

Food allergies and Intolerances information:

Please be advised that food prepared at Bengal may contain the following:

Cereals containing gluten, Peanuts, Nuts, Milk, Soya, Mustard, Eggs, Fish, Crustaceans, Sesame Seeds, Celery, Sulphur Dioxide

Please inform the Manager on duty of any allergies

TASTE STRENGTH

MILD) MEDIUM)) HOT))) VERY HOT))))

Starters

- Bengal Tapas (for two to share)))** **£12.95**
The chef's selection of chicken, lamb, king prawn & vegetable dishes.
- Mixed Vegetable Starter)** **£6.50**
An assortment of vegetable samosa, vegetable pakora, onion bhaji and side salad.
- Tikka)** **£6.25**
Diced lamb or chicken marinated in bengali spices and cooked in our clay oven.
- Onion Bhajee)** **£4.95**
Onions mixed with dried herbs and lentil flour, deep fried until golden brown.
- Samosa)** **£4.95**
Fresh puff pastry stuffed with fresh vegetables or lamb mince.
- Garlic King Prawns** **£6.95**
King prawns cooked in garlic butter and fresh herbs.
- Sheek Kebab))** **£6.25**
Minced meat delicately spiced with fresh garlic, ginger, mint, coriander and green chillies, barbecued in our tandoori oven.
- Chicken Pakora)** **£5.75**
Delicately spiced chicken with garlic and ginger, deep fried in gram flour.
- Vegetable Pakora)** **£4.95**
A selection of fresh seasonal vegetables flavoured with spices & green herbs dipped in a light lentil flour batter & fried until golden & crisp.
- Tandoori King Prawn)** **£6.95**
- Tandoori Monkfish)** **£7.50**
Marinated Monkfish cooked in tandoori oven.
- Tandoori Mix)** **£6.75**
Bengal's Tandoori prowess in one package. Chicken tikka, Tandoori chicken, Seekh Kebab and Tandoori jumbo prawns together with side salad and coriander and mint chutney.
- Chicken, Lamb or King Prawn Purrie))** **£6.50**
King Prawn **£1.00 extra**
Delicately spiced, cooked with tomato, onion and green peppers, served on a pancake type bread with a touch of tandoori sauce and sugar.
- Chicken Raj Kebab)** **£6.50**
Barbecued chicken, served on skewers, smothered in a rich creamy sauce with tomato, onion and green pepper.
- Shamee Kebab)** **£5.75**
Lamb mince with a blend of herbs and yellow lentils, cooked with aromatic spices and served with mint yoghurt.
- Charminar Chatt))** **£4.95**
Barbecued chicken, mixed with a unique blend of sweet tamarind sauce and herbs and spices (served cold).
- Tandoori Chicken))** **£5.75**
Marinated on the bone chicken cooked in tandoor.

Mains

Jalfrezie (Hot))) or creamy))

£14.95

Chicken or lamb cooked over charcoal flames, served with fresh chilli, onions, peppers and coriander, cooked in a rich spicy or creamy sauce.

Garlic Chilli)))

£14.95

Barbecued chicken or lamb cooked with fresh garlic, coriander and an aromatic spicy sauce.

Tikka Khazana))

£14.95

Authentic Bengali spiced poultry, meat and king prawns cooked with diced onions, peppers and root ginger cooked in a medium spiced sauce.

Chicken Jal-Jal)))

£14.95

Cooked with fresh garlic, ginger, onion, green pepper, green chilli, tomato, fresh coriander, a dash of worchestershire sauce and a touch of yoghurt.

Kora-Hi))

£14.95

Chicken or lamb cooked in a medium spicy sauce with root ginger, green peppers and onions.

Stir Fried Chicken Roshnee)))

£14.95

Cooked with fresh garlic, ginger, onion, green chilli, tomato and curried black bean sauce.

Lamb Chop))

£19.95

Rack of lamb cooked with coriander and mint in our clay oven and served with lightly spiced green masala sauce and mashed potatoes.

Achari Chicken)))

£13.95

Chicken cooked in fresh homemade chilli pickle sauce.

Chicken Tikka Balti))

£14.95

Marinated chicken tikka pieces cooked with cubed onion, green peppers, tomatoes and green chillies in a spicy sauce.

Murgh Makhani)

£14.95

Boneless Tandoori chicken simmered in a sation smooth tomato gravy and butter.

Murg Methi Mali (Chef's Recommendation))

£14.95

Barbecued chicken cooked with creamy yoghurt and fenugreek sauce.

