

**Penshaw
Tandoori
Restaurant**
We Serve You With The Flavour

No. 13 Chester Road, Penshaw
Telephone: (0191) 512 0015
Website: www.penshawtandoori.co.uk

Penshaw provides a quality, quick and efficient service
And also provides containers and carriers free.
We are specialised in Balti's, Tandoori's also various Curries and Biryani's.
Save your valuable time-order your favourite meal by telephone,
collect at your convenience and enjoy in the comfort of your own home.

OPENING HOURS

	Lunch	Evening
Mon- Thurs		6-11.30
Friday		6-11.30
Saturday	12-2.30	6-11.30
Sunday		6-11.00

We accept most major Credit Cards.

Sunday and Thursday
4 Course Special
£8.95

(Sit in Only)

STARTERS

 CHICKEN
 BREADS
 SANDWICHES

INDIAN HORS D'OUVRES	Take Out	Eat In
Mass Tikka.....	2.95	3.95
Kakra Biran (Crab).....	2.95	3.95
Hamuk Biran (Mussels).....	2.95	3.95
Chingri Biran.....	2.95	3.95
Mass Biran.....	2.95	3.95
Tandoori Mixed Kebab.....	2.95	3.95
Tikka Lamb.....	2.75	3.75
Tikka Chicken.....	2.25	2.60
Tikka Paneer.....	2.95	3.95
Sheek Kebab or Aloo Chatt.....	2.25	2.60
Onion Bhaji.....	1.75	2.25
Chicken Chatt.....	2.25	2.75
Samosa.....	2.25	2.95
Bhuna Prawn on Puri.....	2.25	2.75
King Prawn Bhaji on Puri.....	3.25	3.95
Chana Bhaji on Puri.....	2.25	2.75
Begoan Pakora.....	2.25	2.75
Chicken Pakora.....	2.25	2.75
King Prawn Pakora.....	3.25	3.95
Prawn Cocktail.....	1.95	2.05
Melon.....	1.75	2.05
Mulligatawny Soup.....	2.45	2.65
Dall, Cream of Chicken or Tomato Soup.....	2.25	2.65
King Prawn Butterfly.....	3.25	3.75
Kebab Puri.....	2.75	3.75
Chicken Bhaji or Keema on Puri.....	2.45	2.75
Channa Chat.....	2.45	2.75
Chicken Kebab.....	2.95	3.95
Shami Kebab.....	2.95	3.95
Chicken Reshmi.....	2.95	4.05
Meat Reshmi.....	2.95	4.05
Vegetable Kebab Roll.....	2.95	3.95
Gabbor Kebab.....	2.75	3.75
Macher Bora.....	2.45	3.25
<i>A fish kebab served with tuna fish, fresh herbs and spices</i>		
Tandoori Dhakna.....	2.45	3.45
<i>Chicken Wings marinated in fresh herbs and spices, served with minty yoghurt sauce and spices</i>		
Chingri Mirch.....	2.95	3.95
<i>Lightly spiced prawns served in baked green peppers.</i>		
Palak Pakora.....	2.45	2.75
<i>Lightly spiced spinach in crispy pastry wrap. Served with Tamarind sauce</i>		

Menu

MAIN COURSES TANDOORI SPECIALITIES

Traditional method of barbecuing over flaming charcoal on skewers. Chicken, mutton or fish, individually marinated in sauce with delicate herbs and different mixed spices for a few hours being cooked and garnished with salad. Tandoori dishes are among the outstanding delicacies of India.

