

BONOFUL RESTAURANT

BANGLADESHI & INDIAN CUISINE

APPETISERS

PLAIN/SPICED POPPADOM	£0.85
Thin pancake-sized crisps made from lentil flour.	
CHUTNEY TRAY	£2.50
Mango chutney, lime pickle and onion salad.	
DAHI RAITA	£3.50
Natural yoghurt with cucumber.	

STARTERS

SAMOSA (Meat or Veg)	£4.95
PAKORA (Chicken, Vegetables or Mixed)	£4.95
HAGGIS PAKORA	£5.95
ONION BHAJI	£4.95
LAMB CHOP	£6.95
MIXED KEBAB	£6.95
MURGH CHATT	£5.95
ROAST POTATOES & CASHEW NUTS	£4.95
PANEER FISH CAKES WITH CHUTNEY	£6.95

TANDOORI SPECIALITIES

TANDOORI MIXED GRILL	£14.95
The ultimate platter: Tandoori Murgh, Chicken Tikka, Lamb Tikka, Sheek Kebab & King Prawn served with salad and sauce.	
TANDOORI KING PRAWN	£14.95
Succulent King prawn (in shell) marinated in yoghurt with fresh herbs and spices. Barbecued in clay oven, served with salad and sauce.	
TANDOORI LAMB CHOP	£14.95
Tender pieces of lamb chop marinated in ginger and mustard, charcoal roasted for exotic flavour.	
TANDOORI SHAZLIC (Chicken or Lamb)	£13.95
Marinated and cooked in tandoor with pepper, onion and tomatoes. Highly recommended.	
CHICKEN or LAMB TIKKA	£12.95
Pieces of chicken or lamb marinated in yoghurt and medium spices. Barbecued in tandoor served with salad and sauce.	

BONOFUL SPECIALITIES

CHICKEN DISHES

BONOFUL SPECIAL	£13.95
Tender pieces of chicken and succulent king prawns cooked in a rich but mild sauce.	
CHICKEN TIKKA MASSALLAM	£12.95
Marinated chicken cooked in mild flavoured sauce with fresh herbs and spices	
DILRUBA CHICKEN	£12.95
A special preparation of charcoaled chicken marinated with onions, capsicums, tomatoes, curry paste, cream & coriander. Originating from the villages of Bengal. Highly recommended.	
MANGO CHICKEN	£12.95
Chicken pieces cooked with mango, onion, garlic, fresh coriander and mild spices, finished with fresh cream and sliced almonds.	

CHICKEN SILSILAY	£12.95
This is for those who like a hot spicy dish. Marinated chicken cooked with onions, garlic, ginger, chilli, hot curry paste, cream coconut, coriander and lemon juice.	

JAIPURI CHICKEN	£12.95
Tender pieces of chicken grilled in tandoor. Cooked with fried mushrooms, onions and capsicums with Punjabi massalla in a rich sauce.	

LAL MIRCH	£12.95
A special preparation of charcoaled chicken cooked with red peppers, onion, tomatoes, master paste, mixed spices and fresh herbs originating from West Bengal. Chef recommended.	

NARALI STYLE CHICKEN	£12.95
Chicken breast cooked with tandoori massalla, yoghurt, tomato, garlic, methi, cashew nuts, garam massalla and fried onions.	

HARRI CHICKEN	£12.95
Tikka chicken cooked in yoghurt, mango chutney, tomato paste, herbs and selected spices resulting in a tangy flavour. Highly recommended	

SHOBUZ CHICKEN	£12.95
Chicken cooked with green pepper, fresh mint, fresh coriander, green chilli, mixed spices, lime juice. Hot and Spicy. Very popular in the villages of North Bengal.	

LAMB DISHES

ANDIRA LAMB	£12.95
A new delicious lamb addition marinated in garlic and ginger paste, fresh mixed herbs and spices with a tikka paste. Cooked with roasted poppy, fennel and coriander seeds and finally finished with fresh curry leaves.	

KALLO LAMB	£12.95
Lamb cooked with black pepper, bay leaves, mixed spices and fresh herbs, creating a delicious medium to hot flavour. This is one of our most popular dishes.	

LAMB GARAM FRY	£12.95
Our lamb is marinated overnight in cider vinegar with our own blend of spices, garam massalla, garlic, ginger, coconut milk, green chilli, chopped tomatoes and coriander.	

METHI GOSHT	£12.95
Steam cooked lamb with fenegreek, herbs and spices and fresh coriander. Extremely popular in West Bengal. Richly flavoured, spicy medium hot.	

LAMB REZALA	£12.95
Consisting of chopped lamb, grated onion, garlic, ginger and exotic spices. Cooked with whole green chilli's, a touch of fresh yoghurt and coriander leaves.	

