

The content of the Lisburn Road menu is a careful combination of the Indian Region's dishes chosen for their amazing flavour and where possible local produce selected for its freshness and quality. All dishes are individually prepared to order. We would be happy to adjust the spice level of any dish on request.

FOOD ALLERGIES & 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.

Traces of nuts can be found in all dishes.

Please inform the Manager on duty of any allergies.

Starters

Chicken Tikka Sliced spring chicken breast marinated in Bengali spices, cooked in the traditional tandoor for an authentic chargrilled taste.	5.25
Assorted Vegetable Starter Onion bhajee, pakora and vegetable samosa.	5.25
King Prawn Purrie Lightly seasoned freshwater Malaysian king prawns presented on a crispy pastry base with a traditional sauce.	7.25
Lamb Tikka Sliced tender lamb marinated in Bengali spices, cooked in the traditional tandoor for an authentic chargrilled taste.	6.25
Seekh Kebab Minced lamb delicately spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in tandoor.	5.95
Tandoori Chicken On the bone spring chicken marinated in yoghurt with herbs and spices, barbecued over flaming charcoal.	5.95
Onion Bhaji Onions flavoured with an array of herbs and spices bound together with lentil flour, fried until golden and crisp.	4.95
Vegetable Pakora A selection of fresh seasonal vegetables flavoured with spices and green herbs dipped in a light lentil flour batter and fried until golden and crisp.	4.95
Samosa Your choice of vegetable or meat fillings lightly spiced and wrapped in a deep fried filo parcel.	4.75
Chicken / Lamb Purrie Sliced chicken breast marinated and cooked in a spicy sweet and sour sauce.	5.25
Chicken Pakora Lightly spiced strips of chicken breast lightly battered in lentil flour and deep fried until crisp and golden.	4.95
House Starter Selection A small selection of pakora, onion bhaji, minced samosa, chicken tikka and lamb tikka, served with salad.	5.95
Raj Kebab Barbecued cubed chicken or lamb, served on skewers, smothered in a rich creamy sauce with tomato, onion and green pepper.	5.95
Tandoori Monkfish Marinated monkfish cooked in tandoor oven served with salad.	8.25
Tandoori Mix	5.95

Chef's Recommendations

Karahi Chicken OR Lamb Your choice of meat with green peppers, root ginger, onions and selected spices to create a rich, aromatic & spicy sauce.	11.95
Chicken Jal Ja Chicken breast marinated in tamarind and a sauce consisting of coriander, onions, green peppers and scallions.	11.95
Lamb Pasanda Tender slices of lamb marinated in Assamese herbs, cooked in an almond and cream sauce.	11.95
Lamb Tikka OR Chicken Tikka Bhuna Your choice of meat marinated then cooked in the tandoor, shredded and finished in a spicy sauce with onions and tomatoes.	11.95
Lamb OR Chicken Tikka Masala Your choice of meat cooked in pure ghee with ground almonds, tomatoes, fresh cream and saffron. A modern day classic.	11.95
Garlic Chilli Chicken Tender chicken breast combined with garlic, cumin & chilli to create an aromatic and spicy dish.	11.95
Chicken Special Chunks of tender spring chicken breast marinated in Syl-Heti spices and cooked gently with an assortment of tropical fruits.	11.95
Lamb OR Chicken Kashmir Your choice of meat delicately seasoned and spiced combined with fresh banana and cream.	11.95
Shahi Korma Barbecued chicken breast spiced, sliced and served in an almond and coconut cream sauce.	11.95
Chicken OR Lamb Jalfrezi Your choice of meat covered in a spicy garlic and root ginger sauce with freshly sliced onions, peppers and chillies.	11.95
Chicken OR Lamb Methi Your choice of meat spiced with cumin, coriander, turmeric and fenugreek to form a rich & delicious sauce.	11.95
Chicken OR Lamb Punjabi Masala Your choice of meat cooked with tomato, onion, green peppers and a mild blend of spices in a creamy sauce.	11.95
Monkfish Balti Monkfish fillet highly spiced with onion, peppers, tomatoes and green chillies in a thick sauce.	14.95
Chicken OR Lamb Rusonee Your choice of meat cooked with cubed green peppers and garlic cloves into hot sauce with green chilli.	11.95
Chicken OR Lamb Balti Highly spiced with chopped green peppers, onion, green chilli and fresh coriander.	11.95
Murg Methi Malai Barbecued chicken cooked with creamy yoghurt & fenugreek sauce.	11.95
Goan Fish Curry Monkfish cooked with roasted cumin and coriander seeds, whole red chilli and coconut milk.	14.95
Chicken Tikka Makani Very mild and creamy.	11.95
Chicken Pasanda Chicken breast marinated in Assamese herbs and spices, sliced and cooked in the tandoor, garnished with almonds and coconut cream.	11.95

From the Tandoor

All meats are first marinated in homemade natural yoghurt, Syl-Heti herbs and spices to maximise taste and tenderness afterwards, cooked in a traditional clay oven, the tandoor and served with a sauce.

