



THE
BENGAL
LOUNGE

Established 2006

MENU

Welcome to The Bengal Lounge

A family run business where we offer a menu of classic Indian and Bangladeshi dishes served alongside a few more contemporary creations, see our 'Bengal Lounge Specials' for dishes with a modern twist.

If you suffer from any allergies to sugar, wheat, nuts or dairy products or have any other specific requirements please tell us when ordering. We will let you know immediately if something is suitable for you or not and advise you of any alternative options if available.

Starters

- 1 **Chicken/Lamb Chatt Puree** **£4.75**
Chopped chicken or lamb cooked in a special chatt masala, hot and sour. Served on a puree bread
- 2 **Chicken Chilli Fry** **£4.95**
Crispy chicken stir-fried with peppers , spring onions, ginger, chilli and soy sauce
- 3 **Prawn Puree** **£4.75**
Spicy prawns served on a deep fried puree bread
- 4 **King Prawn Puree** **£5.95**
Spicy king prawns served on a deep fried puree bread
- 5 **King Prawn Butterfly** **£5.25**
Large king prawn, lightly spiced, coated in breadcrumbs & deep fried
- 6 **Maas Biran** **£4.95**
Delicately spiced Bangladeshi fish, served with spicy caramelised onions
- 7 **Samosa** **£3.25**
Minced meat or mixed vegetables encased in crispy pastry and fried
- 8 **Onion Bhaji** **£2.95**
Onion mixed with gramflour (chickpea flour), herbs and spices then fried
- 9 **Bengal Chattpoti** **£3.95**
Potatoes with chick peas, prepared in a special tamarind sauce with egg and fresh chilli, hot & sour
- 10 **Dahi Chana Chatt Papdi** **£3.95**
Chatt flavoured chickpeas, potato, dressed in a sweet, tangy and spicy mint, tamarind and yoghurt sauce. Garnished with crispy sev
- 11 **Garlic Mushroom Puree** **£3.95**
Spicy mushrooms served on a deep fried puree bread
- 12 **Chilli Paneer** **£4.75**
Strips of panir (indian cottage cheese) stir fried with peppers and chilli, sweet sour and hot
- 13 **Brinjal Fritters** **£3.25**
Sliced aubergine, gently spiced, coated in delicious pakora batter and deep fried
- 14 **Aloo Chop** **£2.95**
Potato cake flavoured with coriander and chilli, lightly spiced, coated in breadcrumbs and deep fried
- 15 **Dhall Phiazi** **£3.25**
Home style bhajis made with with lentils and onion, with a hint of chilli and garlic
- 16 **Vegetarian Mixed Starter** **£3.95**
Onion bhaji, vegetable samosa and aloo chop
- 17 **Bengal Mixed Starter** **£4.95**
Chicken tikka, sheekh kebab, vegetable samosa and an onion bhaji
- 18 **Deluxe Mixed Starter** **£6.25**
King prawn, shaslick chicken, sheekh kebab and aloo chop

Prepared by a team of specialist chefs using the finest ingredients, all our food is freshly cooked to order, using the leanest meat, the freshest vegetables and the finest spices.

We pride ourselves on creating a wonderfully friendly atmosphere, in a contemporary setting, for you to enjoy our first class cuisine.


Enjoy.

Tandoori Starters and Mains

- 19 **Tandoori Chicken**..... **Starter £3.95** **Half £6.25** **Full £10.95**
Marinated piece of chicken, barbecued in the tandoori oven
- 20 **Chicken or Lamb Tikka** **Starter £4.25** **Main £6.50**
Diced chicken or lamb marinated, barbecued in the tandoori oven
- 21 **Salmon Tikka** **Starter £5.75** **Main £9.95**
Pieces of salmon marinated in yoghurt and spices then barbecued in the tandoori oven
- 22 **Chicken or Lamb Shashlick**..... **Starter £4.50** **Main £8.50**
Tender pieces of chicken or lamb marinated in subtle spices with tomatoes, onions & green peppers
- 23 **Shashlick King Prawns** **Starter £6.75** **Main £12.25**
King prawns marinated in yoghurt and subtle spices, served with tomatoes, onions & green peppers
- 24 **Paneer Shashlick** **Starter £4.50** **Main £8.50**
Indian cottage cheese specially prepared with light spices, with peppers, onions & tomatoes
- 25 **Sheekh Kebab**..... **Starter £3.50** **Main £6.50**
Minced lamb infused with herbs and spices and barbecued
- 26 **Tandoori Lamb Chops**..... **Starter £4.25** **Main £7.95**
Lamb chops marinated in a ginger garlic paste, yoghurt and spices and then barbecued
- 27 **Tandoori King Prawns** **Starter £6.50** **Main £11.95**
Succulent king prawns, specially marinated with spices and barbecued in the tandoori oven
- 28 **Tandoori Mixed Grill**..... **£11.95**
Mixture of sheekh kebab, chicken tikka, lamb tikka, tandoori chicken and a naan bread
- 29 **Deluxe Tandoori Mixed Grill**..... **£14.95**
King prawn, lamb chop, tandoori chicken, sheekh kebab, chicken tikka & a garlic naan bread

