

## STARTERS

PAPADUM (Plain or spiced)	.0.50
CHUTNEY'S (Various flavours)	.0.50
SOUP (Dall or Malagatani)	.2.50
TANDOORI CHICKEN (Quarter on the bone)	.2.75
ONION BHAJI (2 pieces)	.2.75
SAMOSA (Lamb or Vegetable)	.2.75
SHEEK / SHAMI KEBAB (2 pieces) (Lamb)	.2.75
LAMB TIKKA / CHICKEN TIKKA (Dry cubes)	.2.75
PRAWN COCKTAIL	.2.75
CHICKEN OR ALOO CHAAT	.3.75
PRAWN PURI	.3.95
SPICED SALMON FISH CAKE	.3.95
KING PRAWN BUTTERFLY	.3.95
KING PRAWN PURI	.4.95
MIXED STARTERS (Assorted tandoori and onion bhaji)	.5.25

## CHEFS SPECIAL DISHES

BENGAL SPECIAL CHICKEN (Sizzler)	.9.50
Pilau Rice and vegetable curry.	
CHEF'S SPECIAL LAMB	.9.50
Pilau Rice and vegetable curry.	
KING PRAWN (SIZZLER)	.11.50
Pilau rice and vegetable curry.	
KING PRAWN SPECIAL (With pilau rice)	.10.50
VEGETABLE THALI	.10.95
Comes with 4 Different vegetables, pilau rice and nan or paratha.	
MIXED GRILL (Meat thali)	.11.95
Tandoori Chicken, Sheek Kebab, Lamb Tikka, Chicken Tikka, Lamb Curry, Vegetable Curry, Pilau Rice and Nan.	

## TANDOORI SPECIALITIES (ROAST)

TANDOORI CHICKEN (Half)	.3.95
SHEEK KEBAB (Skewered minced lamb)	.5.50
CHICKEN TIKKA / LAMB TIKKA (Dry cubes)	.5.50
SHASHLIK (Lamb or Chicken)	.6.95
TANDOORI FISH	.7.95
TANDOORI KING PRAWN (Fresh water prawns)	.9.95
TANDOORI MIXED GRILL	.9.95
Pieces of tandoori chicken, chicken tikka, lamb tikka, sheek kebab and king prawns served with nan.	
FISH TIKKA (Fresh Salmon)	.7.95

## SPECIAL DISHES

TIKKA MASALA (Lamb or Chicken)	.5.95
Barbecued chicken/lamb cooked with almonds & coconut in a creamy sauce.	
MURGHI ALMOND (Mild & creamy cooked with almond)	.5.95
MAKHANI (Lamb or Chicken)	.5.95
Marinated with medium spices and cooked in a clay oven served with mild sauce.	
BUTTER (Lamb or Chicken)	.5.95
Marinated with spices and cooked with cream, butter and very mild sauce.	
CHICKEN / LAMB TIKKA BHUNA, DOPIAZA, ROGAN	.5.95
CHICKEN / LAMB TIKKA JALFREZI (Fresh Herbs)	.5.95
CHICKEN TIKKA GARLIC / CHILLI	.5.95
PUNJABI ROGAN (Lamb or Chicken) (Mild)	.6.45
NEHARI (Chicken/Lamb) (Medium to hot)	.6.45
NAGA LAMB OR CHICKEN	.6.45
A dish cooked with fiery chillies only found in Bangladesh. Extremely hot dish.	
SHATKORA LAMB OR CHICKEN	.6.45
Cooked with wild Bangladeshi lemon (Calamansi), a must try dish which can be prepared to preferred strength.	
GREEN CHICKEN GOAN CURRY	.6.95
Boneless chicken pieces cooked with fresh herbs, tamarind and mint.	
PASANDA (Lamb or Chicken) (Very Mild)	.6.95
Chicken or lamb cooked with pistachios & ground nuts.	
CHICKEN OR LAMB NAGA BHUNA	.6.95
Hot and aromatic dish with special bangladeshi chillies. <b>Highly Recommended.</b>	
CHICKEN OR LAMB SHATKORA BHUNA	.6.95
Cooked with calamansi, slightly sour and aromatic dish. <b>Highly Recommended.</b>	
FISH BHUNA (Salmon cooked bhuna style)	.7.95
Cod fish available, 24 hours notice required.	
TANDOORI KING PRAWN MASALA	.9.95
Barbecued king prawn cooked with almonds and coconut in a creamy sauce.	

