pieces, served in a designed ceramic pot	



Mild



Hot

Please inform a member of staff at the level of spiciness you would like your food to be prepared.



FOOD ALLERGIES & INTOLERANCES

All of our dishes contain Soya (Cooking Oil). Some of our dishes may contain colourings, If you are allergic to any of these items please let a member of staff know before ordering so we can ensure your food is prepared accordingly.



COLOURINGS



CELERY



CEREALS  
(cont Gluten)



CRUSTACEANS



EGGS



FISH



LUPIN



MILK



MOLLUSCS



MUSTARD



NUTS



PEANUTS



SESAME SEEDS



SOYA



SULPHUR DIOXIDE