

**VEGETABLE SIDE DISHES**

SABZI CURRY (Vegetables) (v)	£2.95
SAAG BHAJEE (Spinach) (v)	£2.95
ALOO GOBI (Potatoes & Cauliflower)(v)	£3.20
CAULIFLOWER BHAJEE(v)	£2.95
MUSHROOM BHAJEE (v)	£2.95
BRINJAL BHAJEE (Aubergine) (v)	£2.95
SAAG AND CAULIFLOWER BHAJEE (Spinach) (v)	£3.20
CHANA MASSALA (Chickpea) (v)	£2.95
SABZI BHAJEE (Vegetables)(v)	£2.95
SAAG ALOO (v)	£3.20
BOMBAY ALOO (Potatoes) (v)	£2.95
BHINDI BHAJEE (Okra) (v)	£2.95
TARKA DHAAL (Lentils) (v)	£2.95
ONION BHAJEE (v)	£2.95
DAL SAMBA (Lentils and Veg) (v)	£3.50
SAAG CHEESE (Spinach and Cheddar Cheese) (v)	£3.95
SAAG PANEER (Spinach and Indian Cheese) (v)	£3.95
MATTAR PANEER (Pea's & Indian Cheese)	£3.95
CHANA PANEER (ChickPeas & Cheese) (v)	£3.95
BANGLADESHI DHAAL (with garlic & roasted chillies) (v)	£3.95

**OTHER MAIN DISHES**

ROAST CHICKEN*	£8.95
MUSHROOM OMELETTE*	£7.95
CHICKEN SALAD	£7.95
LIGHT TANDOORI ROAST*	£8.95
PLAIN OMELETTE*	£7.95
PRAWN SALAD	£7.95

\*THESE DISHES ARE SERVED WITH SALAD, PEAS, TOMATO AND CHIPS

**NAN & SUNDRIES**

ELEPHANT NAN (sit down only)	£5.95
NAN (leavened bread)	£2.20
KULCHA NAN (Potato & Onions)	£2.50
GARLIC NAN	£2.50
STUFFED NAN	£2.50
KEEMA NAN (minced Meat)	£3.00
PESHWARI NAN	£2.70
CHILLI NAN	£2.50
CHEESE NAN	£2.70
PIZZA NAN	£3.95
PARATHA (layered bread)	£2.20
STUFFED PARATHA (Vegetables)	£2.70
TANDOORI ROTI	£2.20
CHAPATI	£1.75
PUREE (deep fried puffy bread)	£1.75
CUCUMBER OR ONION RAITHA	£1.60
CHUTNEY OR PICKLE	£0.90
PAPADOM (spiced or plain)	£0.80
CHIPS	£2.10
GREEN SALAD (v)	£1.95

**RICE**

PLAIN RICE (v)	£2.20
PILAU RICE (Basmati) (v)	£2.50
COCONUT RICE (v)	£3.25
SPECIAL FRIED RICE	£3.25
EGG FRIED RICE	£3.25
VEGETABLE FRIED RICE (v)	£3.25
MUSHROOM FRIED RICE (v)	£3.25
ONION FRIED RICE (v)	£3.25
PEAS RICE (v)	£3.25
GARLIC RICE (v)	£3.25
LEMON RICE (v)	£3.25
CHILLI RICE (v)	£3.25
KEEMA FRIED RICE	£3.95
CHICKEN TIKKA RICE	£3.95
MEAT RICE	£3.95

Please note in our cooking some of the dishes contain almonds, sultanas and powdered coconut. If anyone is allergic to these, please inform us. Thank you.

