

Award Winning Indian Restaurant

tarana

turners hill



TM

Taste The Exotic



taranarestaurant.co.uk



TaranaTurnersHill



@tarana_indian



STARTERS

- ONION BHAJI** *Deep Fried* £4.25
Sliced onions mixed with gram flour, lentils, herbs and spices
- VEGETABLE SAMOSA** ★ £4.25
Spicy fillings of vegetables wrapped in a triangular shaped pastry - the greatest snack from India
- PRAWN COCKTAIL** £4.65
This classic retro starter is packed with juicy prawns with seasonings and mayonnaise, served on a bed of fresh salad
- MEAT SAMOSA** ★ £4.75
Spicy fillings of minced lamb wrapped in a triangular shaped pastry - the greatest snack from India
- CHICKEN TIKKA** £5.45
Chicken cutlets marinated in spices and yoghurt, then grilled in the clay oven
- TANDOORI CHICKEN** £5.99
Quarter chicken on the bone marinated in spices and yoghurt, then grilled in the clay oven
- CHICKEN TIKKA GARLIC** £5.99
Chicken Tikka stir fried with onions, peppers and garlic; garnished with coriander
- CHICKEN SHABA** *Jahan's favourite fiery chicken Very Hot* £5.99
Chicken marinated in spices, fresh lemon juice, combination of chillis & yoghurt, and then grilled in the clay oven. Served with green salad and mint sauce
- CHICKEN CHAT** £5.95
Diced chicken breasts stir fried in cumin, coriander, garlic, turmeric, chilli and lemon juice, garnished with salad
- PANEER TIKKA** *Chunks of Indian cottage cheese* £5.75
Lightly spiced Indian cottage cheese grilled in the clay oven, served with green salad and mint yoghurt sauce.
- LAMB TIKKA** £5.99
Lamb cutlets marinated in spices and yoghurt, then grilled in the clay oven
- LAMB TIKKA MIRCHI** £6.50
Pieces of Lamb Tikka stir fried with onion, peppers, green chillies, garlic, & Chef's special spices; garnished with coriander
- SHEEK KEBAB** £5.99
Herbs and spices pounded with minced lamb, then grilled on a skewer in the clay oven. Served with green salad and mint sauce
- TARANA MIXED PLATTER For One** ★ £6.25
A selection of all your favourites: Samosa, Onion Bhaji, Chicken Tikka & Sheek Kebab
- SALMON TIKKA** £6.95
Succulent pieces of salmon grilled in tandoori to perfection with our Chef's special recipe
- TIGER PRAWN PUREE** ★ £5.99
Chopped tiger prawns cooked with diced onions in a thick spicy curry sauce, wrapped in soft puffy bread
- KING PRAWN PUREE** ★ £6.95
Chopped King Prawns cooked with spices and herbs, served - on a Puree (thin flatbread - deep fried).
- KING PRAWN BUTTERFLY** *Deep Fried* ★ £6.25
Whole prawns marinated with spices, coated with bread crumbs
- TANDOORI KING PRAWN** £7.25
King Prawns marinated in spices and yoghurt, then grilled in the clay oven; subsequently stir-fried with onions, peppers and garlic; garnished with coriander

FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.
Thank you.

Gluten



Nuts



Dairy



Fairly Hot



Madras Hot



Vindaloo Hot



TANDOORI DISHES

Tandoori dishes are firstly marinated in spices, then grilled in clay oven (known as the tandoor) each meal is served with green salad and mint yoghurt sauce.

