

Appetizers 開胃小食

1. 咖 喱 角 **Samosa (3 pcs)** \$48
Deep fried cone pastries stuffed with potatoes and green peas
2. 香 炸 洋 蔥 絲 **Onion Bhaji** \$48
Deep fried onion fritters
3. 香 草 薯 餅 **Mix Vegetable Aaloo Tikki (3 pcs)** \$48
Deep fried mashed potato and mix vegetable cutlets
4. 香 炸 蝦 球 **Prawn Pakora (4 pcs)** \$75
Deep fried selected pieces of prawn with onion, coriander, spices & gram flour
5. 炸 菠 菜 薯 蓉 **Hara Bhara Kebab (3 pcs)** \$57
Deep fried mashed potato and fresh chopped spinach corquette
6. 炸 香 料 胡 椒 餅 **Fry Masala Papadum (1 pcs)** \$25
Fried pulse flour wafer sprinkle with chilli powder & chat masala topping with onion, tomato & cucumber
7. 印 度 炸 雜 菜 **Assorted Vegetable Pakora** \$52
Deep fried assorted fresh vegetable fritters
8. 烤 香 料 胡 椒 餅 **Roasted Masala Papadum (1 pcs)** \$20
Roasted pulse flour wafer sprinkle with chilli powder & chat masala topping with onion, tomato & cucumber
9. 印 度 香 料 烤 魚 **Fish Amritsari (5 pcs)** \$75
Deep fried sole fish marinated with spice gram flour batter



please kindly state your preference for "HOT, MEDIUM or MILD" spicy foods while ordering

貴客點菜時，請註明香辣程度

10% Services Charge 加一服務費

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देही चाट वाला 輕盈小食

10. 咖喱角沙律 **Samosa Chaat** \$70
Fried mashed samosa served with chick peas, freshly cut vegetable topping with yogurt & chutneys
11. 輕煎薯仔沙律 **Aaloo Tikki Chaat** \$70
Fried mashed potato cutlet with chick peas, freshly cut vegetable topping with yogurt & chutneys
12. 酸奶醬配油炸麵包 **Dahi Poori** \$78
Fried wheat puff stuffed with potato, chickpeas, yogurt & chutneys
13. 酸奶醬配脆餅 **Pani Poori** \$78
Wheat puff served with potato, chickpeas, spice & sour flavour water
14. 薯仔沙律 **Aaloo Chaat** \$56
Potato chunks freshly cut vegetable toasted with spices, sweet & sour chutneys
15. 串燒雞沙律 **Chicken Tikka Chaat** \$78
Grill boneless chicken with freshly cut vegetable toasted with sweet and sour chutneys



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accompaniment 輕盈小食

16. 青瓜酸奶 **Cucumber Raita** \$48
Home made fresh yogurt with cucumber and roasted ground cumin
17. 雜菜酸奶 **Mix Raita** \$48
Home made fresh yogurt with onion, cucumber, tomato & roasted ground cumin
18. 鬆化胡椒餅 **Roasted Papad (1 pcs)** \$15
Roasted pulse flour wafer
19. 什菜沙律 **Green Salad** \$48
Freshly cut vegetable served with lemon wedges
20. 烤什菜配油菜醬 **Kuchumber Salad** \$48
Freshly cut vegetable toasted with lemon vinaigrette
- 20a. 洋蔥及辣椒 **Sliced Onion and Chilli** \$15

soup 湯類

21. 蕃茄湯 **Tomato Soup** \$50
Home made fresh roasted tomato soup
22. 蘑菇湯 **Mushroom Soup** \$50
Assorted cream of mushroom soup
23. 蕃茄扁豆香菜湯 **Tomato Lentil Coriander Soup** \$53
Home made tomato soup with yellow lentils and fresh coriander
24. 黃扁豆配飯及檸角湯 **Mulligatawny Soup** \$53
A mixed yellow lentils soup served with rice & lemon wedges



