

THE GUIDE

The weekly leisure section that helps you to make the most of your free time

'I ran away to the circus'

Town performer stars in travelling show, coming soon...

ENTERTAINMENT

BY VICTORIA BULL
victoria.bull@press.co.uk
07803505591 @GazetteVictoria

A former Astley Cooper school student who achieved 12 As in her GCSEs decided the performing life was for her and is now travelling and acting with a unique type of family-oriented circus. Sarah Jane Eyles, originally from Grovehill, Hemel Hempstead, studied performing arts at West Herts College after leaving school, but said she didn't find it challenging enough. She became a street performer in Covent Garden and

has also performed as a 'scare actor' at Halloween events in Apsley's Frogmore Paper Mill, where she worked with the director of Chaplin's Circus. The company tells the story of a 1920s-based circus which has one performance to survive bankruptcy – although its creditor and show's 'baddie' wants the act to fail. Now 20, Sarah Jane's character is the circus owner's daughter and her acts include the swinging trapeze and slack rope. Sarah Jane, who has also performed under the stage name SJ Lavelle, said: "I got involved with Chaplin's Circus through working with one of the directors at various attractions and Christmas events and the idea for it sounded like a very exciting work oppor-

tunity. "I decided to train with another circus for six months to get a few acts together before setting off with Chaplin's last March." Chaplin's Circus was set up by former millionaire lawyer turned the show's human cannonball, the Great Herrmann, aka Gary Stocker. He runs it with business partner and manager, Mark Foot, from Watford and tours southern England for several months a year. The animal-free show will be at Highfield Park, St Albans, from March 28 to April 7, and will also be offering free circus skills workshops for kids over the school holidays. Visit www.chaplinscircus.com or email info@chaplinscircus.com for more.



Sarah Jane Eyles from Hemel Hempstead performs with Chaplin's Circus

Music, theatre, cinema, dance...



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Chicken or Lamb Tikka£2.40
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Chicken Chat£2.40

Jalfrezi Dishes

Hot, cooked with onion, tomatoes and green chillies and special herbs and spices

Mix Vegetable Jalfrezi£4.20
Chicken Tikka Jalfrezi£5.90
Lamb Tikka Jalfrezi£5.90
Chicken or Lamb Jalfrezi£4.90
Tandoori King Prawn Jalfrezi£8.50
Prawn Jalfrezi£5.10

Tandoori Main Dishes

Prepared and marinated in a delicately spiced yoghurt for 24 hrs to tenderise the meat and give it a seductive flavour and tantalising aroma

Full Tandoori Chicken£8.80
Tandoori Chicken Half£4.80
Chicken or Lamb Tikka£4.80
Chicken or Lamb Shaslick£5.70
Tandoori Mixed Grill with Naan£7.90
Tandoori King Prawn£8.50
Tandoori King Prawn Shaslick£8.50

Chefs Special Dishes

Jaffrani Chicken Special Dish£5.90
Tandoori Chef Special£5.90
Tandoori Butter Murgh£5.90
Tandoori Chicken Masala£5.90
Tandoori Lamb Masala£5.90
Tandoori King Prawn Masala£8.50
Chicken Tikka Masala£5.90
Sultan Pasanda Kuftha rolled minced meat£5.90
Lamb Pasanda£5.80
Chicken Pasanda£5.80
Chicken Makhani£5.90
Meat Makhani£5.90
Nawabi Chicken£5.90
Marinated chicken, roasted in a tandoor, cooked with sultanas, almonds, green peppers
Murgh Masala (Medium with minced meat)£5.90
Meat/Chicken Rezella£4.90
Hari Mirchi Gosht (with green chillies)£4.30
Methi Gosht£4.30
Chilli Paneer£4.30

Korai Dishes

All Korai dishes are medium hot, cooked with onions, tomatoes, green peppers and special herbs

Kashmiri Korai Chicken£4.80
Kashmiri Korai Gosht£4.80
Tandoori Lamb Korai£5.50
Chicken Tikka Korai£5.50
Garlic Chicken or Lamb Marinated and spiced, cooked in special sauce with double cream£4.50
Tandoori King Prawn Korai£8.50

Korma Dishes

Mild

Chicken£3.90
Meat£3.90
Prawn£4.90
King Prawn£7.90
Chicken or Lamb Tikka Korma£5.30
Vegetable Korma£3.10

Saag Dishes

Saag Gosht (with spinach)£4.10
Saag Chicken£4.10
Saag Prawn£4.80
Saag King Prawn£7.90

Curry Dishes

Medium

Chicken£3.90
Meat£3.90
Prawn£4.90
King Prawn£7.50

Continental Dishes

All chicken off bone. Breast of chicken 50p extra

Kashmir Chicken (with banana)£3.90
Chicken Masala£3.90
Chicken Ceylon (with coconut)£3.90
Chicken Malaya (with pineapple)£3.90

Bhuna Dishes

Medium with Onions and Tomatoes

Chicken£4.30
Meat£4.30
Prawn£4.90
King Prawn£7.90
Chicken or Lamb Tikka Bhuna£5.30
Mix Vegetable Bhuna£3.10

Dansak/Pathia Dishes

Chicken£3.90
Meat£3.90
Prawn£4.90
King Prawn£6.90

Balti Dishes

Traditional dishes recommended by the chef, medium and hot cooked with herbs and spices, tomatoes, onion and green pepper served with tandoori roti. If required can be cooked hot or mild.

