

VEGETABLE SIDE DISHES

Perfectly prepared vegetarian accompaniments, cooked fresh with authentic spices.

Mixed Vegetable Curry	£4.50	Tarka Dall	£4.50
<i>A balanced blend of garden vegetables</i>		<i>Lentils tempered with garlic and spices</i>	
Bombay Aloo	£4.50	Mushroom Bhaji	£4.50
<i>Potatoes cooked in a lightly spiced tomato base</i>		Saag Paneer (spinach with cheese)	£4.95
Saag Bhaji	£4.50	Chana Masala (spicy chickpeas)	£4.50
<i>Fresh spinach delicately seasoned</i>		Cauliflower Bhaji	£4.50
Aloo Gobi	£4.50	Bhindi Bhaji (fresh okra)	£4.50
<i>Potatoes and cauliflower cooked with traditional spices</i>		Saag Aloo (spinach and potato)	£4.50
Dall Sabji	£4.50	Brinjal Bhaji (aubergine)	£4.50
<i>Lentils and vegetables gently spiced</i>			

NAAN & ACCOMPANIMENTS

Plain Naan	£3.25	Plain Paratha	£3.50
Peshwari Naan (Sweet & Fruity)	£3.95	Chapati	£1.95
Keema Naan (Minced Meat)	£4.50	Papadam	£0.90
Garlic Naan	£3.95	Masala Papadam	£0.90
Cheese Naan	£4.50	Dahi Raita (Cucumber or Onion)	£2.95
Garlic & Cheese Naan	£4.50	Chips	£3.50
Chicken Tikka & Cheese Naan	£4.95		

DIVINE RICE

Boiled Rice	£3.25	Pilau Rice	£3.50
Special Fried Rice	£3.95	Egg Fried Rice	£3.95
Keema Rice	£4.25	Mushroom Rice	£3.95
Coconut Rice	£3.95	Lemon Rice	£3.95
Garlic Rice	£3.95	Onion Rice	£3.95

EXTRAS

Mango Chutney	£0.90	Mint Sauce	£0.90
Lime Pickle	£0.90	Onion Salad	£0.90
Chilli Pickle	£0.90		

SPECIAL SET MEALS

Set Meal for 1 Person
£15.95*

1 Chicken Korma or
Chicken Tikka Madras
1 Pilau Rice, 1 Naan,
1 Papadam, Onion Salad

Set Meal for 2 People
£31.95*

1 Chicken Tikka Masala
1 Chicken Korma, 2 Pilau Rice
1 Bombay Aloo, 1 Naan,
2 Papadam, Onion Salad

*No dish changes on set meals

VEGAN MENU

MAIN DISHES

Fresh, wholesome, and full of flavour. Crafted with plant-based ingredients and aromatic spices.

Peri Peri Pan-Fried Vegetables 🌱🌱	£8.90
<i>Goan peri-peri masala, whole red chillies</i>	
Achar 🌱	£8.90
<i>Tangy lime, blended coriander with a hint of mango and cashew nuts</i>	
Dhaniya Narial Ka 🌱	£8.90
<i>Fresh coconut, coriander, curry leaves, and fennel</i>	
Goan Hara 🌱🌱🌱	£8.50
<i>Vibrant dish with fresh green chillies and green herbs</i>	
Masala 🌱	£8.50
<i>Mild and creamy</i>	
Korma 🌱	£8.50
<i>Mild and delicate</i>	
Dansak 🌱🌱🌱	£8.50
<i>Sweet, sour and hot, cooked with lentils</i>	
Pathia 🌱🌱🌱	£8.50
<i>Sweet, sour, and hot</i>	
Madras 🌱🌱🌱	£8.50
<i>Hot and spicy</i>	
Mixed Vegan Biryani 🌱🌱	£9.90
<i>Aromatic rice dish with mixed vegetables</i>	
Mushroom Biryani 🌱🌱	£9.50
<i>Aromatic rice dish with mushrooms</i>	

VEGAN RICES

Boiled Rice	£3.30	Onion Rice	£3.95
Mixed Vegan Rice	£3.90	Coconut Rice	£3.95

VEGAN BREADS

Chapati	£1.90	Roti	£3.50
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All dishes are freshly prepared using high-quality vegetable oil to ensure the best taste and quality

Please note that some dishes may contain allergens including some of the following:
Nuts, fish, sesame seeds, egg, milk, yoghurt, soya, celery, mustard seeds, gluten.
Should you have any concerns please ask a member of staff for advice.

