

LIGHT OF BENGAL

Tandoori Restaurant & Takeaway

A LA CARTE MENU

Starters

| | |
|---|------|
| Papadoms G (plain or Spicy) | 0.80 |
| Onion Bhaji G | 3.50 |
| Chicken or Lamb Tikka | 4.20 |
| Tandoori Chicken (on the bone) | 4.10 |
| Lamb or Veg dosa | 4.60 |
| Puri (Chicken or Prawn) G S | 4.75 |
| Samosa (Meat or Veg) G | 4.10 |
| Sheek Kebab | 3.95 |
| Mix kebab | 4.95 |
| Bangla Mix Puri (Sweet and Tangy) G S | 4.95 |

Tawa Chef's Specials

(Tawa cooked with onions, green peppered, strongly spiced and herbed, served on a sizzling pan)

| | |
|--|-------|
| Tawa Chicken Tikka Gar Chilli V | 9.95 |
| Tawa Chicken Tikka Jalfrezi V | 9.95 |
| Tawa Chicken Tikka Mushroom Saag | 9.95 |
| Tawa Lamb Jalfrezi V | 9.95 |
| Tawa Lamb Saag | 9.95 |
| Tawa Prawn S | 9.95 |
| Tawa King Prawn Mushroom Saag S | 14.75 |
| Tawa Mixed Chef's Special S | 10.95 |
| Tawa Veg | 6.95 |

ALLERGY NOTICE

Our dishes may contain: gluten, crustaceans, molluscs, eggs, fish, peanuts, nuts, soybeans, milk, celery, mustard, sesame seeds, lupin and sulphur dioxide. If you are allergic to certain ingredients please notify our staff before ordering.

KEY

Vegetarian: **V** Nuts: **N** Dairy: **D** Egg: **E**

Gluten: **G** Seafood: **S**

Tandoori paste is used as a marinade on all chicken tikka, lamb tikka & tandoori king prawn dishes which may contain Nuts. All tikka dishes are dairy & contain nuts

🔥 = Slightly Hot 🔥🔥 = Hot 🔥🔥🔥 = Madras Hot 🔥🔥🔥🔥 = Vindaloo Hot

Homemade Chef's

(these dishes are of various strengths)

Recommended Specials

| | |
|---|-------|
| Chicken or Lamb Tikka Massala N D | 9.50 |
| Chicken or Lamb Passanda N D | 9.50 |
| (Sweet with Almond) | |
| Butter Chicken N D | 9.50 |
| Karishma N D | 9.50 |
| (Mild with Mango and Almond) | |
| Chicken Jalfrezi (Fairly Hot) V | 9.50 |
| Chicken Chilli Masalla V N | 9.50 |
| Spicy Chicken or Lamb Baza | 9.95 |
| Chicken Makhani N D | 9.95 |
| Chicken or Lamb Aloo Paneer D | 9.95 |
| Salmon Bhuna (May have bones) S | 9.95 |
| Tandoori King Prawn Jalfrezi V S | 14.95 |

Balti Special Dishes

These dishes contain dairy

| | |
|---|-------|
| Balti Chicken Saag | 9.95 |
| Balti Chicken Mushroom | 9.95 |
| Balti Chicken Garlic Chilli V | 9.95 |
| Balti Chicken Jalfrezi V | 9.95 |
| Balti Lamb Saag | 9.95 |
| Balti Lamb Mush | 9.95 |
| Balti Lamb Jalfrezi V | 9.95 |
| Balti Prawn Saag S | 9.95 |
| Balti King Prawn Mushroom Saag S | 14.75 |
| Balti Mix Special S | 10.95 |
| Balti Veg | 6.95 |

Traditional Dishes

Curry, Madras **V**V****V**, Vindaloo **V****V****V****V**,
Ceylon **V****V**, Malaya **D** **N** (With pineapple),
Kasmiri **D** (with lychees), Bhuna,
Dupiaza, Rogan, Dhansak **V****V**,
Pathia **V****V**, Kurma **D****

| | |
|---------------|-------|
| Chicken | 7.85 |
| Chicken Tikka | 8.35 |
| Lamb | 8.25 |
| Lamb Tikka | 8.65 |
| Prawn | 8.25 |
| King Prawn | 12.95 |
| Veg | 6.95 |

Duck Specialities

| | |
|---|-------|
| Duck Rezalla (Fairly Hot) V D | 12.95 |
| Duck Karishma N D | 12.95 |
| (Mild With Mango and Almonds) | |
| Duck Sashlick (Grilled, Served with Salad) | 12.95 |