## BIRYANI DISHES

All Biryani dishes are prepared with Basmati rice and served with vegetable sauce.

CHICKEN/ LAMB BIRYANI	.6.50
CHICKEN / LAMB TIKKA BIRYANI	.6.95
PRAWN BIRYANI	.6.95
MUGHLAI BIRYANI (Lamb, Chicken, Prawn)	.7.75
KING PRAWN BIRYANI	.9.75
VEGETABLE BIRYANI	.5.50

## PARSEE DISHES

All Parsee dishes are served with rice, slightly sweet, sour and hot.

CHICKEN / LAMB DANSAK (Lentils)	.6.95
VEGETABLE DANSAK	.5.75
CHICKEN / LAMB TIKKA DANSAK	.7.75
PRAWN DANSAK (Lentils)	.6.75
KING PRAWN DANSAK (Lentils)	.9.75
CHICKEN OR LAMB PATIA	.6.95
PRAWN PATIA	.6.75
KING PRAWN PATIA	.9.75

## KARAHI SPECIAL DISHES

CHICKEN / LAMB KARAHI	.5.75
LAMB / CHICKEN TIKKA KARAHI	.5.75

## CHICKEN OR LAMB DISHES

All chicken dishes are white meat & are prepared from chicken breast only.

CHICKEN / LAMB CURRY (Medium)	.4.75
CHICKEN / LAMB MADRAS (Fairly hot) / VINDALOO (Hot)	.4.85
CHICKEN / LAMB KORMA (Very mild)	.4.95
CHICKEN / LAMB METHI (With fenugreek leaf)	.4.95
CHICKEN / LAMB ROGAN (With tomatoes)	.4.95
CHICKEN / LAMB DOPIAZA (With fried onions)	.4.95
CHICKEN / LAMB SAAG (Spinach)	.4.95
CHICKEN / LAMB BHUNA (Fairly dry, medium spiced)	.4.95
CHICKEN / LAMB GARLIC / CHILLI (Hot)	.4.95
CHICKEN OR LAMB NAGA BHUNA ( <b>Highly Recommended</b> )	.5.95
CHICKEN OR LAMB SHATKORA BHUNA ( <b>Highly Recommended</b> )	.5.95

## PRAWN DISHES

PRAWN CURRY	.5.45
PRAWN MADRAS (Fairly hot) VINDALOO (Hot)	.5.45
PRAWN BHUNA (Fairly dry, medium spices)	.5.75
PRAWN SAAG (With spinach)	.5.75
PRAWN GARLIC (Cooked with garlic and herbs)	.5.75
PRAWN NAGA BHUNA (Very Hot. <b>Highly Recommended</b> )	.5.95
PRAWN GARLIC CHILLI (Cooked with garlic, hot green chilli and herbs)	.5.75
KING PRAWN CURRY (Medium)	.8.75
KING PRAWN MADRAS (Fairly hot) / VINDALOO (Hot)	.8.75
KING PRAWN BHUNA (Fairly dry, medium spices)	.9.45
KING PRAWN GARLIC (Cooked with garlic & herbs)	.9.45
KING PRAWN GARLIC CHILLI	.9.45
Cooked with garlic, hot green chilli and herbs.	
KING PRAWN KORMA (Very Mild)	.9.45
KING PRAWN NAGA (Very Hot)	.9.45
KING PRAWN NAGA BHUNA (Very Hot. <b>Highly Recommended</b> )	.9.45

## BALTI DISHES

All Balti dishes are served with nan.