BENGAL TANDOORI RESTAURANT

BANGLADESHI AND INDIAN CUISINE
TAKEAWAY AND DELIVERY MENU



Tel: 01903 774365 / 786906

116 Downs Way, East Preston, BN16 1AF

Free Home Delivery within 3 miles radius

Minimum Order for Delivery £20

10% Discount on Collection (Cash Only)

STARTERS

Prawn Puri 🍴🍴	£5.50	Bengal Mixed Starter 🍴🍴	£8.50
<i>Succulent Pacific prawns cooked in a rich, spicy sauce, served on puri bread</i>		<i>Selection of Chicken Tikka, Lamb Tikka, Seekh Kebab & Onion Bhajis</i>	
Keema Puri 🍴🍴	£5.50	King Prawn Butterfly 🍴🍴	£6.50
<i>Tender minced lamb in a flavourful spicy sauce, served on puri bread</i>		<i>Large king prawn marinated, coated in spiced breadcrumbs, and deep-fried</i>	
Tandoori Chicken 🍴🍴	£4.95	Chicken Tikka 🍴🍴	£4.95
<i>Quarter chicken marinated in traditional tandoori spices and yogurt, cooked in the clay oven</i>		<i>Succulent pieces of chicken marinated in yogurt and spices, grilled in the tandoor</i>	
Chicken Chaat Puri 🍴🍴	£5.50	Lamb Tikka 🍴🍴	£5.50
<i>Tender chicken pieces tossed with herbs, spices, and tangy chaat masala, served on puri bread</i>		Seekh Kebab 🍴🍴	£4.95
Samosa (Meat or Vegetable) 🍴🍴	£4.50	<i>Minced lamb blended with herbs and spices, skewered and grilled</i>	
<i>Crispy pastry triangles filled with spiced vegetables or meat</i>		Onion Bhaji 🍴🍴	£4.50
		<i>Sliced onions in spiced gram flour batter, deep-fried until golden</i>	

CHEF'S RECOMMENDATIONS

Peri Peri Chicken 🍴🍴🍴	£9.95	Chicken Shashlik Masala 🍴🍴	£9.95
<i>Pan-fried chicken marinated in peri peri masala sauce (made with whole red chillies and mild vinegar), topped with flamed onions, tomatoes, and chillies.</i>		<i>Slightly dry medium spiced dish cooked with grilled onions and peppers in masala sauce.</i>	
Chicken Haryali 🍴🍴🍴	£9.95	Garlic Chilli Chicken (Dry) 🍴🍴🍴	£9.95
<i>A hot chicken tikka dish cooked with fresh green chillies, fresh coriander, and green herbs to give it a distinctive colour and taste.</i>		<i>Semi-dry dish prepared with fresh onions, green peppers and fresh green chillies.</i>	
Dhaniya Nariyal Ka Chicken 🍴	£9.95	Tarkatan 🍴🍴	£10.95
<i>South Indian mild chicken dish cooked with fresh coconut and coriander, flavoured with curry leaves and fennel – a rare aromatic combination.</i>		<i>Tender shredded lamb with hand-ground spices and fresh coriander – an exquisite dry juicy dish. (Highly Recommended)</i>	
Nepali Chicken Jeera 🍴🍴	£9.95	Pudina Lamb 🍴	£10.95
<i>Chicken tikka cooked in a thick medium sauce with ground onion seeds, peppers, tomatoes, onion, and a touch of garlic.</i>		<i>A mild lamb dish cooked with coconut milk, mint, and onions.</i>	
Mango Chicken 🍴🍴	£9.95	Nihari Gosht 🍴🍴	£10.95
<i>Tender pieces of chicken braised in spinach and onions in a spicy but sweet mango sauce.</i>		<i>A rich, slow-cooked lamb stew flavoured with special nihari mix masala.</i>	
Darjeeling Special 🍴🍴	£9.95	Lamb Shatkora 🍴🍴	£10.95
<i>Chicken or Lamb cooked with garlic, ginger, onions, garam masala and tamarind.</i>		<i>A tangy, medium-spiced lamb dish cooked with citrus fruit (shatkora).</i>	
Nawabi Chicken Delight 🍴	£9.95	Achari Chicken Takari 🍴	£10.95
<i>A mild dish with a strong mango sauce. Recommended for all korma lovers.</i>		<i>Mild and tangy dish cooked with lime, blended coriander, hint of mango and cashew nut.</i>	
		Bengal Naga 🍴🍴🍴	£10.95
		<i>Tender pieces of chicken or lamb prepared with onions, garlic and Naga pickled peppers.</i>	