Bangladeshi Specialities

(these dishes are of various strengths)
(king prawn & duck £3 extra)

| | |
|---|-------|
| Bengal Tiger Special V | 10.95 |
| (Hot, Sweet and Sour) | |
| Rajasthani Bhuna (With Saag) V | 10.95 |
| Bengali Naga (Hot) V V V | 9.95 |
| Shat Kora (Hot with Citrus) V | 9.95 |
| Rezalla (Hot with Yoghurt) D V | 10.95 |
| Kathmandu Special V | 10.95 |
| (Hot, Sweet and Sour) | |
| Sagarona D | 10.95 |
| (chicken with a cream and mint dressing) | |
| Roshoon Paneer (garlic and cheese) D | 10.95 |
| Bangla Thai Special V | 10.95 |

Tandoori Oven

All following dishes are served with salad and mint sauce

| | |
|--|-------|
| Chicken Tikka | 8.20 |
| Lamb Tikka | 8.95 |
| Tandoori Chicken | 8.20 |
| Shaslick Chicken or Lamb | 9.95 |
| Tandoori Platter | 11.95 |
| Moricha Chicken or Lamb Tikka V | 9.95 |

English Dishes

| | |
|-----------------------------|------|
| Omelette and chips | 6.20 |
| Mushroom Omelette and chips | 6.50 |
| Chicken Omelette and chips | 6.50 |
| Chicken and chips | 6.50 |

Biryani

(These dishes are served with vegetable curry)

| | |
|---------------------|-------|
| Chicken | 8.95 |
| Chicken Tikka | 9.95 |
| Lamb | 9.95 |
| Prawn S | 9.95 |
| Mix S | 10.95 |
| King Prawn S | 14.75 |
| Veg or Mushroom | 6.95 |

Side Dishes

| | |
|------------------------------------|------|
| Bombay Potatoes | 4.10 |
| Saag Aloo | 4.10 |
| Saag Paneer D | 4.10 |
| Saag Bhaji | 4.10 |
| Gobi Bhaji | 4.10 |
| Tarkha Daal | 4.10 |
| Bhindi Bhaji | 4.10 |
| Brinjal Bhaji | 4.10 |
| Chilli Paneer V D | 4.10 |
| Raita (cucumber or onion) D | 1.60 |

Breads **G** **E** **D**

| | |
|------------------------------------|------|
| Nan | 2.75 |
| Garlic Nan | 3.75 |
| Peshwari Nan (sweet) | 3.75 |
| Keema Nan (mince) | 3.75 |
| Cheese Nan | 3.75 |
| Chilli and Corriander Nan V | 3.75 |
| Chapatti | 1.20 |
| Paratha | 2.30 |

Rices

| | |
|---|------|
| Pilau Rice | 2.70 |
| Boiled Rice | 2.60 |
| Onion Rice | 2.80 |
| Egg Rice E | 3.70 |
| Mushroom Rice | 3.70 |
| Vegetable Rice | 3.70 |
| Coconut Rice | 3.70 |
| Special Rice(egg and peas) E | 3.70 |
| Garlic Rice | 3.70 |
| Keema Rice | 3.80 |
| Bengal Rice (sweet with nuts) N D | 3.90 |
| Chips | 3.10 |

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TAKEAWAY PRICE LIST

Starters

| | |
|---|------|
| Papadoms (plain or Spicy) G | 0.70 |
| Onion Bhaji G | 2.95 |
| Samosa (Meat or Veg) G | 3.10 |
| Puri (Chicken or Prawn) G S | 3.70 |
| Chicken Tikka | 3.25 |
| Lamb Tikka | 3.35 |
| Tandoori Chicken (on the bone) | 3.25 |
| Sheek Kebab | 2.95 |
| Light of Bengal Mix kebab | 4.35 |

Tawa Chef's Specials

(Tawa cooked with onions, green peppered, strongly spiced and herbed, served on a sizzling pan)

| | |
|---|-------|
| Tawa Chicken Tikka Gar Chilli 🌶️ | 8.75 |
| Tawa Chicken Tikka Jalfrezi 🌶️ | 8.75 |
| Tawa Chicken Tikka Mushroom Saag | 8.75 |
| Tawa Lamb Jalfrezi 🌶️ | 8.95 |
| Tawa Lamb Saag | 8.95 |
| Tawa Prawn S | 8.95 |
| Tawa King Prawn Mushroom Saag S | 13.95 |
| Tawa Mixed Chef's Special S | 9.20 |
| Tawa Veg | 6.20 |