CHICKEN OR LAMB DISHES

BALTI SPECIAL	£12.95
Choose from chicken or lamb. A most popular Indian dish prepared with onions, tomatoes, garlic, hot spices, lemon juice and finished with fresh coriander. A firm favourite.	

KARAHI	£11.95
Lamb or chicken with tomato paste, onions, peppers, vinegar, massalla puree, green chillies, cream & coriander. A perfect flavour and popular dish.	

SAG	£11.95
Your choice of spring chicken or lamb cooked with spinach, a touch of garlic, herbs, spices and fresh coriander.	

NORTH INDIAN CHILLI-GARLIC	£12.95
Tender pieces of lamb or chicken cooked with fresh green chilli, garlic, peppers and coriander. This is for those who like their dishes fairly hot.	

BONOFUL CLASSICS

Fresh lean chicken, lamb or king prawns served with a classic range of curry sauces.

KORMA, BHUNA, PATHIA, ROGAN JOSH, MADRAS CHICKEN	£11.95 / LAMB £11.95 / KING PRAWN £14.95
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SEAFOOD DISHES

TANDOORI KING PRAWN MASSALLAM £14.95

King cream and fresh herbs, prawns cooked in yoghurt based sauce with medium spices.

KING PRAWN JAIPURI £14.95

King prawn (shell on) grilled in tandoor and cooked with fried mushrooms, onions, red capsicums with Punjabi massalla in a thick sauce.

KING PRAWN SAG £14.95

King prawns or prawn and fresh spinach mostly cooked with garlic, ginger, cumin and a mixture of herbs and spices, garnished with fresh coriander.

FISH CURRY £13.95

A Bengali speciality, pieces of marinated fish cooked in a tantalising pickle massalla, with onions, peppers, fresh coriander and garlic.

KING PRAWN BALTI SPECIAL. £14.95

A most popular Indian dish prepared with onions, tomatoes, garlic, hot spices, lemon juice and finished with fresh coriander.

BIRYANI

Grand festive dishes prepared from Basmati rice, chicken, lamb, prawn king prawn cooked in ghee (clarified butter) with delicate herbs and spices, served with a delicious medium spiced vegetable sauce.

BONOFUL SPECIAL BIRYANI £14.95

Lamb, chicken and king prawn

CHICKEN £13.95

LAMB £13.95

KING PRAWN £14.95

VEGETARIAN MAIN DISHES

VEGETABLE KARAHÍ £10.95

Vegetables cooked with tomato puree, onion, peppers, vinegar, massalla puree, green chillies and coriander. Very popular & tasty dish.

SAG PANIR £10.95

Fresh spinach with home-made cottage cheese.

BEGOON SATA £10.95

Diced fresh aubergine and whole mushrooms, cooked with chopped green peppers, green chillies in a medium hot spicy sauce. finally garnished with a touch of ginger and coriander leaves.

SABZI KUSHBA £10.95

Steam cooked fresh spinach and chopped mushrooms tossed with freshly milled madrasí spices and dall, cubed pineapple, garnished with roasted cumin.

VEGETARIAN SIDE DISHES

SAG ALOO, BOMBAY ALOO, MUSHROOM, BHINDI, BRINZAL, TARKA DAL, MIXED VEGETABLES £4.95

RICE DISHES

PULAU RICE £3.25

Saffron Basmati rice.

BOILED RICE £3.15

Boiled Basmati rice.

FRIED RICE £3.95

Basmati rice fried with onions.

COCONUT RICE £3.95

Basmati infused with coconut

SPECIAL FRIED RICE £3.95

Basmati rice stir fried with egg and peas.

MUSHROOM PULAO £3.95

Basmati rice fried with mushrooms

BREADS

NAN £2.95

Plain leavened bread.

PESHWARI NAN £3.75

Filled with ground almonds and sultanas.

GARLIC NAN £3.75

Coated with fresh garlic and coriander.

PARATHA £3.75

Fried layered whole wheat bread.

CHAPATI £1.95

Wholemeal wheat bread.

TANDOORI ROTI £2.95

Wholemeal bread baked in our clay oven.

EUROPEAN DISHES

OMELETTE (Chicken, Prawn or Mushroom) £11.95

Served with peas, tomato and fries.

FRIED CHICKEN £11.95

Served with fried mushroom, onion, green salad & chips.

CHIPS £2.95

SOFT DRINKS

Fruit Juice - Mango/Orange/Apple

Sparkling Water/Soda Water/Tonic Water

Coke / Diet Coke / Coke Zero Ginger Beer All 2.95

Fanta Appletizer

J20 7UP

Irn Bru Still Water

Lemonade

Lassi (Mango, Sweet or Salty) £3.95

We have a wide selection of soft drinks available and alcohol free beer - please ask your waiter.

If you have a nut allergy, or any other allergy please advise your waiter.

ALL PRICES INCLUSIVE OF VAT

**BONOFUL
RESTAURANT**

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