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Tandoori Selection

印度炭燒鐵板餐

- | | | |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------|
| 25. 天多羅燒雞(無骨) | Chicken Tikka
<i>Boneless pieces of chicken marinated with spices and cooked in a clay oven</i> | \$128 |
| 26. 天多羅香燒雞(有骨) | Tandoori Chicken
<i>Chicken leg marinated with spices cooked in a clay oven</i> | \$134 |
| 27. 香滑串燒雞(不辣) | Reshmi Kebab
<i>Soft boneless chicken marinated with cashewnut paste, gram flour and cream cooked in a clay oven</i> | \$128 |
| 28. 串燒羊肉串 | Lamb Sheek Kebab
<i>Ground baby lamb seasoned with spices and herbs cooked in a clay oven</i> | \$140 |
| 29. 印式香料燒魚 | Fish Tikka
<i>Chunks of fish marinated with anise seed & spices cooked in a clay oven</i> | \$142 |
| 30. 香草滑燒雞(無骨) | Hariyali Chicken Tikka
<i>Boneless pieces of chicken marinated with spices & mint paste cooked in a clay oven</i> | \$128 |
| 31. 天多羅燒羊架 | Tandoori Lamb Chop
<i>Baby rack of lamb marinated with mint and chilli paste cooked in a clay oven</i> | \$235 |
| 32. 燒烤芝士及什菜 | Paneer Tikka
<i>BBQ cottage cheese with assorted vegetable marinated with spices cooked in a clay oven</i> | \$112 |
| 33. 天多羅烤西蘭花 | Tandoori Gobi
<i>Marinated cauliflower with spices cooked in a clay oven</i> | \$112 |
| 34. 雜菜烤通心卷 | Sheek Kebab Vegetable
<i>Sheek Kebab</i> | \$112 |
| 35. 天多羅香料配
酸 奶 烤 鯧 魚 | Tandoori Pomfret
<i>Fresh whole pomfret marinated with yoghurt and spices cooked in a clay oven</i> | \$180 |



26.



28.



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chicken item 特色雞類

36. 牛油雞 **Butter Chicken** \$104
All time favourite boneless BBQ chicken cooked in tomato & butter based sauce
37. 瑪沙拉雞 **Chicken Masala**  \$102
Slow cooked sauteed chicken cooked with tomato, onion based sauce
38. 瑪沙拉燒雞 **Chicken Tikka Masala**  \$104
A BBQ chicken cooked with tomato, onion & butter based sauce
39. 甜酸咖喱無骨雞 **Chicken Jalfrezi** \$102
A boneless chicken cooked with fresh julienne vegetable, tomato ketchup and a masala sauce
40. 椰奶咖喱無骨雞 (南印度菜) **Chicken Madras**  \$102
A boneless chicken cooked with peanuts and a coconut base sauce
41. 菠菜咖喱無骨雞 **Chicken Saagwala** \$104
A boneless chicken curry cooked with fresh spinach
42. 薯仔勁辣雞 **Chicken Vindaloo**  \$104
Hot and spicy chicken curry cooked with potato
43. 腰果汁咖喱無骨雞 **Chicken Korma** \$104
A boneless chicken cooked with a cashewnut & cream base sauce
44. 鑊仔雞件 **Kadai Chicken**  \$104
Chunks of chicken, onion & bell pepper cooked in a masala base sauce
45. 蘑菇咖喱雞 **Chicken Jaipuri**  \$106
Chunks of chicken, mushroom cooked with a masala base sauce
46. 傳統印度咖喱雞 **Chicken Curry** \$102
All time favourite authentic indian chicken curry
47. 洋蔥香料辣雞 **Chicken Bhuna**  \$106
Chunks of chicken, onion & dry whole chillie cooked in a masala sauce
48. 洋蔥香料雞 **Chicken Do Pyaza** \$106
Chunks of chicken, onion cooked in a masala sauce



