

# The Soul of Indian Cuisine

## Turmeric (Haldi)

Used in most Indian dishes. Imparts a rich look. Great aroma and flavour when ground before cooking.

**Benefits:** Blood purifier, improves liver function, prevents coughs and colds, improves skin tone and a natural antiseptic.

## Ginger (Adrak)

Lends a distinctly sharp taste and aroma.

**Benefits:** Improves digestion, lowers cholesterol, controls blood pressure, inhibits cancer, prevents coughs and colds, has anti-nausea and anti-clotting properties.

## Garlic (Lasan)

Pungent smell. A great complement to ginger. Together emit an appetising aroma when sautéed as seasoning in most dishes.

**Benefits:** Lowers cholesterol, inhibits rheumatism, has anti-cancer, anti-flatulent and anti-bacterial properties.

## Black Pepper

Very aromatic when freshly ground. Adds 'bite' to the food giving it a mysterious after taste.

**Benefits:** Effectively wards off colds and throat infections.

## Clove (Laung)

Used wholly in rice and meat preparations. Also used in powdered form in baked goods.

**Benefits:** Controls gum and tooth infection, anti-nausea, combats colds, strengthens nerves and improves circulation.

## Cumin (Jeera)

One of the main ingredients in curries. Used wholly as a popular seasoning.

**Benefits:** Good digestive especially to settle a heavy meal.

## Cardamom (Elaichi), Cinnamon (Dalchini)

### Nutmeg (Faifal)

Mostly ground and sprinkled for their pleasing aroma and subtle flavours. Indispensable to many preparations including desserts made from milk.

**Benefits:** Cardamom prevents formations of kidney stones. Cinnamon helps fight diabetes and food poisoning whilst nutmeg helps relieve stress.

## Saffron (Kesar)

The most expensive spice. Imparts great looks and adds an exclusive flavour to rice, meats, seafood and desserts.

**Benefits:** Cures anaemia, has anti-aging properties, and is also a heart and nerve tonic.

## Coriander (Dhania)

The most sought after garnish. Enhances freshness and flavour of any dish.

**Benefits:** Cures indigestion. The seeds can reduce high cholesterol.

## Red Chilli Pepper (Lal Mirchi)

Gives Indian curries and gravies their irresistible looks and legendary 'hot' character.

**Benefits:** Said to contain Vitamin-C. It imparts colour and taste to any dish.

## ALLERGY ADVICE

Some of our dishes may contain nuts or dairy products. Please inform a member of staff if you have a selective diet.

\*\*\*\*\* HYGIENE RATING

# 4Ways

## Bar & BBQ

Portway Hill, Rowley Regis, West Midlands, B65 9DD

## OPENING TIMES

Monday-Thursday	4pm-11pm
Friday	2pm-11pm
Saturday	12pm-11pm
Sunday	12pm-10.30pm



The Fourways

Please leave a review on TripAdvisor

0121 559 4394

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

# Starters

## Meat Starters

<b>Chicken Tikka [G] served with salad &amp; chutney</b> .....	£4.00
Boneless chicken cubes marinated in Indian spices with a yogurt sauce cooked in a charcoal oven	
<b>Chicken on the Bone [G]</b> .....	£4.00
Chicken tikka with bone, marinated in spicy yogurt	
<b>Chicken Wings [G]</b> .....	£3.50
Marinated in Indian spices with a yogurt sauce	
<b>Sheesh Kebabs [G]</b> .....	£4.50
Minced lamb marinated with shasi spices, mustard paste cooked in charcoal	
<b>Chicken Hariyall [G] (served with salad &amp; chutney)</b> .....	£4.50
Cubed boneless chicken pieces, marinated in freshly garden mint with yogurt	
<b>Pork Steak [G]</b> .....	without chips £4.50    with chips £5.50
Tender pork fillet marinated and served with chips	
<b>Fourways Mix Grill [G] (served with salad &amp; chutney)</b> .....	small £9.00    large £14.50
Chicken tikka, kebab, wings, chicken tikka on the bone/green tikka	
<b>Fourways Special Tikka [G] (served with salad &amp; chutney)</b> .....	£4.50
Boneless chicken cubes marinated in Indian spices and white pepper	
<b>Chilli Chicken</b> .....	£7.00
Cooked in a special chilli and garlic sauce	
<b>Prawn Chilli</b> .....	£9.50
Prawns marinated and served with special blend of spices in a freshly prepared masala sauce	
<b>Chilli Fish</b> .....	£7.00
Cooked in a special chilli and garlic sauce	
<b>Tandoori Prawn</b> .....	£9.50
Tandoori prawns marinated and served with special blend of spices in chilli freshly prepared garlic sauce	
<b>Lamb Chops (4pcs)</b> .....	£6.00
Marinated in garlic, hot and spicy, cooked in a charcoal grill	
<b>Chicken Pakora (served with salad &amp; chutney)</b> .....	£6.00
Boneless chicken marinated in golden batter flour, with spices, deep fried	
<b>Fish Pakora (served with salad &amp; chutney)</b> .....	£7.00
Marinated in golden batter flour with Indian spices, deep fried	
<b>Cod Fish Pakora (served with salad &amp; chutney)</b> .....	£9.00
Marinated in hot and spicy gram flour, deep fried	
<b>Salmon Fish Pakora (served with salad &amp; chutney)</b> .....	£9.00
Marinated in gram flour with ginger, garlic, chilli and indian spices, deep fried	
<b>Meat Samosa (4pcs, served with salad &amp; chutney)</b> .....	£3.00
Soft pancake filled with minced lamb and deep fried	

