

VEGETABLE SIDE DISHES

AVAILABLE AS MAIN DISH. £15

BEGUN BIRAN (Vegan) £8
Strips of aubergines cooked with light spices and herbs.
Ladies fingers.

TARKA DALL (Vegan) £8
Lentils.

MUSHROOM BHAJEE (Vegan) £8

ALOO GOBI (Vegan) £8
Potatoes and cauliflower.

BOMBAY ALOO (Vegan) £8
Potatoes.

SAG PONIR £9
Spinach and homemade cheese cooked in a mild creamy blend, contains almond.

SAG ALOO (Vegan) £8
Spinach and seasonal potato wedges cooked with spices and herbs.

SESAME COURGETTES (Vegan) £8
Thin slices of fresh courgettes cooked with shallots, pepper, sesame seeds and spices.

RICE

BOILED RICE £4

PULAO RICE £4
Delicately spiced with delicious aromas.

SPECIAL RICE £7
Basmati rice with egg ribbons, peas, shallots and herbs, contain almond.

MUSHROOM RICE £7
Basmati rice with mushrooms and herbs.

COCONUT RICE £7
Basmati rice with coconut flour, sweet.

BREADS

KEEMA NAAN £5
Stuffed with minced lamb.

GARLIC NAAN £5
With crushed garlic.

CHEESE NAAN £5

PLAIN NAAN £4

PESHWARI NAAN £5
Stuffed with a sweet paste of almond. (Contains nuts)

TRADITIONAL DISHES

CHICKEN £15 LAMB £17 VEGETABLE £14 VEGAN £14

MADRAS / VINDALOO / KORMA / DOPIAZA / ROGAN / BHUNA



ALLERGY WARNING

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

For ONLINE orders, please visit www.pranarestaurant.co.uk



PRANA[®]
INDIAN RESTAURANT

DINE IN MENU

ACCOMPANIMENTS

PAPADUM	£1.45
SPICED PAPADUM	£1.45
CHUTNEY SELECTION TRAY	£3
RAITHA	£4
Natural yogurt with chopped onion and cucumber.	
MASALA CHIPS	£5

APPETISERS

RIZWAN'S per person (minimum of two)	£10
Selection of starters, grilled duck, gunpowder prawns, chicken tikka, sheek kabab and chicken chaat.	
AMIRA'S per person (minimum of two)	£10
Selection of starters, Sabzi pancake, vegetable samosa, vegetable pakora, marrechi ponir and aloo chat.	
ALVI'S SPECIALS	£8
Delicately spiced succulent chicken skewered and grilled.	
PRAWN PUREE (spicy)	£10
Tiger prawns cooked in a medium spice served with fried flat bread.	
GUNPOWDER PRAWNS	£8
Tiger prawns in batter, sprinkled in chat masala.	
SHEEK KABAB	£8
Mince lamb pungently spiced, medium hot and grilled.	
MARRECHI PONIR	£8
Fresh whole chilli stuffed with mild cheese, covered in breadcrumbs and deep fried.	
LAMB CHOPS	£10
2 pieces marinated in our masala sauce.	
PANCAKE KEBAB	£10
Flatbread stuffed with delicious spicy lamb.	
SOMOSA CHAT	£8
The ultimate street food dish in India. Crushed chickpeas and potato, topped off with vegetable samosa and drizzled in sweet and spicy sauce.	
ONION BHAJEE / VEGETABLE SOMOSA	£8