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lamb item 特色羊類

- | | | |
|--------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 49. 印度咖喱羊肉 | Rogan Josh  | \$128 |
| | <i>Slow cooked boneless lamb with indian spices</i> | |
| 50. 椰奶咖喱羊肉 | Lamb Madras  | \$128 |
| | <i>Tender pieces of lamb curry cooked with peanut and coconut base sauce</i> | |
| 51. 勁辣薯仔羊 | Lamb Vindaloo    | \$130 |
| | <i>Tender pieces of lamb cooked in a hot and spicy base sauce</i> | |
| 52. 菠菜咖喱羊肉 | Lamb Saagwala | \$130 |
| | <i>Lamb curry cooked with a fresh spinach</i> | |
| 53. 洋蔥香料羊肉 | Lamb Bhuna Ghost  | \$130 |
| | <i>Selected pieces of lamb toasted with coriander seed and cooked with a masala base sauce</i> | |
| 54. 腰果醬咖喱羊肉 | Lamb Korma | \$130 |
| | <i>A very mild lamb curry which is cooked with cashewnut and cream base sauce</i> | |
| 55. 微辣蕃茄腰果羊肉 | Lamb Laziz | \$130 |
| | <i>A very mild lamb curry with tomato & cashewnut base sauce</i> | |
| 56. 瑪沙拉羊肉 | Lamb Masala | \$130 |
| 57. 北印度香料羊肉 | Lamb Kadai  | \$130 |
| | <i>Chunks of lamb, onion & bell pepper cooked with a masala base sauce</i> | |
| 58. 醃菜酸辣醬羊肉 | Lamb Achari  | \$130 |
| | <i>Lamb curry cooked with a pickle chutney</i> | |



LAMB ITEM



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vegetable itel 特色素類

59. 白醬芝士薯仔球 **Malai Kofta** \$90
Potato and cheese corquette in a rich mild and lightly sweet gravy
60. 咖喱雜菜 **Vegetable Curry** \$90
Assorted mixvegetable in a mild curry sauce
61. 蕃茄咖喱什菜 **Vegetable Makhani** \$90
Mixed vegetable cooked in a tomato base gravy with cream & butter
62. 椰菜薯仔 **Aaloo Gobi** \$90
An alltime favourite combination of potato & cauliflower
63. 瑪沙拉毛瓜 **Bhindi Masala** \$90
Lady finger (okra) cooked with onion, tomato & spices
64. 芝士菠菜 **Paalak Paneer** \$90
Cubes of indian cottage cheese cooked with fresh spinach
65. 瑪沙拉牛油芝士 **Paneer Butter Masala** \$90
Cubes of indian cottage cheese cooked with a tomato & onion based masala sauce
66. 鑊仔什菜芝士瑪沙拉 **Kadai Paneer**  \$90
Cubes of fresh bell pepper & onion tosated with cottage cheese and masala gravy
67. 焗茄瓜 **Baingan Bhartha** \$90
Mashed eggplant cooked with spices
68. 茴香薯仔 **Aaloo Jeera** \$90
Sauteed potato with garlic, cumin & spices
69. 牛油香料蘭度豆 **Dal Makhani** \$90
An alltime favourite north indian style black lentils cooked with butter and cream
70. 黃豆咖喱 **Dal Tarka** \$90
An all time favourite yellow lentils cooked with cumin and curry leaf
71. 甜酸什菜咖喱 **Vegetable Jalfrezi** \$90
Assorted mix vegetable cooked with curry sauce & tomato ketchup
72. 孟買薯仔 **Bombay Aaloo** \$90
Sauteed potato with mustard seed, curry leaf & dry whole chilli
73. 青豆蘑菇咖喱 **Mutter Mushroom** \$90
A combination of green peas and mushroom curry
74. 青豆芝士咖喱 **Mutter Paneer** \$90
A combination of green peas and indian cottage cheese curry
75. 瑪莎拉菠菜粟米 **Corn Paalak** \$90
Fresh from the farm spinach and corn masala
76. 芝士蕃茄薯仔 **Dum Aaloo Kashmiri** \$90
Whole potato stuffed with cheese and nuts cooked with a tomato base sauce
77. 瑪沙拉菠菜薯仔 **Aaloo Saag** \$90
Fresh from the farm spinach and potato masala
78. 腰果蕃茄印度芝士 **Shahi Paneer** \$90
Cube of indian cottage cheese cooked with cashewnut & tomato base sauce
79. 牛油蕃茄印度芝士 **Paneer Makhani** \$90
cubes of indian cottage cheese cooked with a tomato, cream & butter base sauce