Bengal Lounge Specials

- 30 **Chicken Tikka Masala**..... £8.50
Chicken tikka in a rich creamy tomato, almond and coconut sauce (mild to medium)
- 31 **Malwa Chicken**..... £8.50
Mild chicken curry topped with sliced mango, cream and almonds (mild)
- 32 **Chicken or Lamb Pasanda**..... £8.50
Lamb or chicken marinated in spices, yoghurt and pistachio and cooked in a creamy sauce (mild)
- 33 **Tandoori King Prawn Masala**..... £13.95
Succulent King Prawns a rich creamy tomato, almond and coconut sauce (mild to medium)
- 34 **Sharisha Salmon**..... £11.95
Delicious pieces of salmon tikka in a spicy grain mustard sauce, Bengali style
- 35 **Karahi Tandoori King Prawn** £13.95
Whole tandoori king prawns cooked in a delicious sauce of onions and peppers
- 36 **Garlic Chilli King Prawn**..... £13.95 
Whole King prawns cooked in a spicy thick sauce with extra garlic and fresh green chilli
- 37 **Honey King Prawn**..... £13.95 
Whole King Prawns cooked in a deliciously spicy and sweet cream and honey sauce
- 38 **Naga King Prawn**..... £13.95 
Chilli lovers will remember the flavour and heat of the special naga chilli, thick sauce
- 39 **Naga Chicken or Lamb** £9.95 
Chilli lovers will remember the flavour and heat of the special naga chilli, thick sauce
- 40 **Garlic Chilli Chicken Tikka**..... £9.95 
Chicken tikka cooked with extra garlic and fresh green chilli. (Can also be served without chilli)
- 41 **Shaslick Bhuna**..... £9.95
Succulent pieces of grilled sashlick chicken in a spicy aromatic bhuna sauce

- 42 **Bengal Chicken or Lamb** **£7.95** 
 Cooked Bengali style with potatoes, tomato and fresh chilli in a spicy thin sauce
- 43 **Chicken Tikka Monchuri**..... **£8.95**
 Chicken tikka cooked in a spicy sauce and finished with spring onion and coriander
- 44 **Green Chicken Curry** **£9.95** 
 Tender chicken cooked with freshly pureed coriander, mint, chilli and tamarind paste
- 45 **Chicken Tikka Rezella**..... **£9.95** 
 Chicken tikka cooked with minced lamb and fresh chilli (hot). Chillies can be excluded for a milder taste.
- 46 **Goan Chicken or Lamb** **£9.95** 
 Goan style chicken or lamb cooked with coconut milk, mustard seeds, curry leaves and dry red chilli
- 47 **Goan King Prawn**..... **£13.95** 
 Succulent king prawns cooked with coconut milk, mustard seeds, curry leaves and dry red chilli
- 48 **Goan Fish Curry** **£11.95** 
 A delicately flavoured fish curry cooked with coconut milk, mustard seeds, curry leaves and dry red chilli
- 49 **Lamb Coconut Fry** **£9.95** 
 Lamb stir fried with curry leaves, toasted coconut, caramelised onion & dry chilli (extra dry curry)
- 50 **Pudina Mirch Gosht**..... **£9.95** 
 Hot, spicy lamb curry cooked with herbs, mint, green chillies and black peppercorns
- 51 **Chicken or Lamb Mitta Puree** **£9.95** 
 Chicken or lamb cooked with a variety of sweet and spicy ingredients to enhance a fruity taste
- 52 **Chicken or Lamb Jalpai**..... **£9.95** 
 Chicken or lamb marinated and barbecued then cooked in thick sauce with olive and fresh green chilli
- 53 **Lamb Mishti Khodu**..... **£9.95**
 Traditional Bengali dish comprising of lamb and butternut squash, spicy and sweet

