



*The essence of Great Cuisine
...lies in the Integrity of the Ingredients.*



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Essence of Bengal offers a relaxed atmosphere to celebrate with you whatever the occasion.

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

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

Bangladesh's glorious culinary history.

We use only fresh, top quality ingredients which are blended with **exotic fragrants** and pungent spices to produce a wide variety of subtle flavours and **taste sensations.**



Is known to provide the highest standard in service and the very best Quality food... We only believe in providing the best...

Selected Set Meals

Balti Set Meal - For Two..... £45.95

Savouries: 2 Popadoms, Mint Sauce & Onion Salad

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 £50.95

Savouries: 2 Popadoms, Mint Sauce & Onion Salad

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..... £89.95

Savouries: 4 Popadoms, Mint Sauce & Onion Salad

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.

ALLERGY REFERENCE TABLE

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

Notice: Although extra care is taken during preparation, our dishes may still contain ingredients that may affect customers, we cannot guarantee that dishes are allergy-free. Please speak to our staff if you have any allergy or intolerance.

We also cater for private parties and outside catering for small or large occasions. Please ring for details

Customer Notice

In house Policy

* A main course is to be ordered per head
(We do not allow one main to be shared)

* Takeaway packs will be charged at £1.00 per container.
(A container provided by a restaurant to take home leftover food)

* We also do not allow any alcohol to be taken out of the building.
(For Licencing Reasons)

* Deliveries & Takeaways Available
* The management reserves the right to refuse admission without giving any reason.

Vegetable Side Dishes (Shobzi Bazaar)

Aloo Gobi	£5.50
<i>Potatoes and cauliflower in spices</i>	
Bombay Aloo	£5.50
<i>Potatoes cooked with tomatoes and spices.</i>	
Bhindi Bhajee	£5.50
<i>Fresh okra (ladies finger) cooked with exotic spices.</i>	
Chana Bhajee	£5.50
<i>Chick peas cooked with a special blend of spices.</i>	
Brinjal Bhajee	£5.50
<i>Aubergine cooked with exotic spices.</i>	
Cauliflower Bhajee	£5.50
<i>Cauliflower cooked with herbs, spices, onions and tomatoes.</i>	
Dengi Anarosh	£5.50
<i>Pineapples cooked with mushroom and spices.</i>	
Mixed Veg Bhajee	£5.50
<i>Mixed blend of fresh cut vegetables, cooked in medium spices, semi dry.</i>	
Garlic Aloo Mushroom £5.50	
<i>Potatoes with garlic, mushroom and spices.</i>	
Raita	£4.50
<i>Yoghurt with finely chopped cucumber.</i>	

Nan & Roti

Plain Nan	£3.30
<i>Freshly baked nan bread</i>	
Bengal Spice Nan	£4.50
<i>Freshly baked bread with garlic, coriander, cheese and fresh green chilli.</i>	
Peshwari Nan	£3.95
<i>Sweet, fruit filled bread with topping of sweet syrup.</i>	
Keema Nan	£3.95
<i>Spicy minced lamb filled bread</i>	
Stuffed Nan	£3.95
<i>Vegetable filled nan</i>	
Dunya & Chilli Nan	£3.85
<i>Filled with chopped green chilli and coriander</i>	
Garlic Nan	£3.85
<i>Garlic filled bread</i>	
Onion Nan	£3.85
<i>Onion filled bread</i>	

Dessert

Served with ICECREAM

Pineapple Fritter	£6.95
Banana Fritter	£6.95
Mango Fritter	£6.95

More Dessert & Coffee available, please ask for in house dessert menu

Starters (Suruwat)

Savouries

Popadom	£1.00
Spicy Popadom	£1.10
Pickle Tray <i>Four homestyle pickles - per person</i>	£1.00

Appetisers

All starters served with salad.

