



## Selected Set Meals

### **Balti Set Meal - For Two . . . . . £31.95**

*Savouries: 2 Popadoms*

*Starters: Balti Prawn Bhuna Puree, Balti Keema Bhuna Puree*

*Main Meal: Balti Chicken Sagwala, Balti Lamb, Rogan Josh, Aloo Gobi, Pilau Rice and Peshwari Nan*

### **Set Meal A - For Two . . . . . £33.95**

*Savouries: 2 Popadoms*

*Starters: Chicken Pakora, Shami Kebab*

*Main Meal: Chicken Tikka Massala, Lamb Tikka Bhuna, Sag Aloo, Pilau Rice and Plain Nan  
Dessert: Pineapple Fritter*

### **Set Meal B - For Four . . . . . £54.95**

*Savouries: 4 Popadoms*

*Starters: 2 Sheek Kebab, 2 Onion Bhajee*

*Main Meal: Chicken Tikka Jalfrezi, Lamb Tikka Massala, Prawn Bhuna, Chicken Rogan Josh, Mushroom Bhajee, Bombay Aloo, 2 Pilau Rice, Keema Nan and Plain Nan  
Dessert: Pineapple Fritter*

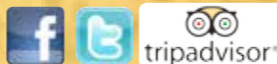
*All the dishes we have in this menu are made to order, so some dishes will take more time than others, please allow sufficient time for cooking. If there is any dish to your liking not on our menu, please ask and we will do our best to fulfil your requirements.*

*The management reserves the right to refuse admission without giving any reason.*

***We also cater for private parties and outside catering for small or large occasions.***

*Please ring for details*

**Private car parking to the side of the building**



**Telephone:  
01527 404043 / 404048**

**Home Delivery  
Minimum order £11.00**

**Open 7 Days A Week  
(Including bank holidays)  
Monday - Sunday  
5.00pm - Late**

**1b Birchfield Road, (Corner of Mason Road)  
Headless Cross, Redditch. B97 4LB  
www.essenceofbengal.co.uk**



We welcome you into a relaxed and comfortable surroundings tempted by an unrivalled range of authentic and **imaginative fusion** and traditional dishes.

Our aim is to bring you the very highest standard of Bangladesh cooking. Allowing you to re-live the fabled splendour of **Bangladeshi glorious culinary history**.

We use only fresh, top quality ingredients which are blended with

**exotic fragrances**, pungent spices to produce a wide variety of subtle flavours and taste sensations.

### Allergies



















There is a small possibility that nuts and dairy products traces may be found in any menu item. We advise you to speak to a member of staff if you have any food allergies.

### For Vegetarians.

Any dishes you like from chef and house specials section can be made with vegetables for vegetarians.



ALLERGY REFERENCE TABLE

 = Gluten	 = Eggs	 = Octopus
 = Peanuts	 = Fish	 = Oyster
 = Nuts	 = Crab	 = Scallop
 = Milk	 = Shrimps	 = Sesame
 = Soya	 = Squid	 = Celery
 = Mustard	 = Mussels	 = Sulphite

## Salad Dishes

*Chicken tikka, lamb tikka or prawn stir fried with fresh spices the bedded on a fresh mixture of salad.*

<b>203. Chicken Tikka Salad</b> . . . . .	<b>£7.95</b>	<b>206. Mixed Onion Salad</b> <i>With yoghurt</i> . . . . .	<b>£2.95</b>
<b>204. Lamb Tikka Salad</b> . . . . .	<b>£7.95</b>	<b>207. Spicy Fruit Salad</b> . . . . .	<b>£3.95</b>
<b>205. Prawn Salad</b> . . . . .	<b>£7.55</b>	<b>208. Green Salad</b> . . . . .	<b>£2.95</b>