- CHICKEN TIKKA** *Tender pieces of breast Chicken* £8.95
GARLIC CHICKEN TIKKA £9.85
Chicken Tikka stir fried with onions, peppers & garlic; garnished with coriander.
- CHICKEN SHABA** *Jahan's favourite fiery Chicken Very Hot* £9.95
Chicken marinated in spices, fresh lemon juice, combination of chillis & yoghurt, and then grilled in the clay oven.
- TANDOORI CHICKEN** *Half of Chicken on the bone* £9.85
PANEER TIKKA *Chunks of Indian cottage cheese* £9.99
LAMB TIKKA *Tender pieces of lamb* £9.95
GARLIC LAMB TIKKA £10.85
Lamb Tikka stir fried with onions, peppers & garlic garnished with coriander
- LAMB TIKKA MIRCHI** *Fairly Hot* £10.99
Pieces of Lamb Tikka stir fried with onion, peppers, green chillies, garlic, & Chef's special spices; garnished with coriander. *Served on a cast iron sizzler*
- CHICKEN SHASLICK** *Served on a cast iron sizzler* £9.99
Tender pieces of Chicken, Onion, Pepper, Tomato marinated in yoghurt & spices, then skewered and cooked in the clay oven. Garnished with coriander.
- LAMB SHASLICK** *Served on a cast iron sizzler* £10.99
Tender pieces of Lamb, Onion, Pepper, Tomato marinated in yoghurt & spices, then skewered & cooked in the clay oven. Garnished with coriander.
- PANEER SHASLICK** *Served on a cast iron sizzler* £10.95
Cubes of Indian cottage cheese, Onion, Pepper, Tomato marinated in yoghurt & spices, then skewered & cooked in the clay oven. Garnished with coriander.
- DUCK TIKKA** *Tender pieces of duck breast* £10.99
DUCK TIKKA CHILLI GARLIC £11.99
Duck Tikka stir fried with onion, green peppers, green chillies, garlic & Chef's special spices
- SEA BASS GRILL** £12.95
Whole Sea bass grilled in tandoori to perfection as per "Chef's Special Recipe"
- SALMON TIKKA** £12.95
Succulent pieces of salmon grilled in tandoori to perfection as per "Chef's Special Recipe"
- TARANA MIXED GRILL** ★ £14.20
The ultimate tandoori experience. Treat yourself to the entire platter of delicious meats. Includes Naan bread, Chicken Tikka, Lamb Tikka, Sheek Kebab, Tandoori Chicken garnished with coriander.
- TANDOORI KING PRAWN** £14.25
Tandoori King Prawns stir-fried with onions, peppers and garlic; garnished with coriander. *Served on a cast iron sizzler*

MASALA



Arguably the most famous Indian dish in Britain, or even one of the most famous dishes of any type of cuisine, it has been called "a true British national dish". Blended with coconut, almond, aromatic spices to produce delicious mild, creamy & flavoursome dish; garnished with flake almond & raisin

CHICKEN TIKKA MASALA	£9.85
CHICKEN TIKKA CHILLI MASALA	£10.45
GARLIC CHICKEN TIKKA MASALA	£10.65
TANDOORI CHICKEN MASALA	£10.99
Chicken sliced off the bone, then prepared in our Masala sauce You may request to have it on the bone	
LAMB TIKKA MASALA	£10.85
GARLIC LAMB TIKKA MASALA	£11.45
LAMB TIKKA CHILLI MASALA	£11.45
GARLIC LAMB TIKKA CHILLI MASALA	£11.99
PANEER TIKKA MASALA	£10.85
DUCK TIKKA MASALA	£11.85
TIGER PRAWN MASALA	£11.99
TANDOORI KING PRAWN MASALA	£14.99
VEGETABLE MASALA	£7.99

BALTI *Medium Strength*

Meat or vegetables are cooked with sliced onions, green peppers, herbs & spices, then blended into a rich curry with our special paste. *Medium*

CHICKEN BALTI	£8.99
CHICKEN TIKKA BALTI	£10.55
BALTI CHICKEN TIKKA BHUNA	£11.25
BALTI CHICKEN TIKKA MASALA	£11.55
LAMB BALTI	£9.75
LAMB TIKKA BALTI	£10.99
PANEER BALTI <i>Chunks of Indian cottage cheese</i>	£10.85
DUCK TIKKA BALTI <i>Tender pieces of duck breasts</i>	£11.99
BALTI DUCK TIKKA MASALA	£12.99
TIGER PRAWN BALTI	£12.99
KING PRAWN BALTI	£13.75
TANDOORI KING PRAWN BALTI	£14.75
MIXED VEGETABLE BALTI	£8.95

