

The East Bengal

334 Upper Newtownards Rd, Belfast BT4 3EX
T. 02890 654280 or 02890 671350
theeastbengal.com

APPETISER

East Bengal Supreme - Tapas to share.....	£9.00
Chicken Malai Tikka	£4.95
Tandoori Murgh - Chicken on the bone	£4.95
Chicken Pakora	£4.95
Marinated Lamb Tikka	£4.95
Nawabi Shish - Ground beef skewer	£4.95
Tandoori Mixed Platter	£5.95
Mixed Vegetable Platter (V)	£4.95
Dhakiya Vegetable Samosa (V)	£3.95
Tandoori Mushroom (V)	£3.95
Vegetable Pakora (V)	£3.95
Onion Bhaji (V)	£3.95
King Prawn Butterfly	£5.95
Garlic King Prawn	£5.95

TANDOORI OVEN - Includes steamed or pilau rice

Cooked over flaming tandoori charcoal, served with vegetable curry.

Ajwani Jumbo King Prawns	£13.95	🔥🔥
Marinated in herbs and spices, gently cooked over a charcoal flame.		
Tandoori Murgh	£10.95	🔥🔥
Succulent chicken on the bone marinated with herbs, spices and yogurt.		
Chicken or Lamb Tikka	£10.95	🔥🔥
Skewered pieces of chicken or lamb marinated with fresh garlic, ginger, mixed spices and herbs, barbecued over flaming charcoal.		
Paneer Shaslik (V)	£10.95	🔥🔥
Diced homemade cottage cheese, onions and capsicums cooked in tandoori grill.		
East Bengal Mixed Fusion Grill	£13.95	🔥🔥
A special selection of marinated chicken, lamb tikka, tandoori chicken and Nawabi shish.		

CHEF'S CHOICE - Includes steamed or pilau rice

East Bengal King Special	£12.95	🔥🔥
Chicken, lamb prawns, onions and peppers slowly cooked in Bengali herbs and medium spices.		
Chicken Jalbahar	£10.95	🔥🔥🔥
Chicken marinated in garlic and ginger, cooked alongside onions, peppers, green chilli, tomatoes, fresh coriander and a dash of Worcestershire sauce, complete with a touch of yogurt.		
King Prawn Deshi Masala	£13.95	🔥🔥
Freshwater jumbo King Prawns with slowly roasted cherry tomatoes and onions tossed in ginger, garlic and fried cumin.		
Mas Bangla Roshoi	£12.95	🔥🔥
Salmon steak and potatoes cooked with garlic, ginger and East Bengal's special blended spices.		
Chicken or Lamb Deshi Korai	£10.95	🔥🔥
Chicken or lamb cooked with baby onions, garlic, ginger, peppers and spices combined with fresh coriander.		
Chicken Makhanwala	£10.95	🔥
Sliced chicken marinated and cooked in a rich, creamy sauce with almond and butter.		

SPECIALS - Includes steamed or pilau rice

Chicken or Lamb Tikka Masala	£10.95	🔥
Barbecued chicken or lamb cooked in a ground almond and coconut powder, fresh cream and special spices.		
Chicken or Lamb Roghni	£10.95	🔥🔥🔥
A mix of garlic, julienne of capsicum, garam masala, plum tomatoes, finished with a touch of coriander.		
Chicken or Lamb Tikka Jalfrezi	£10.95	🔥🔥🔥
All jalfrezi dishes are cooked with onions, tomatoes, green chillies, fresh coriander and capsicums.		
King Prawn Garlic Chilli	£12.95	🔥🔥🔥
King prawn cooked with fresh garlic, green chillies, baby onions and cherry tomatoes.		
Lamb Achari	£10.95	🔥🔥🔥
A deliciously hot lamb curry cooked with pickling spices.		
Murgh Methi Malai Special	£10.95	🔥🔥
Chicken cooked with fenugreek leaves and garlic in a medium sweet sauce.		
Chicken or Lamb Balti	£10.95	🔥🔥🔥
Highly spiced dish with onions, peppers, ginger and coriander.		
Chicken or Lamb Tikka Chilli Masala	£10.95	🔥🔥🔥
Chicken or lamb chopped into small pieces cooked with fresh green chillies, caramelised onions and tomatoes in a hot sauce.		
Chicken or Lamb Saag	£10.95	🔥🔥
Cooked with spinach in specially selected herbs and spices, in a medium hot sauce		

 Denotes spicy dish.