## Nan & Roti

<b>209. Plain Nan</b> . . . . .	<b>£2.25</b>	<b>217. Cheese Nan</b> . . . . .	<b>£2.95</b>
<i>Freshly baked nan bread</i>		<i>Cheese filled bread</i>	
<b>210. Bengal Spice Nan</b> . . . . .	<b>£3.85</b>	<b>218. P. K. Nan</b> . . . . .	<b>£3.95</b>
<i>Freshly baked bread with garlic, coriander, cheese and fresh green chilli.</i>		<i>Mix of sweet fruit and spicy minced lamb with honey on top</i>	
<b>211. Peshwari Nan</b> . . . . .	<b>£2.95</b>	<b>219. Batura</b> . . . . .	<b>£3.10</b>
<i>Sweet, fruit filled bread with topping of sweet syrup.</i>		<i>Lightly crispy puffed bread which is deep fried.</i>	
<b>212. Keema Nan</b> . . . . .	<b>£2.95</b>	<b>220. Tandoori Roti</b> . . . . .	<b>£2.20</b>
<i>Spicy minced lamb filled bread</i>		<i>Light doughy bread</i>	
<b>213. Stuffed Nan</b> . . . . .	<b>£2.95</b>	<b>221. Puri</b> . . . . .	<b>£1.95</b>
<i>Vegetable filled nan</i>		<i>Very thin light fried bread</i>	
<b>214. Dunya &amp; Chilli Nan</b> . . . . .	<b>£2.95</b>	<b>222. Plain Porata</b> . . . . .	<b>£2.95</b>
<i>Filled with chopped green chilli and coriander</i>		<i>Light bread shallow fried, filled with ghee</i>	
<b>215. Garlic Nan</b> . . . . .	<b>£2.95</b>	<b>223. Stuffed Porata</b> . . . . .	<b>£3.95</b>
<i>Garlic filled bread</i>		<i>Light bread shallow fried, filled with vegetable and ghee.</i>	
<b>216. Onion Nan</b> . . . . .	<b>£2.95</b>	<b>224. Chapati</b> . . . . .	<b>£1.75</b>
<i>Onion filled bread</i>		<i>Wheat filled bread</i>	
		<b>225. Chips</b> . . . . .	<b>£2.20</b>

## Dessert

<b>226. Pineapple Fritter</b> . . . . .	<b>£3.95</b>	<b>228. Mango Fritter</b> . . . . .	<b>£3.95</b>
<b>227. Banana Fritter</b> . . . . .	<b>£3.95</b>		

More dessert available, please ask for in house dessert menu

# Vegetable Side Dishes (Shobzi Bahaar)

<b>165. Aloo Gobi</b> .....	<b>£3.90</b>
<i>Potatoes and cauliflower in spices</i>	
<b>166. Bombay Aloo.</b> .....	<b>£3.90</b>
<i>Potatoes cooked with tomatoes and spices.</i>	
<b>167. Bhindi Bhajee</b> .....	<b>£3.90</b>
<i>Fresh okra (ladies finger) cooked with exotic spices.</i>	
<b>168. Chana Bhajee</b> .....	<b>£3.90</b>
<i>Chick peas cooked with a special blend of spices.</i>	
<b>169. Brinjal Bhajee.</b> .....	<b>£3.90</b>
<i>Aubergine cooked with exotic spices.</i>	
<b>170. Cauliflower Bhajee</b> .....	<b>£3.90</b>
<i>Cauliflower cooked with herbs, spices, onions and tomatoes.</i>	
<b>171. Dengi Anarosh</b> .....	<b>£3.90</b>
<i>Pineapples cooked with mushroom and spices.</i>	
<b>172. Mixed Veg Bhajee.</b> .....	<b>£3.90</b>
<i>Mixed blend of fresh cut vegetables, cooked in medium spices, semi dry.</i>	
<b>173. Garlic Aloo Mushroom</b> .....	<b>£3.90</b>
<i>Potatoes with garlic, mushroom and spices.</i>	
<b>174. Raitha</b> <i>Yoghurt with finely chopped onions and cucumber.</i> .....	<b>£2.95</b>

<b>175. Matter Paneer.</b> .....	<b>£3.90</b>
<i>Chick peas in herbs and spices cooked with Indian cheese.</i>	
<b>176. Mushroom Bhajee.</b> .....	<b>£3.90</b>
<i>Mushrooms with spices, onions and tomatoes.</i>	
<b>177. Aloo &amp; Baingan Bhajee.</b> .....	<b>£3.90</b>
<i>Patatoes &amp; aubergine cooked with spices.</i>	
<b>178. Sag Paneer</b> .....	<b>£3.90</b>
<i>Spinach and home made cheese in slight spices.</i>	
<b>179. Sag Aloo</b> .....	<b>£3.90</b>
<i>Spinach and potatoes in spices</i>	
<b>180. Sag Bhajee</b> .....	<b>£3.90</b>
<i>Spinach in herbs and spices</i>	
<b>181. Tarka Dhall</b> .....	<b>£3.90</b>
<i>Cooked lentils, garnished with fresh garlic in pure ghee. (Chilli can be added)</i>	
<b>182. Plain Curry Sauce</b> .....	<b>£3.20</b>
<b>183. Madras Sauce</b> .....	<b>£3.95</b>
<b>184. Kurma Sauce</b> .....	<b>£4.20</b>
<b>185. Massala Sauce</b> .....	<b>£4.95</b>
<b>186. Naga Sauce.</b> .....	<b>£4.95</b>

