

STARTER

Prawn Butterfly	£3.95
<i>Delicately spiced king prawns in breadcrumbs</i>	
Chicken Pakora	£2.95
<i>Spicy breaded chicken nuggets</i>	
Chicken Chaat	£2.95
<i>Juicy pieces of chicken in a spicy, tangy sauce</i>	
Prawn on Puri	£4.45
<i>Spicy prawns served on a crispy puri bread</i>	
Alu Chaat	£2.75
<i>Spicy potatoes in a tangy sauce</i>	
Onion Bhaji	£2.75
<i>Deep fried onion balls</i>	
Sabji Kofta	£2.95
<i>Spicy deep fried vegetable balls</i>	
Vegetable Somosa	£2.75
Meat Somosa	£2.75
Mixed Platter	£3.95
<i>Chicken Tikka, Veg. Samosa, Sheek Kebab & Onion Bhaji</i>	
King Prawn Pepper Fry	£4.45
<i>King prawns cooked with butter and lots of black pepper</i>	

CHEF'S CREATIONS

Mint Chicken	£6.95
<i>Juicy chicken fillet sauteed with crash mint, green pepper & coriander, lightly spiced Hot</i>	
Jungle Curry	£6.95
<i>Juicy Chicken fillets stir-fried with green pepper, onion, ginger & crush chillies Little Hot</i>	
Bengal Fish Curry	£7.45
<i>Spicy seasonal fish stewed in a lemon flavoured sauce</i>	
Cochin Chicken	£6.95
<i>Chicken breast fillets in a heavy mix of spice, tomato, mint & coriander</i>	
Malabari Lamb	£7.95
<i>Barbecued baby lamb cubes stir-fried with crushed chillies Little Hot</i>	
Lal Jhal	£6.95
<i>North-west frontier style dish chicken tikka with chopped ingredient & spices Hot</i>	
Roshni	£6.95
<i>Lamb/Chicken tikka with garlic green chilli, peppers & tomatoes</i>	

From The TANDOORI

These dishes are marinated in a blend of yoghurt & exotic herbs & spices, grilled to order in our clay oven served sizzling hot with mint yoghurt & salad

Lamb Tikka or Shashlik	£7.95
<i>Tandoori grilled baby lamb fillets (Shashlik served with grilled vegetables)</i>	
Dhaka Duck	£7.95
<i>Spicy duck pieces cooked to chefs own recipe</i>	
Chicken Tikka	£5.75
<i>Delicately spiced chicken pieces</i>	
Tandoori Chicken	£5.45
<i>Tender half chicken in rich spices</i>	
Sheek Kebab	£5.75
<i>Spicy mince lamb grilled in skewers</i>	
Tandoori Prawn or King Prawn Shashlik	£10.95
<i>Lemon, flavour shelled king prawns skewered(Shashlik served with grilled vegetables)</i>	
Tandoori Mix	£10.95
<i>Tandoori chicken, chicken tikka, sheekh kebab, duck, lamb tikka & naan</i>	
Chicken Shashlik	£6.95
<i>Lightly spiced With tomatoes, onion & peppers</i>	
Paneer Tikka or Shashlik	£6.95
<i>Tandoori grilled Indian cheese (Shashlik served with grilled vegetables)</i>	

SEA FOOD

Prawn / King Prawn Balti	£5.75 / £8.95
Prawn / King Prawn Madras Hot	£5.95 / £8.95
Prawn / King Prawn Vindaloo Very Hot	£5.95 / £8.95
Prawn / King Prawn Korma	£6.45 / £8.95
Prawn / King Prawn Jalfreizi Little Hot	£6.45 / £9.95

* LOW FAT VERSIONS OF ALL DISHES AVAILABLE ON REQUEST

DESSERTS KULFI (Indian Ice Cream) £1.95

All prices inclusive of 17.5% vat
The management reserves the right to refuse entry/delivery