🍴 Mild 🍴🍴 Medium 🍴🍴🍴 Hot 🍴🍴🍴🍴 Very Hot

BENGAL HOUSE SPECIAL

	Chicken Tikka	Lamb Tikka	King Prawn	Vegetable
Passanda 🍴	£9.95	£10.95	£11.95	£7.95
<i>Mild, cooked in a special masala sauce with almond and coconut</i>				
Korai 🍴🍴	£9.95	£10.95	£11.95	£7.95
<i>Medium, cooked in cubes of onion and green peppers with coriander</i>				
Tikka Masala 🍴	£9.95	£10.95	£11.95	£7.95
<i>Mild, cooked with creamy spicy masala sauce</i>				
Butter Chicken 🍴	£9.95	£10.95	£11.95	£7.95
<i>Mild, marinated in spices and yoghurt, cooked in the tandoor then pan fried in butter</i>				
Jalfrezi 🍴🍴🍴	£9.95	£10.95	£11.95	£7.95
<i>Hot, cooked with fresh onion, green pepper, fresh green chilli</i>				
Chilli Tikka Masala 🍴🍴🍴	£9.95	£10.95	£11.95	£7.95
<i>Hot, cooked with fresh green chilli and herbs</i>				
Bombay 🍴🍴	£9.95	£10.95	£11.95	£7.95
<i>Cooked with a boiled egg and potato</i>				
Garlic Chilli 🍴🍴🍴	£9.95	£10.50	£11.95	£7.95
<i>Cooked with garlic and green chilli</i>				

BALTI DISHES

These spicy dishes originate from the state of Punjab. They are cooked with the freshest herbs and spices,

King Prawn Balti 🍴🍴	£11.95	Balti Chicken Tikka Saag 🍴🍴	£10.95
<i>Dry, fairly hot and spicy cooked with fresh spinach in balti spices</i>			
Prawn Balti 🍴🍴	£9.95		
Vegetable Balti 🍴🍴	£8.95		
Chicken or Lamb Balti 🍴🍴	£9.95		
Balti Chicken Tikka Masala 🍴🍴	£10.95	Balti Chicken Jalfrezi 🍴🍴	£10.95
<i>Specially prepared chicken and sauce with fresh green peppers, chilli, tomatoes, onions and special herbs</i>			

BIRYANI DISHES

An exquisite preparation of fragrant basmati rice gently cooked with aromatic spices, layered with your choice of tender meat, seafood, or garden-fresh vegetables. Garnished with fresh tomato and cucumber and served with a lightly spiced vegetable curry.

