STARTERS

Tandoori Mutton Chops (3pcs) 6.50
1/4 Tandoori Chicken 5.50
Chicken or Lamb Tikka 5.50
Mixed Platter (For 2 person) 13.95
Seekh Kebab, Onion Bhaji, Chicken Tikka & Mutton Chops
Seafood Platter (For 2 person) 13.95
Salmon Tikka, King Prawn Tikka, Fish Pakora & Sea Bass
Garlic Chicken or Lamb Tikka 5.50
Hot Chicken or Lamb Tikka (Naga paste) 5.50
Seekh Kebab 5.50
Mixed Kebab 5.50
Chicken Pakora 5.50
Fish Pakora 5.50
Mass Biran (Sea bass) 6.50
Fried boneless fish fillet with spices
Salmon Tikka 6.50
Paneer Tikka 6.50
Chicken Nambali Marinated chicken slices with melted cheese, served with onions 5.50
Garlic Mushroom Puree (Mild) 5.50
Chicken Chat 5.50
Prawn Puree 5.50
Prawn Cocktail 5.50
King Prawn Puree 6.50
King Prawn Butterfly 6.50
King Prawn Suka 6.50
Stuffed Pepper (Chicken, Lamb or Vegetable) 5.50
Homemade Samosa (Lamb or Vegetable) 4.95
Homemade Keema Cheese Samosa 5.50
Onion Bhaji 4.95

TANDOORI DISHES (DRY)

Served with Salad & Mint Yoghurt Sauce

Chicken or Lamb Tikka 9.50
Chicken or Lamb pieces marinated in yoghurt, fresh herbs & cooked in Tandoori oven

Garlic Chicken or Lamb Tikka 9.95
Chicken or Lamb Tikka pieces with green peppers, tomatoes & onions

Chicken or Lamb Shashlik 11.00
Chicken or Lamb Tikka pieces with green peppers, tomatoes & onions

Mixed Shashlik 11.00

½ Tandoori Chicken 9.50

Tandoori Mixed Grill Tandoori Chicken, Chicken Tikka, Lamb Tikka & Seekh Kebab 11.50

King Prawn Tikka 14.95
King Prawns marinated in yoghurt, fresh herbs & cooked in Tandoori oven

King Prawn Shashlik King Prawns with green peppers, tomatoes & onions 14.95

Salmon Shashlik Salmon pieces with green peppers, tomatoes & onions 14.95

BALTI DISHES

Balti food is both simple in its concept and cooking and complete in its flavours. True Balti food is dryish and slightly oily and spicily tasty. Served with a Naan

Vegetable Balti 9.95
Chicken or Mutton Balti 10.50
Chicken or Lamb Tikka Balti 10.95
Prawn Balti 11.50
King Prawn Balti 14.95

BIRYANI DISHES

All Biryani dishes are prepared with Pilau Rice, seasoned with spices, sliced tomato and cucumber served with Vegetable Curry

Vegetable Biryani 9.95
Chicken or Mutton Biryani 10.50
Chicken or Lamb Tikka Biryani 10.95
Prawn Biryani 11.50
King Prawn Biryani 14.95
Special Biryani Chicken or Mutton 11.95
Cooked with spinach, garlic, chilli & lemon

VEGETABLE SIDE DISHES

Bombay Potatoes (Spiced potatoes) 4.95
Garlic Bombay Potatoes 4.95
Spiced potatoes with Garlic
Vegetable Curry 4.95
Saag Bhaji (Spinach) 4.95
Saag Aloo (Spinach & potatoes) 4.95
Saag Paneer (Spinach & cheese) 4.95
Aloo Gobi 4.95
Spiced potatoes & cauliflower
Bhindi Bhaji (Spiced okra, ladies fingers) 4.95
Tarka Dhall (Mixed lentils with fried garlic) 4.95
Mushroom Bhaji (Spiced mushrooms) 4.95
Cauliflower Bhaji (Spiced cauliflower) 4.95
Raita (Cucumber in yoghurt) 4.95
Chana Masala 4.95
Aloo Bhaji 4.95

ENGLISH DISHES

Served plain or with dressing

Scampi & Chips 10.95
Omelette (Plain, mushroom, prawn or chicken) 10.95
Chicken Nuggets & Chips 10.95

HOUSE SPECIAL DISHES

Chef's Special Prepared with a medium blend of herbs & spices. Cooked with Mutton,Chicken, Prawns, Mushrooms & Methi. 12.95

Special Karahi 13.95
Marinated Chicken, Lamb & King Prawns, barbecued in the Tandoori, then cooked in a medium sauce with chopped onions, green peppers, tomatoes & a hint of Garam Masala.

