

TABLA

The Food Beat

Managed By



www.ramsports.co.uk

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GENERAL INFORMATION



- * Please be patient for your food as all our dishes are freshly prepared, all items on this menu are subject to availability. Please note last menu orders are at 10:30 p.m.

ALLERGY AWARENESS



- * If you suffer from an allergy, then please inform one of our staff as some dishes may contain nuts, dairy products and/or food coloring. Dishes marked with (N) contain nuts as one of the ingredients.

- * Credit/Debit cards are accepted, minimum transactions are over 10.00. A standard charge of 0.75p will be applicable to all Credit/Debit card transactions.

! ! ! (N)
MILD MEDIUM SPICY NUT ALLERGY

Ifield Avenue, West Green, Crawley, West Sussex, RH11 7LX

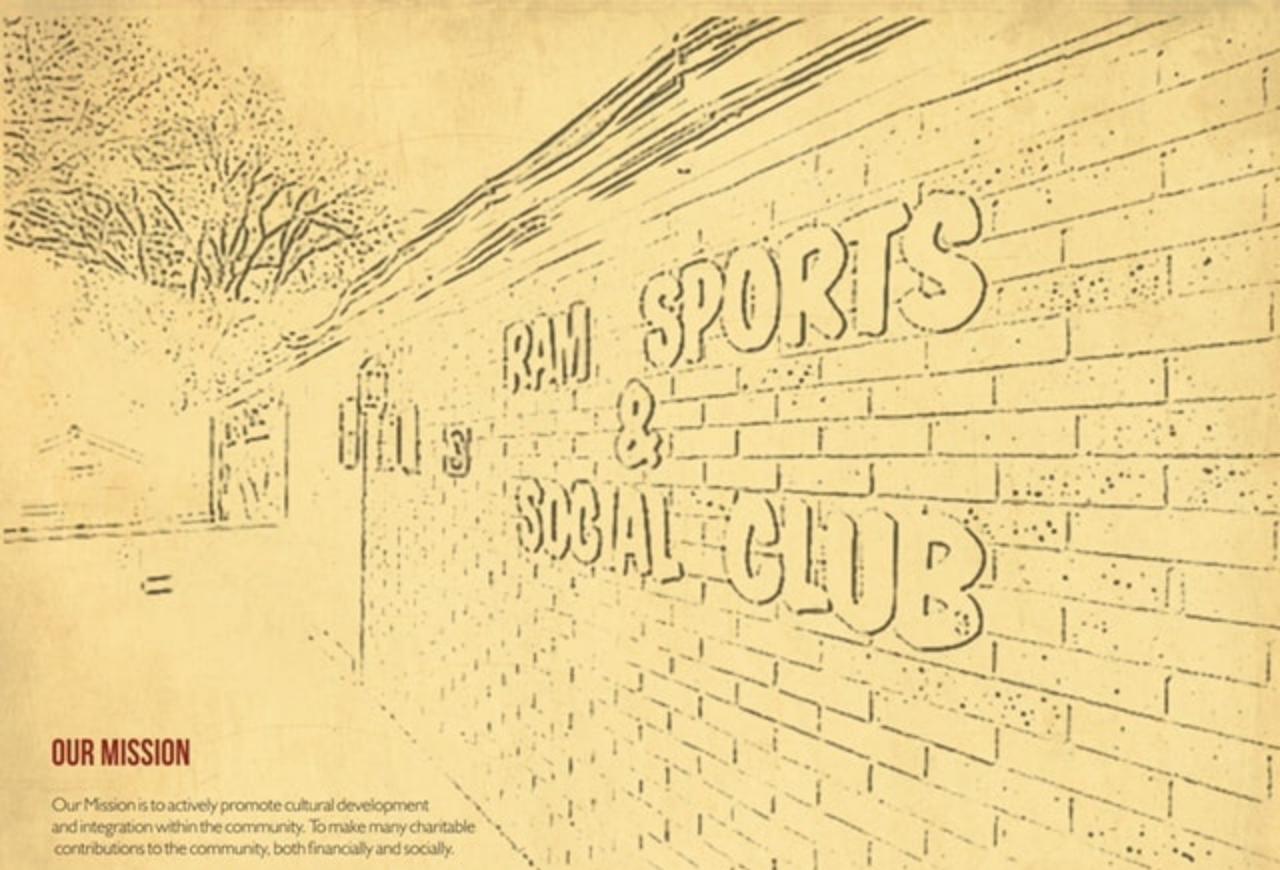
T: 01293 553088



@RamSportCrawley



@RamSport,Crawley



OUR MISSION

Our Mission is to actively promote cultural development and integration within the community. To make many charitable contributions to the community, both financially and socially.