DHANSAK



Dhansak originates from Persia and is a highly spiced dish. it is cooked with combination of lentils. sweet, sour & hot. *Madras Hot*

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.40
MIXED VEGETABLE	£7.65

BIRYANI

Biryani Has a distinctive spiced flavour, your preferred option prepared with basmati rice & served with a tasty vegetable curry. *Medium Strength*

CHICKEN BIRYANI	£12.95
CHICKEN TIKKA BIRYANI	£13.95
CHICKEN TIKKA CHILLI BIRYANI	£14.25
TANDOORI CHICKEN BIRYANI	£14.45
Thinly sliced off the bone chicken pieces	
LAMB BIRYANI	£13.95
LAMB TIKKA BIRYANI	£14.95
DUCK TIKKA BIRYANI	£15.95
TIGER PRAWN BIRYANI	£14.95
KING PRAWN BIRYANI	£16.70
TANDOORI KING PRAWN BIRYANI	£17.70
MIXED VEGETABLE BIRYANI	£11.95
MUSHROOM & SAAG BIRYANI	£11.95
TARANA SPECIAL BIRYANI	£14.99

The ultimate platter of delicious Chicken, Lamb, Tiger Prawns, Mixed Vegetables infused with herbs, spices and pilau rice; served with a side vegetable curry

SAAG / PALAK

Recommended With Green Chilli

Comprise of sliced onion, green pepper, fenugreek leaves and spinach leaves cooked with chosen meat. A delicious dish, full of flavour and loaded with nutrients! It's an amazing combination of delicious ingredients that are cooked together to create the tastiest dishes of all.

CHICKEN SAAG	£8.45
CHICKEN TIKKA SAAG	£9.45
DUCK TIKKA SAAG	£10.99
LAMB SAAG	£9.45
LAMB TIKKA SAAG	£10.45
TIGER PRAWN SAAG	£10.45
KING PRAWN SAAG	£13.20
TANDOORI KING PRAWN SAAG	£14.20
PANEER SAAG <i>Chunks of Indian cottage cheese</i>	£10.35
MIXED VEGETABLE & SAAG	£7.45

KORMA



Traditionally mild but rich in texture, it is prepared by mixing coconut, almond powder and fresh cream; blended with aromatic spices to produce its distinctive mild creamy flavour. *Very Mild*

CHICKEN KORMA	£8.45
CHICKEN TIKKA	£9.45
DUCK TIKKA	£10.99
LAMB KORMA	£9.45
LAMB TIKKA	£10.45
PANEER <i>Chunks of Indian cottage cheese</i>	£10.35
TIGER PRAWN	£10.45
KING PRAWN	£13.20
TANDOORI KING PRAWN	£14.20
MIXED VEGETABLE	£7.45



Most memorable event for tarana, was being awarded the prestigious title of the best restaurant in UK



TARANA CHICKEN £12.95

Chef's award winning dish 2015's 'Cook Off Winner'! Chicken Tikka cooked in our chef special unique thick sauce with sliced onions, capsicum, green chillies, tomatoes, Potato & boiled Egg (Medium strength). But we highly recommend it fairly hot with green chilli; please let us know your choice when ordering!

SYLHET LAMB | CHICKEN TIKKA £9.95

Tender pices of lamb or Chicken Tikka prepared using a rich tomato puree sauce, resulting in a strong and gusty dish with lots of flavour. Originates from our home town of Sylhet, Bangladesh. *Fairly Hot*

PASSANDA CHICKEN £9.99

Chicken Tikka cooked in a distinctive sauce combined with almond, coconut and fresh cream. *Mild*

NAGA LAMB | CHICKEN TIKKA £9.99

Chef's recommendation! For the authentic experience. Chicken Tikka or tender pieces of lamb prepared with Naga & Green Chilli sauce which is marinated for at least three nights producing a mouth watering dish, thick sauce. (Madras hot) If you fancy extra hot don't hesitate to ask.