# THE BENGAL

RESTAURANT AND TAKEAWAY

## TAKEAWAY MENU



Open Tuesday - Sunday 6.00 - 11.00pm

(Closed Monday's except Bank Holidays)

70 High Street, Wickham Market, Woodbridge IP13 0QU  
Ample parking available on village square, free parking after 6.00pm

01728 747767/747197

email: thebengal1@outlook.com



www.the-bengal.co.uk



## STARTERS

ONION BHAJI (v)	£2.95
CHICKEN TIKKA	£3.95
LAMB TIKKA	£3.95
TANDOORI CHICKEN	£3.95
SHEEK KEBAB	£3.95
SHAMI KEBAB	£3.95
RESHMI KEBAB	£4.95
PANEER TIKKA (v)	£3.95
CHICKEN PAKORA	£3.95
KING PRAWN BUTTER FRIED	£4.95
GARLIC MUSHROOM PUREE (v)	£3.95
KEBAB PUREE	£3.95
PRAWN PUREE	£3.95
KING PRAWN PUREE	£4.95
PRAWN COCKTAIL	£3.95
CHICKEN CHAT	£3.95
ALOO CHAT (v)	£3.70
VEG CHAT (v)	£3.70
LAMB OR VEG SAMOSA (v)	£3.50
LENTIL SOUP (v)	£3.20
CHICKEN TIKKA PUREE	£4.95
BENGAL ROLL (signature starter)	£6.95
MIXED STARTER (one person) <i>Onion Bhaji, Chicken Tikka, Chicken Pakora, Lamb Tikka</i>	£4.95
MIXED PLATTER (two persons) <i>Chicken Tikka, Onion Bhaji, Sheek Kebab, Samosa</i>	£8.45
MIXED KEBAB (one person) <i>Chicken Tikka, Lamb Tikka, Sheek Kebab</i>	£4.95
VEG MIXED STARTER (one person) (v)	£4.45
<i>Onion Bhaji, Veg Samosa, Veg Pakora</i>	

## MAINS

<b>TANDOORI</b> <i>Dishes will be prepared in a marinade and roasted in cylindrical clay oven</i>	
<b>TANDOORI CHICKEN</b>	£7.95
<i>Spring Chicken, marinated and barbecued on the bone</i>	
<b>CHICKEN OR LAMB TIKKA</b>	£7.95
<i>Skewered pieces of Chicken marinated and barbecued</i>	
<b>KING PRAWN TIKKA</b>	£11.95
<i>Whole King Prawns, spiced and barbecued over charcoal</i>	
<b>CHICKEN OR LAMB SHASHLIK</b>	£8.95
<i>Pieces of Chicken or Lamb spiced and marinated with pieces of onions, tomatoes and peppers for a very juicy taste</i>	
<b>MIXED SHASHLIK</b>	£9.95
<i>Pieces of Chicken and Lamb spiced and marinated with pieces of onions, tomatoes and peppers for a very juicy taste</i>	
<b>KING PRAWN SHASHLIK</b>	£11.95
<i>King Prawns spiced and marinated with pieces of onions, tomatoes and peppers for a very juicy taste</i>	
<b>PANEER TIKKA SHASHLIK (v)</b>	£8.95
<i>Traditional Indian Cheese spiced and marinated with pieces of onions, tomatoes and peppers for a very juicy taste</i>	
<b>TANDOORI MIXED GRILL</b>	£11.95
<i>A Mixture of Lamb Tikka, Chicken Tikka, Sheek Kebab and Tandoori Chicken marinated and barbecued in clay oven</i>	

<b>SALMON TIKKA</b>	£10.95
<i>Freshly sourced Salmon, marinated in Tandoori spices and charcoal grilled</i>	

## BIRIANI

*These aromatic dishes are prepared  
with Pilau Rice tossed in butter,  
garnished with pieces of onions,  
tomatoes, cucumber and served  
with a side dish of vegetable curry*

CHICKEN OR LAMB BIRIANI	£8.95
PRAWN BIRIANI	£8.95
KING PRAWN BIRIANI	£12.95
TANDOORI CHICKEN BIRIANI	£9.95
CHICKEN TIKKA BIRIANI	£9.95
LAMB TIKKA BIRIANI	£9.95
MIXED BIRIANI	£12.95
VEGETABLE BIRIANI (v)	£7.95

## HOUSE SPECIALITIES

## MILD SPECIALITIES

<b>COLFANA</b> <i>Cooked with Mango and Honey in a mild creamy sauce</i>	
CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

