

## BANGLADESHI BALTI DISHES

(We can make any dishes as your preference)

### BALTI CHICKEN OR LAMB TIKKA MASSALA

Spring chicken or fillet lamb marinated in yoghurt and spices, cooked with fresh and dried herbs and special balti spices.

### BALTI CHICKEN OR LAMB

Juicy chunks of chicken or lamb cooked with very exotic balti spices and thick gravy.

### BALTI KING PRAWNS

Juicy chunks of King prawns cooked with very exotic balti spices and thick gravy.

### BALTI HARI MIRCHI

Pieces of spring chicken or fillet of lamb cooked with green chillies, spring onions and special Moja Balti sauce. Can be served hot.

### BALTI MONCHURIAN

Tender pieces of breast chicken cooked with lamb mincemeat, spring onions in a thick sauce garnished with fresh coriander.

### BALTI ROJOTI

Breast chicken or Fillet lamb cooked in a combination of hot and sour sauce

with cubes of spring onion and green pepper.

### BALTI MIXED VEGETABLE

Mixed vegetables cooked with special balti spices and herbs.

## THALI DISHES

(Set meal for one)

### NON VEGETABLE THALI

Tandoori chicken, seek kebab, bhoona meat, chicken tikka, meat samosa, pulao rice, tandoori nan.

### VEGETABLE THALI

Consists of dry vegetable, bringal bhajee, mushroom bhajee, pulao rice, tandoori nan and papadam.

## VEGETABLE DISHES

### VEGETABLE TRAY

(3 different vegetables)

### CAULIFLOWER BHAJEE

Fresh cauliflower cooked with spices

### MUSHROOM BHAJEE

Fresh mushrooms cooked with spices

### VEGETABLE CURRY

Mixed vegetables with various spices

### ALOO GOBI

Fresh cauliflower and potatoes with mild spices

### BHINDI OR BRINGAL BHAJEE

Fresh okra or aubergine

cooked with fried onion and tomatoes

### NIRAMISH

Mixed fresh vegetables cooked with herbs and delicate spices

### BOMBAY ALOO

Potatoes cooked with butter, slightly spiced

### SAG BHAJEE

Fresh spinach cooked in a butter, slightly spiced

### SAG ALOO

Potatoes and spinach mixed

### TARKA DAL

Spiced lentils with garlic

### VEGETABLE SAMBER

Sweet and sour, hot, with lentils

### SAG PANEER

Spinach cooked with cheese

### MOTOR PANEER

Chick peas cooked with cheese

### ALOO PANEER

Potatoes cooked with cheese

### CHANA BHOONA

Chick peas cooked with spices in a dry gravy

### ABOVE DISHES SERVED AS A MAIN COURSES

CUCUMBER OR ONION RAITA, OR YOGHURT

## RICE DISHES

(We can make any dishes as your preference)

### PLAIN RICE

Pure basmati rice cooked with spices and saffron

### GARLIC RICE

Rice cooked with fresh garlic and spices

### SPECIAL FRIED RICE

Rice cooked with spices, eggs, peas and carrots

### VEGETABLE PULAO RICE

Cooked with vegetables

### MUSHROOM PULAO RICE

Rice cooked with mushrooms

### CHANA RICE

Rice cooked with chick peas and slightly spiced

### AKHNI RICE

Rice slightly spiced, cooked with spiced lamb mincemeat

## SUNDRY DISHES

### NAN

Special leavened bread freshly baked

£3.25

### PESHWARI NAN

Nan prepared with oriental nuts and fruits

£4.25

### STUFFED NAN

V Stuffed with spices, mashed potato and vegetables

£4.25

### KEEMA NAN

Freshly baked with minced meat.

£4.25

### GARLIC NAN

V Freshly baked with garlic.

£4.25

### GARLIC CHILLI NAN

V Freshly baked with garlic & chopped chillies.

£4.25

### HOLLY EMMA NAN

Freshly baked with chicken tikka, coriander & chopped chillies.

£4.25

### PARATHA

Thick multi-layered fried bread.

£3.95

### CHAPATI

Soft thin Indian bread.