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इटाfood 海鮮類

- | | | |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 80. 咖 喱 魚 塊 | Fish Curry
<i>Authentic north indian style boneless fish curry</i> | \$113 |
| 81. 椰 奶 咖 喱 魚 塊 | Fish Madras 
<i>Chunks of fish cooked with peanut and coconut base sauce</i> | \$113 |
| 82. 腰 果 醬 魚 塊 | Fish Korma
<i>Chunks of sole fish cooked with cashewnut and cream base sauce</i> | \$113 |
| 83. 勁 辣 薯 仔 魚 塊 | Fish Vindaloo   
<i>Hot and spicy fish curry</i> | \$113 |
| 84. 椰 醬 咖 喱 魚 塊 | Goan Fish Curry
<i>Chunks of fish toasted with mustard oil and curry leaf cooked in a coconut base curry sauce</i> | \$113 |
| 85. 椰 醬 咖 喱 煮 全 條 鯧 魚 | Pomfret Meen Moilee
<i>Whole fish served in a coconut curry sauce</i> | \$188 |
| 86. 咖 喱 蝦 | Prawn Curry
<i>Selected pieces of prawn cooked with indian spices and curry sauce</i> | \$113 |
| 87. 椰 奶 咖 喱 蝦 | Prawn Madras 
<i>Fresh prawn cooked in a peanut and coconut base sauce</i> | \$113 |
| 88. 腰 果 醬 咖 喱 蝦 | Prawn Korma
<i>Prawn cooked with a cashewnut and cream base sauce</i> | \$113 |
| 89. 勁 辣 薯 仔 蝦 | Prawn Vindaloo   
<i>Hot & spicy prawn curry</i> | \$117 |
| 90. 北 印 度 菠 菜 咖 喱 蝦 | Prawn Saagwala
<i>North indian style prawn curry cooked with fresh spinach</i> | \$117 |
| 91. 北 印 度 香 料 蝦 | Kadai Prawn 
<i>Chunks of onion, bellpepper & prawn cooked in a masala base sauce</i> | \$117 |



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bread 印式烤餅

- | | | |
|------------------------|-----------------------------------------------------------------|------|
| 92. 特 式 烤 餅 | Naan | \$26 |
| | <i>Baked soft leavened bread</i> | |
| 93. 蒜 蓉 烤 餅 | Garlic Naan | \$32 |
| | <i>Garlic soft leavened bread</i> | |
| 94. 薯 仔 烤 餅 | Potato Naan | \$32 |
| | <i>Potato soft leavened bread</i> | |
| 95. 洋 蔥 烤 餅 | Onion Naan | \$32 |
| 96. 印 度 芝 士 烤 餅 | Paneer Naan | \$32 |
| 97. 芝 士 烤 餅 | Cheese Naan | \$32 |
| 98. 雜 果 烤 餅 | Kashmiri Naan | \$32 |
| | <i>Roasted nuts, coconut, and mix fruit soft leavened bread</i> | |
| 99. 黑 松 露 烤 餅 | Black Truffle Naan | \$32 |
| 100. 千 層 餅 麵 飽 | Plain Paratha | \$26 |
| 101. 香 草 (薄 荷) 麵 飽 | Pudina Paratha | \$28 |
| 102. 羅 勒 千 層 麵 飽 | Tulsi Paratha | \$28 |
| 103. 烤 麥 餅 | Roti | \$20 |
| 104. 牛 油 烤 麥 餅 | Butter Roti | \$22 |
| 105. 薯 仔 千 層 餅 麵 飽 | Aaloo Paratha | \$32 |
| 106. 芝 士 千 層 餅 麵 飽 | Paneer Paratha | \$32 |
| 107. 咖 喱 白 鷹 嘴 豆 配 麵 飽 | Bhatura (1 pcs) | \$30 |
| 108. 炸 酥 餅 | Puri (1 pcs) | \$22 |
| 109. 香 料 餅 | Ajwain Kulcha | \$32 |
| 110. 辣 椒 粉 酥 餅 | Chilli Paratha | \$32 |
| | <i>Layered bread topping with chilli powder</i> | |



