

APPETISERS

JHINGHA GARLIC Skewered King Prawns grilled in the Tandoor with Garlic and herbs	£6.95
NAZAKAT Delicately spiced Chicken skewered and grill in the Tandoor	£5.95
MEAT SAMOSA	£3.50
VEGETABLE SAMOSA	£3.50
SHEEK KEBAB Minced Lamb pungently spiced, medium hot grilled over charcoal	£4.95
MARRECHI PONIR Fresh whole chilli stuffed with mild cheese covered in breadcrumbs & deep fried	£3.95
PANCAKE KEBAB Pancake stuffed with delicious spicy Lamb	£5.95
ONION BHAJEE	£3.95
KHADAM PHOOL Minced lamb covered with spicy mashed potato, coated with breadcrumbs and deep fried	£4.95

TANDOORI

TANDOORI MIXED GRILL Lamb Tikka, Chicken Tikka, Sheek Kebab and Tandoori Chicken	£11.95
CHICKEN TIKKA Chicken marinated in home made paste skewered and grilled over charcoal	£7.95
MURGH SHASLICK Selected pieces of chicken, capsicum, tomato and onion marinated in fragrant spice, skewered and grilled in the tandoor	£7.95
JHINGA GARLIC Skewered King Prawns grilled in the Tandoor with Garlic and herbs	£12.95
SALMON TIKKA	£12.95
NAZAKAT TANDOORI Delicately spiced Chicken and grilled in the tandoor	£9.95

POULTRY

CHICKEN TIKKA MASSALA Breast of Chicken marinated in mild spices, grilled then cooked in massala sauce	£8.95
HAASH SHUGANDA Breast of Duckling with onion, ginger and garlic, cooked in a creamy coconut milk with light ground spice and garam massala	£9.50
ANNANS HAASH Succulent roasted duck breast cooked in a creamy coconut milk blended with aromatic spices, complimented with fresh pineapple	£9.50
GREEN MURGH CURRY A strip of Chicken breast cooked with broccoli, aubergine, coconut milk and aromatic ground spices	£8.95
MURGH BIRIANY Chicken cooked with Basmati rice, fresh herbs and spices, served with curried vegetables	£9.50
MANGO MURGH Chicken breast in a mild sauce with slices of sweet mango	£8.95
MURGH JALFRAIZI Chicken strips in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander	£8.95
KORAI KEBAB KHYBERI Marinated chicken cooked with exotic highly flavoured spices yet in a medium taste	£8.95
HAASH JALFRAIZI Sauteed Duckling marinated in subtle spices grilled then cooked with hot spices, shallots, capsicum, fresh chilli fresh herbs and coriander	£9.50
MURGH MAKANWALI Chicken cooked in a very mild and rich creamy sauce with honey, ghee and sprinkled with almonds	£8.95
HAASH CASHEWNUTS Succulent roasted duck cooked in coconut milk with cashew nuts (mild)	£9.50
MURGH REZALLA Chicken cooked in tangy lemon sauce and fresh chillies (hot)	£8.95

MEAT

LAMB JALFRAIZI Tender lamb cooked in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander	£9.95
LAMB BIRIYANI Lamb cooked with basmati rice, fresh herbs and spices served with curried vegetables	£10.50
LAMB TIKKA MASSALA Strips of Lamb marinated in mild spices grilled then cooked in massala sauce.	£9.95
LAMB REZALLA Grilled Lamb cooked in tangy lemon sauce and fresh chillies (hot)	£9.95
GHOST KATA Lamb cooked in thick medium sauce with fresh ginger, peppers and onion (medium)	£9.95
KORAI LAMB Lamb cooked with onions, pepper, tomato and a selection of spices	£9.95

