

APPETISERS

RIZWAN'S (Minimum 2 people) **£7.50**
Selection of starters: Grilled Duck, Jhinga Garlic, Tandoori Murgh, Sheek Kebab, Chicken Chaat served with salad with dips

AMIRA'S (Minimum 2 people) **£6.95**
Selection of starters: Sabzi Pancake/Vegetable Pakora/Vegetable Somosa/Aloo Chat/Marrechi Ponir. Served with salad with dips

JHINGHA GARLIC **£6.95**
Skewered King Prawns grilled in the Tandoor with Garlic and herbs

TANDOORI KING PRAWN **£6.95**
King Prawns marinated in spices cooked on skewer over charcoal

NAZAKAT **£5.95**
Delicately spiced Chicken skewered and grill in the Tandoor

SAMOSAS (Meat or Vegetable) **£3.50**

SHEEK KEBAB **£4.50**
Minced Lamb pungently spiced, medium hot grilled over charcoal

MARRECHI PONIR **£5.95**
Fresh whole chilli stuffed with mild cheese covered in breadcrumbs & deep fried

HAASH POURA **£5.95**
Duck breast marinated and grilled over charcoal served with salad and dips

MURGH LIVER **£5.95**
Sauteed chicken liver lightly spiced and served on a bed of salad

KING PRAWN SUKA **£6.95**
King Prawns cooked in sweet & sour tamarind sauce

PANCAKE KEBAB **£5.95**
Pancake stuffed with delicious spicy Lamb

CHAT SUPREME **£4.95**
Top Quality Chat Massala used on Chicken, Potato or Chickpea to produce original flavour

ONION BHAJEE **£3.50**

KHADAM PHOOL **£4.95**
Minced lamb covered with spicy mashed potato, coated with breadcrumbs and deep fried

ALKRASHMA **£4.95**
Sliced egg and spicy minced lamb served on salad

TANDOORI

TANDOORI MIXED GRILL **£11.95**
Lamb Tikka, Chicken Tikka, Sheek Kebab and Tandoori Chicken

TANDOORI MURGH **£6.95**
Spring chicken marinated in herbs and grilled over charcoal (on the bone)

BADAMI MURGH **£8.95**
Skewered grilled Chicken breast with peanut sauce

CHICKEN TIKKA **£6.95**
Chicken marinated in home made paste skewered and grilled over charcoal

LAMB TIKKA **£7.95**

MURGH SHASLICK **£7.95**
Selected pieces of chicken, capsicum, tomato and onion marinated in fragrant spice, skewered and grilled in the tandoor

LAMB SHASLICK **£8.95**

HAASH SHASLICK (Duck) **£9.50**

KING PRAWN SHASHLIK **£12.95**

TANDOORI KING

PRAWNS **£12.95**
King prawns marinated in special sauce skewered and flamed, served with garnish

SALMON TIKKA **£12.95**

SEAFOOD GRILL **£15.95**
King Prawn, Salmon, Monk Fish marinated in medium spices, cooked in the tandoor

NAZAKAT **£8.95**
Delicately spiced Chicken and grilled in the tandoor

POULTRY

CHICKEN TIKKA MASSALA **£8.95**
Breast of Chicken marinated in mild spices, grilled then cooked in massala sauce

HAASH SHUGANDA **£9.50**
Breast of Duckling with onion, ginger and garlic, cooked in a creamy coconut milk with light ground spice and garam massala

ANNANS HAASH **£9.50**
Succulent roasted Duck breast cooked in a creamy coconut milk blended with aromatic spices, complimented with fresh pineapple

MURGHI MASSALAM **£8.95**
Spring Chicken cooked with medium spice, fresh herbs and mined lamb

GREEN MURGH CURRY **£8.95**
A strip of Chicken breast cooked with broccoli, aubergine, coconut milk and aromatic ground spices

MURGH BIRIANY **£9.50**
Chicken cooked with Basmati rice, fresh herbs and spices, served with curried vegetables