Essence of Bengal	£6.95
<i>Chicken tikka, lamb tikka and minced meat balls cooked in a thick sweet and sour sauce, with onions and coriander.</i>	
Sylhet Special	£6.95
<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>	
Chicken or Lamb Shashlick	£5.95
<i>Marinated spiced chicken or lamb with onions, capsicum and tomatoes cooked in the tandoori oven.</i>	
Stuffed Pepper	£5.95
<i>Lightly spiced grilled green pepper stuffed with spicy chicken tikka / lamb tikka / prawn or vegetable with herbs.</i>	
Baingan Burta	£5.95
<i>Fresh aubergine, deep fried and filled with spiced minced meat, vegetable, aloo and peas.</i>	
Chot Photi	£5.95
<i>A cone shaped spice popadom filled with spicy chana (Chick Peas) which is cooked with onions, peppers, chat masala, danya, garlic, slices of egg, fresh green chillies, tomatoes, spices and herbs.</i>	
Mass Tikka	£6.50
<i>Salmon marinated then pan fried, coated in sprinkled tumeric, herbs, garlic, lime, slight spiced and a touch of dry herbs</i>	
Bengal Mass	£6.50
<i>Bangladeshi fish cooked in garlic, fried and seasoned with aromatic herbs, spices, onions and capsicum.</i>	
Aloo Chat & Garlic Mushrooms	£4.95
<i>Soft fluffy spiced potato, served with salted mushrooms in garlic butter.</i>	
Tandoori Murgh (Tandoori Chicken)	£5.50
<i>Whole piece of tandoori chicken on the bone, marinated and roasted in a tandoori oven</i>	
Sheek Kebab	£5.20
<i>Spicy minced lamb cooked in a tandoori oven</i>	
Shami Kebab	£5.20
<i>Minced lamb cooked flat on a pan</i>	
Meat or Vegetable Samosa	£4.95
<i>Triangular shaped crispy pastry filled with spiced minced lamb or vegetables in aromatic spices.</i>	
Chicken Chat	£4.95
<i>Succulent pieces of chicken tikka cooked with onions, tomatoes, egg, herbs, spices and special chat masala.</i>	
Chicken Chat on Puri	£5.95
<i>Succulent pieces of chicken tikka cooked with onions, tomatoes, egg, herbs, spices and special chat masala bedded on a fried puri.</i>	
Chicken or Vegetable Pakora	£4.95
<i>Chopped pieces in a highly spiced dough mixture & deep fried</i>	
Chicken Tikka Cocktail	£5.20
<i>Succulent, spicy chicken tikka bedded on salad, topped with chopped tomatoes, cucumber and cocktail sauce.</i>	
Prawn Cocktail	£5.20
<i>Prawns bedded on salad, topped with chopped tomatoes, cucumber and cocktail sauce</i>	
King Prawn Butterfly	£6.50
<i>Slightly spiced king prawn covered in breadcrumbs and deep fried</i>	
Onion Bhajee	£4.95
<i>Chopped onions filled flour balls mixed with lentils & potato. Mildly spiced with ground herbs</i>	
Chicken Tikka or Lamb Tikka	£4.95
<i>Tender pieces of chicken or lamb marinated and cooked in a tandoori oven.</i>	
Tandoori Lamb Chop	£5.95
<i>Highly spiced lamb chops, marinated and flamed cooked in a tandoori oven</i>	
Nargis Kebab	£5.95
<i>Spiced minced lamb stuffed with boiled egg. Dressed with plain omelette</i>	
Tandoori King Prawn	£6.50
<i>Giant sized prawns, marinated in garam masala and green herbs and carefully skewered over the tandoor.</i>	
Tandoori Mixed Kebab	£6.50
<i>A mixture of chicken tikka, lamb tikka and sheek kebab</i>	
Tandoori Chicken Wings	£4.95
<i>Succulent chicken wings marinated in a sweet, hot and tangy paste then stuffed with ground herbs and barbecued in the clay oven.</i>	
Prawn Bhuna / Pathia on Puri	£5.50
<i>Prawn cooked in mild, spicy sauce with finely chopped onions, fresh tomatoes, coriander, various spices & herbs.</i>	
King Prawn Bhuna / Pathia on Puri	£6.95
<i>King prawn cooked in mild, spicy sauce with finely chopped onions, fresh tomatoes, coriander, various spices & herbs.</i>	
Bengal Soup	£5.95
<i>Lentils with spicy vegetables soup</i>	

