

TRADITIONAL DISHES

KING PRAWN CONTAINS CRUSTACEAN	£14.95
LAMB TIKKA CONTAINS DAIRY, MUSTARD	£13.95
LAMB OR KEEMA	£12.95
PRAWN CONTAINS CRUSTACEAN	£11.95
MIXED Chicken, lamb, prawn & king prawn CONTAINS CRUSTACEAN	£11.95
CHICKEN TIKKA CONTAINS DAIRY, MUSTARD	£10.95
CHICKEN	£9.95
PANEER CONTAINS DAIRY	£9.95
VEGAN	£9.95
VEGETABLE	£9.95

CURRY The traditional basic curry, served medium strength.

KORMA CONTAINS NUTS, DAIRY Sweet, creamy coconut sauce with ground almonds.

BHUNA Tomato and onion sauce, simmered for a considerable measure of time until the meat is tender and the sauce well reduced.

DANSAK A Parsee dish origination from Western India. A fusion of lentils and pineapple producing a sweet, sour and slightly hot sauce.

ROGAN JOSH A speciality originating from the mountainous province of Kashmir.

A rich bhuna style sauce complemented by garlic, tomato, onion and coriander sambal (a cooked salsa).

DUPIAZA Crisp, chunky cut onions and capsicum dressed in a reduced medium strength onion gravy.

SAGWALA Sautéed spinach and garlic blend with a reduced sauce. A must amongst curry connoisseurs.

PATHIA A fairly condensed tomato and onion sauce, with a squeeze of fresh lemon. Fairly hot, sweet and sour dish.

MADRAS A hot and saucy dish cooked with a touch of lemon.

VINDALOO A very hot, spicy dish cooked with plenty of chilli and potato.

PHAL An extremely hot curry, not for the faint hearted! (+£1 extra)

ADDITIONAL VEGETABLES +£1.00 PER ITEM

ENGLISH DISHES

OMELETTE & CHIPS CONTAINS EGG	£9.95
Chicken, prawn, cheese CONTAINS DAIRY , plain or mushroom	
CHICKEN NUGGETS & CHIPS CONTAINS GLUTEN	£9.95

VEGETARIAN OPTIONS

Dishes containing Dairy are not suitable for a Vegan Diet.

	MAIN	SIDE
CHANA MASALA Chick peas CONTAINS DAIRY, MUSTARD	£9.95	£5.95
GOBI PEAS Cauliflower and peas cooked in spices	£9.95	£5.95
BOMBAY ALOO Spiced roasted potatoes	£9.95	£5.95
VEG BHAJI Mixed vegetables	£9.95	£5.95
ALOO GOBI Potatoes and cauliflower	£9.95	£5.95
CAULIFLOWER BHAJI	£9.95	£5.95
MUSHROOM BHAJI	£9.95	£5.95
BINDI BHAJI Okra	£9.95	£5.95
BRINJAL BHAJI	£9.95	£5.95
ZEERA ALOO Potato cooked with cumin seeds.	£9.95	£5.95
SAG BHAJI Spinach	£9.95	£5.95
SAG PANEER Spinach & Indian cheese CONTAINS DAIRY	£9.95	£5.95
MOTOR PANEER Peas & Indian cheese CONTAINS DAIRY	£9.95	£5.95
TARKA DALL Spiced lentils	£9.95	£5.95
SAG ALOO Spinach & potato	£9.95	£5.95

MASALA SAUCE CONTAINS DAIRY, MUSTARD, NUTS	£6.95	£4.95
BALTI SAUCE	£6.95	£4.95
CURRY SAUCE	£6.95	£4.95
BHUNA SAUCE	£6.95	£4.95
MADRAS SAUCE	£6.95	£4.95
KURMA SAUCE CONTAINS DAIRY, NUTS	£6.95	£4.95

MANY OF THE ABOVE VEGETABLE SIDE DISHES CAN BE MADE SUITABLE FOR A VEGAN DIET.