SEAFOOD

STUFFED CALAMARI Calamari stuffed with herbed minced prawns and chicken and cooked in a tasty sauce	£12.95
GOAN FISH CURRY Tandoori monkfish cooked in coconut milk	£12.95
KING PRAWN JALFRAIZI King Prawns cooked in hot spices with onions, pepper, shallots, fresh herbs, green chilli & coriander	£12.95
CHINGRI JOHL King Prawns cooked in medium sauce delicately flavoured with oriental herbs and spices	£12.95
CHINGRI GOBI King Prawns with broccoli cooked with piquant spices and coconut milk	£12.95
KING PRAWN MOGLAI Grilled King Prawns cooked in medium spices and cashew nuts	£12.95
TANDOORI KING PRAWN MASSALA King Prawns marinated in mild spices, grilled then cooked in special massala sauce	£12.95

TRADITIONAL DISHES

	Chicken	Lamb	Vegetable
MADRAS Fairly hot	£8.95	£9.95	£7.95
VINDALOO Very hot	£8.95	£9.95	£7.95
DHANSAK Fairly hot, sweet & sour with lentils	£8.95	£9.95	£7.95
KORMA Mild & creamy	£8.95	£9.95	£7.95

VEGETARIAN MAIN DISHES

SABZI SHASLICK Spiced vegetables roasted in clay oven served with cheese	£7.95
PONIR SHASLICK Cubes of vegetarian cheese grilled in tandoor	£7.95
ALOO GOBE JALFREZI (Vegan) Spiced vegetables roasted in clay oven served with cheese	£7.95
SABZI BIRIANY Stir fried spiced vegetable with basmati rice, chopped herbs and fresh coriander with a sauce	£7.95
SABZI MASSALA Seasonal vegetables cooked in massala	£7.95
SABZI KORAI (Vegan) Seasonal fresh vegetables cooked with shallots, capsicum & tomatoes in a medium blend of spice	£7.95



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of our online ordering

During busy periods we advise you to
Order Online to avoid delays

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VEGETABLE SIDE DISHES (VEGAN)

NIRA MISH Mixed vegetables	£4.25
DALL TARKA LENTILS	£4.25
MUSHROOM BHAJEE	£4.25
ALOO GOBI Potatoes & cauliflower	£4.25
BOMBAY ALOO Potatoes	£4.25
BEGUN BIRAN Strips of aubergines cooked with light spices and herbs	£4.25
SAG PONIR Spinach and home-made cheese cooked in a mild creamy blend	£4.95
CHANNA MASSALA Tender chick peas cooked in medium spices and herbs	£4.25
SAG ALOO Spinach and seasonal potato wedges cooked with subtle spices and herbs	£4.25
SESAME COURGETTES Thin slices of fresh courgettes cooked with shallots, peppers, sesame seeds and spices	£4.25

RICE AND ACCOMPANIMENTS

SPECIAL RICE Basmati rice with egg and herbs	£3.50
MUSHROOM RICE	£3.50
COCONUT RICE	£3.50
PULAO RICE	£2.95
RICE	£2.95
RAITA Natural yogurt with chopped cucumber	£2.50
PAPADOM	£0.75
CHUTNEYS Mango Chutney, Mint Sauce, Onion Salad or Lime Pickle	£0.85

BREADS

GARLIC NAAN	£2.75
PLAIN NAAN	£2.50
PESHWARI NAAN Stuffed with a sweet paste of crushed nuts	£2.75

WELCOME TO PRANA...

We are proud to have won back to back Restaurant of the Year awards at the Food Awards 2018 and English Curry Awards 2017

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.

★ **10% OFF** ★

ON COLLECTION ORDERS

Must be collected before 6:30pm - Cash payment only

HOME DELIVERIES

£2.50 for up to 3 miles radius. (Minimum order £25)
other areas - Please Ask

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

Allergies & Intolerances

Please be advised some of our dishes may contain the following Allergens: Gluten, Milk, Soya, Egg, Fish, Lupin, Celery, Peanut, Tree Nuts, Sesame, Mustard, Molluscs, Crustaceans. Fish dishes may contain bones. Please speak to a member of staff before ordering your meal if you have an allergy

**PRANA**
INDIAN RESTAURANT
Fine Indian Cuisine

English
Curry Awards
WINNER 2017
Restaurant of the Year 2017 England



Best Indian Establishment 2018 England



TAKEAWAY MENU

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