Karahi Jinga Whole marinated King Prawns in the shells, cooked in a medium sauce garnished with capsicum & coriander. 14.95

Fish Naga Fish fillets, a mouth watering North Bengal favourite using its own unique Naga chillies hot dish 12.95

Fish Bhuna Lightly spiced fish fillet, briskly fried with spicy onions & cooked with green peppers, coriander & tomatoes in a dry medium sauce. 12.95

Keralan Fish Filleted Haddock like Bangladeshi fish from the Indian ocean, pan fried & simmered with bay leaves & fresh cream. Slightly hot. 12.95

Fish Of The Day Sea Bass mild, medium or hot Cooked in Chef's unique sauce. 14.95

Salmon Shaslik Karahi 14.95
Salmon, cooked in the Tandoori with diced onions, green peppers & tomatoes, then cooked in a special thick sauce with a blend of herbs & spices.

King Prawn Sagwala King Prawns cooked with spinach, fried garlic & green chillies. fairly hot. 14.95

Naga (Chicken or Lamb) A mouth watering North Bengal favourite using its own unique Naga chillies, hot dish. 11.95

Karahi Shaslik (Chicken or Lamb) 11.95
Cooked in the Tandoori with diced onions, green peppers & tomatoes, cooked in a special sauce with herbs & spices

Padina (Chicken or Lamb) Marinated, barbecued in the Tandoori then cooked in a fairly mild sauce with ground almonds, mint & mild green herbs, touch of cream. 11.95

Tikka Masala (Chicken or Lamb) 11.95
Spiced & cooked in the Tandoori & then cooked in a special Masala sauce.

Garlic Chilli Masala (Chicken or Lamb) 11.95
Cooked in a hot fresh garlic & chilli sauce, garnished with coriander, hot & spicy.

Amli (Chicken or Lamb) 11.95
Cooked in a rich creamy sauce with mango pulp, ground almonds, coconut flour & our homemade yoghurt.

Rashoon (Chicken or Lamb) 11.95
Grilled in the Tandoori & then cooked in a hot garlic sauce peppers, onions & tomatoes. Please specify medium or hot.

Howally (Chicken or Lamb) Marinated, grilled in the Tandoori & then cooked in a fairly hot sauce with fresh ginger, spring onions, green peppers, pickled chillies & coriander, with a touch of Methi. 11.95

Laknavi (Chicken or Lamb) Cooked in a medium sauce Garlic sauce with fresh herbs & a dash of lime juice. 11.95

Achari (Chicken or Lamb) 11.95
Cooked with mango & tamarind sauce, sweet & tangy

Butter Chicken 11.95
Marinated Chicken cooked in a mild sauce with butter

Karahi Murgi Masala Chicken & minced Lamb grilled in the Tandoori & then cooked in a hot garlic sauce with fresh green chillies, green peppers, onions & tomatoes. Fairly hot. 11.95

Tandoori Mutton Chop Karahi 14.95
Marinated pieces of Mutton on the bone, grilled in the Tandoori then cooked in a medium sauce with fresh ginger, capsicum, onions & tomatoes with a hint of Garam Massala.

Tandoori Mixed Grill Karahi 14.95
A platter of Tandoori Chicken, Chicken Tikka, Lamb Tikka & Seekh Kebab. Medium dish cooked with garlic, onion & green peppers. Rich & spicy.

Jaipuri (Chicken or Lamb) Marinated & cooked in the Tandoori then cooked in a hot garlic sauce with fresh green chillies, green peppers, onions & tomatoes. Slightly hot. 11.95

Garlic Chilli Chicken Karahi Marinated & cooked in a spicy sauce with garlic paste. Fairly hot. 11.95

Saag Pathia Karahi (Chicken or Lamb) 11.95
Cooked with spinach & a blend of herbs & spices sweet & sour & slightly hot.

Hash Bhuna Fillets of Duck marinated in fresh lemon juice, garam massala, ginger & green herbs, cooked in medium sauce with Chef's specially selected herbs & spices. 14.95

Hash Rashoon Mirch 14.95
Duck fillet cooked in a hot garlic sauce with fresh green chillies, green peppers, onions & tomatoes. Fairly hot.