## Rice

<b>187. Boiled Rice</b> <i>Steamed basmati rice.</i> .....	<b>£2.50</b>
<b>188. Pilau Rice</b> <i>Basmati rice cooked with saffron</i> .....	<b>£2.95</b>
<b>189. Fried Rice</b> <i>Steamed basmati rice fried with onions</i> .....	<b>£2.95</b>
<b>190. Egg Fried Rice.</b> .....	<b>£3.30</b>
<i>Steamed basmati rice fried with onions and egg</i>	
<b>191. Mushroom Pilau Rice</b> .....	<b>£3.30</b>
<i>Mushroom stir fried with pilau rice or boiled rice.</i>	
<b>192. Peas Pilau Rice</b> .....	<b>£3.30</b>
<i>Pilau rice fried with peas</i>	
<b>193. Keema Pilau Rice</b> .....	<b>£3.55</b>
<i>Minced lamb stir fried with spices and pilau rice</i>	
<b>194. Aloo Fried Rice.</b> .....	<b>£3.55</b>
<i>Steamed basmati rice fried with onions &amp; potatoes</i>	
<b>195. Coconut Pilau Rice</b> .....	<b>£3.30</b>
<i>Pilau rice fried with onions and coconut flavour.</i>	

## (Chawal)

<b>196. Special Pilau Rice</b> .....	<b>£3.95</b>
<i>Pilau rice stir fried with spicy minced lamb peas and egg.</i>	
<b>197. Garlic Fried Rice</b> .....	<b>£3.30</b>
<i>Basmati rice cooked with garlic</i>	
<b>198. Shodor Bengal Rice</b> .....	<b>£3.30</b>
<i>Basmati rice with fresh green chillies and onions.</i>	
<b>199. Dhaka Special Rice</b> .....	<b>£3.30</b>
<i>Pilau rice fried with mixed fruit and herbs.</i>	
<b>200. Vegetable Pilau Rice.</b> .....	<b>£3.55</b>
<i>Vegetable stir fried with spices and pilau rice.</i>	
<b>201. Lembo Muris Rice</b> .....	<b>£3.55</b>
<i>Pilau rice fried with onions &amp; pieces of lemon &amp; lemon juice with chopped green chillies and danya.</i>	
<b>202. Lembo Garlic Fried Rice</b> .....	<b>£3.55</b>
<i>Pilau rice fried with onions &amp; pieces of lemon &amp; lemon juice with garlic and danya.</i>	

# Starters (Suruwat)

## Savouries

<b>1. Papadom.</b> .....	<b>£0.65</b>
<b>2. Spicy Popadom</b> .....	<b>£0.75</b>

<b>3. Pickle Tray</b> .....	<b>£0.70</b>
<i>Four homestyle pickles - per pot</i>	

## Appertisers

All starters served with salad.

<b>4. Essence of Bengal.</b> .....	<b>£4.95</b>
<i>Chicken tikka, lamb tikka and minced meat balls cooked in a thick sweet and sour sauce, with onions and coriander</i>	
<b>5. Sylhet Special.</b> .....	<b>£4.95</b>
<i>Mixed strips of Lamb and chicken tikka stir fried with onions, capsicums, fresh green chillies, fresh herbs and spices then carefully bedded on a batura.</i>	
<b>6. Chicken or Lamb Shashlick.</b> .....	<b>£4.95</b>
<i>Marinated spiced chicken or lamb with onions, capsicum and tomatoes cooked in the tandoori oven.</i>	
<b>7. Stuffed Pepper</b> .....	<b>£4.95</b>
<i>Lightly spiced grilled green pepper stuffed with spicy chicken tikka / lamb tikka / prawn or vegetable with mushrooms and herbs.</i>	
<b>8. Baingan Burta</b> .....	<b>£4.50</b>
<i>Fresh aubergine, deep fried and filled with spiced minced meat, vegetable, aloo and peas.</i>	
<b>9. Chot Photi</b> .....	<b>£4.50</b>
<i>A cone shaped spice papadom filled with spicy chana (Chick Peas) which is cooked with onions, peppers, chat massala, danya, garlic, slices of egg, fresh green chillies, tomatoes, spices and herbs.</i>	
<b>10. Mass Tikka</b> .....	<b>£4.95</b>
<i>Salmon marinated then pan fried, coated in sprinkled tumeric, herbs, garlic, lime, slight spiced and a touch of dry herbs</i>	
<b>11. Bengal Mass</b> .....	<b>£4.95</b>
<i>Bangladeshi fish cooked in garlic, fried and seasoned with aromatic herbs, spices, onions and capsicum.</i>	

