

Traditional Dishes

Curry

(Medium) A sauce of medium consistency using a wide range of basic spices.

Madras

(Hot) Hot Southern Indian dish cooked with tomato puree and spices giving this dish a fiery flavour.

Vindaloo

(Very Hot) Similar to the madras but with a stronger use of spices.

Dopiaza

(Medium) A fairly dry curry cooked with abundance of onions and spices and herbs.

Rogan Josh

(Medium) Here the characteristics of the dish are derived from a greater use of tomatoes and pimentoes combined with onions & coriander producing a spicy dish.

Sambar

(Fairly Hot) A spicy dish with a base of pureed lentils, other herbs, spices and fresh lemon are added to give a sharp and distinctive flavour.

Pathia

(Fairly Hot) A dish of Persian origin combined with spices, onions, tomatoes and garlic to produce a fairly spicy sweet and sour taste.

Dansak

(Mild) A mild sweet and sour dish cooked with lentils and pineapple.

Bhuna

(Medium) A combination of spices, herbs, tomatoes and onions briskly fried together to provide a dish of medium strength and rather dry consistency.

Korma

(Very Mild) Cooked in a combination of mild spices with coconut, in fresh cream.

Please choose the Curry Style from above & Filling from below

Chicken	£11.95	Chicken Tikka	£11.95
Lamb	£13.95	Lamb Tikka	£13.95
Prawn	£13.95	Tandoori Chicken	£12.95
Keema	£12.95	(Off the bone)	
Ruchi Special	£15.95	King Prawn	£17.95
(Tandoori Chicken, Mixed Tikka)		Mixed Veg	£11.95
Garlic Chicken	£12.95	Paneer	£11.95
		Fish	£13.95



Seafood Dishes

This selection of healthy main courses have been painstakingly crafted by our Head Chef. They include mouth watering Bangladeshi fish. We invite you to try one, you won't be disappointed!

Machlee Bahar

Bangali fish marinated in Chef's five spices, shallow fried, then cooked in a sauce consisting of cilantro, chillies, green peppers & cloves which brings out an authentic taste.

Fish Biran

Boneless fillets of Bangali fish. Lightly spiced, fried in Olive oil and then moved to a flat pan. There it is cooked with an abundance of onions, tomatoes, garlic, ginger, whole chillies and fresh herbs. This choice of ingredients lends this exquisite dish an earthy, robust and rich flavour.

Mossalla Fish (Boneless)

Bangladeshi fish marinated and part cooked in the tandoor. Then it's cooked to further the perfection with exotic mossalla sauce served on the fish.

King Prawn Spinach

A hot & spicy dish with king prawn fried and then cooked with exotic spices with spinach.

Chilli Chingri

Bangladeshi King Prawn stir-fried in an exotic mix of spices with capsicum, spring onions, green chillies and fresh ginger, Tabasco sauce and garnished with fresh coriander. A highly recommended and satisfying dish.

Salmon Chut Putta

Succulent steaks of Salmon marinated in a hot tangy sauce. It is cooked on the grill whilst being periodically flavoured with olive oil. It is transferred on to a bed of spice with chickpeas, onions & red & green peppers.

Salmon Tikka Shashlik

Long chunks of Salmon marinated in an Indian seafood sauce & barbequed with tomatoes & peppers. Served with a salad.

Balti Dishes

Using a myriad of herbs & spices & chunky onions, this dish has a saucy consistency.

Lamb	£13.95	Lamb Tikka	£13.95
Chicken	£12.95	Chicken Tikka	£12.95
Prawn	£13.95	Tandoori Chicken	£12.95
King Prawn	£18.95	(Off the bone)	
Garlic Chicken	£12.95	Ruchi Special	£15.95
Vegetable	£11.95	(Tandoori Chicken, Mixed Tikka)	
		Paneer	£12.95



Biryani

Preparation of pilau rice and main ingredient. Garnished with egg, served with a separate vegetable curry sauce.