Tandoori Chicken.....	5.75	6.75
Mixed Tandoori.....	6.95	7.95
Tandoori King Prawn.....	6.75	7.95
Tikka Chicken.....	5.75	6.95
Tikka Lamb.....	5.95	7.25
Chicken Shashlik.....	6.95	8.25
Lamb Shashlik.....	7.25	8.75
Fried Garlic Chicken Tikka.....	7.25	8.25

SPECIAL FLAVOURED VARIETIES OF TANDOORI CURRIES (RICE NOT INCLUDED)

Tandoori Chicken Masala (All Masala's are cooked with almonds)	6.25	7.25
Tikka Chicken Masala.....	6.25	7.25
Tikka Lamb Masala.....	6.75	7.25
Tandoori King Prawn Masala.....	7.75	8.75
Tikka Chicken Bhuna, Dupiaza or Rogan.....	6.75	7.75
Chicken Jal Faraizi.....	6.95	8.25
Makhani Chicken.....	6.75	7.75
Karai Gosht.....	6.05	7.25
King Prawn Makhani.....	7.75	8.25
Tikka Chicken Dansak, Samba or Amlee.....	6.75	7.75
Sag or Karai Tikka Chicken.....	6.95	7.95
Chicken or Nargisi Kofta Masala.....	6.95	7.95
Chicken Tikka Zeera.....	6.95	7.95
Chicken Lanka Pizza.....	6.95	7.95
Lamb Lanka Pizza.....	7.25	8.25
Butter Chicken Tikka.....	6.95	7.95

CURRY DISHES

BIRYANI DISHES

A Biryani is made with special flavoured Basmati rice together with a mixture of spices, sultanas and cashew nuts, served with a special vegetable curry.

Tikka Chicken Biryani.....	7.25	8.25
Chicken Biryani.....	5.95	7.75
Beef Biryani.....	5.95	7.75
Lamb Biryani.....	6.25	7.95
Prawn Biryani.....	5.95	7.75
King Prawn Biryani.....	7.25	8.25
Mixed Biryani (beef, lamb, prawns, king prawn, chicken).....	7.75	8.75

MEDIUM CURRY DISHES

Chicken Curry.....	3.95	4.95
Beef Curry.....	3.95	4.95
Lamb Curry.....	4.45	5.45
Prawn Curry.....	4.60	5.60
King Prawn Curry.....	5.95	7.10

Menu

MADRAS DISHES- FAIRLY HOT

Madras Chicken.....	4.15	5.15
Madras Beef.....	4.15	5.15
Madras Lamb.....	4.65	5.65
Madras Prawn.....	4.75	5.75
Madras King Prawn.....	6.05	7.15

VINDALOO DISHES- VERY HOT

Chicken Vindaloo.....	4.25	5.20
Beef Vinaloo.....	4.25	5.20
Lamb Vindaloo.....	4.70	5.70
Prawn Vindaloo.....	4.70	5.70
King Prawn Vindaloo.....	6.10	7.20

DANSAK DISHES

A parsee dish, sour and hot, cooked with lentils and pineapples.

Chicken Dansak.....	4.25	5.75
Beef Dansak.....	4.25	5.75
Lamb Dansak.....	4.75	5.95
Prawn Dansak.....	4.75	5.80
King Prawn Dansak.....	6.25	7.45

PATHIA DISHES

This dish is derive from the use of tomatoes, with a mixture of spices.

Chicken Pathia.....	4.25	5.75
Beef Pathia.....	4.25	5.75
Lamb Pathia.....	4.75	5.95
Prawn Pathia.....	4.75	5.80
King Prawn Pathia.....	6.25	7.45

BHUNA DISHES

Cooked with a special blend of spices, medium hot and almost dry.

Bhuna Chicken.....	4.45	5.85
Bhuna Beef.....	4.45	5.85
Bhuna Lamb.....	4.75	5.95
Bhuna Prawn.....	4.95	6.05
Bhuna King Prawn.....	6.35	7.55
Special Bhuna Gosht (<i>strongly spiced with fresh spice</i>).....	5.95	7.55

DUPIAZA DISHES

Similar to Bhuna, onions mixed with spices and fries briskly.

Chicken Dupiaza.....	4.50	5.50
Beef Dupiaza.....	4.50	5.95
Lamb Dupiaza.....	4.90	6.25
Prawn Dupiaza.....	4.95	5.95
King Prawn Dupiaza.....	6.25	7.75

Menu

ROGAN DISHES

Rogan is prepared with Oriental Spices to make delicately flavoured sauce with a tinge of ginger, garlic and lots of tomatoes.