🔥 mild 🔥🔥 hot
🔥🔥 medium 🔥🔥🔥 very hot

Allergens

Please advise on dietary requirements & allergies, our staff will advise on alternative dishes, we can't guarantee our dishes are allergen free. Some of our dishes may contain or have been in contact with nuts.

334 Upper Newtownards Rd, Belfast BT4 3EX
 T. 02890 654280 or 02890 671350
theeastbengal.com

BIRYANI

Savoury rice dishes served with vegetable curry

Chicken Biryani	£11.95	🔥🔥
Chicken Tikka Biryani	£12.95	🔥🔥
Lamb Biryani	£12.95	🔥🔥
King Prawn Biryani	£13.95	🔥🔥
Jasmine Special Biryani	£13.95	🔥🔥
Vegetable Biryani (V)	£11.95	🔥🔥

TRADITIONAL - Includes steamed or pilau rice

Bengali Style Curry - Medium spice	🔥🔥
Bhuna - Medium spice	🔥
Rogan - Tomato based dish, medium spice	🔥
Korma - Creamy coconut and almond dish, very mild	🔥
Dopiaza - Medium spice, cooked with chunky onions	🔥🔥
Pathia - Sweet, sour and hot, finished with freshly squeezed lemon juice	🔥🔥🔥
Dansak - Lentil based dish, hot, sweet and sour	🔥🔥
Madras - Fairly hot curry with herbs and spices	🔥🔥
Vindaloo - Very hot curry with herbs and potatoes	🔥🔥🔥

The above dishes served with the following:

Chicken	£9.95
Chicken Tikka	£10.95
Lamb	£10.95
King prawn	£12.95

Vegetarian option also available

VEGETARIAN - Includes steamed or pilau rice on main only

	MAIN	SIDE
Kadhai Paneer 🔥🔥 Diced cottage cheese with peppers, onions tomatoes, coriander and fenugreek.	£9.95	£4.50
Mattar Paneer 🔥🔥 Fresh homemade cheese with sweet peas.	£9.95	£4.50
Palak Paneer 🔥🔥 Homemade cottage cheese cooked slowly with spinach, ginger and garlic, garnished with fresh coriander.	£9.95	£4.50
Saag Aloo 🔥🔥 Spinach and potatoes cooked with cumin seeds and garlic.	£9.95	£4.50
Bombay Potatoes 🔥🔥 Locally sourced potatoes lightly spiced with onion seeds.	£9.95	£4.50
Tarka Dhal 🔥🔥 Selection of lentils cooked with garlic and fenugreek seeds.	£9.95	£4.50
Aloo Gobi 🔥🔥 Potatoes and cauliflower cooked alongside tomatoes and spices.	£9.95	£4.50
Mushroom Bhaji 🔥🔥 Button mushrooms cooked in light Bengali spices.	£9.95	£4.50
Chana Masala 🔥🔥 Lightly spiced chickpeas with garlic, ginger and coriander.	£9.95	£4.50

THE BAKERY

Plain Naan (V)	£2.95
Peshwari Naan (V)	£3.25
Keema Naan	£3.25
Cheese Naan (V)	£3.25
Garlic Naan (V)	£3.25
Chapati (V)	£2.00
Tandoori Roti (V)	£2.95
Paratha (V)	£2.95

SIDES & ACCOMPAINMENTS

Steamed Rice	£2.75	Jeera Rice	£2.95
Pilau Rice	£2.75	Papadum	£0.65
Mushroom Rice	£2.95	Chilli Chutney, Mango or Lime Yogurt	£0.65
Fried Rice	£2.95	Chips	£2.95
Special Fried Rice	£3.50	Masala Potatoes	£4.50
Vegetable Rice	£2.95	Raita (V)	£2.00

DRINKS

SOFT DRINKS	500 ml	1.25 lt
Coca Cola	£1.75	£2.50
Diet Coke	£1.75	£2.50
Fanta Orange	£1.75	£2.50

Allergens

Please advise on dietary requirements & allergies, our staff will advise on alternative dishes, we can't guarantee our dishes are allergen free. Some of our dishes may contain or have been in contact with nuts.