Chicken and Lamb Dishes


- 54 **Chicken or Lamb Curry** £5.95
A highly flavoured curry, cooked in an onion gravy (Madras/Vindaloo 25p extra)
- 55 **Chicken or Lamb Korma** £6.50
Cooked with ground coconut and cream (very mild)
- 56 **Butter Chicken** £7.95
Chicken marinated in spices, cooked in a rich creamy tomato and butter sauce (mild to medium)
- 57 **Kashmir Chicken** £7.95
Mild chicken curry, cooked with fruits and topped with cream and almonds (mild)
- 58 **Chicken or Lamb Bhuna** £6.95
Medium hot dish cooked slowly resulting in a thick, fairly dry sauce with a deep flavour
- 59 **Chicken or Lamb Rogan** £6.95
Bhuna style lamb or chicken, garnished with tomatoes, green peppers and a touch of garlic
- 60 **Chicken or Lamb Jalfrezi** £8.50 
Tender chicken or lamb cooked with onions, peppers and fresh chilli
- 61 **Chicken or Lamb Shatkora** £8.95
A popular dish from the Sylhet region of Bangladesh. Cooked with shatkora fruit (a type of bitter lemon)
- 62 **Achari Chicken or Lamb** £8.95
Aromatic and flavourful curry prepared with Indian pickling sauce & roasted spices
- 63 **Karahi Chicken or Lamb Tikka** £8.95
Chicken or lamb tikka cooked in a specially prepared thick sauce of onions and green peppers
- 64 **Chicken or Lamb Dansak** £6.95 
Cooked with lentils, hot, sweet and sour spicy curry
- 65 **Karahi Chicken or Lamb** £7.50
Chicken or lamb cooked in a specially prepared thick sauce of onions and green peppers
- 66 **Sag Chicken or Lamb** £6.95
Cooked with spinach and garlic
- 67 **Methi Chicken or Lamb** £6.95
Cooked with aromatic fenugreek herb
- 68 **Lamb or Chicken Sheem** £6.95
Lamb or chicken cooked with green beans
- 69 **Keema Peas or Aloo** £6.95
Bhuna style minced lamb and peas or potato

Today's Chef's Specials

Subject to availability, we are offering you the opportunity to try certain dishes that are "off the menu". You may be surprised with what we have to offer. Please feel free to ask our waiters for more detail.

The Balti Experience

These dishes are prepared with a complex mix of ground spices and herbs resulting in a distinct tangy flavour, prepared with sliced green peppers, onions and tomatoes.

70	Balti Chicken or Lamb	£7.25
71	Balti Prawn	£7.95
72	Balti Tandoori King Prawn	£13.95
73	Balti Sag Chicken or Lamb Tikka	£9.95
74	Balti Chilli Chicken Tikka	£9.95 
75	Balti Paneer Vegetable	£6.95

Seafood Dishes

76	Prawn Curry	£6.25
	A highly flavoured curry, cooked in an onion gravy (Madras/Vindaloo 25p extra)	
77	Prawn Bhuna	£6.95
	Well spiced curry with a concentrated flavour, served fairly dry	
78	Prawn Pathia	£6.95 
	Hot, sweet and sour spicy curry in a thick sauce	
79	Sag Prawn	£6.95
	Cooked with spinach prepared with fresh herbs and spices	
80	Prawn Dansak	£6.95 
	Prawns cooked with lentils, sweet, sour and hot curry	
81	King Prawn Curry	£8.95
	A highly flavoured curry, cooked in an onion gravy (Madras/Vindaloo 25p extra)	
82	Sag King Prawn	£9.75
	Cooked with spinach prepared with fresh herbs and spices	
83	Rogan King Prawn	£9.75
	An intensely flavoured dish, garnished with tomatoes, green peppers and a touch of garlic	
84	King Prawn Pathia	£9.75 
	Hot, sweet and sour spicy curry in a thick sauce	
85	King Prawn Dansak	£9.75 
	King prawns cooked with lentils, sweet, sour and hot	
86	King Prawn Korma	£9.95
	Very mild curry cooked with coconut, sultanas and cream	
87	Bengal Fish Curry	£9.95 
	Home style cooked fish curry, with potatoes, tomato and chilli	
88	Maas Beguni or Gobi	£10.95
	Bengali fish cooked in a thick sauce with either aubergine or cauliflower	
89	Tenga Maas	£9.95
	A light fish curry with tamarind and tomatoes giving a distinct tangy (tenga) taste	
90	Maas Dupiaza	£10.95
	Bengali fish cooked in an aromatic bhuna sauce, topped with caramelised onions and spring onions	
91	Shatkora Maas Bhuna	£10.95
	Bengali fish cooked with shatkora fruit (type of bitter lemon), unique to Bangladesh	