Chicken Shaslik	13.95
Tandoori King Prawns	14.95
Tandoori Chicken	13.95
Chicken Tikka	13.95
Lamb Tikka	13.95
Mixed Platter Chicken tikka, tandoori chicken, sheek kebab & tandoori prawns.	13.95
Tandoori Monkfish Shaslik Moist monkfish marinated in light spices and cooked in the tandoori oven with onion, tomatoes and green peppers, served with salad and curry sauce.	15.95

All Time Favourites

All of the below classic dishes can be served with the following meats:

Chicken	11.50
Chicken Tikka	12.50
Lamb	12.50
King Prawn	13.95
Curry	
Madras Fairly hot.	
Vindaloo Hotter again.	
Paal Extremely hot, only for the experienced!	
Bhuna Cooked in a richly flavoured onion, garlic, turmeric & coriander sauce.	
Dopiaza Cooked with chunky onions and a thick sauce.	
Pathia Hot sweet and sour sauce.	
Dansak Lentils in our special tangy sweet and sour sauce.	
Korma Delicately spiced with coconut and almond (mild).	
Saag Cooked with spinach, fresh herbs and garlic.	
Rogan Josh Marinated in our special spice combination and cooked with tomatoes and onions.	

Biryani Dishes

All of our Biryani dishes are cooked with specially selected Basmati rice, accompanied with a seasonal mixed vegetable curry sauce.

Bengal Special Biryani	15.50
A combination of sliced lamb, chicken breast, prawn and fresh vegetables.	
King Prawn Biryani	15.95
Chicken Biryani	14.50
Chicken Tikka Biryani	14.95
Lamb Biryani	14.95
Vegetable Biryani	13.50

Vegetarian Dishes

Curry	11.25
Madras (Fairly Hot)	11.25
Masala	11.25
A mixed seasonally fresh vegetables combination cooked in vegetable ghee, ground almonds, tomatoes, fresh cream and saffron, a modern day classic.	
Muttar Paneer	11.25
Homemade cheese with garden peas, stir fried in traditional spices.	
Saag Paneer	11.25
Homemade cheese and spinach stir fried in traditional spices.	
Dansak	11.25
A selection of seasonally fresh vegetables with added lentils in a sweet and sour sauce.	
Pathia	11.25
A selection of seasonally fresh vegetables cooked in hot, sweet and sour sauce.	
Dopiazza	11.25
A selection of seasonally fresh vegetables and chunky onions, cooked in a rich aromatic thick onion sauce.	
Vegetable Jalfrezi (Mild or Hot)	11.25
A selection of seasonally fresh vegetables covered in a spicy garlic and root ginger sauce with freshly sliced onions, peppers and chillies.	
Vegetable Korma (Mild)	11.25
Muttar Methi Malai	11.25
Green peas cooked with creamy yoghurt & fenugreek sauce.	

Side Dishes

Bengan Bhajee (aubergine)	7.25
Aloo Gobi (potato and cauliflower)	7.25
Vegetable Bhajee (mixed vegetables)	7.25
Tarka Dall (lentils)	7.25
Bombay Aloo (potato)	7.25
Chana Bhajee (chickpeas)	7.25
Saag Aloo (potato and spinach)	7.25
Saag Paneer (spinach and homemade cheese)	7.25
Bhindi Bhajee	7.25
Mushroom Bhajee	7.25

Sundries

Boiled Rice	2.75
Pilau Rice	2.95
Special Fried Rice	3.25
Mixed Raita (yoghurt)	1.75
Chips	2.95
Mushroom Rice	3.25

Homemade Breads

Poppadoms (plain or spicy)	0.75
Onion Salad	0.95
Dips and Chutneys	2.95
Plain Naan	2.75
Cheese Naan	2.95
Peshwari Naan (sweet)	2.95
Tandoori Roti	1.95
Garlic Naan	2.95
Garlic and Coriander Naan	2.95
Mango Chutney	0.95



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