Chicken Rogan Josh.....	4.75	5.75
Beef Rogan Josh.....	4.75	5.75
Lamb Rogan Josh.....	4.95	5.95
Prawn Rogan Josh.....	5.05	6.25
King Prawn Rogan Josh.....	6.75	7.75

KURMA DISHES

Very mild, cooked with fresh cream and coconut.

Chicken Kurma.....	4.75	5.75
Beef Kurma.....	4.75	5.75
Lamb Kurma.....	4.95	5.95
Prawn Kurma.....	5.05	6.25
King Prawn Kurma.....	6.75	7.75
Vegetable Kurma.....	4.05	5.25

CHEF SPECIAL BOKRA BALTI

These are the Chef's special curries specially prepared for spicy lovers.

Balti Bokra Curry.....	7.75	8.75
Balti Bokra Bhuna.....	7.95	9.75
Balti Bokra Chilli.....	9.25	10.25
Special Garlic Bokra Balti.....	10.75	11.75
Chef Special Lamb Chop Balti.....	10.95	12.75

CHEF'S RECOMMENDED GARLIC DISHES

Garlic Chicken Tikka Badami.....	7.25	8.25
Garlic Chicken Tikka Bhuna.....	6.95	7.95
Garlic Chicken Tikka Curry.....	6.25	7.25
Garlic Chicken Curry.....	5.95	6.95
Garlic King Prawn.....	7.25	8.95
Garlic Prawn.....	5.95	8.25

FISH DISHES

The finest fresh fish available, unless specified. Served as a fillet.

Mass Bhuna Special.....	7.95	9.25
Ayre Mass Masala.....	6.95	8.25
<i>Slices of King of Bangladeshi fish known as Ayree, marinated overnight and served in a wonderful onion sauce.</i>		
Ayre Jalfrezi.....	6.95	8.75
<i>Fillet of Ayre in a terrific, hot spicy sauce of green chillies, turmeric, garlic and ginger</i>		
Kari Ayre.....	6.95	8.75
<i>Fillet of Ayra cooked in the Karai with fresh ginger. Garlic, tomatoes, onions and capsicum.</i>		
Bhaja Mass.....	6.95	8.75
<i>Fillet of Thalapiha cooked with spices. Dry and Hot dish.</i>		

Menu

SPECIAL FLAVOURED VARIETIES OF CURRY DISHES

Malayan Special Chicken.....	4.95	5.95
<i>Mild - cooked with banana and pineapple</i>		
Kashmiri Chicken.....	4.95	5.95
<i>Mild - cooked with cashew nut, sultanas and banana</i>		
Methi Gosht Lamb.....	5.95	6.25
<i>Fairly dry - cooked with methi leaf</i>		
Sri Lanka Chicken.....	4.95	5.95
<i>Special blend, fairly hot and spicy, cooked with coconut</i>		
Sag Gosht.....	5.25	6.25
<i>Cooked with Spinach</i>		
Karachi Chicken.....	4.95	6.25
<i>Hot and Spicy. Cooked with egg.</i>		
Pasanda.....	6.95	7.25
<i>Thin Lamb fillet cured in yoghurt and spices, highly flavoured - with nuts</i>		
Channa Gosht.....	5.25	7.25
Shahi Chicken Korma.....	5.25	7.25
Samba Gosht(fairly hot).....	5.25	7.25
Padina Curry Chicken or Meat.....	5.25	7.25
Shali Gusth Chicken or Meat.....	6.25	7.75
Chilli Chicken Special.....	6.95	7.75
Chef Special Mixed Curry.....	7.25	8.25
Podina Ghoust.....	5.95	6.75
<i>Lamb or Chicken, cooked with mint and medium spices similar to Bhuna</i>		

DUCK DISHES

Sweet Duck.....	6.95	8.25
<i>Lean slices of duck breast cooked with sweet mango and honey, in a mild sauce</i>		
Duck Roshuni.....	6.95	8.95
<i>Another Bhuna type curry, cooked with specially prepared spices with lots of fresh garlic, fresh coriander and chopped peppers. An ideal dish for garlic lovers.</i>		
Zahl Jhool Duck.....	6.95	8.75
<i>A duck breast cooked in a spicy sauce, very hot. A traditional Bengal Curry.</i>		