RICE

STEAMED RICE	£3.25
PILAU RICE CONTAINS DAIRY	£3.50
FRIED RICE CONTAINS DAIRY	£3.95
EGG FRIED RICE CONTAINS DAIRY	£3.95
GARLIC FRIED RICE CONTAINS DAIRY	£3.95
Steamed rice cooked with fresh garlic & onions.	
VEG PILAU RICE CONTAINS DAIRY	£3.95
Basmati rice cooked with mixed vegetables.	
MUSHROOM PILAU RICE CONTAINS DAIRY	£3.95
KEEMA PILAU RICE CONTAINS DAIRY	£3.95
Basmati rice with minced lamb & mixed spices.	
LEMON CHILLI FRIED RICE CONTAINS DAIRY	£3.95
LIME & MUSTARD FRIED RICE CONTAINS DAIRY, MUSTARD	£3.95
SPECIAL PILAU RICE Egg & peas CONTAINS DAIRY, EGG	£3.95

NAN BREAD & SUNDRIES

PLAIN NAN CONTAINS DAIRY, GLUTEN, EGG	£3.25
CHEESE NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
PESHWARI NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
GARLIC NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
CHILLI CHEESE NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
CHEESE & GARLIC NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
CHEESE ONION NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
GARLIC & CORIANDER NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
KEEMA NAN CONTAINS DAIRY, GLUTEN, EGG	£3.50
SPECIAL NAN Minced lamb, cheese & garlic CONTAINS DAIRY, GLUTEN, EGG	£4.50
PARATHA CONTAINS DAIRY, GLUTEN, EGG	£2.95
TANDOORI ROTI CONTAINS GLUTEN	£2.95
CHAPPATI CONTAINS GLUTEN	£2.25
RAITHA (Plain/Onion/Cucumber) CONTAINS DAIRY	£2.95
CHIPS	£3.50
MASSALA CHIPS CONTAINS DAIRY, MUSTARD	£3.95
FRIED MUSHROOMS	£3.50
GREEN SALAD	£2.95

ALL OUR CHICKEN, LAMB AND MEAT IS FROM THE UK AND LOCALLY SOURCED WHERE POSSIBLE

ALLERGENS & INTOLERANCES

Many of our dishes contain allergens such as egg, gluten, dairy, nuts, peanuts etc. All dishes are cooked in a kitchen environment where allergens are used so we cannot guarantee your meal to be totally allergen free. Please ask about your meal when ordering and we will be happy to advise you.