Chicken / Lamb	£13.95	Chicken / Lamb Tikka	£14.95
Garlic Chicken	£13.95	Tandoori Chicken	£15.95
Prawn	£13.95	(Off the bone)	
King Prawn	£19.95	Ruchi Special	£16.95
Vegetable	£12.95	(Tandoori Chicken & Mixed Tikka)	
		Paneer	£13.95

Childrens Meals

Served with chips or rice and salad.

Chicken Nuggets	£8.95	Chicken Tikka	£8.95
Fish Fingers	£8.95	Lamb Tikka	£8.95
Fried Scampi	£8.95	Omelette	£8.95
		(Chicken or Mushroom)	

Vegetable Side Dishes

Sag Aloo	£5.95
Bhindi Bhaji	£5.95
Vegetable Bhaji	£5.95
Gobi Bhaji	£5.95
Saag Bhaji	£5.95
Aloo Chana	£5.95
Saag Chana	£5.95
Muttar Paneer	£5.95
Bombay Aloo	£5.95
Sag Paneer	£5.95
Aloo Muttar	£5.95
Aloo Gobi	£5.95
Tarka Dhal	£5.95
Mushroom Bhaji	£5.95
Vegetable Curry	£5.95

Sundries To Complete

Boiled Rice	£2.95	Nan	£3.25
Pilau Rice	£3.25	Garlic Nan	£3.95
Mushroom Pilau Rice	£3.50	Keema Nan	£3.95
Keema Pilau Rice	£3.50	Peshawari Nan	£3.95
Vegetable Pilau Rice	£3.50	Vegetable Nan	£3.95
Peas Pilau Rice	£3.50	Cheese & Onion Nan	£3.95
Egg Fried Rice	£3.50	Cheese & Chilli Nan	£3.95
Onion Fried Rice	£3.50	Paratha	£4.95
Garlic Fried Rice	£3.50	Stuffed Paratha	£4.95
Ruchi Special Rice	£4.25	Chapati	£2.25
Chips	£2.95	Tandoori Roti	£2.25
Raita	£2.25	Puri	£2.25
(Onion)			

Allergies
Some of our dishes may contain the following allergens. If you have any allergies please inform a member of staff before ordering



Fully Licensed and Air Conditioned

20% OFF
ALL Takeaway Meals
Delivery or Collection

A minimum of one Main Meal & Sundrie needs to be ordered
Usual discounts not available on Special dates eg. Xmas Day, New Years Day, etc.

FREE DELIVERY

On Orders over £12 within a 3 mile radius.
Otherwise charge will apply.



AWARD WINNING
CHEF OF THE YEAR

AWARD WINNING RESTAURANT
OF THE YEAR
NORTH WEST OF ENGLAND

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Tel : 01457 858 831

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SK13 8AZ

Opening Hours:

Sun: 5pm - 10.30pm. Mon - Thurs: 5.30pm - 10pm
Fri: 5.30pm - 11pm. Sat: 5pm - 11pm



Find us on Instagram & Facebook -
Ruchi Restaurant Glossop

www.ruchi-glossop.co.uk



Appetisers

Papadum	£0.80	Chutney Tray	£3.00
Spicy Papadum.	£0.80	Lime Pickle	£0.75

Starters

Served with crunchy fresh salad and mint sauce

Tandoori Platter (For 2)	£13.95	Paneer Pakora	£5.95
Mixed Platter (For 2)	£13.95	Garlic Musroom Puri	£4.95
Chicken Tikka	£4.95	Sag Chicken Puri	£5.95
Lamb Tikka	£5.95	Samosa	£4.95
Garlic Chicken	£4.95	(Meat or Vegetable)	
Lamb Chops	£6.95	Onion Bhaji	£4.95
Tandoori Chicken	£4.95	Chicken Chat Puri	£5.95
Sheek Kebab	£5.95	Pakora (Chicken)	£4.95
Shami Kebab	£5.95	Prawn Puri	£5.95
Reshmi Kebab	£5.95	King Prawn Puri	£6.95
King Prawn Butterfly	£6.95	Stuffed Peppers	£6.95
Mixed Kebab	£6.95	(Keema or Veg)	
Chicken Chilli Fry	£5.95	Soup	£4.95
Lamb Chilli Fry	£6.95	Fried Scampi	£6.95
Fish Pakora	£5.95	Prawn Cocktail	£4.95

Tandoori Sizzlers

Tandoori Sizzlers are marinated in sauce with delicate herbs and an exotic mix of spices for a few hours before being cooked in the tandoor.