RICE DISHES

<i>Basmati Rice cooked with minced meat, Mushrooms, Egg and Vegetables.</i>		
Keema Pilau (minced meat).....	2.95	3.25
Vegetable, Peas or Mushroom Pilau.....	2.45	2.95
Egg, Onion or Lemon Pilau.....	2.45	2.90
Mixed Pilau or Egg Fried Rice.....	2.95	3.25
Plain Pilau Rice.....	2.05	2.25
Boiled Rice.....	1.75	1.95
Aloo, Garlic or Nut Pilau.....	2.95	3.25
Chips.....	1.75	2.05

Menu

SIDE DISHES

Mixed Vegetable Bhaji.....	2.95	3.95
Bindy Bhaji (<i>Ladies fingers</i>).....	2.75	3.25
Mushrooms, Spinach or Cauliflower Bhaji.....	2.75	3.25
Brinjal Bhaji (<i>Aubergine</i>).....	2.75	3.25
Sag Aloo or Aloo Ghobi.....	2.75	3.25
Bombay Potatoes or Dall Samba.....	2.75	3.25
Dall Tarka (<i>Lentils</i>).....	2.75	3.25
Channa Bhaji (<i>Chick Peas</i>).....	2.75	3.25
Sag Paneer.....	2.95	3.95

SUNDRIES

Paratha.....	1.75	2.20
Aloo Paratha.....	1.95	2.75
Keema Paratha.....	2.25	2.90
Chapati.....	0.95	1.05
Puree.....	0.85	1.05
Dhahi.....	0.60	0.90
Raitha (<i>Onion, cucumber, banana, and mixed Raitha</i>).....	0.95	1.25
Papadom.....	0.65	0.75
Spiced Papadom.....	0.75	0.95
Assorted Pickles (<i>Each</i>).....	0.75	0.90

VEGETARIAN DISHES

Thali Vegetable.....	7.25	8.25
<i>Bindy Bhaji, Vegetable Bhaji, Tarka Dall, Plain Pilau Rice & Tandoori Roti</i>		
Bhuna Vegetable or Mushroom.....	3.95	5.25
Vegetable or Mushroom Curry.....	3.95	5.25
Vegetable Biryani.....	5.25	6.25
Bhuna Aloo Gobi.....	4.25	5.75
Vegetable Samba.....	4.25	5.95

ENGLISH DISHES

Served with Chips, Peas and Tomatoes

Sirloin Steak.....	6.95	7.95
Roast Chicken.....	5.75	6.75
Scampi.....	5.75	6.75

SUPPORTING DISHES OF TANDOORI

Fresh bread baked in a clay oven

Plain Nan.....	1.45	1.95
Tandoori Roti.....	1.25	1.75
Keema Nan (<i>Mincemeat</i>).....	2.10	2.25
Peshwari Nan (<i>Sultanas and Almonds</i>).....	2.10	2.25
Kashmiran, Garlic or Egg Nan.....	2.10	2.25
Aloo Nan (<i>Potato and Spice</i>).....	2.10	2.25
Chilli Naan.....	2.15	2.95
Garlic Chilli Naan.....	2.25	3.25

