



# MASALA ZONE



## GLOSSARY OF APHRODISIAC INGREDIENTS

**ALMONDS** - were regarded as fertility symbols throughout antiquity. The aroma of almond supposedly arouses passion in females. Alexander Dumas dined on almond soup every night before meeting his mistress, and Samson wooed Delilah with them.

**ASAFOETIDA** - Indian dried, powder herb used as a sexual stimulant in Ayurvedic medicine.

**CARDAMOM** - is a sensual spice considered to have aphrodisiac properties. Its essential oil has an erotic effect. Cleopatra used to take baths in cardamom.

**CAYENNE PEPPER** - stimulant, irritant, fresh or dried eaten, it heats the sexual drive.

**CAPSICUM** - plays a very large role in blood circulation. When cayenne is ingested, it dilates blood vessels. This allows increased blood flow throughout the body, especially in the major organs.

**CHOCOLATE** - has long been recognized as an aphrodisiac.

**CLOVES** - are the dried flower buds of *Jambosa caryophyllus*. The Danish medieval herbalist H. Harpenstreng noted the value of cloves, stating that they "make the man desire the woman",

**CORIANDER** - The book of The Arabian nights tells a tale of a merchant who had been childless for 40 years and but was cured by a concoction that included coriander. That book is over 1000 years old so the history of coriander as an aphrodisiac dates back far into history

**FENNEL** - The Greeks regarded fennel as a potent sexual stimulant. During the Dionysus festivities, crowns of fennel leaves were worn, and leaves and seeds were used as aphrodisiacs

**GARLIC** - The 'heat' in garlic is said to stir sexual desires. Make sure you and your partner share it together.

**PINEAPPLE** --Ananas cosmosus-- diuretic, invigoration! For aphrodisiac effects to work-- eat pineapple with chili powder.

**POMEGRANATE** -Punica granatum-- Mediterranean, Asia Minor- invigorator! The fruit is sacred to Aphrodite.

We regret that we cannot advise customers with nut allergy / intolerances to eat our food at our restaurants. This is because all our dishes can contain traces of nut .We are therefore unable to advise that any dish is nut-free. Therefore customers with nut allergies / intolerances eating in our restaurants do so entirely at their own risk



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## VALENTINE WEEK - APHRODISIAC MENU

**3 courses and a glass of Prosecco**

**COVENT GARDEN & SOHO - £38**  
**BAYSWATER, CAMDEN, EARLS COURT & ISLINGTON - £35**

The aphrodisiac ingredients are in **red font**. Refer to the Glossary on the left.

### STARTERS

#### GRILLED JUMBO PRAWNS

Prawns marinated with **cayenne pepper**, cheese and **fresh herbs**, served with **chilli yoghurt dip**

OR

#### ASPARAGUS, BROCCOLI AND RAW BANANA KEBAB **v**

Toasted **almond**, **fennel**, broccoli, asparagus and banana patty, served with a **pomegranate** chutney

### MAIN COURSES

#### POMEGRANATE SPIT ROAST DUCK BREAST

Duck breast marinated with **pomegranate** and **fresh herbs**, served on a bed of asparagus and kale, tossed in **garlic and chilli**

OR

#### APHRODISIAC THALI

(Choose from one of the following)

#### WILD MUSHROOM KORMA- THALI **v**

Exotic wild mushroom curry cooked with, pistachio **almond**, **cardamom**, **cinnamon** and **fresh herbs**

OR

#### LAMB AND APRICOT CURRY- THALI

Lamb chunks, slow cooked overnight with apricot, **cardamom**, **cinnamon**, **cloves** and **fresh herbs**

In addition to one of the above curries the thali will comprise of rice or two chapattis, papad & chutney and the following:-

#### PINEAPPLE AND BELL PEPPER CURRY **v**

**Pineapple** and **peppers** tempered with mustard, curry leaves and **fresh herbs** in lightly spiced coconut sauce

#### DAL, NORTH INDIAN SLOW COOKED BLACK LENTILS **v**

Combination of black lentils and chickpeas slow cooked overnight with **fresh herbs** and **spices**

#### SOUTH INDIAN BABY ROAST POTATOES **v**

Baby potatoes slow roasted with **asafoetida**, **chillies**, turmeric and **fresh herbs**, tossed in an onion and tomato sauce

### DESSERT

#### CHOCOLATE MOUSSE

A dark **chocolate** mousse on a crunchy biscuit base with a crushed raspberry sauce