MANAGEMENT RESERVES THE RIGHT TO REFUSE SERVICE WITHOUT REASON



MENU



www.praanrestaurant.com

Email: manager@praanrestaurant.com

STARTERS

LIME & CHILLI SCALLOPS CONTAINS MOLLUSC	£9.95
Scallops marinated with a lime & chilli dressing, cooked to perfection.	
TANDOORI KING PRAWN CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£7.95
KING PRAWN PUREE CONTAINS CRUSTACEAN, GLUTEN	£7.95
LAMB CHOPS CONTAINS DAIRY, MUSTARD	£6.95
Tender lamb chops coated in our tandoori marinade, barbecued in the tandoor.	
KING PRAWN BUTTERFLY CONTAINS CRUSTACEAN, GLUTEN, EGG	£7.50
SEABASS CONTAINS FISH	£6.95
Fillet of seabass, dusted with light spices, pan fried & finally garnished with onions & peppers.	
SALMON TIKKA CONTAINS DAIRY, MUSTARD, FISH	£7.50
Chunks of salmon marinated in a mouth watering Kashmiri masala & yoghurt marinade.	
LAMB SHASHLICK CONTAINS DAIRY, MUSTARD	£6.95
Barbecued lamb skewered with tomato, peppers & shallots, tandoor roasted.	
MIX KEBAB Barbecued chicken, lamb & sheek kebab. CONTAINS DAIRY, MUSTARD	£5.95
STUFFED PEPPER CONTAINS DAIRY, MUSTARD	£5.95
A choice of lightly spiced meat, chicken, paneer or vegetable filling, stuffed in a whole pepper, baked in tandoor.	
LAMB TIKKA CONTAINS DAIRY, MUSTARD	£5.95
PRAWN PUREE CONTAINS CRUSTACEAN, GLUTEN	£5.95
CHICKEN SHASHLICK CONTAINS DAIRY, MUSTARD	£5.50
Barbecued chicken skewered with tomato, peppers & shallots, tandoor roasted.	
PANEER SHASHLICK CONTAINS DAIRY, MUSTARD	£5.50
Barbecued cubed paneer skewered with tomato, peppers & shallots, tandoor roasted.	
GARLIC MUSHROOM & SPICED POTATO CONTAINS DAIRY, EGG	£4.95
Mushroom and potato balls in a crispy batter, shallow fried with garlic and selected spices and served with a garlic sauce.	
VEGETABLE PUREE CONTAINS GLUTEN	£4.50
VEGAN PUREE CONTAINS GLUTEN	£4.50
GARLIC CHILLI PANEER CONTAINS DAIRY, MUSTARD	£5.50
Marinated Indian cheese, grilled, stir fried with onions, peppers and fresh green chillies.	
PANEER TIKKA CONTAINS DAIRY, MUSTARD	£4.95
Cubed paneer coated in our tandoori marinade, barbecued in the tandoor.	
KEBAB (SHEEK/SHAMI) CONTAINS EGG	£4.95
CHICKEN TIKKA CONTAINS DAIRY, MUSTARD	£4.95
TANDOORI CHICKEN (QUARTER) CONTAINS DAIRY, MUSTARD	£4.95
CHICKEN CHAT CONTAINS DAIRY, MUSTARD	£4.95
Chicken cooked with chopped tomatoes, onions and chat masala.	
ALOO TIKI CONTAINS DAIRY, EGG	£4.50
Mashed potato mixed with selected herbs, spices, cheese then coated in breadcrumbs & fried.	
CHICKEN PAKORA CONTAINS DAIRY, MUSTARD, GLUTEN	£4.95
FISH PAKORA CONTAINS DAIRY, MUSTARD, GLUTEN, FISH	£5.95
SAMSOA (MEAT OR VEG) CONTAINS GLUTEN	£4.50
ONION BHAJI CONTAINS EGG	£3.95
PRAWN COCKTAIL CONTAINS CRUSTACEAN, EGG	£5.50
PAPADOM (PLAIN OR SPICY)	£1.00
PICKLE TRAY CONTAINS DAIRY	£2.95
MINT SAUCE CONTAINS DAIRY ONION SALAD	£0.80
MANGO CHUTNEY LIME PICKLE	£0.80

TAWA SPECIALS

A combination of spring onions, onions, tomato, peppers and selected herbs and spices, cooked and served on an iron skillet called the 'tawa'.

KING PRAWN TAWA CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£15.95
LAMB TAWA CONTAINS DAIRY, MUSTARD	£14.95
PRAWN TAWA CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£13.95
CHICKEN TAWA CONTAINS DAIRY, MUSTARD	£12.95
VEGETABLE TAWA CONTAINS DAIRY, MUSTARD	£11.95
VEGAN TAWA CONTAINS MUSTARD	£11.95