Menu

CHEF'S SPECIALITIES

Balti Gosht.....	7.25	8.75
<i>Tender lamb, fairly hot spices, cooked with minced meat and fresh coriander. Served with Pilau Rice.</i>		
Tikka Chicken Chom Chom.....	7.25	8.75
<i>Tender Chicken, cooked with fresh eggs, fresh cream and mild spices. Served with Pilau Rice</i>		
Chicken Sabjee.....	7.75	8.75
<i>Cooked with Tikka Chicken, mixed vegetables with a mixture of Curry and Tandoori Spices. Served with Pilau Rice</i>		
Tandoor Bhuna Mosalla.....	7.95	9.75
<i>This dish is medium strength. Off-the-bone Tandoori Chicken and boiled egg. Cooked with a very special flavoured sauce, which is made with Minces together with other tasty medium spices. Served with Pilau Rice.</i>		
Murgh Massala.....	7.25	8.75
<i>Half Spring Chicken with spices and herbs soaked in fresh cream, then roasted tender and served with Basmati Rice.</i>		
Achari Chicken.....	7.25	8.75
<i>This dish is cooked with hot mix pickle, onions, peppers, tomatoes in a rich sauce.</i>		
Special King Prawn.....	8.25	9.75
<i>King Prawn cooked with mixed spices, onion, tomatoes and French beans. Served with Basmati Rice.</i>		
Mogali Chicken Biryani.....	7.25	8.75
<i>Chicken cooked in ghee with mixedspices, herbs, Basmati Rice, nuts and Sultanas.</i>		
Chingri Kacha.....	7.25	8.75
<i>Prawn cooked with fresh green chilli, fresh coriander and other spices. Served with Basmati Rice.</i>		
Kitchen Special.....	7.95	8.95
<i>Mince Meat, Mushrooms and other tasty medium spices. Served with Pilau Rice.</i>		

BALTI DISHES

<i>Cooked with onion, tomatoes and capsicum, served with 2 Tandoori Roti's or a Nan.</i>		
Balti Chicken or Meat.....	7.25	8.95
Blati Lamb, Keema or Prawn.....	7.75	8.95
Balti King Prawn.....	8.75	9.95
Mixed Balti.....	9.75	10.75
Balti Chicken Tikka.....	8.75	9.95
Balti Chicken Mosala.....	8.75	8.95
Balti Chicken Rogan Josh.....	8.95	9.95
Balti Chicken or Meat Bhuna.....	8.75	8.95
Balti Bhuna Keema.....	8.75	9.75
Balti Chicken Chilli Mosala.....	9.25	10.25
Balti Special Garlic King Prawn.....	10.75	11.95
Balti Special Garlic Chicken Tikka.....	9.95	11.75

CHICKEN BREAST ONLY

MEALS FOR 2 PERSONS

Kitchen Special £15.75

This dish is medium strength. Off-the-bone Tandoori Chicken and boiled egg. Cooked with a very special flavoured sauce, which is made with Minces together with other tasty medium spices. Served with Vegetable Pilau, Somosa, Plain Nan, Two Popadoms and Bombay Aloo.

Bangladesh Special £15.75

It's a King Prawn Biryani, specially cooked by Medium Spices with Sultanas and Cashew Nuts, pieces of Tomato, Cucumber and Fried Egg on top. Served with Vegetable Curry, Mushroom Bhaji, Keema Nan, Somosa and two Popadoms.

£17.75

Onion Bhaji, Chicken Bhaji on Puri, Chicken Danask, Tandoori Chicken, Mushroom Pilau, Kashmiri Nan, Sag Aloo, Papadom.

Meals for 3-4 Persons £26.95

Somosa, Keema Bhaji on Puri, tandoori Mosalla, Bhuna Meat, Vegetable Bhaji, Mushroom Bhaji, Pilau Rice, Vegetable Pilau, Papadom, Keema Nan.

Meals for 6 Persons £38.95

Chicken Chatt, Tikka Chicken, Onion Bhaji, Tikka Chicken Biryani, Tikka Chicken Kurma, Bhuna Prawn, Pilau Rice, Vegetable Pilau, Bindy Bhaji, Cauliflower Bhaji, Nan, Papadom.

- *All of the dishes in this Restaurant are cooked to your individual orders. Please consider a little more time to prepare.*
- *We offer half-price sit in menu for children.*
- *If there are no dishes of your choice listed on the menu, please do not hesitate to ask – our Chef will be only too pleased to prepare it for you.*
- *We use Spring chickens for all chicken dishes.*
- *If you are allergic to any flour or nuts please notify the staff. We use some of the dishes with coconut and ground almond.*
- *The right to refuse service is reserved.*

Price subject to change without prior notice.

CHICKEN BREAST ONLY