<b>SHERAJI</b> <i>Cooked with Tia Maria in a mild creamy sauce</i>	
CHICKEN OR LAMB	£9.95
PRAWN	£9.95
KING PRAWN	£10.95
VEGETABLE (v)	£7.50

CHICKEN OR LAMB	£9.95
PRAWN	£9.95
KING PRAWN	£10.95
VEGETABLE (v)	£7.50

<b>CHICKEN TIKKA MASSALA</b> <i>Delicately flavoured in a mild sweet creamy sauce</i>	
CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

<b>BADAMI</b> <i>Cooked with almonds and crushed pistachio in mild creamy sauce</i>	
CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

<b>PASSANDA</b> <i>Cooked with Almonds and Mango in a special rich sauce with fresh cream</i>	
CHICKEN TIKKA OR LAMB TIKKA	£8.95
PRAWN	£8.95
KING PRAWN TIKKA	£10.95
VEGETABLE (v)	£6.95

CHICKEN TIKKA OR LAMB TIKKA	£8.95
PRAWN	£8.95
KING PRAWN TIKKA	£10.95
VEGETABLE (v)	£6.95

<b>BUTTER CHICKEN</b> <i>Cooked with butter in a mild creamy sauce</i>	
CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

<b>LAYERED MAKNI</b> <i>This dish has two layers, the bottom is cooked with mixed herbs and spices &amp; the top is a mild creamy sauce</i>	
CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

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**MIX MASSALA** £9.95

*Chicken, Lamb, Prawn and King Prawn cooked in a sweet mild creamy sauce*

**MEDIUM SPECIALITIES****SHASHLIK BHUNA**

*Pieces of Chicken or Lamb spiced and marinated with pieces of onions, tomatoes and peppers cooked in a bhuna sauce*

**CHICKEN OR LAMB** £9.95**RAZELLA**

*Medium spiced, garnished with fried potato strips*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £7.50**ARCHARI**

*Cooked with mixed pickle, a tangy taste, spiced to individual palate*

**CHICKEN OR LAMB** £8.95**PRAWN** £7.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**KORAI**

*Medium spiced with onions and peppers*

**CHICKEN OR LAMB** £7.95**PRAWN** £7.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**MUGHLAI**

*Medium bhuna style cooked in an Indian yoghurt sauce*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**GARLIC BHUNA**

*Cooked with fresh garlic, ginger and coriander*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**SYLHETI**

*Medium spiced cooked with exotic shatkora giving a unique citrus flavour tantalising to the tongue*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**MODU**

*Cooked with honey to create a wonderful sweet delicate flavour*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**CHEF'S SPECIALS****MURGH MASSALA** £9.95

*Freshly marinated charcoal grilled Tandoori Chicken stripped off the bone and cooked with minced meat*

**TANDOORI MASSALA BHUNA** £9.95

*Tandoori chicken off the bone with fresh herbs and spices*

**GOAT CURRY** £9.95

*Traditionally home cooked style in a medium sauce with fresh spices, garlic, ginger, tomato and onions*

**HOT SPECIALITIES****CHILLI MASSALA**

*Cooked with fresh green chillies and finely diced peppers*

**CHICKEN OR LAMB** £7.95**PRAWN** £7.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**JALFREZI**

*Jalfrezi madras hot with fresh chillies, onions and peppers*

**CHICKEN OR LAMB** £7.95**PRAWN** £7.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**CHICKEN TIKKA HOT MASSALA**

*Traditional Chicken Tikka massala cooked in a madras hot sauce*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**NAGA**

*Cooked with onions and peppers in a thick sauce with Bengal Naga which creates an authentic flavour*

**CHICKEN OR LAMB** £8.95**PRAWN** £8.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**SOUTH INDIAN GARLIC CHILLI****CHICKEN OR LAMB** £9.95

*Cooked in a thick sauce with fresh green chillies and garlic*

**LAMB & CHICKEN SIZZLER**

*Succulent slow cooked Lamb or Chicken prepared with garlic, onions and fresh chillies in a saucy base*