BENGAL LAMB | CHICKEN TIKKA £9.99

Chicken Tikka or tender pices of lamb cooked in our unique sauce with sliced onions, Capsicums & tomatoes. *Madras Hot*

HATKORA LAMB | CHICKEN TIKKA £10.45

Village cooking An absolute Sylheti classic (Sylhet division of Bangladesh, hometown of most Indian restaurateurs): tender pices of lamb or Chicken Tikka cooked in a medium thick sauce, infused with slices of Hatkora AKA Shatkora" (Citrus macroptera | Wild Orange), which gives this dish an aromatic flavour, slightly bitter, fairly hot. In these dishes there is a segment of Hatkora. It is edible & we love it and it is absolutely essential to have it in the dish to create the authentic flavour. You may not like it, please be careful eating it or just pick out segments of Hatkora won't affect taste *Fairly Hot*

ACHARI CHICKEN *Chef's award winning dish* £10.75

Chicken Tikka cooked with chef's own spices and fresh herbs (Pickled Mango, Carrot, Lime, Chillies, Red Chilli, Fenugreek, Fennel, Aniseed, Cumin Seed and Onion Seed blended in blender in natural yogurt to create chef special medium thick sauce

RASHUNI CHICKEN CHILLI £10.75

Highly recommended Tender pieces of breast chicken marinated over night in spices, then grilled in the tandoor, then prepared with fresh garlic, green chilli, herbs and garnished with coriander. *Fairly Hot*

CHICKEN VILLAGE *Thward winning dish* £10.99

Tender pieces of breast chicken marinated over night in spices, then grilled in the tandoor. The dish is then cooked with minced lamb in a thick fragrant sauce of green chilli, fresh ginger, garlic & herbs *Fairly Hot*

BADAMI CHICKEN *Mild* £10.75

Chicken in a specially prepared peanut butter sauce with mild spices, cream & almonds

BUTTER CHICKEN *Mild* £10.99

Thinly sliced off the bone tandoori chicken pieces are lavishly cooked in a buttery sauce with almonds, coconut and fresh cream.

BENGAL FISH *Medium* £10.99

Diced Cubes of tender fresh water fish coated in aromatic spices, cooked with ginger, garlic and tomatoes; creating a traditional 'homemade' dish

DUCK KORAI *Served on a cast iron 'Sizzler'* £11.99

Duck marinated in spices and herbs then grilled in the tandoor. This dish is flavoured in a medium sauce with chopped onions, tomato and Capsicum.

MURGHI GARLIC CHILLI *Fairly Hot* £11.99

Highly recommended Tender piece of chicken breast stuffed with minced lamb cooked in fresh green chilli, garlic, tomato and mixed spices, producing an aromatic mouth watering dish

MURGHI MASALA *Mild* £11.99

Minced lamb encased in tender piece of chicken then prepared in our masala sauce with coconut, almonds & fresh cream.

ROOPCHANDA £11.99

Silver Pomfret (Pampus argenteus) is lightly marinated with fresh herbs, spices and lightly grilled in a Tandoor. Served with egment of lemon and stir fry of onions, garnished with coriander.

KORAI KING PRAWN *Served on a cast iron 'Sizzler'* £14.20

Korai is the most requested & loved by Asian people e.g. Bangali, Pakistani, Indian! Marinated in spices and herbs then grilled in the tandoor. This dish is flavoured in a medium-hot sauce with chopped onions, tomato and Capsicum.

LAMB SHANK XACUTI *Highly recommended* £14.99

Slow cooked shank of lamb in a rich sauce with robust blend of spices. This dish originates in Goa, where they like it very hot. We are serving medium strength. But we highly recommend it fairly hot with green chilli; please let us know your choice when ordering!

DISH OF THE DAY £10.25

Our Chef selects an authentic dish every day and cooks exactly as how our ancestors cooked and served beautifully. If you are feeling adventures just ask your waiter for today's Dish!