All Tandoori dishes are garnished with strips of capsicum, onions and mushrooms.

Served with a sauce of your choice from Traditional Dishes selection

Ruchi Chom Chom	£14.95
<i>Strips of tandoori chicken cooked in the clay oven, stir-fried in garlic in a special spicy sauce.</i>	
Tandoori Chicken	£13.95
<i>1/2 Chicken marinated in tandoori spices & cooked on skewers in the tandoor.</i>	
Chicken Tikka	£13.95
<i>Succulent pieces of chicken breast marinated & then cooked on skewers.</i>	
Lamb Tikka	£15.95
<i>Tender lamb cubes marinated & then cooked on skewers.</i>	
Tandoori King Prawns	£18.95
<i>King Prawns marinated in delicious herbs and spices and massala sauce, then cooked in the tandoori oven.</i>	
Tandoori Lamb Chops	£17.95
<i>Marinated chops then cooked in the clay oven.</i>	
Garlic Chicken	£13.95
<i>Succulent pieces of diced chicken breast marinated in special garlic sauce.</i>	
Chicken or Lamb Shashlick	£15.95
<i>Succulent pieces of chicken breast or lamb marinated in a special blend of spices, then cooked on skewers in the tandoori oven with fresh spiced peppers, onions and tomatoes.</i>	
Mixed Shashlick	£17.95
<i>Tender lean lamb and chicken marinated in a special blend of spices, then cooked on skewers in the tandoori oven with fresh spiced peppers, onions and tomatoes.</i>	
King Prawn Shashlick	£19.95
<i>Same preparation as above shashlick but with King prawns.</i>	
Tandoori Mixed Grill	£17.95
<i>A combination of chicken tikka, lamb tikka, seek kebab, tandoori chicken.</i>	

Strength Guide

(Mild (Very Mild (Medium

((Medium to Hot (((Fairly Hot ((((Hot (((((Very Hot

Ruchi Specials

Balti Garlic Chilli Chicken ((	£13.95
<i>Tender pieces of chicken tikka cooked with our balti sauce containing our own herbs and spices with a greater use of garlic and green chilliest resulting in a dish of dry consistency.</i>	

Ruchi Special ((	£13.95
<i>Long strips of chicken, spring onions, red peppers stir fried Chinese style with chilli sauce. Hot and Sour.</i>	

Shashlick Korai Chicken Tikka (	£13.95
<i>Tandoori marinated chicken pieces, green pepper, onion, and tomato cooked together in the tandoor. It is then transferred to pan to cook with a special sauce making this exquisite Korai dish. Garnished with fresh coriander.</i>	

Balti Thawa Exotica (	£15.95
<i>Chicken Tikka, Lamb Tikka, garlic chicken and lamb chops specially prepared with the finest herbs and spices, of medium strength. Garnished with tomatoes and briskly fried onions.</i>	

Chicken & Cheese Kofta (	£15.95
<i>Boneless spring chicken marinated in lightly Yoghurt, with herbs and spices and then cooked in the tandoor. This is then added to a unique and aromatic curry sauce along with meatballs (Kofta) and cheese. A unique and individual dish very popular with our guests.</i>	

Balti Murgh Makhani (	£13.95
<i>Succulent pieces of chicken breast cooked with onion, almonds, cashew nuts, pistachio and fresh cream. The addition of our unique Balti sauce is the true secret behind this main course!</i>	

