TAVA

TURKISH, INDIAN & MEDITERRANEAN CUISINE

TYNEMOUTH

RESERVATIONS

0191 429 3900

tavatynemouth.com

TAVA MENU

– TURKISH – STARTERS

Hummus GF 8
Chickpeas, tahini, hint of garlic & drizzled with olive oil & lemon juice.

Cacik GF 8
Yogurt with chopped cucumber, dried mint, garlic & olive oil.

Baba Ganoush GF 8
Smoked aubergine, finely chopped with a hint of garlic blended with creamy yogurt & tahini.

Hummus with Lamb GF 10
Small pieces of seasoned & cubed lamb served over hummus.

Mitti Kofte GF 9
Lamb meatballs served in a mildly spiced tomato sauce.

Halloumi GF 9
Grilled Cypriot cheese served with salad.

Muska Böreği 9
A deep fried filo pastry filled with feta cheese, fresh dill, parsley & spinach.

Garlic Mushroom GF 9
Fried mushroom, fresh garlic, served with cream sauce & topped with cheese.

Sautéed King Prawns 11
Seasoned king prawns, pan fried with cream & garlic in butter sauce and capers.

Sucuk 9
Grilled slices of Turkish sausage served with salad.

– INDIAN – STARTERS

Poppadoms 1

Chutney (Serves Two) 3
Mango, mint yoghurt & chillie sauce, vegeterian option available.

Samosa Chaat 7
A fusion of spicy chickpeas, Punjabi samosas, topped with chopped onions and home-made chutneys.

Chicken Chaat 7
Sweet and sour, served on pan-fried bread.

Onion Bhajis 6
Thinly sliced onions coated in spiced batter, fried until crsipy and golden.

Samosa 6
Mince stuffed pastry. Choice of lamb, chicken or vegetables.

King Prawn on Puri 9
Delicately spiced in garlic and ginger served on deep fried bread.

Chicken Tikka 7
Boneless pieces of chicken marinated in herbs and spices.

Seekh Kebab 7
Lamb mince grilled on skewer.

Tava Special Grill 9
Chicken Tikka, Seekh Kebab & lamb chop.

Vegetarian · Contains Nuts · Contains Dairy · GF Gluten-free · C Celery

Please inform us of any allergies or dietary requirements as we are unable to guarantee that dishes will be completely allergen-free.

We do not accept changes to dishes

– TURKISH MAINS –

– SALADS –

Feta Salad GF 9
Feta cheese , tomato, onion, pepper, cucumber & parsley, dressed in olive oil.

Chicken Caesar Salad GF 16
Grilled chicken served over lettuce, cherry tomatoes, croutons, caesar dressing & parmesan cheese.

– VEGETARIAN –

Vegetarian Musakka GF C 17
Aubergine, potatoes, courgettes, green peppers, tomatoes, onions, carrots, mushrooms, with bechamel sauce, oven baked & served with rice & salad.

Halloumi GF 16
Grilled halloumi cheese & mixed peppers served with hummus & salad.

– SEAFOOD –

(May contain bones)

Whole Sea Bass GF 22
Grilled sea bass, marinated in lemon, olive & herbs, served with mixed vegetables.

Salmon Fillet GF 21
Grilled salmon, marinated in lemon, olive oil & herbs, served with mixed vegetables.

Sea Bass Fillet GF 21
Grilled sea bass, marinated in lemon, olive oil & herbs, served with mixed vegetables.

– SHARING – PLATTERS

Cooked in a clay oven. Served with rice, naan bread, salad and dips C
(We do not accept changes to the platters)

For 2 persons 46
For 4 persons 90

A selection of marinated cubes of chicken & lamb, chicken wings, lamb ribs, lamb chops, adana lamb & chicken.

– GRILLED – FAVOURITES

Cooked in a clay oven. Served with rice, salad and dips C

Chicken Shish 19
Grilled marinated chicken cubes.

Lamb Shish 21
Grilled marinated lamb cubes.

Mixed Shish 20
Grilled marinated lamb & chicken cubes.

Chicken Wings 17
Grilled marinated chicken wings.

Adana Kofte 20
Grilled specially prepared minced lamb mixed with finely chopped garlic herbs & spices.

Adana Chicken 18
Grilled specially prepared minced chicken mixed with finely chopped garlic herbs & spices.

Mixed Adana 19
Grilled specially prepared minced lamb & chicken mixed with finely chopped garlic herbs & spices.

Iskender Kebab C 21
Choice of Chicken Shish or Adana Kofte on a layer of chopped bread & topped with yogurt & chef's special tomato sauce drizzled with butter.

Ali Nazik - Lamb Shish 23
Served on a smoked aubergine puree & yogurt sauce, drizzled with butter.

Ali Nazik - Chicken Shish 21
Served on a smoked aubergine puree & yogurt sauce, drizzled with butter.

Lamb Ribs 18
Grilled seasoned tender lamb ribs.

Lamb Chops 23
Grilled seasoned tender lamb chops.

Tava Mixed Grill 25
Grilled Lamb Shish, Chicken Shish, Adana Kofte & Lamb Chop.

– SPECIALITIES –

Lamb Shank (Kleftiko) 22
Slow cooked lamb shank with mashed potatoes & demi-glace sauce.

Musakka C 21
Layers of minced lamb, aubergine, potatoes, bechamel sauce, topped with cheddar cheese in a special tomato sauce & served with rice & salad.