<b>12. Aloo Chat &amp; Garlic Mushrooms</b> .....	<b>£4.20</b>
<i>Soft fluffy spiced potato, served with salted mushrooms in garlic butter.</i>	
<b>13. Tandoori Murgh (Tandoori Chicken)</b> .....	<b>£4.20</b>
<i>Whole pieces of chicken on the bone, marinated and roasted in a tandoori oven</i>	
<b>14. Sheek Kebab</b> .....	<b>£3.95</b>
<i>Spicy minced lamb cooked in a tandoori oven</i>	
<b>15. Shami Kebab.</b> .....	<b>£3.95</b>
<i>Minced lamb cooked flat on a pan</i>	
<b>16. Meat or Vegetable Samosa.</b> .....	<b>£3.20</b>
<i>Triangular shaped crispy pastry filled with spiced minced lamb or vegetables in aromatic spices.</i>	
<b>17. Chicken Chat.</b> .....	<b>£3.95</b>
<i>Succulent pieces of chicken tikka cooked with onions, tomatoes, egg, herbs, spices and special chat massala.</i>	
<b>18. Chicken Chat on Puri</b> .....	<b>£4.85</b>
<i>Succulent pieces of chicken tikka cooked with onions, tomatoes, egg, herbs, spices and special chat massala bedded on a fried puri.</i>	
<b>19. Chicken or Vegetable Pakora</b> .....	<b>£3.20</b>
<i>Chopped pieces in a highly spiced dough mixture &amp; deep fried</i>	
<b>20. Chicken Tikka Cocktail</b> .....	<b>£3.90</b>
<i>Succulent, spicy chicken tikka bedded on salad, topped with chopped tomatoes, cucumber and cocktail sauce.</i>	
<b>21. Prawn Cocktail</b> .....	<b>£3.90</b>
<i>Prawns bedded on salad, topped with chopped tomatoes, cucumber and cocktail sauce</i>	

## Appetisers **All starters served with salad.**

**22. King Prawn Butterfly . . . . . £4.95**

*Slightly spiced king prawn covered in breadcrumbs and deep fried*

**23. Onion Bhajee . . . . . £3.20**

*Chopped onions filled flour balls mixed with lentils & potato. Mildly spiced with ground herbs*

**24. Chicken Tikka or Lamb Tikka . . . . . £3.65**

*Tender pieces of chicken or lamb marinated and cooked in a tandoori oven.*

**25. Tandoori Lamb Chop. . . . . £4.95**

*Highly spiced lamb chops, marinated and flamed cooked in a tandoori oven*

**26. Nargis Kebab . . . . . £4.95**

*Spiced minced lamb stuffed with boiled egg. Dressed with plain omelette*

**27. Tandoori King Prawn . . . . . £4.95**

*Giant sized prawns, marinated in garam massala and green herbs and carefully skewered over the tandoor.*

## Tandoori Specialities **Served with salad**

**33. Essence of Bengal Special . . . . . £14.50**

*Marinated mixture of tandoori chicken, lamb tikka, chicken tikka, sheek kebab, lamb chops and king prawn. Served with a nan and salad.*

**34. Bengal Mixed Grill . . . . . £11.95**

*Marinated mixture of tandoori chicken, lamb tikka, chicken tikka and sheek kebab. Served with a nan and salad.*

**35. Tandoori Shashlik. . . . . £9.95**

*Chicken tikka or lamb tikka skewered with diced chunks of onions, capsicum and tomato marinated, dry roasted in a clay oven.*

**36. Paneer Shashlik . . . . . £11.95**

*Chicken tikka or lamb tikka skewered with spicy paneer & roasted potatoes, diced chunks of onions, capsicum and tomato marinated, dry roasted in a clay oven. (Slightly sweet & sour taste)*

**37. Tandoori Kashie Chops. . . . . £10.95**

*Highly spiced lamb chops marinated and flame cooked in a tandoori oven.*

**38. Tandoori Murgh . . . . Half £8.95. . . Full £13.95**

*Pieces of succulent chicken breast and leg on the bone, marinated and dry roasted in a clay oven.*

**39. Tikka Ghust (Lamb Tikka). . . . . £7.95**

*Cubes of succulent lamb, medium spiced marinated an dry roasted in a clay oven.*

**28. Tandoori Mixed Kebab . . . . . £4.95**

*A mixture of chicken tikka, lamb tikka and sheek kebab*

**29. Tandoori Chicken Wings. . . . . £3.95**

*Succulent chicken wings marinated in a sweet, hot and tangy paste then stuffed with ground herbs and barbecued in the clay oven.*

**30. Prawn Bhuna / Pathia on Puri. . . . . £4.25**

*Prawn cooked in mild, spicy sauce with finely chopped onions, fresh tomatoes, coriander, various spices & herbs.*

**31. King Prawn Bhuna / Pathia on Puri . . . . . £4.95**

*King prawn cooked in mild, spicy sauce with finely chopped onions, fresh tomatoes, coriander, various spices & herbs.*

**32. Bengal Soup . . . . . £3.95**

*Lentils with spicy vegetables soup*

**40. Tikka Murgh (Chicken Tikka) . . . . . £7.95**

*Cubes of succulent chicken breast, medium spiced, marinated and dry roasted in a clay oven.*

**41. Bengal Mix & Naga . . . . . £10.95**

*Succulent pieces of tandoori chicken, chicken tikka and lamb tikka, cooked in a clay oven. Served with a special sauce with onions, capsicum, tomatoes, Bengal chilli pickle, with a touch of herbs & spices. A very hot flavour.*