Green Balti Garlic Chicken (	£13.95
<i>Tender pieces of garlic chicken cooked with our Balti sauce, containing our own herbs and spices with a greater use of garlic and resulting in a dish of thick sauce consistency, garnished with broccolis on top.</i>	

Naga Special (((	Chicken £13.95 Lamb £14.95
<i>Marinated chicken or lamb cooked in herbs and spices, a special naga chilli from Bangladesh giving a very hot taste.</i>	

Ruchi Sizzlers (((	Chicken £13.95 Lamb £14.95
<i>The main ingredient is grilled and cooked with onions, mixed peppers, mushrooms & bullet chillies in a dry consistancy, served sizzling.</i>	

Dhaniya Special ((	Chicken £13.95 Lamb £14.95
<i>Diced chicken or lamb cooked in a thick, spicy sauce with spring onions, coriander, garlic & ginger, garnished with tomatoes & green chillies.</i>	

Flaming Rajma ((	Chicken £14.95 Lamb £15.95
<i>This is another of our signature dishes, which is medium to hot. It's unique preparation consists of diced chunky onions, sliced red cap-sicums pepper, garlic, ginger, plum tomatoes, fenugreek and ground spices all of which creates a rich consistency. Garnished with Brandy.</i>	

Nepalese (((	Chicken £13.95 Lamb £14.95
<i>Cubes of chicken or lamb cooked in an exotic mix of spices, red and green peppers, tomatoes, green chillies and a special Nepalese chilli sauce. A highly recommended dish.</i>	

Balti Shaan (((	Chicken £13.95 Lamb £14.95
<i>Your choice of filling marinated and cooked in our tandoor. This is then transferred to a pan and combined with our Balti sauce containing our own herbs and spices. A unique dish you will not find elsewhere.</i>	

Akbari Chicken (	Chicken £13.95
<i>The dish is unique in its preperation. Breast of Tandoori Chicken is initially prepared in the clay oven. While the base of the curry takes its form with minced lamb and spices, all of which gives the dish its distinctive flavour. The curry sauce and the breast of chicken are expertly combined by our chefs. Dry consistency.</i>	

Tandoori Butter	Chicken £13.95 Lamb £14.95
<i>Cooked with off the bone Chicken or Lamb, coconut and butter in mild creamy sauce.</i>	



Popular Dishes

Jalfrezi (((

A hot dish prepared with fresh spices, onions, peppers, tomatoes and fresh green chillies.

Chilli Massalla ((

South Indian version of the popular Massala dish having a greater proportion of tomatoes with added chillies, garlic and coriander lending a more taste to its richness.

Karahi (

Aromatic spices, peppers, onions, tomatoes, ginger and garlic are used in a traditional cooking method to create a dish of delightful taste. Garnished with coriander and served in sizzling karahi.

Sagwala (

A spicy dish prepared with fresh spices, ginger, garlic, tomatoes and coriander in a leaf spinach base.

Please choose the Curry Style from above & Filling from below

Chicken Tikka	£12.95	Garlic Chicken	£12.95
Lamb Tikka	£13.95	Tandoori King Prawn	£18.95
Tandoori Chicken	£12.95	Paneer	£12.95
Mixed Vegetable	£11.95	Prawn	£13.95
		Fish	£13.95



Makhani (

A popular dish which is extremely mild and cooked with cream and pure ghee, garnished with cheese.

Passanda (

Cooked with almonds in a sauce of creamy coconut milk, the dish is delicately flavoured, but in which the spices are still discernable.

Massalla ((

Widely acknowledged as the nations favourite curry dish, the main ingredient is marinated, barbecued and cooked in a sauce of yoghurt, fresh cream, mint and a special spice mixture creating a mild and rich flavour.

Please choose the Curry Style from above & Filling from below

Chicken Tikka	£12.95	Tandoori King Prawn	£18.95
Lamb Tikka	£13.95	Garlic Chicken	£13.95
Tandoori Chicken	£12.95	Paneer	£12.95
Mixed Vegetable	£11.95	Prawn	£13.95
		Fish	£13.95