Creamy Garlic Chicken 21
Pan fried chicken with mushrooms, onion, spinach, garlic, cream sauce, parmesan cheese & served with rice & salad.

Güvec Chicken 22
Cooked in a clay dish, with mushroom, aubergine, courgette, onion, tomato, peppers, garlic & herbs in our special tomato sauce & served with riced.

Güvec Lamb 24
Cooked in a clay dish, with mushroom, aubergine, courgette, onion, tomato, peppers, garlic & herbs in our special tomato sauce & served with rice.

Vegetable Güvec 18
Mushrooms, spinach, courgettes, aubergine, onions, peppers in a special tomato sauce & served with rice.

–KIDS –

Served with chips & salad

Chicken Nuggets 11

Chicken Shish or Tikka 11

Chicken Wings 11

Meatballs 11

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– INDIAN MAINS –

– CHICKEN –

Chicken & Mixed Pepper Jalfrezi 12
Stir fried with peppers and onions.

Murgh Dhaniawala 12
Chicken in a rich coriander, onion and green chilli sauce.

Zal Zool Murgh 12
Hot spices and lemon that give a fiery richness.

Tava-Style Butter Chicken 13
Smoked chicken tikka in an aromatic butter-based tomato and cream sauce.

Chicken Dhansak 12
Lentil based sweet and sour sauce, representing a unique fusion of Persian and Gujarati cuisine.

Murgh Badami 12
Nutty butter based sauce.

Chicken Pathia 12
A sweet and sour dish cooked in our own recipe.

Chicken Shaslick 15
Chargrilled chicken cubes, seasoned in fresh herbs with onions, peppers and tomatoes.

Chicken Karahi 13
Pan fried chicken with tomatoes, ginger, garlic and traditional spices in a karahi style sauce.

Chicken Biryani 19
Aromatic rice cooked with spiced chicken, served with raita and sauce.

– CLASSICS –

Your Classic Dishes are always available.
Please ask a member of staff.

Chicken	12
Chicken Tikka	13
Lamb	16
Vegetable	11
Paneer	12
King Prawn	18

– LAMB –

Lamb Rogan Josh C 15
Slow cooked lamb with spices, chillies, ginger and tomatoes.

Lamb Coconut Chilli Ceylon 15
Sweet chilli and coconut sauce.

Lamb Maethi Mint 16
Lamb and jalapeno in a fresh fenugreek and mint sauce.

Lamb Aloo Handi 15
Diced lamb with Cyprus potatoes in a curry leaf and mustard seed sauce.

Lamb Achar 15
A rich spicy dish cooked in homemade mango pickles.

Lamb Biryani 21
Aromatic rice cooked with spiced lamb, served with raita and sauce.

Lamb Balti 15
Onions and tomato based dish, Nations favourite.

Lamb Shank (Nihari Lamb) 22
Slow cooked lamb shank in medium spice served with rice and lightly seasoned potatoes.

– SEAFOOD –

King Prawn & Spinach 18
Sauted prawns and fresh spinach with tomatoes, cumin and garlic confit.

Tandoori King Prawns 19
Well marinated chargrilled king prawns.

Chilli Rushan Chingri 18
King prawns cooked in aromatic garlic and fiery green chilli. Bold, spicy & zesty flavours.

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– BREADS –

Puri	2
Chapati	3
Plain Naan	4
Peshwari Naan	5
Garlic Naan	5
Keema Naan	5
Cheese Naan	5

– SIDES –

Sautéed Mixed Veg GF	7
Potato Skins	7
Mushroom Bhaji	6
Saag Aloo	6
Saag Paneer	6
Aloo Gobi	6
Bombay Aloo	6
Tarka Dhall	6
Chunky Chips	6
Flavoured Chips	6
Steamed Rice	5
Pilau or Turkish Rice	6
Flavoured Rice	6
House Special Vegetable Rice	6
Dips C	3

Ask for Flavour Selection for Chips, Rice & Dips

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– DESSERTS –

Baklava 8
Traditional sweet Turkish pastry made of layers of filo dough with pistachio nuts.

Kazandibi 7
Turkish dessert made of caramelized milk pudding.

Sticky Toffee Pudding 8
Toffee flavoured sponge served with a sticky toffee sauce (hot).

Ice Cream (2 Scoops) 6
Choice of Strawberry, Vanilla or Chocolate.

Cakes 8
Please ask for today's selection of cakes.

– HOT DRINKS –

COFFEE

Double Espresso	4
Cappuccino	4
Americano	4
Cafe Latte	4
Rose Latte	5
Turkish Coffee	4
Liqueur Coffee	8

Flavoured syrup for any of the above add 75p

TEA

Turkish Tea	4
English Tea	4
Herbal Tea (Peppermint or Green)	4
Hot Chocolate	5

– TRADITIONAL – SUNDAY ROAST AVAILABLE

Sunday
12pm - 5pm

Served with seasonal vegetables

Ask for full menu
(Vegetarian option available)

Roast Chicken	16
Roast Beef	17
Roast Lamb	18
All 3: Chicken, Beef & Lamb	23
Children's Roast (Up to age 12)	10

– OPENING HOURS –

Monday
Closed
Except for Bank Holidays
(12pm - 9pm)

Tuesday, Wednesday, Thursday & Friday
5pm - 10pm

Saturday
12pm - 10pm

Sunday
12pm - 9pm