POULTRY

MURGH TIKKA MASSALA (mild to sweet)	£15
Breast of chicken marinated in mild spices, grilled, then cooked in massala sauce, contains almond.	
ANNANS HAASH (medium)	£17
Succulent roasted duck breast cooked in a creamy coconut milk, blended with aromatic spices and complimented with fresh pineapple.	
GREEN MURGH CURRY (medium)	£15
A strip of chicken breast cooked with broccoli, baby aubergine, coconut milk and aromatic ground spices.	
MURGH BIRIANY (medium)	£20
Chicken cooked with basmati rice, fresh herbs and spices, served with curried vegetable.	
MURGH MAKANWALI (mild)	£15
Chicken cooked in very mild and rich creamy sauce with honey, contains almond.	
NAGA CHICKEN (hot)	£15
Chicken cooked in hot naga pickle sauce.	
MURGH JALFRAIZI (hot)	£15
Chicken strips in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander.	
KORAI KABAB KHYBERI (medium)	£15
Marinated chicken cooked with exotic highly flavoured spices yet a medium taste, contains almond.	
HAASH JALFRAIZI (hot)	£17
Sauteed duckling marinated in subtle spices, grilled, then cooked with spices, shallots, capsicum, fresh chilli, fresh herbs and coriander.	
HAASH CASHEW NUTS (medium)	£17
Succulent roasted duck cooked in coconut milk with cashew nuts.	
MURGH REZALA (hot)	£15
Chicken cooked in a tangy lemon sauce and fresh chillies.	
MURGH DHANSAK	£15
Popular Persian dish, sweet, sour and hot, cooked with lentils.	

MEAT

LAMB BIRIYANI (medium)	£21
Lamb cooked with basmati rice, fresh herbs and spices, served with curried vegetables.	
SIKANDARI LAMB (medium)	£19
Lamb cooked with the Chef's own secret recipe, marinated for 48 hours and roasted in the oven.	
LAMB JALFRAIZI (hot)	£17
Tender lamb cooked in (hot) spices with shallots, capsicum, fresh chilli, fresh herbs and coriander.	
LAMB PASANDA (mild)	£17
Lamb cooked in almond sauce, cream, contains almond.	
KORAI LAMB (medium)	£17
Tender lamb cooked with shallots, pepper, tomato and onions in a selection of medium spices and fresh herbs.	
METHI SAG GOSTH (medium)	£17
Lamb with spinach, fenugreek and herbs.	
SEAFOOD	
TIGER PRAWN JALFRAIZI (hot)	£19
Tiger prawns cooked in spices with onions, pepper, shallots, fresh herbs, green chilli and coriander.	
MAS KORAI (medium)	£21
Grilled Sea bass cooked with shallots, pepper, tomato and onions in a selection of medium spices and fresh herbs.	
CHILLI SEA BASS (hot)	£21
Grilled Sea bass cooked in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander.	
TIGER PRAWN MOGLAI (medium)	£19
Tiger prawns cooked in a homemade chutney with cashew nuts.	
GOAN FISH CURRY (medium)	£21
Grilled Sea bass fillet cooked in coconut milk.	
TIGER PRAWN BIRIANY (medium)	£22
Tiger prawns cooked with basmati rice, served with curried vegetables.	

GRILL

NAZAKAT	£16
Delicately spiced succulent chicken skewered and grilled.	
CHICKEN TIKKA	£15
Chicken marinated in homemade paste, skewered and grilled.	
MURGH SHASHLIK	£17
Selected pieces of chicken, capsicum, tomato and onion marinated in a fragrant spice, skewered and grilled.	
PONIR SHASLICK	£15
Cubes of vegetarian cheese grilled, with capsicum, tomato and onion marinated in a fragrant spice.	
SALMON TIKKA	£21
Salmon fillet marinated in medium spices.	
SABZI SHASHLIK	£15
Spiced vegetables grilled, glazed with cheese.	
VEGETARIAN (MAIN COURSE)	
SABZI MASSALA (Vegan option available)	£14
Vegetables cooked in massala sauce and almond flour, contains almond.	
ALOO GOBI JALFREZI (hot) (Vegan)	£14
Potato and cauliflower, pan-fried with shallots, pepper, spring onion and fresh chilli (hot).	
SABZI KORAI (medium) (Vegan)	£14
Seasonal fresh vegetables cooked with shallots, capsicum and tomato in a light medium blend of spice.	
VEGETABLE GREEN CURRY (medium) (Vegan)	£14
Mixed vegetables cooked with aromatic ground spices and coconut milk.	
SABZI BIRIANY (medium) (Vegan)	£19
Stir fried spiced vegetables with basmati rice.	