Vegetable Main Dishes

- 92 **Mixed Vegetable Curry** £4.95
Mixed vegetables slightly spiced, saucy. Can also be served dry (Niramish)
- 93 **Vegetable Korma** £5.25
Very mild curry cooked with coconut, sultanas and cream (very mild)
- 94 **Vegetable Masala** £6.50
Mixed vegetables cooked with almonds, coconut and cream, and tossed in a special butter sauce (mild)
- 95 **Methi Paneer Vegetable** £7.95
Vegetables cooked with paneer cheese and aromatic fenungreek leaves in a creamy sauce
- 96 **Paneer Tikka Masala** £7.95
Cubes of Paneer Tikka cooked in a rich creamy tomato, almond and coconut sauce
- 97 **Paneer Gobi** £5.75
Cauliflower and paneer cheese with a touch of cream (mild to medium)
- 98 **Karahi Paneer** £7.95
Cubes of paneer cooked in a specially prepared thick sauce of onions and green peppers
- 99 **Rogan Vegetable** £5.75
An intensely flavoured dish, garnished with tomatoes, green peppers and a touch of garlic
- 100 **Vegetable Dansak** £6.25 
Vegetables cooked with lentils, sweet and sour hot curry
- 101 **Vegetable Jalfrezi** £6.25 
Vegetables cooked with peppers, onion and fresh green chilli
- 102 **Mishti Kodhu Bhuna** £5.50
Sweet butternut squash, lightly spiced
- 103 **Aloo Mattar or Sheem** £5.25
Potatoes and peas or green beans (can be served as a side dish too)

Vegetable Side Dishes

- 104 **Mixed Vegetable Curry** Mixed vegetables. Can be served dry also (Niramish) £3.25
- 105 **Bombay Aloo** Medium spiced potatoes £3.25
- 106 **Mara Aloo** Spicy potatoes cooked with coarsely ground pepper and fried chilli £3.50
- 107 **Mishti Kodhu Bhaji** Sweet butternut squash, lightly spiced £3.50
- 108 **Cauliflower Bhaji** Medium spiced cauliflower £3.25
- 109 **Aloo Gobi** Medium spiced potatoes and cauliflower £3.25
- 110 **Paneer Gobi** Medium spiced cauliflower with Indian cottage cheese £3.75
- 111 **Sag Bhaji** Medium spiced spinach with garlic £3.25
- 112 **Sag Aloo** Medium spiced potatoes with spinach £3.50
- 113 **Sag or Mattar Paneer** Spinach or peas cooked with Indian cottage cheese £3.75
- 114 **Mushroom Bhaji** Spicy mushrooms £3.25
- 115 **Channa Masala** Medium spiced chick peas £3.25
- 116 **Shatkora Dall** Spicy lentils with the unique flavour of the Bangladeshi shatkora fruit (bitter lemon). £3.50
- 117 **Tarka Dall** Spicy lentils with fried garlic £3.25
- 118 **Dall Samba** Mixed vegetables with lentils and spinach, hot and sour £3.75
- 119 **Bhindi Bhaji** Medium spiced chopped okra £3.50
- 120 **Brinjal Bhaji** Medium spiced aubergine £3.50
- 121 **Bada Gobi** Stir fried cabbage, lightly spiced with fresh green chilli £3.25

Biryani Dishes

All our biryani dishes are made with basmati rice cooked with spices, ground coconut flaked almonds and sultanas served with either a vegetable curry or raita (natural yoghurt).