Shaslik Massala (Chicken or Lamb) 11.95
Cooked in the Tandoori with diced onions, green peppers & tomatoes, cooked in Massala sauce. Medium.

Gosht Lazeez Tender pieces of Mutton cooked with shallotsd, fresh ginger & coriander. Please specify medium or hot. 11.95

Jaflon Chicken Small pieces of Chicken Tikka cooked with shallots, green peppers & specially selected spices to give a delicious taste. Please specify medium or hot. 11.95

Modu (Chicken or Lamb) Bhuna style cooked with fresh onions, green peppers, tomatoes, garlic & a touch of lemon garnish. Marinated in honey. Medium 12.95

Modu Massala (Chicken or lamb) Cooked in honey with a creamy, almond, coconut & Massala sauce. Medium. 12.95

Piazi (Chicken or Lamb) Medium dish of diced Lamb or Chicken, cooked with fresh spice & roasted onions. 11.95

Tawa (Chicken or Lamb) 11.95
Strips marinated with medium spices. Cooked with onions green peppers, tomatoes & garlic. Served in a sizzling Tawa.

Banarasi 11.95
Marinated Chicken & Lamb Tikka cooked, in a fairly hot sauce with fresh garlic & ginger, onions, peppers, pickled chilli & fresh coriander.

Gosht Kata Masala 11.95
Tender Mutton, cooked in fresh ginger with Chef's special medium spices.

Dim Bhuna (Chicken Egg) 10.95
Hard boiled eggs, cooked in thick intensely flavoured sauce

CLASSIC DISHES

	Vegetable	Chicken or Mutton	Chicken Tikka or Lamb Tikka	Prawn	King Prawn
Korma	9.50	9.95	10.50	10.95	14.95
Curry	9.50	9.95	10.50	10.95	14.95
Bhuna	9.50	9.95	10.50	10.95	14.95
Dupiaza	9.50	9.95	10.50	10.95	14.95
Rogan	9.50	9.95	10.50	10.95	14.95
Jalfrezi	9.50	9.95	10.50	10.95	14.95
Madras	9.50	9.95	10.50	10.95	14.95
Vindaloo	9.50	9.95	10.50	10.95	14.95
Dansak	9.50	9.95	10.50	10.95	14.95
Pathia	9.50	9.95	10.50	10.95	14.95
Veg Saag Pathia	9.50	9.95	10.50	10.95	14.95

SUNDRIES

BoiledRice	3.50
Pilau Rice	3.75
Mushroom Rice	3.95
Egg Fried Rice	3.95
Keema Rice	3.95
Garlic Pea Rice	3.95
Garlic Rice	3.95
Vegetable Rice	3.95
Garlic Lemon Rice	3.95
Kushka Rice (Almond flakes & raisins)	3.95
Special Rice (Garlic & chilli)	3.95
Saag Rice (Spinach)	3.95
Coconut Rice	3.95
Onion Rice	3.95
Onion Bhaji Rice	3.95
Chips	3.50
Masala Chips	4.50
Cheesy Masala Chips	4.95
Pickle Tray (Limes, mango, onion salad & cucumber)	3.50
Naan	3.50
Family Naan (Plain or garlic)	7.95
Garlic Naan	3.95
Garlic Peshwari Naan	3.95
Garlic Keema Naan	3.95
Keema Naan	3.95
Peshwari Naan	3.95
Cheese Naan	3.95
Garlic & Cheese Naan	3.95
Garlic Chilli & Cheese Naan	3.95
Chilli Naan	3.95
Roti	3.50
Paratha	3.50
Stuffed Paratha (Vegetable)	3.95
Chapathi	2.00
Plain Popadom	1.00
Spiced Popadom	1.00

SET MEAL

FOR 2 PERSON - 55.00

2 x Popadoms & Pickle Tray

Any 2 Starters

Any 2 Main Dishes

Any 2 Rice

Any Side Dish

Any Naan Bread

(Excluding Family Naan)

FOOD ALLERGY? Ask before you eat...

Management advises that food prepared here may contain or have come into contact with peanuts, tree nuts, soybeans, milk, eggs, wheat fish or shellfish. If you have, or think you may have any food allergy please discuss matters with our staff before you order.

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ABDAL'S KITCHEN

Bangladeshi & Indian Cuisine