

Starters

SHASHLICK CHICKEN - Diced chicken specially marinated with tomatoes, onion, and green pepper, barbecued on skewers.	£3.95
TANDOORI CHICKEN - Piece of chicken marinated and barbecued.	£3.45
CHICKEN CHATT - Chicken cooked with spices and herbs on a puree	£3.75
CHICKEN or LAMB TIKKA - Diced chicken or Lamb marinated in spices and barbecued.	£3.75
MIXED MEAT STARTER - Chicken Tikka, Lamb Tikka and Sheekh Kebab	£4.75
SHEEKH KEBAB - Minced meat marinated in spices and herbs and barbecued.	£3.50
RASHMEE - Minced meat mixed with fresh ground spices then fried egg.	£3.75
CHICKEN PAKURA - Diced chicken mixed with spices then fried in oil.	£3.75
ONION BHAJEE - Chopped onions mixed with spices and then deep fried in oil.	£2.95
SAMOSA - (Meat or Vegetable) in Indian pastry.	£2.95
KING PRAWN BUTTERFLY - King prawn marinated in a thick sauce and then fried in oil.	£4.95
KING PRAWN PUREE - Medium Spiced king prawns on a puree.	£4.95
PRAWN PUREE - Medium spiced prawns on a puree.	£3.75
PRAWN COCKTAIL.	£3.95
GARLIC MUSHROOM - Spiced mushroom and garlic.	£3.15
PANEER TIKKA - Cubes of homemade cheese.	£3.75
DUCK GRILL - Duck cooked with spices and herbs.	£5.50

Tandoori (Barbecues and Grills)

TANDOORI CHICKEN - Chicken marinated in special Tandoori spices and barbecued on flaming charcoal. (Whole)	£13.00
. (Half)	£6.50
TANDOORI KING PRAWN - Marinated with spices and grilled on charcoal.	£10.95
CHICKEN or LAMB TIKKA - Diced chicken or lamb spiced and barbecued on skewers.	£7.50
DUCK GRILL TIKKA - Diced duck spiced and barbecued on skewers.	£9.95
SALMON TIKKA - A classic smoked fresh salmon marinated in herbs, spices and grilled.	£9.95
PANEER TIKKA - Cubes of homemade cheese marinated in tandoori sauce and barbecued	£7.95
SHASHLICK CHICKEN or LAMB - Diced chicken or lamb marinated in herbs and spices then barbecued with tomatoes, onions and green pepper.	£8.95
KING PRAWN SHASHLICK - King prawns marinated in herbs and spices then barbecued with tomatoes, onions and green pepper.	£10.95
TANDOORI MIXED GRILL - Mixture of Sheekh Kebab, Chicken Tikka, Lamb Tikka, Tandoori Chicken and a Nan Bread.	£10.50

Balti Dishes (served with a plain Nan)

BALTI CHICKEN	£7.75
BALTI MEAT	£7.75
BALTI PRAWNS	£8.50
BALTI KING PRAWNS	£10.50
BALTI VEGETABLE	£6.95
BALTI MIXED (Chicken, Meat & Prawn)	£9.50
DUCK GRILL BALTI	£9.95

The Bengal Specialities

(all specialities are served with pilau rice)

CHICKEN or LAMB TIKKA MOSSALA - Chicken or Lamb tikka cooked in pure ghee, almond and coconut flour with special sauce and cream.	£9.95
TANDOORI CHICKEN MOSSALA - Boneless Tandoori Chicken and minced meat cooked in pure ghee, almond and coconut flour with special sauce and eggs.	£10.25
TANDOORI KING PRAWN MOSSALA - Tandoori King Prawn cooked in pure ghee, almond and coconut flour with special sauce and cream.	£10.95
CHICKEN or LAMB CHILLI MASSALA - Chicken or Lamb marinated in herbs and spices then cooked with garlic and green chillies. Fairly hot	£9.95
DUCK GRILL MASSALA - Duck cooked in ghee, almond and coconut flour with special sauce and cream.	£10.95
SALMON TIKKA MASSALA - Salmon cooked in pure ghee, almond and coconut flour with special sauce and cream.	£10.95
BADAMI SALMON - Salmon cooked in pure ghee, almond and special creamy sauce. Very mild.	£10.95
BANGLA FISH - Marinated in special fresh herbs and spices then barbecued and cooked in sauce. Fairly hot and dry.	£10.95
KARAHI CHICKEN or LAMB TIKKA - Chicken or Lamb tikka marinated in a specially prepared thick sauce, cooked and served on a cast iron dish, garnished with onions, tomatoes, gives a nice aromatic flavour.	£9.95
KARAHI TANDOORI KING PRAWN - Tandoori King Prawns marinated and barbecued in clay oven and again cooked in cast iron dish with special fresh herbs and spices.	£10.95
CHICKEN or LAMB PASANDA - Chicken or Lamb marinated in herbs and spices then cooked with ground almond, coconut and fresh cream. Mild to medium.	£9.95
MURGH or LAMB JALFAIZA - Chicken or lamb cooked with spices and green chillies. Fairly hot	£9.95
KING PRAWN JALFAIZA - King Prawn cooked with spices and green chillies. Fairly hot	£10.95
DUCK GRILL JALFAIZA - Pieces of boneless duck cooked with spices and green chillies. Fairly hot.	£10.95