122	Chicken Tikka Biryani	£10.95
123	Chicken or Lamb Biryani	£9.50
124	Prawn Biryani	£9.95
125	King Prawn Biryani	£11.95
126	Vegetable Biryani	£7.95
127	Mixed Biryani (chicken, lamb, prawn and vegetables)	£11.95

Rice

128	Boiled Rice Plain boiled long grain rice	£2.50
129	Pilau Rice Aromatic basmati rice, perfumed with saffron and whole spices	£2.75
130	Special Fried Rice Pilau rice fried with ground coconut, flaked almonds, peas, carrots & sultanas..	£3.25
131	Mushroom Rice Pilau rice stir fried with mushrooms	£3.50
132	Vegetable Fried Rice Pilau rice stir fried with mixed vegetables	£3.75
133	Lemon Rice Pilau rice stir fried with thinly chopped lemon peel	£3.25
134	Keema Rice Pilau rice stir fried with spiced lamb mince.....	£3.75
135	Egg Fried Rice Pilau rice fried with onions and egg.....	£3.25

Bread

136	Plain Naan Leavened bread cooked in the tandoori oven	£1.95
137	Peshwari Naan Naan stuffed with coconut and almond.....	£2.75
138	Kulcha Naan Naan stuffed with vegetables.....	£2.75
139	Keema Naan Naan stuffed with minced lamb.....	£2.75
140	Chilli and Onion Naan	£2.75
141	Garlic Naan	£2.75
142	Chicken Tikka Naan Stuffed with chicken tikka	£3.25
143	Tandoori Roti Unleavened wholewheat bread cooked in the tandoori oven	£1.95
144	Plain Paratha Unleavened wholewheat bread cooked on hot griddle pan, & lightly fried in ghee.....	£2.25
145	Stuffed Paratha Paratha bread stuffed with vegetables	£2.75
146	Keema Paratha Paratha bread stuffed with minced lamb	£2.95
147	Chapati Thin and flat wholemeal bread, cooked on a dry pan (tava)	£1.25
148	Puree Bread Deep fried wholewheat bread.....	£1.50

Accompaniments

149	Popadom Plain or Spicy	£0.60
150	Chutney or Pickle (per person)	£0.75
151	Kachumber Salad Bengali style, with tomatoes, cucumber, coriander, chilli, olives & lemon juice.....	£2.75
152	Tomato Chutney Roasted tomatoes prepared with onions, garlic, chillies & coriander	£2.95
153	Raita Natural yoghurt – served plain or with cucumber or onion.....	£2.00

Set Meals

154 **Set Meal (A) for Two** £30.95

Starters: Chicken Tikka and Sheek Kebab

Main Course: Chicken Tikka Masala, Karahi Meat, Sag Aloo, Special Fried Rice,
Plain Naan
Coffee

155 **Set Meal (B) for Two** £46.95

Starters: Mixed Starters for two

Main Course: Malwa Chicken, Karahi Tandoori King Prawn, Paneer Gobi,
Vegetable Rice, Peshwari Naan
Dessert and coffee

156 **Vegetarian Set Meal (for one person)** £13.95

Starters: Mixed Vegetarian Starter

Main Course: Rogan Vegetable, Tarka Dall, Rice and Plain Naan

For Special Occasions

Minimum order or three persons - 24 hours notice is required

157 **Kurzi Raan** Per person £19.95

Whole leg of spring lamb, marinated in home-made yoghurt, herbs and selected ingredients. Cooked in the oven in different stages and garnished with dried fruit and nuts. Served with vegetables, pilau rice and naan bread.

158 **Kurzi Chicken** For two persons £39.50

Whole chicken marinated in home-made yoghurt, herbs and selected ingredients. Served with vegetables and rice.



THE
BENGAL
LOUNGE

Sunday Deal

Choose from any:

- Starter
- Main Dish
- Any One Vegetable For Two
- Any Rice or Nan

£13.95

(Seafood - Extra £3.00)

We endeavour to offer a wide and varied choice of the very best Indian and Bangladeshi cuisine.

We are especially renowned for our 'Bengal Lounge Specials'.

However, if there is a particular dish you would prefer and is not featured, please do not hesitate to ask us, and if possible, our chef will prepare it for you.

Please note that:

We take all major credit and debit cards

Minimum charge of £12.50 per person

Service charge is not included

Opening Times:

12 noon – 2.00pm & 5.30pm – 11pm (Sundays - 10.30pm)

7 Days a week including bank holidays

The management reserve the right to refuse service to any person or persons

Parties of up to 65 people catered for

Outside Events also catered for - ask staff for more information

The Bengal Lounge • 1 The Street • Wrecclesham
Farnham • Surrey • GU10 4PP

Tel: 01252 713222 or 714937 / 734081

www.bengallounge.co.uk

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