ACHARI CHILLI

Served on a cast iron 'sizzler'



AKA Dish of The Day

One of the most requested dish of 2015. Continued Cutlets marinated in spices, herbs and yoghurt, then grilled in the clay oven; subsequently stir fried with fresh diced onions and bell peppers, green chillies, Bay leaf, pickled Mango, Carrot, Lime, Chilli, Red Chilli, Fenugreek, Fennel, Aniseed, Cumin Seed and Onion Seed. *Fairly Hot*

CHICKEN TIKKA	£9.99
LAMB TIKKA	£10.99
DUCK TIKKA	£10.99
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.75
TIGER PRAWN	£10.99
MIXED VEGETABLE	£7.95



KORAI

Served on a cast iron 'sizzler'



Korai is the most requested & loved by Asian people e.g. Bangali, Pakistani, Indian! Marinated in spices and herbs then grilled in the tandoor. This dish is flavoured in a medium-hot sauce with chopped onions, tomato and Capsicum.

CHICKEN TIKKA	£9.65
LAMB TIKKA	£10.65
DUCK TIKKA	£10.99
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
MIXED VEGETABLE	£7.65



BHUNA *Medium Strength*

Comprises of sliced Onion, Capsicum & fresh pan fried Tomatoes, a well spiced curry with a thick sauce (medium strength)

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.40
MIXED VEGETABLE	£7.65



KASHMIR



Mild & Creamy

A very mild, sweet dish, delightfully combining meat cooked with aromatic spices, coconut powder, almond, banana, lychees & fresh cream.

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.40
MIXED VEGETABLE	£7.65



JALFREZI

Served on a cast iron 'sizzler'



Marinated in spices and herbs, then grilled in the tandoor. This dish is cooked in a medium-hot sauce with chopped onions and green peppers.

CHICKEN TIKKA	£9.75
LAMB TIKKA	£10.75
DUCK TIKKA	£10.99
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.85
TIGER PRAWN	£10.65
MIXED VEGETABLE	£7.75



ZAFRANI



Cooked with tamarind, garlic, ginger, fresh herbs and spices in a medium thick sauce. *Fairly Hot*

CHICKEN TIKKA	£9.65
LAMB TIKKA	£10.65
DUCK TIKKA	£10.99
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
MIXED VEGETABLE	£7.65





CURRY

The word "Curry" is an English derivative of "Kari" meaning "spiced sauce". A subtle and delicate blend of spices that transforms meat, fish and vegetable dishes into a special meal. *Medium Strength*

CHICKEN	£7.75
CHICKEN TIKKA	£8.75
LAMB	£8.75
LAMB TIKKA	£9.75
DUCK TIKKA	£10.95
TIGER PRAWN	£9.75
KING PRAWN	£12.50
TANDOORI KING PRAWN	£13.50
PANEER <i>Chunks of Indian cottage cheese</i>	£9.65
MIXED VEGETABLE	£6.75



ROGAN JOSH

Literally means "Red Juicy Lamb", a traditional North Indian dish that is spicy but not too hot. Meat or vegetables are cooked with sliced Onions, Capsicum, Tomatoes, in an aromatic spices blend; garnished with lots of pan-fried fresh Tomatoes & Coriander *Medium Strength*

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.20
MIXED VEGETABLE	£7.65



DOPIAZA

A medium strength curry, containing a greater use of diced onions and Capsicum. Briskly fried with selected spices and fresh Coriander *Medium Strength*

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.20
MIXED VEGETABLE	£7.65



PATHIA



Pathia is a delicate blend of spices, finely diced onions and coconut shredding, topped with lemon juice producing a sweet and sour flavour *Mild & Hot*

CHICKEN	£8.45
CHICKEN TIKKA	£9.45
DUCK TIKKA	£10.99
LAMB	£9.45
LAMB TIKKA	£10.45
TIGER PRAWN	£10.45
KING PRAWN	£13.20
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.35
MIXED VEGETABLE	£7.45