To be a focal meeting point and integration for all. To foster sports events which will assist and promote all sports in all communities for all residents in Crawley and the surrounding towns in the county of Sussex.

HISTORY OF RAM SPORTS & SOCIAL CLUB

Ram Sports and Social club was formed When the local council put the former Rugby club out to tender, A Committee was formed and a presentation was made to the council and we were selected by the council and as a result Ram Sports & Social Club was formed.

The club was in need of total renovation and a lot of hard work was put in by all the members to get the club fully refurbished. Also the members donated from their own pockets to pay for all refurbishments and furniture.

Ram Sports & Social Club was opened on June 15th 1996 and since gone from strength to strength. The Committee has worked extremely hard since the opening to run the club. The club has a flourishing eatery and is valuable club for the local community.

Ram Sports and Social club is a non-profit organisation. It has raised funds for several local charities in the past and will continue to support in the future.

Rams Sports has now been well established since opening in June 1996 by a few friends running as hobby and has still remains the same serving the local community.

VEGETARIAN STARTERS



Onion Bhajia	£4.25
Thin Slices of onions deep friend in seasoned gram flour.	
Vegetable Samosa	£4.25
Triangular shaped pastry filled with mixed vegetables.	
Plain Mogo	£3.95
Crispy fried cassava chips.	
Mogo(Masala/Garlic/Manchurian)	£4.50
Crispy fried cassava chips blended with masala and garlic.	
Junglee Bhajia	£4.50
A mixed variety of fried vegetables in an authentic spicy batter.	
Chilli or Garlic Mushroom	£5.25
Fusion of garlic mushrooms & chilli mushrooms combined with an array of flavours.	
Vegetable Manchurian	£5.25
An Indo-Chinese fusion recipe mixed vegetables formed into balls, then fried & lightly tossed with onions ginger & garlic soyas sauce.	
Paneer (Garlic Chilli/Ginger)	£5.50
Indian soft cheese cubes with green peppers, garlic, ginger and onions.	
Maru Crispy Bhajia	£4.50
This slices of potatoes dipped in a carefully prepared batter, mixed with freshly prepared spices. Fried until golden brown.	
Paneer Tikka	£5.50
Indian cheese marinated in special spices and cooked in a tandoor oven then topped with our unique blend of spices.	
Chilli Aloo	£4.50
Baby potatoes cooked dry with onions and capsicum with a hint of our freshly prepared spices.	
Veg Spring Roll	£4.50
Fresh vegetables like Cabbage, celery, carrots, green onions and Chinese noodles wrapped in a crispy wonton wrapper.	
Sev Puri	£3.95
Indian Chaat, sev, with chopped onions chutney, yogurt, in a puri, garnished with coriander leaves.	
Bhel	£3.95
One of the popular chaat in India and it's a delicious mixture of puffed rice, sev, tomato, potato, onion and sweet-sour-spicy chutneys.	
Golden Fried Baby Corn	£4.50
Prepare with crispy chilli baby corns, and blended with garlic-ginger paste, red chilli powder; Deep fry in hot oil until golden brown and serve with a sauce of your choice.	
Crispy Sweet Corn Chilli Pepper	£4.50
Baby corn prepare with crispy chilli baby corns, and blended with garlic-ginger paste, red chilli powder. Deep fry in hot oil until golden brown and serve with a sauce of your choice.	
Hara Bhara Kabab	£4.50
Deliciously deep fried made with spinach and potatoes flavoured with spice mix.	