£2.50

### PLAIN PAPADAM

£0.95

### SPICED PAPADAM

£0.95

### CHUTNEY

Per portion

£0.75

# Shefford Tandoori

Established 1987 under the same Management

## Banquet Nights

Every Monday & Wednesday

Starter | Main Course | Side Dish | Rice or Naan

## Special Sunday Buffet

EVERY SUNDAY MIDDAY - 5PM

HELP YOURSELF TO AS MUCH AS YOU LIKE  
FROM A CHOICE OF MANY DIFFERENT DISHES

£14.95

CHILDREN (UNDER 10) HALF PRICE

OPEN 7 DAYS A WEEK

MONDAY - SATURDAY 5PM-10PM

SUNDAY 5PM - 10PM

SUNDAY BUFFET 12 NOON - 4.30PM

CHEQUES ARE NOT ACCEPTED WITHOUT BANKERS CARD

We accept Visa Access

The Management reserves the right of admission

All prices are inclusive of VAT.

All Chicken is Breast Meat.

### Food Allergies

Some of our items contain nuts, seeds and other Allergens. There is a small risk that tiny traces of these may be in any dish or food served here. We understand the dangers to those with severe allergies. Please speak to a member of staff who may be able to help you make an alternative choice.



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[www.sheffordtandoori.com](http://www.sheffordtandoori.com)

## STARTERS

PRAWN COCKTAIL	£5.95
ONION BHAJIA  Deep fried mixed onion balls finely chopped, and made with chefs own recipe	£4.95
SEEK KEBAB Spiced minced meat barbecued in tandoori clay oven on a skewer served with salad	£5.50
LAMB OR VEGETABLE  SAMOSA Triangular-shaped savoury filled with spicy meat or vegetable	£5.25
1/4 TANDOORI CHICKEN Spring chicken marinated and barbecued on the tandoori clay oven	£5.25
LAMB CHOPS Pieces of tendered lamb chops grilled in a clay oven marinated with tandoori balti spices	£6.95
CHICKEN OR LAMB TIKKA Marinated chicken or lamb barbecued on the tandoori clay oven	£5.95
CHICKEN CHAT Slightly spiced chopped chicken cooked in chat massala and served with salad	£5.95
TANDOORI MIXED Pieces of chicken, cubes of lamb and minced meat marinated on a clay oven	£6.95
CHICKEN PAKORA Spring chicken marinated and deep fried with pakora spiced butter. Served with salad	£5.95
VEGETABLE PAKORA  Deep fried with spicy pakora butter. Served with salad	£5.50
CHAT PURI Spicy chicken chopped into small pieces, cooked in chat massala and served on fried bread.	£6.95
KEBAB PURI Spicy mincemeat charcoal grilled and served on fried bread with salad. Garnished with onions and coriander	£7.25
PRAWN PURI Well spiced prawns cooked with medium gravy & served on a deep fried bread.	£7.25
KING PRAWN PURI well spiced king prawn cooked with gravy & served on a deep fried bread.	£8.25
KING PRAWN BUTTERFLY Lightly spiced with mint & herbs covered in bread crumbs deep fried.	£8.25
SALMON TIKKA Marinated and spice mixed salmon barbecued on the tandoori clay oven.	£9.25

## CHICKEN OR LAMB DISHES

(We can make any dishes as your preference)

CHICKEN OR LAMB KURMA Chicken or Lamb flavoured with kashmiri herbs and cooked with almonds. Coconut. Very mild.	£10.95
CHICKEN OR LAMB BHOONA Well spiced chicken or lamb with green peppers and tomatoes.	£10.95
CHICKEN OR LAMB CURRY Medium, Madras, Vindaloo or Phal.	£10.95
CHICKEN OR LAMB DANSAK Sweet, Sour and slightly hot, cooked with lentils and herbs.	£10.95
CHICKEN OR LAMB DUPIAZA Cooked with fried onions and mildly spiced gravy.	£10.95
SAG CHICKEN OR LAMB Chicken or Meat cooked with spinach and spices in clarified butter.	£10.95
CHICKEN OR LAMB ROGAN JOSH Medium hot tender chicken or meat, cooked with spices and garnished with tomatoes and green peppers	£10.95
CHICKEN OR LAMB & MUSHROOM BHOONA Well spiced in rich sauce cooked with mushroom	£10.95

## HOUSE SPECIAL DUCK DISHES

(We can make any dishes as your preference)

DUCK BHOONA Well spiced with green peppers, tomatoes and thick gravy	£12.95
DUCK JALFRAZI Cooked with green chili, ginger and capsicum. Hot	£12.95
DUCK DANSAK Duck cooked with lentils and herbs, slightly sweet, sour and hot	£12.95

## SEAFOODS

(We can make any dishes as your preference)