CEYLON



Rich in flavour, Ceylon are cooked with coconut powder, lemon juice, chilli powder & spices; is resulting in an exotic sweet, sour & hot dish

CHICKEN	£8.45
CHICKEN TIKKA	£9.45
DUCK TIKKA	£10.99
LAMB	£9.45
LAMB TIKKA	£10.45
TIGER PRAWN	£10.45
KING PRAWN	£13.20
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.35
MIXED VEGETABLE	£7.45



MALAYA



A mild, sweet dish, delightfully combining meat cooked with aromatic spices, coconut powder, pineapple & fresh cream. *Mild & Creamy*

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.20
MIXED VEGETABLE	£7.65





MADRAS



A highly spiced curry "Madras" more discerning palate.
A frenzy of chilli combined with tomatoes.

CHICKEN	£8.45
CHICKEN TIKKA	£9.45
DUCK TIKKA	£10.99
LAMB	£9.45
LAMB TIKKA	£10.45
TIGER PRAWN	£10.45
KING PRAWN	£13.20
TANDOORI KING PRAWN	£14.20
PANEER <i>Chunks of Indian cottage cheese</i>	£10.35
MIXED VEGETABLE	£7.45



VINDALOO



A fiery speciality of central and south-western India.
Vindaloos are the most mouth-searing of curry dishes.
The complex spice blend, on which the sauce is based,
contains numerous ingredients, not least red chillies.

Very Hot

CHICKEN	£8.65
CHICKEN TIKKA	£9.65
DUCK TIKKA	£10.99
LAMB	£9.65
LAMB TIKKA	£10.65
PANEER <i>Chunks of Indian cottage cheese</i>	£10.55
TIGER PRAWN	£10.65
KING PRAWN	£13.40
TANDOORI KING PRAWN	£14.20
MIXED VEGETABLE	£7.65



SIDE DISHES

Cooked with sliced Onions, Capsicum & garnished with
fresh coriander

ALOO GOBI Potato & Cauliflower	£4.75
BHINDI BHAJI Okra	£4.65
BOMBAY ALOO Potatoes	£4.45
BRINJAL BHAJI Aubergine	£4.45
CAULIFLOWER BHAJI Cauliflower	£4.45
CHANA BHAJI Chickpeas	£4.95
CHANA SAAG Chickpeas & Spinach	£4.95
DALL SAAG Lentils & Spinach	£4.99
GARLIC POTATO	£4.65
Potatoes cooked with Capsicum & Garlic, Fairly Hot	
MATTAR PANEER	£5.95
Peas, Cheddar cheese, Cream & Chunks of Indian cottage cheese	
MUSHROOM BHAJI Mushrooms & Onions	£4.99
MUSHROOM SAAG Mushrooms & Spinach	£4.99
SAAG ALOO Spinach & Potatoes	£4.75
SAAG BHAJI Spinach & Onions	£4.99
SAAG CREAM Creamy spinach	£4.85
SAAG PANEER	£5.95
Spinach, Cheddar cheese, Cream & Chunks of Indian cottage cheese	
TARKA DALL	£4.75
Lentils cooked in a mild thick sauce with plenty of garlic	
VEGETABLE BHAJI Mixed vegetables	£4.75
SIDE OF THE DAY Ask your waiter for todays Side Dish	£4.99



TANDOORI BREADS



Flour based bread baked in the tandoor, contains milk,
eggs & suger

PLAIN NAAN	£2.95
GARLIC NAAN	£3.25
PESHWARI NAAN Coconut, almonds and raisin filling	£3.25
GARLIC & CHILLI NAAN Garlic, Chilli & coriander	£3.35
CHEESE NAAN with Cheddar cheese	£3.45
KULCHA NAAN Mixed vegetable filling	£3.45
KEEMA NAAN Spicy minced lamb filling	£3.55
CHEESE & CHILLI NAAN	£3.65
with Cheddar cheese & finely chopped Green Chilli	
TARANA SPECIAL NAAN	£3.95
Spicy minced lamb & finely chopped Green Chilli filling, with garlic & coriander	