Homemade Chef's

(these dishes are of various strengths)

Recommended Specials

| | |
|---|-------|
| Chicken or Lamb Tikka Massala D N | 7.50 |
| Chicken or Lamb Passanda D N | 7.50 |
| Butter Chicken D N | 7.50 |
| Karishma (Mild With Mango and Almond) D N | 7.50 |
| Chicken Jalfrezi 🌶️ | 7.50 |
| Chicken Chilli Masalla 🌶️ N | 7.50 |
| Spicy Chicken or Lamb Baza | 7.95 |
| Salmon Bhuna (May Have Bones) 🌶️ S | 8.95 |
| Tandoori King Prawn Jalfrezi 🌶️ S | 13.95 |

Balti Special Dishes

These dishes may contain dairy

| | |
|---|-------|
| Balti Chicken Saag | 8.75 |
| Balti Chicken Mushroom | 8.75 |
| Balti Chicken Garlic Chilli 🌶️ | 8.75 |
| Balti Chicken Jalfrezi 🌶️ | 8.75 |
| Balti Lamb Saag | 8.95 |
| Balti Lamb Mush | 8.95 |
| Balti Lamb Jalfrezi 🌶️ | 8.95 |
| Balti Prawn Saag S | 8.95 |
| Balti King Prawn Mushroom Saag S | 13.95 |
| Balti Mix Special S | 9.20 |
| Balti Veg | 6.20 |

Traditional Dishes

Curry, Madras **🌶️🌶️**, Vindaloo **🌶️🌶️🌶️**, Ceylon **🌶️**,
Malaya **D** **N** (With pineapple),
Kasmiri **D** (with lychees), Bhuna, Dupiaza,
Rogan, Dhansak **🌶️**, Pathia **🌶️**, Kurma **D**

| | |
|---------------|-------|
| Chicken | 5.50 |
| Chicken Tikka | 6.95 |
| Lamb | 6.10 |
| Lamb Tikka | 6.95 |
| Prawn | 6.10 |
| King Prawn | 11.95 |
| Veg | 5.40 |

Tandoori Oven

All following dishes are served with salad and mint sauce

| | |
|--------------------------|-------|
| Chicken Tikka | 6.20 |
| Lamb Tikka | 6.95 |
| Tandoori Chicken | 6.40 |
| Shaslick Chicken or Lamb | 9.90 |
| Tandoori Platter | 10.95 |

Side Dishes

| | |
|----------------------|------|
| Bombay Potatoes | 3.10 |
| Saag Aloo | 3.10 |
| Saag Paneer D | 3.10 |
| Saag Bhaji | 3.10 |
| Gobi Bhaji | 3.10 |
| Chana Bhuna | 3.10 |
| Tarkha Daal | 3.10 |
| Bhindi Bhaji | 3.10 |
| Aubergine Bhaji | 3.10 |

Breads **D** **E** **G**

| | |
|---------------------------|------|
| Nan | 2.25 |
| Garlic Nan | 2.75 |
| Peshwari Nan (sweet) | 2.75 |
| Keema Nan (mince) | 2.75 |
| Cheese Nan | 2.75 |
| Chilli and Corriander Nan | 2.75 |
| Chapatti | 1.20 |
| Paratha | 1.95 |

Rices

| | |
|---|------|
| Pilau Rice | 2.35 |
| Boiled Rice | 2.20 |
| Onion Rice | 2.35 |
| Garlic Rice | 2.95 |
| Mushroom Rice | 2.95 |
| Vegetable Rice | 2.95 |
| Coconut Rice | 2.95 |
| Special Rice(egg and peas) E | 2.95 |
| Keema Rice | 2.95 |
| Bengal Rice (sweet with nuts) D N | 3.20 |
| Chips | 2.60 |

Pickles

| | |
|-------------------------------------|------|
| Onion Chutney | 0.50 |
| Mango Chutney | 0.50 |
| Mint Sauce D | 0.50 |
| Bengali Chutney | 0.50 |
| Lime Pickle | 0.50 |
| Chilli Pickle | 0.50 |
| Raitha (cucumber or onion) D | 1.10 |

ALLERGY NOTICE

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🌶️ = Slightly Hot **🌶️🌶️** = Hot **🌶️🌶️🌶️** = Madras Hot **🌶️🌶️🌶️🌶️** = Vindaloo Hot