Chicken or Meat Balti£6.50
Chicken or Prawn Balti£7.20
King Prawn Balti£7.90
Tandoori King Prawn Balti£8.50
Vegetable Balti£4.90
Prawn Balti£6.90

Biryani Dishes

All Biryani dishes are cooked with basmati rice, butter and served with vegetable curry

Chicken & Mushroom Biryani£5.50
Chicken Tikka Biryani£6.50
Chicken & Prawn Biryani£5.90
Chicken Biryani£5.50
Meat Biryani£5.50
Mixed Vegetable Biryani£4.80
Prawn Biryani£5.90
King Prawn Biryani£7.90

Dupiaza Dishes

Medium with Onions

Chicken£4.10
Meat£4.10
Prawn£4.90
King Prawn£7.90
Chicken or Lamb Tikka Dupiaza£5.50

Madras/Vindaloo/Phal Dishes

Hot

Chicken£4.10
Meat£4.10
Prawn£4.90
King Prawn£7.90

Rogan Dishes

With Fried Onions and Tomatoes

Chicken£4.10
Meat£4.10
Prawn£4.90
King Prawn£7.90
Chicken or Lamb Tikka Rogan£5.50

Vegetable Dishes

Any main vegetable dishes£4.40
Mixed Vegetable Curry£2.50
Mixed Vegetable Bhajee£2.50
Mushroom Bhajee£2.50
Cauliflower Bhajee£2.50
Brinjal Bhajee aubergines£2.50
Bhendi Bhajee okra£2.50
Saag Bhajee spinach£2.50
Saag Aloo£2.50
Chana Masala spicy chickpeas£2.50
Tarka Daal spicy lentil and garlic£2.50
Aoo Ghoibi potatoes and cauliflower£2.50
Saag Paneer spinach and homemade cheese£2.50
Mutter Paneer peas and cheese£2.50
Bombay Aloo potatoes£2.50

English Dishes

Chicken Omelette£4.90
Mushroom Omelette£4.90
Prawn Omelette£4.90
Fried Chicken£4.90
Chicken Salad£4.90
Prawn Salad£4.90

Desserts

Banana Fritter£2.50
Kulfi Indian ice cream£2.00

Sundries

Mushroom Rice£2.30
Keema Pilau basmati rice cooked with minced meat£2.30
Kashmir Special Rice basmati rice with mixed vegetable & egg£2.10
Peas Pilau basmati rice with peas and onion£2.30
Pilau Rice basmati rice in butter and saffron£1.80
Boiled Rice£1.70
Tandoori Naan£1.00
Tandoori Roti£1.00
Garlic Naan£1.70
Peshwari Naan with cream coconut and almonds£1.70
Keema Naan stuffed with mince meat£1.80
Kulcha Naan stuffed with onion and fresh coriander£1.70
Dhania Naan coriander and chilli powder£1.70
Paratha£1.60
Stuffed Paratha with vegetables£1.80
Chapati£0.80
Popadom£0.50
Masala Popadom£0.60
Raita cucumber and onion£1.50
Selection of Chutneys£2.00
Chutney£0.50

Drinks

Cans£0.60
Bottle£2.00

Set Meals

A.K. SPICES DELUXE

Set Meal for 2 Persons£20.90
Popadom, 1 Shami Kebab, 1 Onion Bhaji, Rogan Gosht, Tandoori Butter Chicken, Brinjal Bhajee, Bombay Fried Rice, Kulcha Naan

KASHMIR STYLE DINNER

Set Meal for 2 Persons£22.90
Popadom, 1 Prawn on Puree, 1 Onion Bhaji, Kashmir Chicken, Tandoori Mixed Grill, Kashmir Basmati Rice, Keema Naan, Mixed Vegetable Curry, 2 Indian Kulfi

A.K. SPICES SPECIAL

Set Meal for 2 Persons£25.90
Special Popadom, 1 King Prawn Butterfly, 1 Onion Bhaji, Chicken Tikka Masala, Korai Gosht, Mushroom Bhajee, Aloo Ghoibi, Peshwari Naan, Special Fried Rice, Kulfi

Our Chefs will be happy to prepare any dish not on the menu. Please ask our staff for further assistance.
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