PRAWN CURRY Medium, Madras, Vindaloo or Phal.	£11.25
PRAWN BHOONA Well spiced with green peppers & tomatoes.	£11.25
PRAWN KURMA Prawn flavoured with kashmiri herbs and cooked with coconut, very mild.	£11.25
PRAWN PATHIA Slightly spiced flavoured prawns, fairly moist and slightly sweet, sour & hot.	£11.25
PRAWN DANSAK Prawns cooked with lentils & herbs, slightly sweet, sour & hot.	£11.25
PRAWN SAG Prawns cooked with spinach and spices in clarified butter.	£11.25
KING PRAWN CURRY Medium, Madras, Vindaloo or Phal.	£14.95
KING PRAWN BHOONA Well spiced with green peppers, tomato and thick gravy.	£14.95
KING PRAWN KURMA Flavoured with kashmiri herbs and cooked with almonds, coconut. Very mild.	£14.95
KING PRAWN PATHIA Slightly spiced flavoured prawns, fairly moist and slightly sweet, sour, hot.	£14.95
KING PRAWN DANSAK King prawns cooked with lentils and herbs, slightly sweet, sour and hot.	£14.95
KING PRAWN SAG King prawns cooked with spinach and spices in clarified butter.	£14.95
KING PRAWN DUPIAZA Cooked with fried onions and mildly spiced gravy.	£14.95
KING PRAWN & MUSHROOM BHOONA Well spiced in rich sauce cooked with mushroom.	£14.95

## HOUSE SPECIAL FISH DISHES

(We can make any dishes as your preference)

SALMON BHOONA Well spiced with green peppers, tomatoes and thick gravy.	£13.95
SALMON ROGAN Cooked with spices and garnished with tomatoes and green peppers.	£13.95
SALMON DANSAK Cooked with lentils and herbs, slightly sweet, sour and hot.	£13.95
SALMON JALFRAIZI  Cooked with green chilli, ginger and capsicum. Hot.	£13.95
PANGAS BHOONA Well spiced with green peppers, tomatoes and thick gravy.	£13.95
PANGAS ROGAN Cooked with spices and garnished with tomatoes and green peppers.	£11.95
PANGAS DANSAK Cooked with lentils and herbs, slightly sweet, sour and hot.	£11.95
PANGAS JALFRAIZI  Cooked with green chilli, ginger and capsicum. Hot.	£11.95

## CHEF'S RECOMMENDATIONS

CHICKEN/LAMB PASSANDA	£11.50
Thin lamb fillet or chicken marinated in spices and yoghurt and cooked in curry with herbs.	
CHICKEN OR LAMB KARAH	£11.50
Lamb or chicken medium or hot. Marinated in spices and cooked in medium dry gravy with halves of tomatoes, capsicum and served in iron karahi.	
CHICKEN OR LAMB MUGHLAI (MILD)	£11.50
7th century dish garnished with herbs cooked with fresh cream and fruit.	
BUTTER CHICKEN OR LAMB (MILD)	£11.50
Pieces of spring Chicken marinated in special spices, and fried with butter.	
CHICKEN TIKKA MASSALA	£11.50
Pieces of spring Chicken marinated in spices, grilled in tandoori, then cooked with special yoghurt and tomatoes.	
KING PRAWN DELIGHT	£14.95
Charcoal grilled King prawn cooked in creamy sauce, with fruits.	
CHICKEN MULI (MILD)	£11.50
Spring tandoori grilled chicken, cooked with butter; tomatoes and spice with cream.	
CHICKEN, LAMB OR PRAWN JALFRAIZI 	£11.50
Cooked with green chilli, ginger and capsicum. Hot	
KING PRAWN JALFRAIZI 	£11.50
King prawn Cooked with green chilli, ginger and capsicum. Hot	
CHICKEN OR LAMB REJALLA	£11.50
Medium or Hot. Chicken cooked with coconut, almond powder and garnished with tomatoes, green pepper and spicy gravy served with onion ring	
CHICKEN OR LAMB TIKKA BHOONA	£11.50
Spring chicken or lamb marinated in spices and herbs. Served with green pepper, tomato and spicy gravy.	
CHICKEN OR LAMB SILSILA	£11.50
Slices of spring chicken or lamb marinated in spices, grilled in clay ovens then cooked with onion, tomatoes, green pepper in special gravy.	
CHICKEN OR LAMB JHUNAKI 	£11.50
Cubes of chicken or lamb fillet tikka cooked with chopped onions, chopped fresh green chilli, capsicum and selected spices in dry gravy - Hot.	
CHICKEN OR LAMB KUSHBU	£11.50
Chicken or lamb fillet flavoured with kushbu herbs, cooked with fruits, mild spices and cream.	
CHICKEN OR LAMB DIL-KHUSH	£11.50
Barbecued chicken or lamb fillets, onions, tomatoes and capsicum cooked with spices, garlic and serves in exotic sauce.	
CHICKEN OR LAMB PASSANDA DANSAK	£11.50
Chicken or thin lamb fillet marinated in spices and cooked in sweet, sour and slightly hot, with lentils and garlic.	
CHICKEN OR LAMB CHANA MASSALA	£11.50
Chicken or thin lamb fillet marinated in spices and cooked with chick peas with a thick gravy. Medium or Hot.	
CHICKEN OR LAMB METHI JALFRAIZI 	£11.50
Thin Chicken or lamb fillet cooked with methi leaves and fresh green chillies and ginger with kushbu spices.	