**42. Tandoori King Prawn . . . . . £9.95**

*Giant sized prawns, marinated in garam massala and green herbs and carefully skewered over the tandoor.*

**43. Mass Tikka . . . . . £9.95**

*Salmon marinated then pan fried, coated in sprinkled tumeric, herbs, garlic, lime, slight spiced, a touch of dry herbs and fried onions.*

**44. Anarkali Jhinga *New* . . . . . £11.95**

*Marinated tandoori king prawns, cooked highly spiced, then pan fried with tamarind and mango sauce. With garlic, onions, coriander and pepper. (Sweet flavour)*

**45. Tandoori T.Bone Steak . . . . . £16.95**

*A T. bone steak is marinated in a special sauce and green herbs and carefully skewered over the tandoori. Served with salad.*

## Karai Delicacies

*Made from the tandoori selection with our very own special sauce, medium to slightly hot taste. Garnished with tomatoes and coriander. Cooked and served on a cast iron dish from Bangladesh.*

**136. Chicken Tikka . . . . . £8.95**

**137. Lamb Tikka . . . . . £8.95**

**138. Tandoori King Prawn . . . . . £10.95**

**139. Special Mix (With above items) . . . . . £12.95**

## Biryani Dishes **(Akni Khazana)**

*Grand festive dish, prepared from the finest Basmati rice, cooked together with mild oriental and traditional spices and flavoured with saffron. Served with vegetable curry sauce, usually medium hot. Mild or hot on request.*

**140. Essence of Bengal Special Biryani . . . . . £12.95**

**141. Mixed Biryani . . . . . £11.95**

**142. Tandoori Chicken Biryani (Off the bone) . . . . . £10.55**

**143. Chicken Tikka or Lamb Tikka Biryani . . . £10.55**

**144. Chicken / Lamb or Prawn Biryani . . . . . £9.55**

**145. King Prawn Biryani. . . . . £10.95**

**146. Mixed Vegetable Biryani. . . . . £8.95**

**147. Persian Chicken Biryani (Mix Fruit) . . . . . £9.95**

**148. Malayan Chicken Biryani (With pineapple) . . . . . £9.95**

**149. Desi Biryani . . . . . £10.95**

*(If there are any other biryani you would like please ask.)*

## Continental Dishes

*(Served with CHIPS and SALAD)*

**150. Fillet T Bone Steak . . . . . £15.95**

**151. Fried Chicken . . . . . £7.95**

**152. Fried Scampi. . . . . £7.95**

**153. Chicken Omelette . . . . . £7.95**

**154. Mushroom Omelette. . . . . £6.95**

*(Other omelettes are available please ask)*

## Childrens Menu

**155. Chicken Tikka Massala & Pilau Rice . . . . .£6.25**

**156. Chicken Tikka Bhuna & Pilau Rice . . . . .£6.25**

**157. Chicken Balti & Pilau Rice. . . . .£6.25**

**158. Chicken Korma & Pilau Rice . . . . .£6.25**

**159. Mild Chicken Curry & Pilau Rice . . . . .£6.25**

**160. Mild Veg Curry & Boiled Rice . . . . .£6.25**

**161. Chicken Tikka & Chips . . . . .£6.25**

**162. Chicken Pakora & Chips . . . . .£6.25**

**163. Fried Chicken & Chips. . . . .£6.25**

**164. Additional Baby Nan. . . . .£1.25**

*(Other dishes can be available for children. Please ask.)*

# Essence of Bengal Traditional Section

We have put together a list of traditional curries that are widely recognised and commonly found in Indian and Bangladeshi cuisine.

<b>109. Chicken</b> . . . . .	<b>£6.35</b>
<b>110. Lamb</b> . . . . .	<b>£6.50</b>
<b>111. Prawn</b> . . . . .	<b>£6.20</b>
<b>112. King Prawn</b> . . . . .	<b>£8.95</b>
<b>113. Fresh Vegetable</b> . . . . .	<b>£6.20</b>
<b>114. Keema</b> . . . . .	<b>£6.20</b>

## Madras

A hot dish cooked with finely chopped onions, tomatoes and fresh herbs.

## Bhuna

A thoroughly garnished dish with coriander, onions, capsicum, tomatoes and a fresh selection of spices Medium dry, a well balanced dish.

## Pathia

Cooked in medium spices producing a hot, sour and sweet taste.

## Dupiaza

Cooked with chunky green peppers, caramelised onions and tempered seeds. Slightly hot taste

## Dhansak

A sweet, sour and hot dish, cooked with lentils and fresh pineapples. A chosen dish.

<b>115. Chicken Tikka</b> . . . . .	<b>£7.35</b>
<b>116. Lamb Tikka</b> . . . . .	<b>£7.50</b>
<b>117. Chicken Wings</b> <i>New</i> . . . . .	<b>£8.95</b>
<b>118. Boal Mass</b> (Steak Fish) <i>New</i> . . . . .	<b>£9.95</b>
<b>119. Mass Tikka</b> (Salmon) <i>New</i> . . . . .	<b>£9.95</b>

## Korma

A mild, sweet exotic creamy sauce cooked with milk, butter and cream. A good choice for beginners.