MANGO MURGH **£8.95**
Chicken breast in a mild sauce with slices of sweet mango

MURGH JALFRAIZI **£8.95**
Chicken strips in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander

KORAI KABAB KHYBERI **£8.95**
Marinated Chicken cooked with exotic highly flavoured spices yet in a medium taste

HAASH JALFRAIZI **£9.50**
Sauteed Duckling marinated in subtle spices grilled then cooked with hot spices, shallots, capsicum, fresh chilli fresh herbs and coriander

MURGH SATTI **£8.95**
Chicken cooked with ginger, onions and mushroom

MURGH MAKANWALI **£8.95**
Chicken cooked in a very mild and rich creamy sauce with honey, ghee and sprinkled with almonds

HAASH CASHEWNUTS **£9.50**
Succulent roasted duck cooked in coconut milk with cashew nuts (mild)

HAASH BIRIANY **£10.95**
Strip of duck breast cooked with Basmati rice, fresh herbs and spices, served with curried vegetables

MURGH REZALLA **£8.95**
Chicken cooked in tangy lemon sauce and fresh chillies (hot)

HAASH REZALLA **£9.50**
Roast and sliced duck cooked in tangy lemon sauce and fresh chillies (hot)

MURGH JALALI **£8.95**
Marinated chicken cooked in a mild sauce

MEAT

LAMB TIKKA MASSALA **£9.95**
Strips of Lamb marinated in mild spices grilled then cooked in massala sauce

LAMB JALFRAIZI **£9.95**
Tender lamb cooked in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander

LAMB HALIM **£9.95**
Lamb cooked in lentils, fried ginger and garlic

LAMB BIRIYANI **£10.50**
Lamb cooked with basmati rice, fresh herbs and spices served with curried vegetables

SIKANDARI LAMB **£12.95**
Lamb cooked with Chefs own secret recipe, marinated for 48 hours and roasted in the oven

LAMB PASANDA Mild **£9.95**
Lamb cooked in almond sauce and cream

METHI SAG GOSTH **£9.95**
Lamb with spinach, fenugreek and herbs

LAMB REZALLA **£9.95**
Grilled Lamb cooked in tangy lemon sauce and fresh chillies (hot)

LAMB HANDI **£9.95**
Lamb cooked with lemongrass, potato, green peppers and spring onions

GHOST KATA **£9.95**
Lamb cooked in thick medium sauce with fresh ginger, peppers and onion (medium)

KORAI LAMB **£9.95**
Lamb cooked with onions, pepper, tomato and a selection of spices

SEAFOOD

STUFFED CALAMARI **£12.95**
Calamari stuffed with herbed minced prawns and chicken and cooked in a tasty sauce

SEAFOOD BHUNA **£13.95**
An infusion of King Scallops, Squid, Cuttie fish and Tiger Prawns cooked in our chef's speciality stock, a medium blend of 'Bhuna' spices and herbs

GOAN FISH CURRY **£13.95**
Tandoori monkfish cooked in coconut milk

KING PRAWN JALFRAIZI **£11.95**
King Prawns cooked in hot spices with onions, pepper, shallots, fresh herbs, green chilli & coriander

BORO ISA **£11.95**
Marinated King Prawns cooked in mild sauce

CHINGRI GOBI **£11.95**
King Prawns with broccoli cooked with piquant spices and coconut milk

KING PRAWN MOGLAI **£11.95**
Grilled King Prawns cooked in medium spices and cashew nuts

KING PRAWN BIRIANY **£12.95**
Cooked with basmati rice and served with curried vegetables

TANDOORI KING PRAWN MASSALA **£12.95**
King Prawns marinated in mild spices, grilled then cooked in special massala sauce

CHINGRI SAG PONIR **£11.95**
King Prawns with spinach and Bengali cheese with a hint of garlic

KING PRAWN ACHARI **£11.95**
King Prawns cooked in home made chutney with cashew nuts (mild)

KING PRAWN HANDI **£11.95**
King Prawn cooked in lemongrass, green pepper and spring onion, served in a medium sauce

