



Tabla Ilford Menu

<https://menulist.menu>

300-310 High Road, Redbridge, United Kingdom

+442085144400,+442045144400 - <http://www.tabla-ilford.com/contactus.html>



Here you can find the [menu](#) of **Tabla Ilford** in Redbridge. At the moment, there are 16 dishes and drinks on the food list. You can inquire about *seasonal or weekly deals* via phone. What [User](#) likes about Tabla Ilford: this restaurant has several delicious [vegetarian](#) options that are absolutely finger licking good! my absolute favorite were the aloo gobi adraki, the makhani paneer and the bhindi dopiaza. very well cooked, not oily, with beautiful sauces and slightly spicier than most South Asian...restaurants, but this is totally my taste! [read more](#). In beautiful weather you can even eat in the outdoor area, And into the accessible spaces also come visitors with wheelchairs or physiological disabilities. What [User](#) doesn't like about Tabla Ilford:

I called ilford earlier to check that they delivered to my postcode when I knew we were a distance away and the chingcord filiale had changed their menu. They didn't say a problem when I ordered directly and not over a platform. even 18.45 to place order and deny that they told me they would deliver. I called a lousy. pitty like eating is the best and I left many good feedback on fb for the Chingford industry, but th... [read more](#). At Tabla Ilford from Redbridge it's possible to **taste delicious [vegetarian](#) meals**, that were made without any animal meat or fish.

Tabla Iford Menu



Side dishes

RICE

Lamb

ROGAN JOSH

Chicken

KARAH

Mexican dishes

CHILLI SAUCE

Hauptgerichte mit Lammfleisch

DOPIAZA

Indischer Nachtisch

HALWA

Indischer Reis

MUSHROOM RICE

Indian

ALOO GOBI

CHICKEN CURRY

Restaurant Category

DESSERT

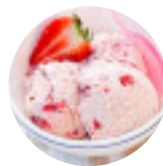
VEGETARIAN

Ingredients Used

CHICKEN

BUTTER

*These types of dishes are
being served*



ICE CREAM

BREAD

LAMB

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300-310 High Road, Redbridge,
United Kingdom

Opening Hours:
Tuesday 12:00-15:00
Wednesday 12:00-15:00
Thursday 12:00-15:00
Friday 12:00-15:00
Saturday 12:00-15:00
Sunday 12:00-15:00

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