Bengal Special Biryani 🍴🍴	£12.95	Lamb Biryani 🍴🍴	£10.50
<i>A delicious medium-spiced biryani with chicken, meat, prawn, and mushroom blended and cooked with basmati rice, garnished with salad and served with vegetable curry.</i>			
Chicken Biryani 🍴🍴	£9.95	Prawn Biryani	£9.95
<i>Succulent chicken cooked with traditional spices</i>			
Chicken Tikka Biryani 🍴🍴	£10.95	Mixed Vegetable Biryani 🍴🍴	£9.50
<i>Marinated chicken tikka blended with basmati rice</i>			
		<i>A medley of seasonal vegetables</i>	

TANDOORI DISHES

All tandoori dishes are marinated in authentic spices and yogurt, cooked in the traditional clay tandoor oven, and served with fresh salad.

Tandoori Chicken (Half) 🍴🍴	£9.50	Tandoori Mixed Grill 🍴🍴	£12.95
<i>Chicken Tikka, Lamb Tikka, Tandoori Chicken & Seekh Kebab</i>		<i>A sizzling selection of Chicken Tikka, Lamb Tikka, Tandoori Chicken & Seekh Kebab</i>	
Lamb Tikka 🍴🍴	£9.95	Paneer Tikka (V) 🍴🍴	£9.95
<i>King prawns cooked in the clay oven</i>		<i>Cubed Indian cottage cheese marinated and grilled in the tandoor</i>	
Tandoori King Prawn 🍴🍴	£12.95	Achari Paneer Shashlik (V) 🍴🍴	£10.95
<i>Chicken Shashlik 🍴🍴</i>		<i>Paneer, tomatoes, peppers & onions marinated in yogurt and tangy pickling spices</i>	
Chicken Shashlik 🍴🍴	£10.95	Salmon Tikka 🍴🍴	£11.95
<i>Chicken pieces skewered with onions, peppers and tomatoes, marinated in special tandoori spices</i>		<i>Delicious salmon cooked in the clay oven mixed with a special sauce</i>	
Lamb Shashlik 🍴🍴	£11.95		

FISH SPECIALITIES

Bangladeshi Fish Curry 🍴🍴🍴	£10.95
<i>Freshwater fish cooked in a hot spicy sauce with garlic, chillies and tomatoes, as cooked in Bangladesh</i>	
Goan Fish Curry 🍴🍴	£10.95
<i>A wonderful Goan staple. Chunks of boneless fish simmered in fresh stone ground coconut, chilli, and spicy masala</i>	
Peri Peri King Prawn 🍴🍴🍴	£11.95
<i>Pan fried King Prawn marinated with peri peri masala sauce, made with whole red chillies, mild vinegar and topped with flamed onions, tomatoes and chillis</i>	
Nwabi King Prawn Delight 🍴🍴	£11.95
<i>A mild dish with a strong mango sauce. A recommendation for all Korma lovers</i>	
Golda Cingri Jhaal 🍴🍴🍴	£11.95
<i>Hot, cooked with onions, green pepper, fresh green chilli and a touch of Naga pickles</i>	
Salmon Kalia 🍴🍴🍴	£11.95
<i>A highly spiced dish cooked in a rich sauce with onions, ginger, peppers and fresh garlic</i>	

TIMELESS CLASSICS

	Chicken	Lamb	King	Mixed
	Tikka	Tikka	Prawn	Vegetable
Curry 🍴🍴	£8.95	£9.95	£9.50	£10.50
Madras 🍴🍴🍴	£8.95	£9.95	£9.50	£10.50
Vindaloo 🍴🍴🍴	£8.95	£9.95	£9.50	£10.50
Korma 🍴	£8.95	£9.95	£9.50	£10.50
Bhuna 🍴🍴	£8.95	£9.95	£9.50	£10.50
Dupiaza 🍴🍴	£8.95	£9.95	£9.50	£10.50
Rogan Josh 🍴🍴	£8.95	£9.95	£9.50	£10.50
Ceylon 🍴🍴🍴	£8.95	£9.95	£9.50	£10.50
Malayan 🍴	£8.95	£9.95	£9.50	£10.50
Saag 🍴🍴	£8.95	£9.95	£9.50	£10.50
Dansak 🍴🍴🍴	£8.95	£9.95	£9.50	£10.50
Pathia 🍴🍴🍴	£8.95	£9.95	£9.50	£10.50