

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

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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.

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Tikka) £6.25

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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.

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Onions mixed with dried herbs and lentil flour, deep fried until golden brown.

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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)) £21.95

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))) £14.95

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))) £14.95

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) £14.95

Cooked in a mild sauce with mango and banana.

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Cooked in a mild sauce with mango and banana.

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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)** **£16.95**
King Prawn cooked in our special spice combination and cooked with tomatoes and onions and topped with tomato and creamy sauce.
- King Prawn Dansak))** **£16.95**
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)** £14.95
Chicken cooked in a mild sauce with ground almonds and cream.
- Chicken Punjabi Masala)** £14.95
Succulent chicken pieces cooked with tomato, onion, green pepper and a mild blend of spices in a smooth creamy sauce.
- Lamb Punjabi Masala)** £14.95
Tender lamb pieces, mildly spiced, cooked with tomato, onion and green pepper in a rich creamy sauce.
- Madras)))** £13.95
Chicken or lamb cooked in mixed Indian herbs and spices in a fairly hot sauce.
- Dupiaza))** £13.95
Chicken or lamb cooked in a rich aromatic onion sauce.
- Pathia)))** £13.95
Chicken or lamb cooked in a sweet and sour Persian sauce.
- Chicken Tikka Korma)** £14.95
Barbecued chicken pieces cooked with mild spices in a fresh cream, coconut and almond sauce.
- Dansak))** £13.95
Chicken or lamb with lentils in our chef's special tangy sweet and sour sauce.
- Rogan Josh))** £13.95
Chicken or lamb marinated in Indian spices and cooked with tomatoes and onions, topped off with a creamy sauce.
- Vindaloo)))** £13.95
Chicken or lamb cooked in a very hot sauce.
- Korma)** £13.95
Chicken or lamb delicately cooked in almond and coconut cream sauce.
- Bhuna))** £13.95
Cooked with a blend of spices with tomato, onion, green pepper and fresh coriander (thick sauce).
- Curry))** £13.95
Cooked in a medium curry sauce.

Tikka

- Patia** £14.95
- Rogan Josh** £14.95
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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.

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.

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

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

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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.

Biriyani

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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.

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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) £10.95

Seasonal vegetables cooked in mixed spices and served in a mild sauce.

Vegetable Jalfrezie (Hot))) or creamy)) £10.95

Fresh seasonal vegetables cooked in a rich spicy garlic and ginger sauce, served with freshly sliced onions, peppers and chillies.

Nav-Rattan Korma) £10.95

Fresh seasonal vegetables cooked with tropical fruits to form a delightfully light and tasty sauce. Cherry and fruit cocktail.

Muttar Paneer)) £10.95

Homemade Indian cheese cooked with green peas and selected Bengali spices.

Palok Paneer)) £10.95

Homemade Indian cheese cooked with spinach and garlic.

Vegetable Jal-Jal)) £10.95

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)) £10.95

Cooked with cubed green peppers, onions and tomato in a hot garlic and chilli curry sauce.

Vegetable Korma) £10.95

Fresh vegetables cooked with coconut, almond and fresh cream.

Vegetable Rogan Josh)) £10.95

Cooked with mixed Indian spices, tomatoes, green peppers, onions and herbs, topped with a creamy sauce (mild).

Vegetable Dansak)) £10.95

Cooked with lentils and pineapple and a touch of sweet and sour sauce.

Adrak Alo Gobi)) £10.95

Potatoes and cauliflower with Chef's special spices.

Vegetable Bhuna)) £10.95

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	£21.95
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) »	£5.95
Brinjal Bhaji (aubergine) »	£5.95
Tarka Dall (lentils) »	£5.95
Aloo Gobi (potato and cauliflower) »	£5.95
Bhindi Bhaji (okra) »	£5.95
Palok Paneer (cheese and spinach) »	£5.95
Chana Masala (chickpeas) »	£5.95
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Rice

Pilau Rice	£2.95
Boiled Rice	£2.75
Chana Rice	£3.50
Egg Fried Rice	£3.50
Mushroom Rice	£3.50

Bread

Plain Nan	£2.75
Garlic Nan	£2.95
Keema Nan	£3.25
Peshwari Nan	£3.25
Chilli and Coriander Nan	£2.95
Cheese Nan	£3.25
Tandoori Roti	£1.95
Kulcha Nan (onion)	£2.95
Kashmiri Nan (stuffed with fruit)	£3.25
Parata	£2.95
Aloo Parata	£3.20

Sundries

Popdom	£0.75
Chips	£2.50
Mango Chutney	£0.95
Mix Pickle	£0.95
Raita	£1.95
Mint Sauce	£0.65

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