Delicious
Starters



Crispy Starters

NON- VEGETARIAN STARTERS

Chicken Samosa	£4.50
Triangle shaped pastry filled with minced chicken in a unique blend of spices cooked till golden brown.	
Chilli Chilli Wang Wang Wings	£5.50
Deep fried chicken wings in a spicy batter, HOUSE SPECIAL.	
Special Chicken Wings	£5.95
On the bone wings, marinated in our special blend of spices.	
Jeera Chicken Wings	£5.95
Aromatic with chicken niblets marinated in special marinade coated with cumin seeds.	
Chicken Tikka	£5.95
Tender cubes of chicken marinated in yoghurt and spices, char grilled, releasing all those flavours to tickle your taste buds.	
Chicken(Chilli/Chinese chilli) House Special	£5.95
A highly flavour some dish with hot green chillies, onion & capsicum with unique herbs.	
Tandoori Chicken(Full/Half)	£9.95 £5.50
Marinated in distinctive spices, cooked in a traditional tandoor for authentic tangy taste.	
Mari Chicken	£5.95
Chicken Wings in a spicy black pepper marinade, cooked in our tandoor.	
Special Moghul Chicken Wings Tandoori	£5.95
Marinated in distinctive spices, cooked in a traditional tandoor for authentic tangy taste.	
Chillie Chicken Pakora	£5.95
Wok tossed cubes of deep fried chicken, coated with tangy chilli sauce..	
Chicken Lollipop	£5.95
Deep fried lollipops of chicken, served with hot garlic sauce.	
Hariyali Chicken	£5.95
Stir fried chicken in spiced Manchurian sauce.	
Chicken 65 Hut Chilli	£5.95
Tender chicken pakoras tossed in spiced yogurt sauce with curry leaves (Gluten)	
Pepper Chicken	£5.95
Deep fried marinated cubes of chicken flavoured with cracked pepper corns.	
Chicken Shashlick n Chilli	£5.95
Chicken is marinated with soya sauce & black pepper.	
Malai Chicken Tikka	£5.95
Boneless pieces of chicken marinated with cream, cheese & mild masala.	
Chicken in Plum Sauce	£5.95
Crispy Chicken deliciously cooked and mixed with Plum Sauce.	

Crumbly Lamb



Yummy
Fish

LAMB & FISH

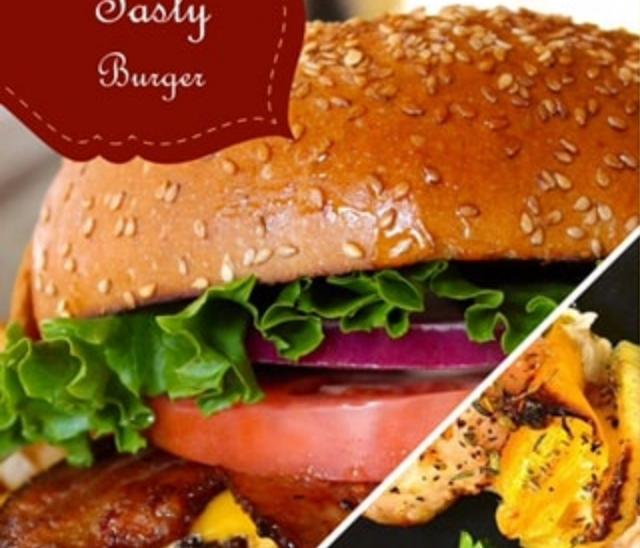
Lamb

Lamb Samosa	£4.50
Triangle shaped pastry filled with minced lamb in a unique blend of spices cooked till golden brown.	
Grilled Lamb Chops	£7.95
Spicy & succulent marinated lamb chops char grilled till tender and juicy.	
Lamb Mishkali House Special	£6.95
For all you meat lovers, tender cubes of spring lamb marinated in special spices & slowly char grilled giving a juicy succulent texture.	
Lamb Momo House Special	£6.95
Marinated sliced lab cooked with a thick tangy sauce.	
Lamb Kebab Roti (House Special)	£5.50
Minced Lamb marinated in special herbs & spices.	

Fish & Sizzlers

Fish (Tikka/Chillie/Ginger)	£6.95
Marinated fish cooked with fried onions, green chillies and tomatoes.	
Tilapia Spicy Bhajia	£6.95
Marinated tilapia, battered with special mix & deep fried.	
Tandoori King Prawn	£10.95
King prawn marinated in special herbs & spices.	
Grilled Tilapia/Coley Fillet	£6.95
Fillet of fish marinated in tandoori paste and cooked over char grill.	
Amritsar Fish Pakora	£6.95
Authentic flavour of India (Punjab) fish chick pea flour battered & deep-fried crispy fish with Indian spices.	
King Prawn (Chillie/Ginger)	£9.95
Wok tossed deep fried prawns, coated with tangy chilli sauce.	
Golden Fried King Prawn	£9.95
Succulent prawns marinated and deep fried, served with hot garlic sauce.	
Ram Club Special Mixed Sizzler	£14.95
Charcoal grill platter - Chicken Tikka, Chilli wang wang wings, Lamb Kebab & Lamb Chops.	