Chicken Tikka Chilli Masala)))

£13.95

Chicken tikka chopped into small pieces, cooked with a fresh green chilli, onion, green pepper and tomatoes in a dry hot thick sauce garnished with fresh coriander and spring onion.

Chicken or Lamb Special)

£13.95

Cooked in a mild sauce with mango and banana.

***If your favourite is not here, please ask your server**

Fish & Seafood

Sea Bass)

£18.95

Marinated fillets of seabass, pan fried with light spices, served with mash potato, garden mint and sesame seed sauce.

King Prawn Kora-Hi))

£16.95

Fresh Bengali king prawns cooked with diced onion and topped with homemade spicy sauce.

King Prawn Jalfrezie (Hot))) or creamy))

£16.95

King prawn cooked over charcoal flames, served with fresh chilli, onions, peppers and coriander, cooked in a rich spicy or creamy sauce.

Monkfish Jalfrezie (Hot))) or creamy))

£17.95

Monkfish cooked over a charcoal flame in a rich spicy garlic and ginger creamy or hot sauce with sliced onions and peppers.

King Prawn Palok))

£16.95

King prawn simmered in spinach with mixed herbs and spices.

King Prawn Rogan Josh)

£15.95

King Prawn cooked in our special spice combination and cooked with tomatoes and onions and topped with tomato and creamy sauce.

King Prawn Dansak))

£14.95

King prawn cooked with lentils in our special tangy sweet and sour sauce.

Monkfish Balti

£17.95

Marinated Monkfish cooked with cubed onions, green peppers, tomatoes and green chillies in a spicy sauce.

Chargrilled Salmon)

£17.95

Marinated fillets of salmon, pan fried with light spices.

Tandoori King Prawn Balti))

£17.95

Marinated king prawns cooked with cubed onions, green peppers, tomatoes and green chillies in a spicy sauce.

Goan Fish Curry))

£17.95

Monkfish cooked with roasted cumin and coriander seeds, whole red chilli and coconut milk.

Prawn Methi Mali)

£16.95

Jumbo prawns cooked in coconut milk and aromatic sweet spices and fenugreek sauce.

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Classics

- Chicken Tikka Masala)** £13.95
Chicken cooked in a mild sauce with ground almonds and cream.
- Chicken Punjabi Masala)** £13.95
Succulent chicken pieces cooked with tomato, onion, green pepper and a mild blend of spices in a smooth creamy sauce.
- Lamb Punjabi Masala)** £13.95
Tender lamb pieces, mildly spiced, cooked with tomato, onion and green pepper in a rich creamy sauce.
- Madras)))** £12.95
Chicken or lamb cooked in mixed Indian herbs and spices in a fairly hot sauce.
- Dupiaza))** £12.95
Chicken or lamb cooked in a rich aromatic onion sauce.
- Pathia)))** £12.95
Chicken or lamb cooked in a sweet and sour Persian sauce.
- Chicken Tikka Korma)** £12.95
Barbecued chicken pieces cooked with mild spices in a fresh cream, coconut and almond sauce.
- Dansak))** £12.95
Chicken or lamb with lentils in our chef's special tangy sweet and sour sauce.
- Rogan Josh))** £12.95
Chicken or lamb marinated in Indian spices and cooked with tomatoes and onions, topped off with a creamy sauce.
- Vindaloo)))** £12.95
Chicken or lamb cooked in a very hot sauce.
- Korma)** £12.95
Chicken or lamb delicately cooked in almond and cream sauce.
- Bhuna))** £12.95
Cooked with a blend of spices with tomato, onion, green pepper and fresh coriander (thick sauce).
- Curry))** £12.95
Cooked in a medium curry sauce.

Tikka

- Patia** £13.95
- Rogan Josh** £13.95
- Bhuna** £13.95
- Dupiaza** £13.95
- Dansak** £13.95

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Biriyani

King Prawn Biriyani))

£16.95

Fresh water king prawns cooked with selected herbs and spices and Basmati rice served with a vegetable sauce.

Lamb / Chicken Biriyani))

£15.95 / £14.95

Diced lamb or chicken cooked with selected herbs and spices and Basmati Rice, served with a vegetable sauce.

Vegetable Biriyani))

£13.95

Seasonally fresh vegetables cooked with selected herbs and spices and Basmati rice served with a vegetable sauce.

Bengal Special Biriyani))

£16.95

King prawn, diced chicken and lamb cooked with selected herbs and spices and Basmati Rice served with a vegetable sauce.