TRADITIONAL DISHES

MADRAS

Fairly hot

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

BHUNA

Medium spiced

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

VINDALOO

Very hot

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

ROGAN

Medium spiced with tomatoes

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

DHANSAK

Fairly hot, sweet & sour with lentils

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

KORMA

Mild and creamy

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

PATHIA

Fairly hot, sweet & sour

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95

DOPIAZA

Medium with onions

CHICKEN	£7.95
LAMB	£8.50
VEGETABLE	£6.95



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of our online ordering

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Order Online to avoid delays

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VEGETARIAN (MAIN COURSE)

SABZI SHASLICK Spiced vegetables roasted in clay oven served with cheese	£7.50
PONIR SHASLICK Cubes of vegetarian cheese grilled in tandoor	£7.50
ALOO GOBE JALFREZI Potato & cauliflower cooked in hot spices with onions, capsicum, fresh chillies, fresh herbs & coriander	£7.50
SABZI BIRIANY Stir fried spiced vegetable with basmati rice, chopped herbs and fresh coriander with a sauce	£7.95

VEGETABLE SIDE DISHES

NIRA MISH Mixed vegetables	£3.95	CHANNA MASSALA	£3.95
SAG BHAJEE Spinach	£3.95	Tender chick peas cooked in medium spices and herbs	
DALL TARKA Lentils	£3.95	SAG ALOO	£3.95
MUSHROOM BHAJEE	£3.95	Spinach and seasonal potato wedges cooked with subtle spices and herbs	
CAULIFLOWER BHAJEE	£3.95	SESAME COURGETTES	£3.95
ALOO GOBI	£3.95	Thin slices of fresh courgettes cooked with shallots, peppers, sesame seeds and spices	
BOMBAY ALOO Potatoes	£3.95		
BEGUN BIRAN	£3.95		
Strips of aubergines cooked with light spices and herbs			
SAG PONIR	£4.50		
Spinach and home-made cheese cooked in a mild creamy blend			

RICE AND ACCOMPANIMENTS

SPECIAL RICE	£3.50	RAITHA	£2.50
Basmati rice with egg and herbs		Natural yogurt with cucumber	
MUSHROOM RICE	£3.50	PAPADOM	£0.75
COCONUT RICE	£3.50	SPICED PAPADOM	£0.85
EGG RICE	£3.50	CHUTNEY SELECTION	£0.85
BOILED RICE	£2.95	Charged per Chutney	
PULAO RICE	£2.95		

BREADS

KEEMA NAAN	£2.75	VEGETABLE PARATA	£2.50
Stuffed with minced lamb		Layered bread stuffed with mix vegetables	
GARLIC NAAN	£2.75	ALOO PARATA	£2.50
CHEESE NAAN	£2.75	Layered bread stuffed with lightly spiced potatoes	
PLAIN NAAN	£2.50	PARATA	£2.10
PESHWARI NAAN	£2.75	PUREE	£2.00
Stuffed with a sweet paste of crushed nuts		CHAPATI	£2.00

Welcome to Prana...

We are proud to have won the English Curry Awards. Restaurant of the year 2017 England

Prana stands for excellence - serving impeccably-presented Indian cuisine, concocted by passionate Chefs who have mastered the art of blending herbs and spices to create perfectly balanced and flavoursome dishes. You can now enjoy and experience Award-winning food in the comfort of your own home

Order from us with confidence, we're sure you won't be disappointed.



ALLERGY ADVICE

Please note that some of our dishes contain **Dairy, Nuts, Eggs** and other **Allergens**. If you suffer from any food allergies, please make sure to inform a member of staff before you place your order. We will try our best to accommodate your needs.

OPENING HOURS

Monday to Saturday

Lunch: 12:00pm to 2:00pm | Dinner: 5:00pm to 11:00pm

Sunday

Lunch: 12:00pm to 2:00pm | Dinner: 5:00pm to 10:00pm



All major credit / debit cards accepted, terms apply



English
Curry Awards
WINNER 2017

Restaurant of the Year
2017 England

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TAKEAWAY MENU

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