## Rogan Josh

Tomato flavoured dish, medium dry cooked with fresh herbs and ground spices. Garnished with fresh chopped tomatoes, onions, coriander and nuts.

## Sagwalla

Cooked with fresh spinach and garlic. Medium hot.

## Amm (Mango)

Cooked in fresh herbs and spices with exotic amm (mango) slices. A sweet, medium dish.

## Chilli Garlic

A dish cooked in garlic, spices, herbs and fresh green chillies.

## Extra toppings Garlic, mushroom, sag, aloo etc... 95p

**Jalfrezi** A tremendously flavoured dish cooked with green peppers, onions and green chillies and importantly the specially selected jalfrezi sauce. Slightly hot.

<b>120. Chicken/Lamb</b> . . . . .	<b>£6.95</b>	<b>122. King Prawn</b> . . . . .	<b>£9.95</b>
<b>121. Chicken/Lamb Tikka</b>	<b>£7.95</b>	<b>123. Jhinga</b> . . . . .	<b>£10.95</b>

**Bullit Chillies** A specially prepared dish with spices and green chillies in a thick balti sauce, hot taste with tantalising flavours.

<b>124. Chicken/Lamb</b> . . . . .	<b>£6.95</b>	<b>126. King Prawn</b> . . . . .	<b>£9.95</b>
<b>125. Chicken/Lamb Tikka</b>	<b>£7.95</b>	<b>127. Jhinga</b> . . . . .	<b>£10.95</b>

**Pasanda Nawabi** A very rich and mild dish cooked with fresh cream, nuts and almond to give an extravagant taste. (Tikka only)

<b>128. Chicken Tikka</b> . . . . .	<b>£8.95</b>	<b>130. Jhinga</b> . . . . .	<b>£10.95</b>
<b>129. Lamb Tikka</b> . . . . .	<b>£8.95</b>	<b>131. Chicken Wings</b> . . . . .	<b>£9.95</b>

## Ceylon *New*

A very rich Madras hot dish, prepared with chilli, fresh lemon and a touch of coconut

<b>132. Chicken Tikka</b> . . . . .	<b>£8.95</b>	<b>134. King Prawn</b> . . . . .	<b>£9.95</b>
<b>133. Lamb Tikka</b> . . . . .	<b>£8.95</b>	<b>135. Jhinga</b> . . . . .	<b>£10.95</b>

# Chef's Recommendations (Baburchir Shifarish)

## 46. Bengal Murghi Massala . . . . . £12.95

Half of tandoori chicken on the bone cooked in special sylheti chillies, minced meat and boiled egg. Garnished with tomatoes, capsicum, herbs and spices.

## 47. Chicken or Lamb Bemissal . . . . . £8.95

A classic dish from the north of Bengal. Slices of chicken tikka or lamb tikka accompanied with onions and green peppers, stir fried and tastefully spiced with a variety of herbs and spices. Garnished with tomatoes, coriander and chillies.

## 48. Chicken or Lamb Pepsica . . . . . £8.95

A very tasty dish, pieces of chicken or lamb cooked with chef's secretive vegetable. Medium strength dish.

## 49. Chicken or Lamb Bengal . . . . . £8.95

A traditional dish which we've upgraded. A tastefully spiced dish garnished with tomatoes and coriander and most importantly scrambled egg which blossoms a unique flavour

## 50. Deewana Naga Chicken or Lamb . . . . . £8.95

Marinated and stripped, cooked with Sylheti naga chilli, onions, herbs and spices in a very hot sauce.

## 51. Murghi Ghost . . . . . £9.95

Chicken marinated in spices then cooked with minced lamb with a boiled egg. Garnished with onions, tomatoes and coriander.

## 52. Begum Bahar Chicken or Lamb . . . . . £8.95

Succulent chicken or lamb tikka cooked with fresh spices, roasted onions, capsicum, coriander, mince lamb and fresh chillies. Hot or medium.

## 53. Nariyal Chicken or Lamb . . . . . £8.95

A creamy dish cooked very carefully with chicken or lamb tikka in coconut milk and mild spices.

## 54. Gulab Mitta Chicken or Lamb . . . . . £8.95

Succulent chicken or lamb tikka cooked with fresh massala, fresh cream, capsicum and onions. A sweet taste.

## 55. Tal-Beh-Tal Chicken or Lamb . . . . . £8.95

Succulent chicken or lamb tikka cooked with special homemade cheese, roasted potatoes, herbs and medium spices.

## 56. King Prawn Mirchiwala XXX Hot . . . . . £12.95

Juicy king prawns cooked in a variety of herbs, spices and a blend of red & green chillies.