SUNDRIES

PLAIN RICE Plain boiled rice	£2.99
PILAU RICE Basmati Rice cooked with onion & Ghee	£3.25
COCONUT RICE	£4.45
Plain Rice stir fried with onion, coconut & sugar	
EGG FRIED RICE	£4.45
Pilau Rice stir fried with onion, eggs; garnished with coriander	
LEMON RICE PILAU RICE	£4.35
stir fried with onion with lemon juice and shredded lemon skin; garnished with coriander	
MIXED VEGETABLE RICE	£4.45
Pilau rice stir fried with mixed vegetable & onions; garnished with coriander	
MUSHROOM RICE	£4.45
Pilau rice stir fried with sliced mushrooms & onions; garnished with coriander	
SPECIAL RICE	£4.45
Pilau rice stir fried with onion, eggs, raisins, green peas; garnished with coriander	
CHAPATI	£1.35
Simple flour based bread, very very thin and pan heated	
CHIPS	£2.99
PARATHA	£2.99
Flour based bread, thinly rolled out and then pan fried for crispy texture	
STUFFED PARATHA Mixed vegetable fillings	£3.25
CUCUMBER RAITHA <i>Sliced cucumbers with natural yoghurt</i>	£2.15
ONION RAITHA <i>Sliced onions with natural yoghurt</i>	£2.15
PLAIN PAPADUM <i>Please Add £0.80 PP for Chutneys</i>	£0.80
A delicious traditional crispy snack that is either as an appetiser or with a main meal. Ingredients: Urid Flour, Rice Flour, Salt, Calcium Carbonate, Coconut & Vegetable Oil.	
SPICED PAPADUM <i>Please Add £0.80 PP for Chutneys</i>	£0.80
CHUTNEY TRAY Selection of 6 deferent Items	£0.80



Sunday Buffet

A variety of starters is served at your table, followed by
a buffet spread offering a great selection of delicacies.

Lunch 12-5pm: ADULT	£10.99
Lunch 12-5pm: CHILDREN: UNDER 12 YERS	£6.99
Evening 5-10pm: ADULT	£12.99
Evening 5-10pm: CHILDREN: UNDER 12 YERS	£8.99



Tarana Dance Show



Want to experience something EXTRAORDINARY?

Take your dining experience to the next level by joining us at our upcoming Dinner & Dance events.

WE ARE OFFERING A WIDE VARIETY OF ENTERTAINMENT EVERY WEDNESDAY...



Bolly-Belly Extravaganza

Want to experience both worlds? Let our belly dancer enchant you & be taken to the land of mystery by our Bollywood dancers.



Tarana Fusion Night

Witness our snake charmer's mesmerizing display followed by performances by our beautiful belly and bhangra dancers.



Bollywood Night

Spice up your evening with colourful, action-packed performances by our energetic Bollywood dancers.

Furthermore, our live entertainment also includes Elvis, Michael Jackson, Adele & ABBA Tribute Shows. Lot more act! Check our website for future dates at www.taranarestaurant.co.uk

WE LOOK FORWARD TO WELCOMING YOU AGAIN SOON!



Arabian-Night

Let our charming belly dancers take you on a magic carpet ride.

Warning!

Some of our dishes may contain shells, bones or other hard seeds & whole spices like cinnamon sticks, cardamom, clove, black pepper, bay leaf, olive stones, etc. Please take care when eating!

We try our best to remove as much whole spices as possible from your meal, however some may remain! Using these ingredients is part of Indian cooking and our chef takes pride in cooking as authentic as possible.

We take great care to remove the bones and cartilage, sinew from our boneless items but there is a tiny chance of finding one. If you are vegetarian/vegan please inform us as our vegetable dishes may not be suitable for vegan.

We respect your dietary requirements and we will advise at the time of your order if we can meet your requirements! If you have any questions please speak to a manager.