BALTI CHICKEN / LAMB	.6.75
BALTI PRAWN	.6.75
BALTI TIKKA CHICKEN / LAMB	.7.75
BALTI KING PRAWN	.9.45
BALTI VEGETABLE	.5.75

## SALAD

GREEN SALAD	.1.95
CUCUMBER OR ONION RAITA	.1.95

## VEGETABLE DISHES (Served with main dishes only)

	Side Dish	Main Dish
VEGETABLE CURRY	3.30	3.95
CHANA MASALA (Chick peas)	3.30	3.95
MUSHROOM BHAJI (Fresh)	3.30	3.95
BHINDI BHAJI (Fresh Ladies Fingers)	3.30	3.95
BRINJAL BHAJI (Fresh aubergine)	3.30	3.95
CAULIFLOWER BHAJI (Fresh)	3.30	3.95
ALOO GOBI (Potatoes & Cauliflower)	3.30	3.95
TARKA DAAL (Lentils, dry chilli and garlic)	3.30	3.95
BOMBAY ALOO (Hot)	3.30	3.95
SAAG ALOO (Spinach & Potatoes)	3.30	3.95
SAAG BHAJI (Fresh spinach)	3.30	3.95
SAAG PANEER (Spinach & Cheese)	3.30	3.95
MATOR PANEER (Peas & Cheese)	3.30	3.95
BROCCOLI BHAJI (fresh)	3.30	3.95
SAAG MUSHROOM	3.30	3.95
VEGETABLE KORMA (Very mild)	N/A	4.50
VEGETABLE GARLIC (Fairly dry, medium spiced)	N/A	4.50
VEGETABLE MASALA (Mild with almond & coconut)	N/A	4.50
TOFU & MIX VEG	N/A	4.50
VEGETABLE NAGA BHUNA	N/A	4.95

## RICE

PLAIN OR PILAU RICE	2.00
PEAS PILAU	2.95
EGG FRIED RICE OR MUSHROOM RICE	2.95
SPECIAL FRIED RICE (Eggs and peas)	2.95
LEMON / VEGETABLE / COCONUT / FRUIT RICE	2.95

## BREAD & NAN

CHAPATI (Wheat flour bread, thin and fluffy)	1.20
PLAIN NAN (Unleavened bread baked in clay oven)	1.50
TANDOORI ROTI (Wheat flour bread baked in clay oven, thick)	1.50
TANDOORI PARATHA (Wheat flour baked in clay oven)	1.70
PARATHA (Tawa wala, wheat flour bread)	1.95
STUFFED PARATHA (Stuffed with vegetables)	2.30
STUFFED NAN (Stuffed with vegetables)	2.30
KEEMA NAN (Stuffed with spicy mince)	2.30
PESHWARI NAN (Stuffed with nuts)	2.30
GARLIC NAN (With garlic)	2.30
CHEESE NAN	2.30

## DESSERT

MANGO / LYCHEES / PINEAPPLE	2.95
KULFI (3 flavours, almond, mango and pistachio)	1.95
LASSI (Mango, Salty, Sweet)	2.00
TROPICAL FRUIT SALAD	3.95

ALL OTHER INDIAN ICE CREAMS ARE AVAILABLE  
DRINKS AVAILABLE PLEASE ENQUIRE WHEN ORDERING

Bengal welcomes you to its restaurant where we feel you will be sure of an enjoyable evening combining excellent cuisine and attentive service, all at a reasonable cost.

## WE TAKE ALL KINDS OF PARTY BOOKINGS IN ADVANCE

Please contact the management should you wish to book a private party. Menus can be designed to suit your requirements. Private music facilities available for parties.

## GROUP BOOKINGS OF 10 OR MORE RECEIVE A 10% DISCOUNT\*

Excluding drinks

We accept all major credit cards and cash only. minimum payment of £10 for credit cards. Cheque or card payments are not accepted with deliveries.

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

### PARKING INFORMATION

Free parking is only available after 6.30pm on single yellow lines or pay and display bays.

### ALLERGY AWARE

If you have any nut, dairy or other allergies, please inform us when placing your orders.

## LUNCH BOX - £5

### Pilau or Plain Rice

Any Chicken or Lamb dish from our  
"Chicken or Lamb Dishes" section

(Eat in or takeaway, from 12 - 2.30pm)



free delivery available\*

Minimum orders £10  
Under £10 will be a charge of £1.50

t: 020 7229 5567

t: 020 7229 1640

For Information please call: 07961 021 766

Opening Hours: 12-2.30pm & 6-11.30pm

the  
bengal  
restaurant  
fully licensed



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