## 57. Sylheti Achar Ghost . . . . . £8.95

Lamb tikka in dry, slightly hot flavour sauce with a sour taste in true Sylheti style.

## 58. Sylheti Zinga Jull . . . . . £10.95

Tandoori Bengal king prawn cooked in herbs, spices, yoghurt, almond and mustard seeds. Bhuna style.

## 59. Sylheti Kufra Mirchi Massala . . . . . £10.95

Spiced minced lamb, shaped as balls, fried in vegetable oil, then cooked in Sylheti style bhuna with fresh chillies.

## 60. Chicken Rezella . . . . . £8.95

Chicken tikka cooked with yoghurt and creamy sauce with green chillies and a touch of fenugreek.

## 61. Chicken or Lamb Rongila . . . . . £8.95

Succulent chicken or lamb tikka dish cooked with medium herbs, spices, onions & sliced egg.

## 62. Tandoori Chicken Wing Jalfrezi (On the bone) . . . £9.95

Succulent tandoori chicken wings marinated and flame cooked in a tandoori oven then cooked in a rich, hot dish with capsicum, onions, tomatoes, ginger, green herbs and spices

## 63. Chicken or Lamb Jalsha . . . . . £8.95

Chicken or Lamb marinated then garnished with garlic, mustard, potatoes, dunya, fresh green chilli, fresh herbs and medium spices. (sweet, sour and hot)

## 64. Rajastani Chicken or Lamb . . . . . £8.95

Chicken or Lamb marinated then slow cooked in a thick pickled spicy gravy with pineapple chunks, fresh coriander, onion and peppers and fresh herbs.

## 65. Bengal Jalpuri . . . . . £10.95

Mixture of marinated Chicken and Lamb strips cooked in a slightly hot sweet and sour sauce with garlic, mushrooms, lime juice, fresh herbs, bullit chillies and chefs special spices.

## 66. Kashie Chops Tarkai . . . . . £12.95

Highly spiced lamb chops marinated and cooked in a tandoori oven with cube chopped onions, peppers, egg, garlic, tomatoes, garam massala, fresh chillies, Bengal pickles, spices and herbs.

## 67. Chicken or Lamb Uri . . . . . £8.95

Chicken or Lamb marinated chefs special spicy paste, tempering with garlic, ginger fresh spices and herbs cooked with egg slices and fresh beans accomplished with stir fried peppers, onions and green chillies. (Medium to hot spiced)

## 68. Tawa Special *New* . . . . . £10.95

Pieces of lamb or chicken cooked in garlic, tomatoes, chilli, bhuna style.

## Vegetable Special

- 69. Shobzi Mix** ..... **£9.55**      **70. Shobzi Special** ..... **£8.95**

An appetising array of our vegetable dishes. Onion bhajee, vegetable samosa, vegetable pakora and vegetable stuffed pepper. Served with a vegetable nan and salad.

A great combi of fresh okra, cauliflower, sag, mushroom paneer and bombay aloo cooked with fresh herbs garnished with pickling spices.

**We recommend these dish to be presented with vegetable pilau rice.**

**For Vegetarians. Any dishes you like from Chefs Recommendations and House Specials sections can be made with vegetables for Vegetarians. Please ask a member of staff.**

## Exotic Fish Specialities (Masser Bazaar) *These dishes may contain bones.*

- 71. Grilled Salmon Achari** ..... **£10.95**      **77. Chingri Grill** ..... **£11.95**

Salmon fish in yoghurt and pickled spices tempered with mustard seeds.

King prawn grilled whole then stir fried with green beans, chillies, coriander and mint.

- 72. Boal Tarkari** ..... **£10.95**

Boal mass a Bangladeshi fish cooked very carefully with onions, tomatos, spicey potatoes, garlic, mustard seeds, fresh green chillies and dunya, medium spiced

- 78. Roast Trout Bhuna** ..... **£11.95**

Trout first coated in freshly ground spices and tandoori grilled. Served whole with a spicy onion, tomatoes, garlic and coriander.

- 73. Boal Shatkora** ..... **£9.95**

Boal mass a Bangladeshi fish cooked very carefully with medium spices, herbs and fresh Bangladeshi lime (Satkora).

- 79. Mach Biran** ..... **£11.95**

Bangladeshi fish fried with herbs, onions, peppers and tomatoes. Served with aloo chana.

- 74. Boal or Mass Tikka Jalfrezi** ..... **£9.95**

Bangladeshi fish or salmon cooked with green peppers, onions and green chillies. And importantly the specially selected jalfrezi sauce. Slightly hot.

- 80. Salmon Ka Jhull** ..... **£10.95**

Marinated with special fish spices and mustard, shallow fried and presented with a beautiful sauce comprising of massala coconut cream and slight spices and fresh herbs.