[G] From the grill



## Fourways Wraps

Choose from the options below:

<b>Chicken Tikka</b> .....	£5.50
<b>Special Chicken</b> .....	£6.00
<b>Kebab</b> .....	£6.00
<b>Paneer Tikka</b> .....	£7.00
<b>Fish Pakora</b> .....	£7.00

All served with your choice of salad

## Vegetarian Starters

<b>Chilli Paneer</b> .....	£7.00
Cottage cheese cooked with onion and peppers in chilli and garlic sauces	
<b>Paneer Pakora (served with salad &amp; chutney)</b> .....	£6.00
Cottage cheese marinated in hot and spicy gram flour and deep fried	
<b>Paneer Tikka (served with salad &amp; chutney)</b> .....	£6.50
Cottage cheese marinated in a secret blend of mouth watering spices	
<b>Veg Spring Roll (4pcs, served with salad &amp; chutney)</b> .....	£3.00
Soft pancake, stuffed with vegetables and deep fried	
<b>Veg Samosa (4pcs, served with salad &amp; chutney)</b> .....	£3.00
Stuffed with mixed vegetables, ginger, garlic, mustard seeds and fennel seeds, deep fried	



If you would like a dish that's not mentioned on this menu, please ask a member of staff who will be happy to cater for you.

# Mains

## Vegetarian Dishes

<b>Channa Masala</b> Chickpeas cooked in North Indian style	£5.00
<b>Mixed Vegetable</b> Assorted garden vegetables cooked in a vegetable sauce, medium hot	£5.00
<b>Paneer Makhani</b> Cubed pieces of cottage cheese cooked with fresh tomato creamy sauce, sweet and sour in taste	£6.00
<b>Mattar Paneer</b> Green peas and cottage cheese cooked in a vegetable sauce	£6.00
<b>Bombay Alloo</b> Potato cooked Bombay style	£5.00
<b>Tadka Dhal</b> Yellow lentils cooked in North Indian style	£4.50
<b>Dhal Makhani</b> Lentils cooked in North Indian style	£5.50
<b>Curry Sauce</b>	£2.50
<b>Karahi Paneer</b> Cottage cheese cooked with peppers and onions, in a thick hot and spicy sauce	£5.50
<b>Saag Paneer</b> Cottage cheese cooked with spinach in a traditional style	£6.00
<b>Punjabi Saag</b> Spinach cooked in a tomato and onion sauce	£5.00

## Healthy Options

Please allow extra cooking time for healthy options

<b>Tandoori Panga</b> Marinated with yogurt, ginger, garlic and indian spices, cooked in a clay oven	£7.00
<b>Tandoori Salmon Fish Tikka</b> Marinated with yogurt, ginger, garlic and indian spices, cooked in a clay oven	£9.00
<b>Lamb Tikka</b> Marinated in fresh Indian spices with ginger, garlic and green chilli	£8.00
<b>Fourways SPL Chicken Breast Tikka</b> Marinated in cream, white pepper, ginger, garlic and fresh chilli	£7.00
<b>SPL Mix Grill Boneless</b> Green Tikka, SPL Tikka, SPL Chicken Tikka (Breast)	regular £10.00   large £15.00
<b>Fourways Special Grilled Salmon</b> Marinated in ginger, garlic, white pepper and green chilli	£9.00
<b>Sea Bass (served with green salad and baby potatoes)</b> Marinated with white pepper, salt, fresh garlic and parsley, cooked in a charcoal grill	£8.00