Tandoori

Monkfish Shashlick))

£17.95

Moist monkfish marinated in light spices and cooked in the tandoori oven with onion, tomatoes and green peppers, served with salad and curry sauce.

Mixed Shashlick))

£16.95

A selection of lamb tikka, chicken tikka and tandoori king prawn chargrilled and served with a choice of sauce.

Chicken Tikka))

£14.95

Marinated succulent chicken pieces, freshly cooked in a tandoori oven.

Tandoori King Prawn))

£16.95

King Prawns soaked in herbs and spices, barbecued in a tandoori oven (dry).

Murghi Shashlick))

£15.95

Diced spring chicken marinated and cooked over charcoal with onion, tomato, mushroom and capsicum.

Tandoori Chicken))

£15.95

Spring chicken (on the bone) marinated in yoghurt with delicate herbs and spices, barbecued over flaming charcoal.

Seek Kebab))

£14.95

Minced lamb pungently spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in tandoor.

Murg Mali Kebab)

£14.95

Chicken fillet marinated with yoghurt, cheese and cream, spiced with green cardamon and grilled in clay oven.

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Vegetarian

- Vegetable Masala)** £10.50
Seasonal vegetables cooked in mixed spices and served in a mild sauce.
- Vegetable Jalfrezie (Hot))) or creamy))** £9.95
Fresh seasonal vegetables cooked in a rich spicy garlic and ginger sauce, served with freshly sliced onions, peppers and chillies.
- Nav-Rattan Korma)** £9.95
Fresh seasonal vegetables cooked with tropical fruits to form a delightfully light and tasty sauce. Cherry and fruit cocktail.
- Muttar Paneer))** £9.95
Homemade Indian cheese cooked with green peas and selected Bengali spices.
- Palok Paneer))** £9.95
Homemade Indian cheese cooked with spinach and garlic.
- Vegetable Jal-Jal))** £9.95
Cooked with fresh garlic, ginger, onion, green pepper, green chilli, tomato, fresh coriander, a dash of worchestershire sauce and a touch of yoghurt.
- Garlic Chilli Vegetables))** £9.95
Cooked with cubed green peppers, onions and tomato in a hot garlic and chilli curry sauce.
- Vegetable Korma)** £9.95
Fresh vegetables cooked with coconut, almond and fresh cream.
- Vegetable Rogan Josh))** £9.95
Cooked with mixed Indian spices, tomatoes, green peppers, onions and herbs, topped with a creamy sauce (mild).
- Vegetable Dansak))** £9.95
Cooked with lentils and pineapple and a touch of sweet and sour sauce.
- Adrak Alo Gobi))** £9.95
Potatoes and cauliflower with Chef's special spices.
- Vegetable Bhuna))** £9.95
Cooked with a blend of spices with tomato, onion, green pepper and fresh coriander (thick sauce).

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European Selection

10oz Sirloin Steak

£19.95

Served with pepper sauce, chips, mushrooms and onions.

Honey Glazed Chicken

£14.95

Served with salad and chips.

Kids

Chicken nuggets with chips

£7.95

Chicken Strips with chips

£7.95

Chicken Tikka Masala with rice

£7.95

Chicken Korma with rice

£7.95

Chicken Curry with rice

£7.95

Sides

Bombay Aloo (spiced potato)))

£4.95

Brinjal Bhaji (aubergine)))

£4.95

Tarka Dall (lentils)))

£4.95

Aloo Gobi (potato and cauliflower)))

£4.95

Bhindi Bhaji (okra)))

£4.95

Palok Paneer (cheese and spinach)))

£4.95

Chana Masala (chickpeas)))

£4.95

Saag Aloo (spinach and potato)))

£4.95

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Rice

Pilau Rice	£2.50
Boiled Rice	£2.20
Chana Rice	£2.95
Egg Fried Rice	£2.95
Mushroom Rice	£2.95

Bread

Plain Nan	£2.50
Garlic Nan	£2.75
Keema Nan	£2.95
Peshwari Nan	£2.95
Chilli and Coriander Nan	£2.95
Cheese Nan	£2.95
Tandoori Roti	£1.95
Kulcha Nan (onion)	£2.95
Kashmiri Nan (stuffed with fruit)	£2.95
Parta	£2.95
Pudina Parta (mint)	£3.20
Aloo Parta	£3.20

Sundries

Popdom	£0.65
Chips	£2.20
Mango Chutney	£0.95
Mix Pickle	£0.95
Raita	£1.95
Mint Sauce	£0.65

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