Tasty Burger



Spongy Kebab



BURGERS & ROLLS



Burgers

Chicken Burger & Chips £7.50

Tandoor Chicken Breast, Kachumber and topped with Garlic Chilli Mayo Sauce.

Lamb Burger & Chips £7.50

Lamb Patty with special spices & Kachumber & topped with Garlic Chilli Mayo Sauce.

Veg Burger & Chips £6.50

Veggie Patty, Paneer Tikka, Kachumber and topped With Garlic Chilli Mayo Sauce.

Kebab Roll

Lamb Kebab Roll £4.50

Tender minced lamb kebab, with fresh herbs, ginger, garlic & green chillies & served with tandoori naan with salad & special sauce.

Chicken Tikka Roll £4.50

Tandoor Chicken Breast served with tandoori naan with salad & special sauce.

Paneer Tikka Roll £4.50

Paneer Tikka & served with tandoori naan with salad & special sauce.





Sizzling Biryani

BIRYANI

Biryani

Chicken Biryani

Chicken & basmati rice cooked & flavoured with saffron, served with raita & mirchi-ka-salan.

Lamb Biryani

An aromatic mixture of rice, lamb, saffron, herbs & spices, served with raita & mirchi-ka-salan.

Special Chicken & Lamb Biryani

Chicken & lamb combined with basmati rice , saffron served with raita & mirchi-ka-salan.

Egg Biryani

A seasoned mixture of egg & basmati rice, served with raita & mirchi-ka-salan.

Veg Biryani

Saffron Pulao Rice tossed with fresh vegetables & Biryani spices.

King Prawn Biryani

An aromatic mixture of prawn, rice, saffron, herbs & spices served with raita & mirchi-ka-salan.



VEGETARIAN MAIN COURSE



Fresh
Mains

Aloo Gobi	£4.75
Fresh potatoes cooked with herbs & spices with sautéed cabbage.	
Aloo Saag or with Methi	£4.75
Fresh potatoes cooked with fresh herbs & spices mingled with sautéed fresh spinach.	
Daal Makhani	£4.75
Daal Makhani, a delicious delicacy from the Punjab in Northern India.	
Palak Paneer	£5.50
Fresh green spinach cooked with herbs & spices, thereafter combined with cubes of Indian cheese, cooked further to bring out the flavour.	
Mutter Paneer	£5.50
Fresh garden peas mildly mingled with Indian cheese (paneer) cooked in a delightful homemade gravy.	
Panner Tikka Masala	(N) £5.50
In our special creamy sauce with almonds & cashew nut powder, garnished with single cream. Cubes of Indian cheese(paneer) prepared.	
Bhindi Masala	£4.75
Pieces of fresh bhindi (okra/ladies fingers) sautéed with fresh dry spices.	
Chana Masala/Choley Masala	£4.75
Chick peas intensely cooked with dry spices & fresh herbs in a thick gravy, then engulfed with fresh onions, & tomatoes.	
Tarka Daal	£4.50
A well known accompaniment to your meal made from an assortment of daal (lentils) tempered with dry spices & cumin, fresh garlic ginger & chillies.	
Bombay Aloo	£4.75
A delicious potato dish cooked in a rich & thick gravy with fresh dry spices.	
Quorn Kheema Curry with Peas	£4.95
Delicious Quorn mince cooked in a rich tomato sauce with traditional Indian herbs & spices.	
Panner Karahi or with Methi	£5.50
Cubes of Indian Cheese (paneer) prepared in our very special creamy sauce with fresh ginger & chillies cooked to perfection with peppers & onion.	
Baby Corn Mushroom Masala	£4.95
Delicious Baby Corn with mushroom cooked in a rich tomato sauce with traditional Indian herbs & spices.	
Panner Bhurji	£5.50
Grated Panner cooked in a rich tomato sauce with traditional Indian herbs & spices.	
Sweet Corn Methi	£4.95
Aromatic blend of baby corn, fresh fenugreek leaves in a mild gravy.	
Malai Kofta	£5.50
Fried dumpling of paneer & Vegetables Stammered in mild creamy gravy.	

NON-VEGETARIAN MAIN COURSE



Korma (Chicken/Lamb/King Prawn)

A mild dish cooked with ground almond, coconut cream added with herbs to create a rich and tasty dish.