SIGNATURE DISHES

GOAN FISH CURRY CONTAINS CRUSTACEAN, MOLLUSC, FISH, DAIRY	£18.95
A speciality from Goa cooked with salmon, king prawn and scallops cooked with kaffir lime leaves, curry leaves and coconut milk in a slightly hot sauce.	
SCALLOPS MOSALLAM CONTAINS MOLLUSC, DAIRY	£19.95
Seared scallops cooked in a garlic cream sauce.	
SCALLOPS HYDERBADI CONTAINS MOLLUSC	£19.95
Seared scallops cooked in a Hyderabadi sauce for a slightly hot taste.	
BORO CHINGRI CONTAINS CRUSTACEAN	£18.95
A hot, tasty dish cooked with jumbo king prawns cooked in a condensed sauce with ghost pepper.	
ZAFRONI JHINGA CONTAINS CRUSTACEAN	£18.95
A unique king prawn dish with a special flavour! Jumbo prawns cooked with cherry tomatoes and lemon peel for a touch of zest.	
SPECIAL BHUNA LAMB CONTAINS DAIRY, MUSTARD	£15.95
Slowly braised lamb with green gram lentils & bayleaf in a specially spiced, slightly hot sauce.	
LAMB PODINA CONTAINS DAIRY, MUSTARD	£15.95
A slightly hot dish cooked with strips of tender lamb in a mint based zesty sauce with jalapeno peppers, a unique blend of herbs and spices.	
KASHMIRI ROGAN JOSH CONTAINS DAIRY, MUSTARD	£15.95
A slightly hot dish cooked with tender lamp chops in a slightly hot rogan josh sauce, topped with a garlic, tomato, onion and coriander sambal (a cooked salsa).	
SIKANDARI RAAN CONTAINS DAIRY, MUSTARD	£16.95
Slow roasted whole lamb shank cooked in a exquisitely spiced medium sauce.	
TENGA SEABASS/SALMON CONTAINS FISH, DAIRY, MUSTARD	£15.95
Grilled marinated seabass or salmon cooked in a tomato based tangy sauce.	
CHICKEN OR LAMB PALAK SPECIAL CONTAINS DAIRY, MUSTARD	£14.95
Minced lamb and spinach cooked with pulled chicken or lamb in a medium dry sauce.	
KASTURI BHUNA CONTAINS DAIRY, MUSTARD, SESAME	£14.95
Diced, marinated chicken or lamb cooked with sesame oil & yoghurt for a slightly mild, unique taste.	
LIME & GINGER SEABASS CONTAINS FISH	£14.95
Seared fillet of seabass on a bed of wilted spinach & potatoes in a ginger & lime sauce.	
FISH BHUNA CONTAINS FISH, DAIRY, MUSTARD	£13.95
Seared telapia fillet cooked in a semi condensed reduced sauce for an intense flavour.	
TANDOORI MURGHİ MASALA CONTAINS DAIRY, MUSTARD	£13.95
Strips of tandoori chicken cooked in a deliciously moreish sauce with onions, minced meat and a whole boiled egg.	
WHITE JALFREZI CONTAINS DAIRY, MUSTARD Chicken	£13.95 Lamb £14.95
WHITE JALFREZI JHINGA CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£18.95
Marinated king prawns cooked with crushed peppercorns, onions and julienne peppers in a hot, semi condensed sauce.	
TAMARIND SPECIAL CONTAINS DAIRY, MUSTARD Chicken	£13.95 Lamb £14.95
Cooked with dark tamarind sauce with coconut, tomatoes and dry crushed fresh chillies. Hot, sweet and tangy.	
MANGO CHICKEN CONTAINS DAIRY, MUSTARD, NUTS	£13.95
Marinated, grilled chicken in a sweet, fruity mango & honey sauce.	

CLAY OVEN

This style of cooking entails meat roasting over charcoal in the clay oven.
All dishes are accompanied by a fresh mixed leaf salad.

TANDOORI MIXED GRILL CONTAINS DAIRY, MUSTARD, CRUSTACEAN, GLUTEN, EGG	£15.95
Chicken tikka, lamb tikka, sheek kebab, tandoori chicken, tandoori king prawn & nan.	
TANDOORI KING PRAWNS CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£14.95
SALMON TIKKA CONTAINS DAIRY, MUSTARD, FISH	£14.95
LAMB CHOPS CONTAINS DAIRY, MUSTARD	£14.95
LAMB SHASHLICK CONTAINS DAIRY, MUSTARD	£13.95
CHICKEN SHASHLICK CONTAINS DAIRY, MUSTARD	£11.95
PANEER SHASHLICK CONTAINS DAIRY, MUSTARD	£11.95
LAMB TIKKA CONTAINS DAIRY, MUSTARD	£12.95
PANEER TIKKA CONTAINS DAIRY, MUSTARD	£10.95
FISH TIKKA CONTAINS DAIRY, MUSTARD, FISH	£10.95
CHICKEN TIKKA CONTAINS DAIRY, MUSTARD	£10.50
TANDOORI CHICKEN CONTAINS DAIRY, MUSTARD	£10.50

HOUSE SPECIALS

TAND. KING PRAWN CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£15.95	LAMB TIKKA CONTAINS DAIRY, MUSTARD	£13.95
SALMON TIKKA CONTAINS DAIRY, MUSTARD, FISH	£15.95	CHICKEN TIKKA CONTAINS DAIRY, MUSTARD	£10.95
LAMB CHOPS CONTAINS DAIRY, MUSTARD	£14.95	PANEER TIKKA CONTAINS DAIRY, MUSTARD	£10.95
TANDOORI MIXED CONTAINS DAIRY, MUSTARD, CRUSTACEAN	£14.95	VEGETABLES	£9.95
FISH (Tilapia) CONTAINS DAIRY, MUSTARD, FISH	£12.95	VEGAN	£9.95