BHANGRA'S BEST

Our chef's exclusive specialities

Bhangra Special Balti <i>Lamb, chicken & duck in a special sauce</i>	£7.95
Chicken Tikka Balti <i>(not same as chicken tikka masala)</i>	£6.95
<i>Cooked with tandoori grilled chicken fillets</i>	
Balti Chicken Delight	£6.95
<i>Chicken fillets with orange & honey in a sweet & sour sauce slightly hot</i>	
Balti Duck <i>Off the bone duck in a spicy sauce</i>	£7.95
Balti Duck Delight	£8.95
<i>Tender duck fillets with pineapple & honey in a sweet & sour sauce - slightly hot</i>	
Chilli Chicken Balti <i>very hot - with fresh green chillis</i>	£6.95
Balti Chicken Jalfreizi	£6.45
<i>Little Hot - with green peppers, onions & tomatoes</i>	
Garlic Chicken Balti <i>spicy with lots of garlic!!!</i>	£6.95
Garlic King Prawn	£8.95
<i>Chopped shelled king prawns with lots of garlic</i>	
Balti Chicken Makhani	£6.95
<i>Chicken fillets in a creamy yoghurt sauce</i>	
Galda Chingri Balti	£9.95
<i>Four king prawns in a special spicy sauce - highly recommended</i>	
Chicken Tikka Masala Balti	£6.95
<i>Chicken Tikka in a lightly flavoured sauce</i>	
Lamb Tikka Masala Balti	£7.95
<i>Lamb tikka in a lightly flavoured sauce</i>	
Bhangra Raj <i>Mild Balti/ Hot Balti</i>	£6.95
<i>Two special recipes with Rajastani crushed peppers, cooked with chicken tikka</i>	
Lamb Pasanda Balti	£7.95
<i>Delicate, lamb tikka pieces in a wine & cream sauce</i>	
Pistachio Chicken Balti	£7.45
<i>Chicken tikka pieces in a pistachio cream sauce</i>	
Duck Jalfreizi Balti	£8.95
<i>Duck fillet in spicy hot sauce with tomatoes & green peppers</i>	
Bhangra Chicken <i>(Special Recipe)</i>	£7.95
Bhangra King Prawns <i>(Special Recipe)</i>	£11.95
Bhangra Lamb <i>(Special Recipe)</i>	£8.95
Duck & King Prawn Special	£11.95
Tandoori King Prawn Masala	£11.95

BIRYANI

Biryani are complete meals cooked with basmati rice & served with a vegetable curry

Chicken Biryani Supreme <i>Cooked with Chicken tikka</i>	£8.95
Chicken Biryani	£8.75
Lamb Biryani	£8.75
Prawn Biryani	£8.75
King Prawn Biryani	£9.95
Sabji Biryani	£7.95
Special Mix Biryani <i>With chicken, lamb & prawns</i>	£9.45
Special Vegetarian Biryani	£8.45

POULTRY

Balti Chicken	£5.75
Mango Chicken	£6.45
Persian Balti Chicken <i>With various types of lentils, sweet, sour & hot</i>	£5.95
Murug Channa Balti <i>Medium-with chickpeas</i>	£5.95
Bald Chicken Madras <i>Quite hot</i>	£5.95
Balti Chicken Vindaloo <i>Very hot</i>	£5.95
Chicken Bhuna <i>Thick sauce</i>	£5.95
Balti Chicken Piaz <i>Medium - with chopped onions</i>	£5.95
Chicken Mushroom Balti <i>Medium</i>	£6.45
Chicken Korma <i>very mild</i>	£6.45

VEGETARIAN WONDERS

Sabji Balti	£4.75	Sabji Tikka Masala Balti. ...	£5.95
<i>Mixed vegetables in a spicy sauce</i>		Sabji Jalfreizi Balti	£5.75
Sag Alu Balti	£4.75	<i>Assorted vegetables with green peppers, tomatoes - spicy & hot</i>	
<i>Shredded spinach with potatoes</i>		Alu Bengan Balti	£4.95
Sabji Kofta Balti	£5.45	<i>Potatoes & aubergines</i>	
<i>Deep fried vegetable balls in a spicy sauce</i>		Chilli Paneer Hot	£6.45
Alu Gobi Balti	£4.75	Sabji Chilli Balti Hot	£5.95
<i>Potatoes & cauliflower with almond & coconut</i>		Dall Samba Balti	£5.95
Sabji Malai Korma Balti. ..	£5.95	<i>Lentils & vegetables</i>	
<i>Mixed vegetables in a creamy yoghurt sauce-mild</i>			