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RICE 飯類

111. 印度香米	Indian Basmati Rice	\$50
112. 小茴香料飯	Jeera Rice	\$54
113. 青豆炒飯	Peas Pulao	\$56
114. 印度香料炒飯	Pulao Rice	\$54
115. 微辣雜菜炒飯	Kashmiri Pulao / Vegetable Pulao	\$56
116. 雞肉炒飯	Chicken Biryani	\$124
117. 羊肉炒飯	Lamb Biryani	\$145
118. 雜菜炒飯	Vegetable Biryani	\$118
119. 蝦肉炒飯	Prawn Biryani	\$130
120. 蘑菇炒飯	Mushroom Biryani	\$118
121. 印度芝士蛋炒飯	Egg / Paneer Biryani	\$122



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DESSERT 甜品

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|-----------|--------------------|------|
| 122. 熱情仔寶 | Gulab Jamun | \$68 |
| 123. 印式雪糕 | Kulfi | \$58 |
| 124. 香濃奶球 | Rasmalai | \$58 |

DESSERT

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Chef Special 廚師推介

- | | | |
|----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 125. 咖 喱 牛 肉 | Beef Curry | \$104 |
| 126. 瑪 沙 拉 牛 肉 | Beef Masala  | \$104 |
| 127. 微 辣 腰 果 汁 牛 肉 | Beef Korma | \$104 |
| 128. 鑊 仔 牛 肉 | Beef Kadai  | \$106 |
| 129. 薯 仔 香 辣 牛 肉 | Beef Vindaloo    | \$106 |
| 130. 牛 肉 串 燒 | Beef Sheek Kebab | \$128 |
| 131. 瑪 沙 拉 鯧 魚 | POMFRET MASALA
<i>Whole Fish Cooked in A Mild Spiced Curry Sauce</i> | \$198 |
| 132. 飛 毯 燴 羊 腿 | JAHANGIRI RAAN
<i>Leg of Lamb Emperor Recipe</i> | \$198 |
| 133. 醉 酒 炭 燒 蝦 | JHEENGA SHOLA
<i>A Special of The House Prawns Barbecued</i> | \$208 |
| 134. 天 多 羅 印 度 雜 錦 | TANDOORI MIX GRILL
炭燒無骨魚 <i>Fish Tikka</i> 2pcs
羊肉通心燒卷 <i>Sheek Kebab</i> 2pcs
天多羅燒雞 <i>Tandoori Chicken</i> 1 leg
燒香滑雞腿 <i>Reshmi Kebab</i> 2pcs
燒 羊 架 <i>Lamb Chop</i> 2pcs | \$328 |
| 135. 印 度 傳 統 皇 室 烤 雞 | Nawabi Chicken | \$188 |



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chef special 廚師推介 (qb)

125. 瑪沙拉鯧魚 **POMFRET MASALA** \$198
Whole Fish Cooked in A Mild Spiced Curry Sauce
126. 飛毯燴羊腿 **JAHANGIRI RAAN** \$198
Leg of Lamb Emperor Recipe
127. 醉酒炭燒蝦 **JHEENGA SHOLA** \$208
A Special of The House Prawns Barbecued
128. 天多羅印度雜錦 **TANDOORI MIX GRILL** \$328
炭燒無骨魚 *Fish Tikka* 2pcs
羊肉通心燒卷 *Sheek Kebab* 2pcs
天多羅燒雞 *Tandoori Chicken* 1 leg
燒香滑雞翅 *Reshmi Kebab* 2pcs
燒羊架 *Lamb Chop* 2pcs
129. 印度傳統皇室烤雞 **Nawabi Chicken** \$188



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HAPPY MEAL FOR 1 \$158

Non-Vegetarian

STARTER: SAMOSA (1 PC) / 咖喱角(1件)
TANDOORI: TANDOORI CHICKEN 香燒雞
MAIN COURSE: CHICKEN OR LAMB MASALA
瑪沙拉雞 / 香草咖喱羊肉
BREAD: PLAIN NAAN or ROTI 印式烤餅
RICE: INDIAN STREAM RICE 印度白飯
DRINK: TEA OR COFFEE

HAPPY MEAL FOR 1 \$148

Vegetarian

STARTER: SAMOSA (1 PC) / 咖喱角(1件)
TANDOORI: TANDOORI GOBI / 香燒雜菜
MAIN COURSE: PANEER BUTTER MASALA OR
VEGETABLE CURRY 瑪沙拉牛油芝士 / 什菜咖喱
BREAD: PLAIN NAAN or ROTI 印式烤餅
RICE: INDIAN STREAM RICE 印度白飯
DRINK: TEA OR COFFEE