(*) £8.25/£8.95/£10.95

Madras (Chicken/Lamb/King Prawn)

Madras sauce is a fairly hot curry sauce, full of flavour with its heavy use of chilli with curry leaves and mustard seeds.

!! 8.25/£8.95/£10.95

Mirch Masala (Chicken/Lamb/King Prawn) !!! £8.25/£8.95/£10.95

Presenting a lip smacking recipes, mirch masala which is just slightly spiced up to suit every palate.

Saag (Chicken/Lamb/King Prawn)

Spinach cooked in a blend of cinnamon, cloves, ginger, chilli, coriander, & cumin powder to create a tasty gravy.

£8.25/£8.95/£10.95

Dhansak (Chicken/Lamb/King Prawn)

A combination of smooth sweet & sour sauces combined with lentils.

£8.25/£8.95/£10.95

Jalfrezi (Chicken/Lamb/King Prawn)

A saucy dish cooked with capsicum, onions & fresh green chillies.

!!! £8.25/£8.95/£10.95

Karahi (Chicken/Lamb/King Prawn)

Boneless pieces of Chicken or Lamb or Prawn tenderly cooked with green peppers & onions in a rich gravy.

£8.25/£8.95/£10.95

Bhuna (Chicken/Lamb/King Prawn)

Boneless Lamb or Chicken or Prawn cooked with green pepper, onions & tomatoes, sprinkled with cumin.

£8.25/£8.95/£10.95

Methi (Chicken/Lamb/King Prawn)

Boneless Lamb or Chicken or Prawn cooked with fresh fenugreek leaves to deliver a mouth watering aromatic dish.

(*) £8.25/£8.95/£10.95

Exquisite
Main



NON-VEGETARIAN MAIN COURSE

Lamb Kheema

Minced lamb in a rich tomato sauce cooked with traditional Indian herbs & spices.

Butter (Chicken/Lamb/King Prawn)

Light spices & a uniquely prepared creamy gravy with a tinge of butter & cashew nut paste.

Handi (Chicken/Lamb)

Chicken or Lamb on the bone cooked in a rich tomato onion gravy with the chef's special spices.

Chicken Tikka Masala

Chargrilled boneless chicken prepared in a mild spicy tomato sauce.

Tawa (Chicken/Lamb/King Prawn)

Cooked on traditional Tawa till it turns into a delicate semi gravy dish.

Fish Karahi (Tilapia/Coley)

Chargrilled boneless Fish prepared in a mild spicy tomato sauce.

Karahi King Prawn

Fresh king prawns cut & prepared with fresh peppers in our curry sauce.

Exquisite
Main

£8.25

£8.25/£8.95/£10.95

£8.25/£8.95/£10.95

£8.25

£8.25/£8.95/£10.95

£9.95

£10.95



Tempting Rice

RAM FAVOURITE RICE & BREAD

Rice & Bread

Plain Rice	£2.00
Jeera Rice	£2.50
Pilau Rice	£2.50
Mushroom Rice (Garlic/Lemon/Onion)	£2.95
Special Egg Fried Rice	£3.25
Chicken Fried Rice	£4.95
Vegetarian Fried Rice	£3.95
Tandoori Naan	£1.95
Tandoori Roti	£1.50
Garlic Naan	£2.20
Bullet Naan	£2.20
Kheema Naan	£2.20
Peshwari Naan	£2.20
Ram Special Bread Basket (Naan + Paratha + Roti)	£5.95

Side Dishes

Plain Papad (poppadums)	£0.65
Spicy Papad (poppadums)	£0.65
Mixed Salad	£1.50
Green Salad	£1.50
Raita	£Free
Fried Green Chillies with Salt	£1.00
Fried Garlic	£1.50

Divine Bread

Delightful Ice Cream



Hot Coffee



RAM DELIGHTS

Dessert

Gulab Jamun	(N) £2.95
Rassmalai	£2.95
Kulfi - Pistachio or Mango	(N) £2.95
Ice Cream	£2.00
Gulab Jamun with Ice Cream	(N) £3.50
Lassi (Sweet/Salt)	£1.50
Fresh Lime Water or Lime Soda	£1.50

Coffee

Americano	£2.00
Espresso	
Caffe latte	
Cappuccino	
latte macchiato	
Mochaccino	
Chocolate	