L A M B

Balti Gosht <i>Medium -finely diced lamb pieces</i>	£6.45
Sag Gosht	£6.95
<i>Finely shredded spinach with lamb pieces - medium</i>	
Rogoni Balti	£6.95
<i>Spicy lamb pieces garnished with fried tomatoes - medium</i>	
Lamb Kofta Balti	£6.95
<i>Spicy meatballs in medium curry sauce</i>	
Persian Balti Gosht	£6.95
<i>Cooked with various types of lentils - sweet, sour & hot</i>	
Balti Gosht Madras <i>Quite hot</i>	£6.95
Balti Gosht Vindaloo <i>very hot</i>	£6.95
Lamb Bhuna <i>Thick sauce</i>	£6.95

More lamb dishes available -please ask

SUNDRIES

Mixed Salad	£1.95
Cucumber Raita	£1.50
Papadums.....	£0.60
Spicy Papadums	£0.60
Dips per tub	£0.50

VEGETABLE SIDE ORDERS

Sabji Bhaji <i>Mixed vegetable</i>	Cauliflower Bhaji Began Bhaji <i>Aubergin</i>	Tarka Daal <i>Lentils & garlic</i>
Bombay Alu <i>Spicy potatoes</i>	Sag Bhaji <i>Spinach</i>	Kabuli Channa <i>Chickpeas</i>
Alu Bengan <i>Potatoes & aubergine</i>	Sag Alu <i>Spinach & Potato</i>	Channa Poneer <i>Chickpeas & cheese</i>
Bhindi Bhaji <i>Okra</i>	Sag Poneer <i>Spinach & cheese</i>	Mixed Veg Curry <i>Mixed vegetables in a sauce</i>
Mushroom Bhaji	Motor Poneer <i>Cheese & peas</i>	

All - £2.95

Bhangra Banquet

(for 4 or more persons- Take away only)

Vegetable Samosa, Onion Bhaji, Sabji Kofta, SheekKebab,

Bhangra Special Balti, Chicken Shashlik, Chicken Tikka Masala, Sabji Jhal fry Balti, Prawn Pathia Balti,

Alu. Gobi, Sag Bhaji, Alu Bengan, Sabji Bhaji, 2 Pilaw Rice, 2 Mushroom Rice, 2 Naan, 2 Peshwari Naan (save over £30 on menu prices!)

£45.95

RICE

Plain Rice	£1.85
Pilaw Rice	£2.25
<i>Basmati</i>	
Mushroom Pilaw.....	£2.45
Vegetable Rice	£2.45
Special Rice.....	£2.45
<i>with Eggs & Peas</i>	

CigarettesPOA
Please ask for brand choices

DRINKS

Lassi	£1.95
Bottle of Coke (1.5l)	£2.20
Indian Beer (330ml)	£2.20
Indian Beer (660ml)	£3.95
House Wine <i>Red or White</i>	£7.95

More Drinks & Desserts available -Please ask



Bhangra Beat

Indian Cuisine

Web's Favourite Restaurant

FREE DELIVERY

on order over £11.50 to the following postcodes
E18, E11, IG5, IG6, IG7, IG8 & IG9 also part of- IG2, E4, E17
Subject to driver availability

VALUE EXPRESS MENU £10.95

Starter	Main Course	Side Dish
Chicken Tikka Veg Samosa Meat Samosa Alu Chaat Chicken Chaat Onion Bhaji Sheek Kabab Chicken Pakora (Nuggets) Sabji Kofta	Chicken Tikka Masala Chicken Korma Chicken Madras Chicken Balti Lamb Sag (spinach) Rogan Josh Prawn Pathia Chicken Dansak Mixed Vegetable Balti Chicken Tikka Main Chicken Shashlik	Sag Alu Bombay Alu Alu Gobi Veg Curry
CHOOSE 1	CHOOSE 1	CHOOSE 1
		Rice
		Plain Rice Pillaw Rice Mushroom Rice

020 8989 8909
020 8989 0911

OPENING TIMES :

Mon-Thur: 6pm-11.45pm

Fri & Sat: 6pm-12midnight

Sunday: 6pm-11.30pm

Sorry No Cheques



Just off Charlie Brown's

49 Chigwell Road South Woodford E18 1NG

NEW OFFER

10% OFF

ON ALL COLLECTED ORDERS OVER £10.00

(Excludes value express menu)