HAPPY MEAL FOR 2 \$318

STARTER:
SAMOSA (2 PC)
咖喱角 (2件)
TANDOORI:
TANDOORI CHICKEN
香燒雞
MAIN COURSE:
LAMB MASALA & VEGETABLE CURRY
瑪沙拉羊 及 什菜咖喱
BREAD:
PLAIN OR GARLIC NAAN
印式烤餅 / 蒜蓉烤餅
RICE:
PULAO RICE
印度炒飯
DRINK: TEA OR COFFEE

如轉任何主餐牌雜菜類另加\$20, 肉類另加\$30

CHANGE ANY MAIN COURSE ITEM FROM THE MENU (+\$20 FOR VEGGIE) (+\$30 FOR MEAT)

HAPPY MEAL FOR 4 \$628

STARTER:
SAMOSA (4 PC)
咖喱角 (4件)
TANDOORI:
CHICKEN TIKKA (4 PC)
串燒雞 (4件)
MAIN COURSE:
LAMB CURRY, CHICKEN KORMA & AALOO GOBI
咖喱羊, 皇牌奶汁咖喱雞 及 椰菜薯仔
BREAD:
PLAIN OR GARLIC NAAN
印式烤餅 / 蒜蓉烤餅
RICE:
STEAM RICE OR PULAO RICE
印度白飯 / 印度炒飯
DRINK: TEA OR COFFEE

VEGGIE DELIGHTS FOR2 \$308

STARTER:
SAMOSA (2 PC)
咖喱角 (2件)
TANDOORI:
TANDOORI GOBI
燒西蘭花
MAIN COURSE:
DAL FRY & VEGETABLE JALFREZI
香草蘭度豆 / 印度什菜咖喱
BREAD:
TANDOORI ROTI (2 PC)
燒烘麥包 (2件)
RICE:
PULAO RICE
印度炒飯
DRINK: TEA OR COFFEE

轉乳酪特飲(原味/芒果)另加\$15 ADD ON SPECIAL DRINK +HK\$15 (MANGO LASSI)

如轉任何主餐牌雜菜類另加\$20, 肉類另加\$30

CHANGE ANY MAIN COURSE ITEM FROM THE MENU (+\$20 FOR VEGGIE) (+\$30 FOR MEAT)



please kindly state your preference for "HOT, MEDIUM or MILD" spicy foods while ordering

貴客點菜時, 請註明香辣程度

10% Services Charge 加一服務費

All Photos for Reference Only 所有相片只供參考

咖喱的11種原料 - 健康益處 11 Basic Ingredients to make Currys & Their Health Benefits



胡蘆巴種子有控制糖尿病，降膽固醇，促進乳房發育和孕期產乳量等作用。有刺激出汗的功效，是家裡的退燒藥。草本製的可治療皮膚炎，也是著名的豐胸草本。

Fenugreek:
Fenugreek seeds have been found to contain vitamin C, protein, niacin, potassium & diosgenin. 1: home remedy for balancing cholesterol 2: treating diabetes & lowering blood sugar level 3: herbal cure for skin inflammation . 4: home remedy for fever . 5: Breast enlargement . 6: Remedy to aid milk production in lactating women .

咖喱粉的4大健康益處，就是控制血糖，抑制癌細胞生長，膽固醇管理，解毒和排毒作用。

Curry powder : Curry powder may offer cholesterol lowering benefits. 4 major health benefits of curry powder . 1: blood sugar control . 2: anti cancer benefits . 3: cholesterol management 4: Detoxification



洋蔥有助分解脂肪。有抗炎、防腐和抗菌的特性，有助預防感染。它有助減少患頸癌和結腸癌的機會。還有改善消化、增強記憶和加強中樞神經系統等益處。

Onion :
1: Onion have anti-biotic, antiseptic & antimicrobial properties to help stay away from infection. 2: onion contains sulphur , fibers, potassium , vitamin B, vitamin C they are all low in fat . 3: onion can improve digestive system . 4: onion can be used to prevent cancer , it works against head ,neck & colon cancer . 5: onion is good for memory & strong nervous system, consuming onion is your best bet .