Tandoori Specialities Served with salad

Essence of Bengal Special	£17.50
<i>Marinated mixture of tandoori chicken, lamb tikka, chicken tikka, sheek kebab, lamb chops and king prawn. Served with a nan and salad.</i>	
Bengal Mixed Grill	£15.50
<i>Marinated mixture of tandoori chicken, lamb tikka, chicken tikka and sheek kebab. Served with a nan and salad.</i>	
Tandoori Shashlik	£12.50
<i>Chicken tikka or lamb tikka skewered with diced chunks of onions, capsicum and tomato marinated, dry roasted in a clay oven.</i>	
Paneer Shashlik (With chicken or lamb)	£15.95
<i>Chicken tikka or lamb tikka skewered with spicy paneer & potatoes, diced chunks of onions, capsicum and tomato marinated, dry roasted in a clay oven. (Slightly sweet & sour taste)</i>	
Tandoori Kashie Chops	£15.95
<i>Highly spiced lamb chops marinated and flame cooked in a tandoori oven.</i>	
Tandoori Murgh	Half £10.95 . . . Full £19.50
<i>Pieces of succulent chicken breast and leg on the bone, marinated and dry roasted in a clay oven.</i>	
Tikka Murgh	£9.95
<i>Cubes of succulent chicken breast, medium spiced, marinated and dry roasted in a clay oven.</i>	
Tikka Ghust	£9.95
<i>Cubes of succulent lamb, medium spiced marinated and dry roasted in a clay oven.</i>	
Bengal Mix & Naga	£15.95
<i>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.</i>	
Tandoori King Prawn	£12.95
<i>Giant sized prawns, marinated in garam masala and green herbs and carefully skewered over the tandoor.</i>	
Mass Tikka	£13.50
<i>Salmon marinated then pan fried, coated in sprinkled tumeric, herbs, garlic, lime, slight spiced and a touch of dry herbs</i>	
Anarkali Jhinga <i>Nan</i>	£14.95
<i>Marinated tandoori king prawns, cooked highly spiced, then pan fried with tamarind and mango sauce. With garlic, onions, coriander and pepper. (Sweet flavour)</i>	
Tandoori Sirloin Steak	£19.95
<i>A sirloin steak is marinated in a special sauce, green herbs and carefully skewered over the tandoori. Served with salad.</i>	

Traditional Thali

(A thali full of selected dishes to suit.)

Vegetable Thali £29.95

For One Person

<u>Starters</u>	
Vegetable Somosa, Onion Bhajee	
<u>Main Course</u>	
Mixed Veg Bhajee, Sag Aloo, Mushroom Bhajee, Tarka Dhal	
<u>Sundries</u>	
Pilau Rice, Nan or Chapati	

Special Thali £44.95

For Two Persons

<u>Starters</u>	
Sheek Kebab, Chicken Tikka	
<u>Main Course</u>	
Chicken Tikka Massala, Lamb Tikka Rogan Josh, Tandoori Chicken Jalfrezi	
<u>Sundries</u>	
Sag Bhajee, Pilau Rice, Nan or Tandoori Roti	

These Thali are not available on Friday and Saturday

Allergies

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

Continental Dishes

Served with CHIPS and SALAD

Sirloin Steak	<i>Served with fried mushrooms and onions</i>	£19.95
Fried Chicken		£9.95
Fried Scampi		£9.95
Chicken Omelette		£9.95
Mushroom Omelette		£9.50

(Other omelettes are available please ask)