**CHICKEN** £9.95**LAMB** £9.95**\*WARNING\*****INFERNO (have at your own risk)**

*Cooked in a thick sauce with diced onions, peppers and fresh chillies, with unique dried fried chillies*

**CHICKEN OR LAMB** £7.95**PRAWN** £7.95**KING PRAWN** £10.95**VEGETABLE (v)** £6.95**BALTI SPECIALITIES**

*These dishes are all cooked with garlic, ginger, capsicum and coriander in a traditional balti paste that gives a unique tantalising flavour*

**CHICKEN** £8.95**LAMB** £8.95**PRAWN** £9.95**KING PRAWN** £10.95**FISH** £9.95**VEGETABLE (v)** £7.95**BALTI MASSALA** – mild**BALTI GARLIC** – medium**BALTI ORIGINAL** – medium**BALTI DOPIAZA** – medium**BALTI KORAI** – medium**BALTI DANSAK** – hot**BALTI SAAG** – medium**BALTI JALFREZI** – hot

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## FISH SPECIALITIES

*Lightly Fried marinated Tilapia  
Filleted Indian Fish*

**MAAS BHUNA** £9.95

*Cooked with finely diced onions  
and peppers cooked at a point  
where the blistering flavours  
come out and don't over power  
the fish flavours - medium*

**MAAS BIRAN** £9.95

*Traditionally home cooked style  
with long cut onions with capsicum  
and bay leaf, lightly spiced with fresh  
green chillies in dry based sauce to bring  
out authentic flavours – medium/hot*

**MAAS ZAALFREZ** £9.95

*Cooked in a special Jalfrezi sauce  
with a touch of Balti paste, bay leaf,  
fresh green chillies and comes out on  
heated dish - hot*

## TRADITIONAL CURRIES

### MILD CURRIES

#### KORMA

*Very mild and thick sauce with  
cream and coconut*

CHICKEN OR LAMB	£6.95
PRAWN	£6.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.50

#### KASHMIRI

*Cooked with Banana in mild sauce*

CHICKEN OR LAMB	£6.95
PRAWN	£6.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.50

## MALAYA

*Cooked with Pineapple in a mild sauce*

CHICKEN OR LAMB	£6.95
PRAWN	£6.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.50

## MEDIUM CURRIES

#### BASIC CURRY

*Cooked in medium sauce*

CHICKEN OR LAMB	£6.95
PRAWN	£6.95
KING PRAWN	£9.95
VEGETABLE (v)	£6.00

#### BHUNA

*Medium moist curry cooked with fresh  
spices, onions, green pepper and coriander*

CHICKEN OR LAMB	£6.95
PRAWN	£6.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.50

#### ROGAN JOSH

*Medium moist base garnished  
with onions and fried tomato*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.50

#### DOPIAZA

*Cooked in a moist sauce with  
medium sliced onions and peppers*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.50

## SAAG DISHES

*Cooked with spinach - Medium*

CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

#### SAAGWALA

*Cooked with spinach  
and paneer cheese*

CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

#### KEEMA PEAS

*Minced Lamb, cooked along  
with fresh peas*

CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

CHICKEN OR LAMB	£8.95
PRAWN	£8.95
KING PRAWN	£10.95
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PRAWN	£8.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

## HOT CURRIES

#### MADRAS

*Cooked in a runny based sauce,  
fairly hot*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

## CEYLON

*Cooked with coconut in a runny  
based sauce, fairly hot*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

#### PATHIA

*Sweet and sour madras hot with onions*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

#### DANSAK

*Sweet and sour flavour with  
Lentils madras hot*

CHICKEN OR LAMB	£7.50
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

#### VINDALOO

*Strongly flavoured in a rich sauce,  
cooked with potato, very hot*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

#### PHALL

*Strongly flavoured in a rich sauce,  
extremely hot*

CHICKEN OR LAMB	£6.95
PRAWN	£7.95
KING PRAWN	£10.95
VEGETABLE (v)	£6.95

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