芫荽開胃消滯，止痛解毒。放在魚和肉中調味，有去毒作用。更有助於淨化血液、治療風寒頭痛發燒以及各種過敏症。

Coriander :
According to powdered coriander is good for digestion ,it also increases appetite. It helps in purifying the blood & curing inflammation fever & as well as various allergies.



大蒜有助胎兒增加體重。豐富的維生素C和碘，可增強免疫力，預防和減輕感冒症狀，及有效治療甲狀腺機能亢進。可防癌，如膀胱癌、乳腺癌和胃癌等。

Garlic:
1: Garlic has been found to assists babies to gain weight while they are in womb . 2: Garlic the immune system as well as helps to fight chest infection & cough. In winter garlic is great food to boost your immune system to prevent cold & flu. 3: Garlic contains high level of Iodine which makes it very effective treatment for hyperthyroid condition . 4: Garlic contains good levels of vitamin C . 5: Garlic can prevent of multiple types of cancer for ex: Bladder cancer , Breast cancer & stomach cancer .

番茄有豐富的維生素A，有助於改善視力。含有大量抗氧化劑，能降低患癌症的風險。番茄不單能夠幫助消化，更能保持血液循環，減少患心臟病的風險。

Tomato : are sweet ,juicy & delicious. 1: Tomato contains vitamin A, it helps to improve your eyesight . 2: Tomato contains large amount of antioxidant ,which effective in lowering the risk of cancer . 3: Tomato maintain blood circulation , each tomato provides 40% of vitamin A, , vitamin C, iron & potassium 4: Reduce risk of heart disease . 5: Good for digestion .



辣椒能行氣活血，有助燃燒脂肪。常食可降血脂，改善心臟健康，防止中風。辣椒素能降血糖，控制前列腺癌的蔓延，減低患胃癌的風險，舒緩痛症及減少炎症等。

Chili :
1: Lower blood sugar level . 2: Improve heart ,health, boost circulation ,thins blood and helps protect against strokes . 3: provides pain relief & reduces inflammation. 4: Helps clear congestion . 5: Limits spreading of prostate cancer . 6: Lower risk of stomach cancer . 7: chillies help burn fat .



薑黃含有纖維、維生素C、E等元素。有改善消化、增強免疫力、控制體重和糖尿病，降膽固醇，緩和關節炎，治愈傷口，預防癡呆症、肝臟疾病和癌症等作用。

Turmeric:
Turmeric contains such as fibre ,vitamin C, vitamin E, vitamin K, sodium, potassium, calcium ,copper, iron, magnesium & zinc. Benefits of Turmeric: 1: prevents Alzheimer's Disease 2: Improve digestion 3: Prevent liver disease 4: Prevent cancer 5: weight management 6: Relieves arthritis 7: Controls diabetes 8: immune booster 9: Heals wound 10: Reduces cholesterol level

生薑含有鉻、鎂、鋅。有增加血流量，增進食慾、幫助消化、改善營養吸收及預防傷風感冒的作用。能誘導卵巢癌細胞的細胞死亡，有助治療卵巢癌

Ginger :
1: Ginger contains chromium, magnesium and zinc which can improve your blood flow. 2: Improves absorption: ginger improves the absorption and stimulation of essential nutrients in the body. It does this by stimulating gastric and pancreatic enzyme secretion . 3: Ginger prevent cold and flu 4: Ginger is ideal in assisting digestion . 5: ovarian cancer treatment : ginger induces cells death in ovarian cancer cells.



肉桂高鈣、高纖、含微量鎂。補元陽，暖脾胃，除積冷，通血脈。強健骨骼，強化肌肉，刺激激素。

Cinnamon :
Cinnamon provides high contain of calcium & fibre. Cinnamon contain magnese is a trace mineral that helps the body from strong bones, connective tissues & sex hormones .

有辣味的混合香料

(Garam masala)，是由混合乾烤磨碎的香料，如黑胡椒、蒜羅、丁香以及豆蔻等製成。影響消化酶的分洩，從而幫助消化。

Function of spices:
Spices influences salivary, gastric, biliary and pancreatic secretions, terminal digestive enzymes of small intestine and help digestion .