METHI (CHICKEN OR LAMB ONLY) CONTAINS MUSTARD, DAIRY A wonderfully aromatic dish cooked with fenugreek.
NORTH INDIAN GARLIC CHILLI CONTAINS MUSTARD, DAIRY Cooked with fresh garlic sauce, coriander and crisp fresh chillies.
MASALA CONTAINS MUSTARD, DAIRY, NUTS Immersed in an opulent, creamy almond sauce. Mild to taste.
PASANDA CONTAINS MUSTARD, DAIRY, NUTS Cooked in a mildly spiced, nutty sauce with almond and yoghurt, to give a unique taste.
BUTTER CONTAINS MUSTARD, DAIRY, NUTS Slow cooked in a velvety rich butter & tomato sauce with ground almonds and coconut. Dressed with fresh cream.
MAKHANI CONTAINS MUSTARD, DAIRY, NUTS Cooked in a mild, nutty almond sauce with cardamom and honey.
JALFREZI CONTAINS MUSTARD, DAIRY Mixed peppers and shallots in a slightly hot sauce, finished off with crunchy green chillies. A firm favourite for one who prefers a more challenging dish.
SHASHLICK BHOONA CONTAINS MUSTARD, DAIRY Marinated shallots, peppers and tomato barbecued then cooked in a thick bhoona sauce, garnished with coriander.
NAGA CONTAINS MUSTARD, DAIRY A fiery hot dish cooked with the world famous Bangladeshi Naga pepper in an intense bhuna sauce.
SHATKORA CONTAINS MUSTARD, DAIRY Slightly hot dish with a unique Bangladeshi lime called the shatkora.
ACHARI CONTAINS MUSTARD, DAIRY Pickled spices are used in this tasteful dish to give a unique taste.
KARAHİ CONTAINS MUSTARD, DAIRY With chunky peppers, tomatoes, shallots and fresh herbs.
CHILLI MASALA CONTAINS MUSTARD, DAIRY A rich, hot, spicy sauce with green chillies.

BALTI

Very rich in taste, usually served to a medium strength. Cooked and served in an iron wok.

KING PRAWN NAGA BALTI CONTAINS CRUSTACEAN	£15.95
A hot, spicy dish cooked with the fiery Bangladeshi Naga chilli.	
KING PRAWN BALTI CONTAINS CRUSTACEAN	£14.95
LAMB TIKKA BALTI CONTAINS DAIRY, MUSTARD	£13.95
LAMB NAGA BALTI CONTAINS DAIRY, MUSTARD	£13.95
CHICKEN NAGA BALTI CONTAINS DAIRY, MUSTARD	£12.95
MIXED BALTI Chicken, lamb, prawn & king prawn CONTAINS CRUSTACEAN	£11.95
PRAWN BALTI CONTAINS CRUSTACEAN	£11.95
LAMB OR KEEMA BALTI CONTAINS DAIRY	£11.95
CHICKEN TIKKA BALTI CONTAINS DAIRY, MUSTARD	£10.95
PANEER BALTI CONTAINS DAIRY, MUSTARD	£10.95
CHICKEN BALTI CONTAINS DAIRY	£9.95
VEGETABLE BALTI	£9.95
VEGAN BALTI	£9.95

ADDITIONAL VEGETABLES +£1.00 PER ITEM

BIRYANI

Basmati rice cooked with ghee, dried spices and your choice of meat or seafood. Complemented with a vegetable curry sauce.

KING PRAWN CONTAINS CRUSTACEAN	£16.95	CHICKEN TIKKA CONTAINS DAIRY, MUSTARD	£12.95
HOUSE SPECIAL CONTAINS CRUSTACEAN	£14.95	PANEER TIKKA CONTAINS DAIRY, MUSTARD	£12.95
LAMB TIKKA CONTAINS DAIRY, MUSTARD	£15.95	CHICKEN CONTAINS DAIRY, MUSTARD	£11.95
PRAWN CONTAINS CRUSTACEAN	£13.95	VEGETABLE CONTAINS DAIRY	£10.95
LAMB CONTAINS DAIRY	£13.95	VEGAN	£10.95