Children's Menu

Chicken Tikka Massala & Pilau Rice	£8.95
Chicken Tikka Bhuna & Pilau Rice	£8.95
Chicken Balti & Pilau Rice	£8.95
Chicken Korma & Pilau Rice	£8.95
Mild Chicken Curry & Pilau Rice	£8.95
Mild Veg Curry & Boiled Rice	£8.95
Chicken Tikka & Chips	£8.95
Chicken Pakora & Chips	£8.95
Fried Chicken or Nuggets & Chips	£8.95
Additional Baby Nan	£2.20

Salad Dishes

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

Chicken Tikka Salad	£9.95
Lamb Tikka Salad	£9.95
Prawn Salad	£9.95
Mixed Onion Salad <i>With yoghurt</i>	£3.95
Spicy Fruit Salad	£4.85
Green Salad	£3.50

Rice (Chawal)

Boiled Rice	£3.50
<i>Steamed basmati rice.</i>	
Pilau Rice	£3.95
<i>Basmati rice cooked with saffron.</i>	
Fried Rice	£3.95
<i>Steamed basmati rice fried with onions</i>	
Egg Fried Rice	£4.20
<i>Steamed basmati rice fried with onions and egg</i>	
Mushroom Pilau Rice	£4.20
<i>Mushroom stir fried with pilau rice or boiled rice.</i>	
Peas Pilau Rice	£4.20
<i>Pilau rice fried with peas</i>	
Keema Pilau Rice	£4.95
<i>Minced lamb stir fried with spices and pilau rice</i>	
Aloo Fried Rice	£4.95
<i>Steamed basmati rice fried with onions & potatoes</i>	
Coconut Pilau Rice	£4.95
<i>Pilau rice fried with onions and coconut flavour.</i>	

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.

Chicken Balti	£9.95	Lamb Tikka Balti	£10.95
Lamb Balti	£10.50	Jhinga (Tand King Prawn)	£14.95
Prawn Balti	£9.95	Chicken Wings	£10.50
King Prawn Balti	£13.95	Keema Mushr'm Chana	£9.95
Fresh Vegetable Balti.	£9.95	Boal Mass (Steak Fish)	£13.95
Chicken Tikka Balti	£10.95	Mass Tikka (Salmon)	£13.95

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

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.

Chicken Tikka	£11.95
Lamb Tikka	£12.95
Tandoori King Prawn	£15.95
Special Mix (With above items)	£16.95

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.

Essence of Bengal Special Biryani	£17.95
Mixed Biryani	£15.95
Tandoori Chicken Biryani (Off the bone)	£13.95
Chicken Tikka or Lamb Tikka Biryani	£12.95
King Prawn Biryani	£15.95
Desi Biryani (Served with vegetable dhal curry sauce)	£16.95
Chicken / Lamb or Prawn Biryani	£11.95
Persian Chicken Biryani (Mix Fruit)	£11.95
Malayan Chicken Biryani (With Pineapple)	£11.95
Mixed Vegetable Biryani	£10.95

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

Essence of Bengal Special

Kurzi Lamb (A traditional Indian Dish) £62.95

For 2 persons
(48 hrs notice required for this dish)

Chef's Recommendations (Baburchir Shifarish)