## Lamb Dishes

<b>Lamb Vindaloo</b> 🌶️🌶️🌶️ Diced pieces of lamb cooked in an extra hot sauce	£7.00
<b>Lamb Punjabi</b> \ Chefs style North Indian hot curry cooked with parsley	£6.50
<b>Lamb Sagwala</b> \ Diced lamb cooked with onions, tomatoes and peppers, Indian style	£6.50
<b>Lamb Tawa Masala</b> 🌶️🌶️ Diced lamb cooked with onions and peppers in a tomato gravy, Indian style	£7.00
<b>Lamb Jalfrezi</b> 🌶️ Diced lamb cooked with peppers and onions in jalfrezi sauce	£7.00
<b>Lamb Fourways</b> \ Lamb cooked with celery and thyme	£7.00
<b>Mixed Handi</b> 🌶️🌶️ Lamb and chicken cooked with mushroom, diced onions and peppers in a thick tomato gravy	£6.50
<b>Lamb Curry</b> \ Taste of Hyderabadi sauce, medium hot	£6.50
<b>Lamb Bhuna</b> \ Lamb cooked in a thick masala sauce	£7.00
<b>Lamb Madras</b> 🌶️🌶️ Lamb cooked in a madras sauce	£7.00
<b>Lamb Lal Jal</b> 🌶️🌶️ Lamb cooked in naga pickle sauce	£7.00
<b>Lamb Balti</b> \ Lamb cooked with diced peppers and onions in a balti sauce	£6.50
<b>Lamb Korma</b> Lamb cooked with almond in a coconut creamy sauce, sweet in taste	£7.00
<b>Special Lamb Curry</b> \ Lamb cooked with celery and thyme in a special masala sauce with red wine	£8.00
<b>Keema Mattar</b> \ Minced lamb cooked with green peas in a tomato and onion gravy	£7.50
<b>Keema Curry</b> Minced lamb cooked in a tomato and onion gravy	£7.50

## Fish and Prawn

<b>Fish Curry</b> \ Boneless fish cooked in mustard and curry sauce	£6.50
<b>Prawn Curry</b> \ Prawns cooked in curry sauce	£9.00
<b>Prawn Saag</b> \ Prawns cooked with spinach in a traditional style	£9.50

If you would like a dish that's not mentioned on this menu, please ask a member of staff who will be happy to cater for you.