- 75. Chittagong Lobster (Dine in only)** ..... **£29.95**

Whole lobster from Chittagong, delicately marinated with authentic spices, barbecued and glazed in a clay oven. Served with mixed vegetables, side salad and saffron rice. The ultimate meat.

- 81. Rup-Chanda** ..... **£9.95**

A skate like fish from the bay of Bengal, fried then finished off in a medium sauce. Cooked with onions, fresh tomatoes, herbs and fresh green chillies.

- 76. Bengal Jhinga** ..... **£11.95**

King prawns marinated in special chefs paste barbecued with tomatoes and stir fried with mince meat, peppers, garlic, sliced ginger, potatoes, egg, chat massala, a touch of lime juice with bengal special spices and syhleti herbs.



## House Specialties (Gharke-Ka-Kamaal)

- 82. Shashlick Tarkari** ..... **£11.95**      **90. Bengal Barsaat** ..... **£9.95**

Tender diced marinated chicken or lamb tikka with chunky onions, green peppers and tomatoes, skewered in the tandoor and then cooked naturally with our highly pioneered balti sauce. A joyful dish.

A mixture of chicken, lamb, prawns and mushrooms. Garnished with fresh garlic, capsicum, tomatoes, spring onions and coriander with a tempering of crushed coriander seeds.

- 83. Tropical Tarkari** ..... **£10.95**

A mixture of chicken tikka, lamb tikka and king prawn. A distinctive flavoured dish.

- 91. Chicken or Lamb Satkora** ..... **£8.95**

Succulent chicken or lamb tikka cooked with medium spices, herbs and Bangladeshi lime (Satkora).

- 84. Murghi Feast.** ..... **£9.95**

Tandoori chicken off the bone, cooked with minced meat, boiled egg and massala sauce. Recommended with pilau rice

- 92. Taj-Puri Kurma** ..... **£8.95**

Succulent chicken cooked in onion, almond, coconut cream, sugar, egg and olive oil in a very mild sauce which is a very popular party dish in Bangladesh.

- 85. Shahi Amm Korma** ..... **£8.95**

Succulent chicken or lamb tikka bathed in a rich, creamy sauce laced with almonds, coconut and slices of sweet mango. A treat for korma lovers.

- 93. Chicken Tikka or Lamb Tikka Massala** ..... **£8.95**

After being marinated and cooked in a clay oven, these dishes are again cooked in a special massala sauce containing fresh cream, almonds, coconut powder and delicate flavoured spices. An elegant, sweet dish.

- 86. Butter Chicken** ..... **£8.95**

Marinated chicken tikka, cooked in exotic sauce with ground almonds, butter and fresh cream.

- 94. Chicken or Lamb Dhallsha** ..... **£8.95**

Pieces of chicken or lamb cooked in a flavoured sauce with garlic, bullit chilli, onions, peppers, pieces of lemon, lentils, sag, fresh herbs and spices.

- 87. Chicken Makhani.** ..... **£8.95**

Marinated chicken tikka, cooked with special sauce, made with fragrant spices, butter and cream. Mildly spiced.

- 95. Chana Ghost Bahari** ..... **£8.95**

Diced pieces of lamb cooked with spicy chick peas, fresh green chillies, spices, fresh herbs, coriander & tomato.

- 88. Chicken or Lamb Silsila** ..... **£8.95**

Marinated chicken or lamb tikka, cooked in chef's special spices with fresh grated, crispy garden cabbage. Medium strength.

- 96. Lubie Uri** ..... **£8.95**

Chicken or lamb cooked with (Uri) flat beans, Bangladeshi style with fresh coriander, garlic balti spices, mastard & tomatoes

- 89. Jhinga Massala** ..... **£10.95**

King sized prawns, cooked extensively with thick, sweet massala sauce.

## Balti Selections

A very popular dish recognised in the U.K. Originally a north Indian dish which has taken the Midlands by storm. The combination of herbs and spices, fresh tomatoes, coriander, chopped onions and most importantly the exotic flavour of our balti sauce leaves everyone standing. An irresistible dish.

**The balti can be created to suit your taste.**

- 97. Chicken Balti** ..... **£7.20**      **103. Lamb Tikka Balti** ..... **£8.10**

- 98. Lamb Balti** ..... **£7.40**      **104. Jhinga (Tandoori King Prawn)** ..... **£10.95**

- 99. Prawn Balti** ..... **£7.10**      **105. Chicken Wings** ..... **£9.95**

- 100. King Prawn Balti** ..... **£9.95**      **106. Keema Mushroom Chana** ..... **£7.95**

- 101. Fresh Vegetable Balti** ..... **£7.10**      **107. Boal Mass (Steak Fish)** ..... **£10.50**

- 102. Chicken Tikka Balti** ..... **£7.95**      **108. Mass Tikka (Salmon)** ..... **£10.50**

**If you would like to mix your own balti please do so. Priced accordingly.**