Bengal Murghi Massala	£16.50
Tandoori chicken on the bone cooked in special sylheti chillies and minced meat. Garnished with tomatoes, capsicum, boiled egg, herbs and spices.	
Chicken or Lamb Bemissal	£10.50
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.	
Chicken or Lamb Pepsica	£10.50
A very tasty dish, pieces of chicken or lamb cooked with chef's secretive vegetable. Medium strength dish.	
Chicken or Lamb Bengal	£10.50
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	
Deewana Naga Chicken or Lamb	£10.50
Marinated and stripped, cooked with Sylheti naga chilli, onions, herbs and spices in a very hot sauce.	
Murghi Ghost	£13.50
Chicken marinated in spices then cooked with minced lamb & boiled egg. Garnished with onions, tomatoes and coriander.	
Begum Bahar Chicken or Lamb	£10.50
Succulent chicken or lamb tikka cooked with fresh spices, roasted onions, capsicum, coriander, mince lamb and fresh chillies. Hot or medium.	
Nariyal Chicken or Lamb	£10.50
A creamy dish cooked very carefully with chicken or lamb tikka in coconut milk and mild spices.	
Gulab Mitta Chicken or Lamb	£10.50
Succulent chicken or lamb tikka cooked with fresh massala, fresh cream, capsicum and onions. A sweet taste.	
Tal-Beh-Tal Chicken or Lamb	£10.50
Succulent chicken or lamb tikka cooked with special homemade cheese, roasted potatoes, peppers & onions, herbs and medium spices.	
King Prawn Mirchiwala XXX Hot (Please ask about heat)	£15.95
Juicy king prawns cooked in a variety of herbs, spices and a blend of red & green chillies.	
Sylheti Achar Ghost	£10.50
Lamb tikka in dry, slightly hot flavour sauce with a sour taste in true Sylheti style.	
Sylheti Zinga Jull.	£14.50
Tandoori Bengal king prawn cooked in herbs, spices, yoghurt, almond and mustard seeds. Bhuna style.	
Sylheti Kufta Mirchi Massala	£12.50
Spiced minced lamb, shaped as balls, fried in vegetable oil, then cooked in Sylheti style bhuna with fresh chillies.	
Chicken Rezella	£10.50
Chicken tikka cooked with yoghurt and creamy sauce with green chillies and a touch of fenugreek.	
Chicken or Lamb Rongila	£10.50
Succulent chicken or lamb tikka dish cooked with medium herbs, spices, onions & egg.	
Tandoori Chicken Wing Jalfrezi (On the bone)	£10.50
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	
Chicken or Lamb Jalsha	£10.50
Chicken or Lamb marinated then garnished with garlic, mustard, potatoes, dunya, fresh green chilli, fresh herbs and medium spices. (sweet, sour and hot)	
Rajasthani Chicken or Lamb	£10.50
Chicken or Lamb marinated then slow cooked in a thick pickled spicy gravy with pineapple chunks, fresh coriander, onion and peppers and fresh herbs.	
Bengal Jalpuri	£13.50
Mixture of marinated Chicken and Lamb strips cooked in a slightly hot sweet and sour sauce with garlic, mushrooms, lime juice, fresh herbs, bullet chillies and chefs special spices.	
Kashie Chops Tarkai	£16.50
Highly spiced lamb chops marinated and cooked in a tandoori oven with cube chopped onions, peppers, egg, garlic, tomatoes, garam masala, fresh chillies, Bengal pickles, spices and herbs.	
Chicken or Lamb Uri	£10.50
Chicken or Lamb marinated chefs special spicy paste, temering 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)	
Tawa Special	£12.95
Pieces of lamb or chicken cooked in garlic, tomatoes, chilli, bhuna style. Served on a sizzling tawa.	

House Specialties (Gharke-Ka-Kamaal)

Shashlick Tarkari	£15.95
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.	
Tropical Tarkari	£12.50
A mixture of chicken tikka, lamb tikka and king prawn. A distinctive flavoured dish.	
Murghi Feast Recommended with pilau rice	£13.50
Tandoori chicken off the bone, cooked with minced meat, stir fried with onions & peppers, boiled egg and masala sauce.	
Shahi Amm Korma	£10.50
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.	
Butter Chicken	£10.50
Marinated chicken tikka, cooked in exotic sauce with ground almonds, butter and fresh cream.	
Chicken Makhani	£10.50
Marinated chicken tikka, cooked with special sauce, made with fragrant spices, butter and cream. Mildly spiced.	
Chicken or Lamb Silsila	£10.50
Marinated chicken or lamb tikka, cooked in chef's special spices with fresh grated, crispy garden cabbage. Medium strength.	
Jhinga Massala	£14.50
King sized prawns, cooked extensively with thick, sweet masala sauce.	
Bengal Barsaat (Special Mix)	£12.50
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.	
Chicken or Lamb Satkora	£10.50
Succulent chicken or lamb tikka cooked with medium spices, herbs and Bangladeshi lime (Satkora - Citrus macroptera).	
Taj-Puri Korma	£10.50
Succulent chicken cooked in onion, almond, coconut cream, sugar, boiled egg and olive oil in a very mild sauce which is a very popular party dish in Bangladesh.	
Chicken Tikka or Lamb Tikka Massala	£11.95
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.	
Chicken or Lamb Dhallsha	£11.95
Pieces of chicken or lamb cooked in a flavoured sauce with garlic, bullet chilli, onions, peppers, pieces of lemon, lentils, sag, fresh herbs and spices.	
Chana Ghost Bahari	£10.50
Diced pieces of lamb cooked with spicy chick peas, fresh green chillies, spices, fresh herbs, coriander & tomato.	
Lubie Uri	£10.50
Chicken or lamb cooked with (Uri) flat beans, Bangladeshi style with fresh coriander, garlic balti spices, mustard & tomatoes	