## EXOTIC BANGLADESHI CUISINE

(We can make any dishes as your preference)

SHONAR BANGLA  Slices of spring chicken or lamb fillet marinated on a tandoori grill then cooked with special Bangla red chillies, onions, tomatoes and green peppers in hot sauce	£11.50
MODUR BANGLA Chicken or thin lamb fillet cooked with special mango sauce. Mild	
JOY BANGLA Piece of king prawn, seek kebab, chicken tikka, lamb tikka, cooked with exotic Bangladeshi Tandoori spice with thick gravy. Hot or Medium	
SHOBUJ BANGLA Chicken or thin lamb fillet cooked in special spices with cheese. Medium or mil	£11.50
SHATKORA BAHAR Spring marinated chicken or lamb cooked with Bangladeshi citrus fruit flavoured with special gravy. Medium	£11.50
NAGA CHILLI CHICKEN OR LAMB  Spring marinated chicken or lamb cooked with Bangladeshi naga chilli paste flavoured spices and special gravy. Hot or Very hot	£11.50
CHILLI PANEER   V Homemade cheese cooked with green chillies, tomatoes. Slightly spiced	£10.95
CHOP BHOONA Passanda flavoured and cooked with moja spice, kushbu herbs. Medium or Hot	£13.95

## TANDOORI CUISINE

(We can make any dishes as your preference)

Prepared in clay oven, marinated in a delightfully delicate spiced yoghurt for 24 hours to tenderise the meat giving it a seductive flavour and tantalising aroma. All these dishes are served with green salad and yoghurt	
TANDOORI CHICKEN (HALF)	
Spring chicken marinated and barbecued on the tandoori clay oven.	
CHICKEN OR LAMB TIKKA	
Marinated on the tandoori clay oven.	
TANDOORI MIXED GRILL	
Combination of chicken tikka, lamb tikka, seek kebab and tandoori chicken.	
TANDOORI KING PRAWN Marinated king prawns barbecued on the tandoori clay oven.	
TANDOORI LAMB CHOP	
Tendered lamb chops grilled in a clay oven marinated with tandoori balti spice.	
CHICKEN OR LAMB SHASHLIK With grilled peppers, onions and tomatoes.	
SALMON TIKKA Marinated and spiced salmon barbecued on the tandoori clay oven.	
SALMON SHASHLIK with grilled peppers, onions and tomatoes.	
KING PRAWN SHASHLIK with grilled peppers, onions and tomatoes.	

## BIRYANI DISHES

CHICKEN OR LAMB BIRYANI	£10.95
Biryani's consist of special fried rice served with vegetable curry.	
PRAWN BIRYANI	£10.95
Biryani's consists of special fried rice, garnished with special fish spices and served with vegetable curry.	
KING PRAWN BIRYANI	£14.95
Biryani's consists of special fried rice, garnished with special fish spices and served with vegetable curry.	
VEGETABLE BIRYANI 	£13.95
Biryani's consists of special fried rice with mix vegetables and served with vegetable curry.	
CHICKEN OR LAMB TIKKA BIRYANI	£13.95
Special fried rice and marinated meat or chicken grilled over charcoal and garnished with egg and tomatoes, onions and served with vegetable curry.	

## KAMRAN'S RECOMMENDATIONS

(Special Garlic handi dishes) (We can make any dishes as your preference)

GARLIC HANDI BAKARA	£11.50

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