## Chicken Dishes

<b>Chicken Curry</b> ..... £5.50 <i>Chicken cooked in a traditional style</i>
<b>Chicken Rogan Josh</b> \ ..... £5.50 Chicken cooked in a medium hot sauce
<b>Chicken Vindaloo</b> \ \ \ ..... £6.00 Diced pieces of chicken cooked in an extra hot sauce
<b>Chicken Madras</b> \ \ ..... £6.00 Diced pieces of chicken cooked in madras sauce
<b>Chicken Bhuna</b> \ ..... £6.00 Cooked in a thick medium hot sauce made from a tasty blend of flavourings with fenugreek
<b>Chicken Punjabi Curry</b> \ ..... £5.50 Chefs style North Indian hot curry
<b>Chicken Jalfrezi</b> \ \ ..... £5.50 Boneless chicken cooked in a thick hot sauce, North Indian style
<b>Chicken Tawa Masala</b> \ \ ..... £5.50 Diced pieces of chicken cooked in chopped dry masala, Hyderabad hot
<b>Chicken Dopizza</b> \ ..... £6.00 Tender chicken marinated in a blend of spices and onions
<b>Chicken Balti</b> \ ..... £5.50 Chicken cooked in a balti sauce, medium hot
<b>Karahi Chicken</b> \ \ ..... £6.00 Diced chicken cooked with peppers and onions in a thick sauce, hot and spicy
<b>Chicken Makhani</b> \ ..... £6.00 Boneless chicken cooked with fresh tomatoes in a curry sauce with a touch of fresh cream, hot and spicy
<b>Chicken Korma</b> ..... £5.50 Cubed pieces of chicken cooked with cashew nuts and coconut in a sweet cream sauce
<b>Chicken Saag</b> \ ..... £6.50 Chicken cooked with spinach in a traditional style
<b>Chicken Mushroom Balti</b> \ ..... £6.50 Chicken cooked with mushrooms, peppers and onions in a balti sauce
<b>Chicken Tikka Jalfrezi</b> \ ..... £6.00 Chicken tikka cooked with peppers and onions in a thick hot and spicy sauce
<b>Chicken Tikka Masala</b> \ ..... £5.50 Cubed pieces of grilled chicken cooked with coconut and almond in a cream sauce, sweet and sour
<b>Chicken Lal Jal</b> \ \ ..... £6.00 Cubed pieces of grilled chicken cooked with peppers in naga pickle sauce, West Bengal hot
<b>Chicken Tikka Curry</b> \ ..... £5.50 Chicken tikka cooked in a medium hot sauce
<b>Chicken Tikka Balti</b> \ ..... £6.00 Chicken tikka cooked in a balti sauce
<b>Chicken Tikka Madras</b> \ \ \ ..... £6.00 Chicken tikka cooked in a madras sauce
<b>Chicken Tikka Saag</b> \ ..... £6.50 Chicken tikka cooked with spinach in a traditional style
<b>Special Fourways Chicken Curry</b> \ ..... £7.50 Chicken cooked with celery, thyme and white wine
<b>Malabar Chicken Curry</b> ..... £6.00 Chicken breast cubes tempered with mustard seeds, whole crushed spices, onion, garlic, ginger, curry leaves and tomatoes finished with tamarind and coconut milk
<b>Duck Curry</b> ..... £7.50 Breast of barbery duck, pan scared spices tempered with mustard seeds and curry leaves

## Kids Dishes

<b>Chicken Nuggets &amp; Chips</b> ..... £3.50
<b>Fish Fingers &amp; Chips</b> ..... £3.50
<b>Chicken Noodles</b> ..... £3.50
<b>Chicken Curry with Rice or Naan, plus choice of drink</b> ..... £3.50 Coke, lemonade or fruit shoot

## Biryani, Rice and Noodles

<b>Chicken Fried Rice</b> ..... £3.00 Chicken served with fried rice
<b>Fourways Biryani</b> ..... <b>with Chicken £6.00 Lamb £7.00 Prawn £9.00</b> Lighter version of the traveller's biryani made in the suburbs of Mumbai highway - mixed pilau rice, cashew nuts, sultanas, mint and coriander in a vegetables sauce.
<b>Pilau Rice</b> ..... £2.00
<b>Boiled Rice</b> ..... £2.00
<b>Egg Fried Rice</b> ..... £3.00
<b>Garlic Fried Rice</b> ..... £3.00
<b>Fried Rice</b> ..... £2.50
<b>Mushroom Rice</b> ..... £2.50
<b>Egg Noodles</b> ..... £5.50
<b>Vegetable Noodles</b> ..... £5.00
<b>Mushroom Noodles</b> ..... £5.50
<b>Chicken Noodles</b> ..... £5.50
<b>Egg Bhurji</b> ..... £5.00

## Sundries

<b>Naan</b> ..... £1.00
<b>Garlic Naan</b> ..... £1.50
<b>Keema Naan</b> ..... £2.50
<b>Garlic Keema Naan</b> ..... £2.75
<b>Peshwari Naan</b> ..... £2.50
<b>Chilli Naan</b> ..... £1.50
<b>Cheese Naan</b> ..... £2.50
<b>Roti</b> ..... £1.00
<b>Poppadom</b> ..... £0.50

## English Dishes

<b>French Fries</b> ..... £1.50
<b>Chicken Nuggets &amp; Fries</b> ..... £4.00
<b>Scampi &amp; Fries</b> ..... £4.00
<b>Chicken Burger &amp; Fries</b> ..... £4.00
<b>Masala Chips</b> ..... £2.00
<b>Sweet Potato Fries</b> ..... £3.00
<b>Fourways Fish &amp; Chips (Cod)</b> ..... ..... medium £4.50 large £7.00

## Desserts

<b>Vanilla Ice Cream</b> ..... £2.50
<b>Strawberry Ice Cream</b> ..... £2.50
<b>Chocolate Ice Cream</b> ..... £2.50
<b>Poached Pear</b> ..... £2.50 Cooked with red wine and Indian spices, served with vanilla ice cream