Exotic Fish Specialities (Masser Bazaar)

These dishes may contain bones.	
Grilled Salmon Achari	£13.95
Salmon fish in yoghurt and pickled spices tempered with mustard seeds.	
Boal Tarkari	£13.95
Boal mass a Bangladeshi fish cooked very carefully with onions, tomatoes, spicy potatoes, garlic, mustard seeds, fresh green chillies and dunya, medium spiced	
Boal Shatkora	£13.95
Boal mass a Bangladeshi fish cooked very carefully with medium spices, herbs and fresh Bangladeshi lime (Satkora).	
Boal or Mass Tikka Jalfrezi	£13.95
A tremendously flavoured dish cooked with Bangladeshi fish or salmon tikka in green peppers, onions and green chillies and the specially selected jalfrezi sauce. Slightly hot.	
Chittagong Lobster (Dine in only)	£38.95
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.	
Bengal Jhinga	£14.95
King prawns marinated in special chefs paste barbecued with tomatoes and stir fried with mince meat, peppers, garlic, sliced ginger, potatoes, egg, chat masala, a touch of lime juice with bengal special spices and syhleti herbs.	
Chingri Grill	£14.95
King prawn grilled whole then stir fried with green beans, chillies, coriander and mint.	
Roast Trout Bhuna	£14.95
Trout first coated in freshly ground spices and tandoori grilled. Served whole with a spicy onion, tomatoes and coriander.	
Mach Biran	£15.95
Bangladeshi fish fried with herbs, onions, peppers and tomatoes. Served with aloo chana and salad.	
Salmon Ka Jhull	£13.95
Marinated with special fish spices and mustard, shallow fried and presented with a beautiful sauce comprising of masala coconut cream and slight spices and fresh herbs.	
Rup-Chanda	£13.95
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.	

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.

Chicken	£9.50	Chicken Tikka	£10.50
Lamb	£9.95	Lamb Tikka	£10.95
Prawn	£9.50	Chicken Wings	£9.50
King Prawn	£13.95	Paneer Tikka	£9.95
Fresh Veg	£8.95	Boal Mass (Steak fish)	£12.95
Keema	£9.50	Mass Tikka (Salmon)	£12.95

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, caramalised onions and tempered seeds. Slightly hot taste

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

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.

Chicken or Lamb	£10.50	King Prawn	£13.95
Chicken or Lamb Tikka	£11.50	Jhinga	£14.95

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

Chicken or Lamb	£10.50	King Prawn	£13.95
Chicken or Lamb Tikka	£11.50	Jhinga	£14.95

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

Chicken Tikka	£11.50	Jhinga	£13.95
Lamb Tikka	£11.50	Chicken Wings	£10.95

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

Chicken or Lamb	£10.50	King Prawn	£13.95
Chicken or Lamb Tikka	£11.50	Jhinga	£14.95

Vegetable Special

Shobzi Mix £11.50

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

Shobzi Special £10.50

A great combination 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.