Meat Dishes

(Mutton)

MEAT KORMA - A mild meat curry.	£6.10
MEAT CURRY - (Madras or Vindaloo).	£6.10
ROGAN JOSH - Meat cooked with special spices, garnished with tomatoes, green pepper and a touch of garlic.	£6.10
BHOONA GOSHT - Meat cooked with thick curry sauce. Medium dry	£6.10
SAAG GOSHT - Meat cooked with spinach. Medium dry.	£6.10
MEAT MOGHLAI - A mild meat curry with nuts, almonds and eggs.	£6.50
GARLIC MEAT - Meat cooked with garlic and spices	£6.10
MEAT DUPIAZA - Meat cooked with onion, tomatoes and green peppers	£6.10
MEAT DANSAK - Meat cooked with lentils, sweet and sour spicy curry, slightly hot.	£6.10
MEAT CEYLON - Hot curry cooked with coconut.	£6.10
MEAT TIKKA PATHIA - Hot, sweet and sour spicy curry	£6.95
ACHARI MEAT - Meat cooked with mixed pickles. Slightly hot, medium dry.	£6.10
GINGER MEAT - Meat cooked with ginger and spices. Medium.	£6.10
METHI MEAT - Meat cooked with dried fenugreek leaves. Medium dry.	£6.10
KARAHI MEAT - Specially cooked in spices and herbs, onion and green pepper in a thick sauce. Medium hot	£6.20

Chicken Dishes

(All breast chicken)

CHICKEN KORMA - A mild chicken curry.	£6.10
CHICKEN TIKKA KORMA - Chicken Tikka cooked in a mild curry sauce.	£6.95
CHICKEN CURRY - (Madras or Vindaloo).	£5.95
CHICKEN KASHMIR - Cooked with fruits and fresh cream. A medium curry.	£6.10
CHICKEN BHOONA - Chicken cooked with special stock of spices. A medium dry curry.	£5.95
CHICKEN TIKKA BHOONA - Chicken tikka cooked in spices and herbs in a thick sauce.	£6.95
GARLIC CHICKEN - Chicken cooked with garlic and spices	£5.95
CHICKEN DUPIAZA - Chicken cooked with onion, tomatoes and green peppers	£5.95
BUTTER CHICKEN - Chicken marinated in spices and butter and cooked in curry with herbs. A mild curry.	£6.95
MOGHLAI CHICKEN - A mild chicken curry with nuts, almonds and eggs.	£6.10
CHICKEN DANSAK - Chicken cooked with lentils, sweet and sour spicy curry. A slightly hot curry.	£5.95
CHICKEN CEYLON - Hot curry cooked with coconut.	£5.95
CHICKEN TIKKA PATHIA - Hot, sweet and sour spicy curry.	£6.95
ACHARI CHICKEN - Chicken cooked with mixed pickles. Slightly hot, medium dry.	£5.95
GINGER CHICKEN - Chicken cooked with ginger and spice. Medium hot.	£5.95
NAGA CHICKEN - Chicken cooked with naga and spices. (Hot).	£5.95
SAGWALA CHICKEN - Chicken cooked with spinach and spices	£6.10
CHICKEN JANGARI - Chicken tikka cooked in spices. (Sweet, Sour and fairly hot).	£6.95
KARAHI CHICKEN - Specially cooked in spices and herbs, onion and green pepper in a thick sauce. Medium hot.	£6.50

Duck Dishes

(Pieces of Boneless duck cooked with spices and herbs)

DUCK GRILL DELIGHT (Mild)	£9.95
DUCK GRILL BHUNA (Medium)	£9.95
DUCK GRILL KARAHI (Medium)	£9.95

Seafood

PRAWN CURRY - Medium curry.	£6.75
PRAWN BHOONA - Medium dry curry.	£6.95
PRAWN PATHIA - Hot, sweet and sour spicy curry.	£6.95
PRAWN DANSAK - Hot, sweet and sour with lentils.	£6.95
SAAG PRAWN - Prawn cooked with garlic and spinach.	£6.95
KING PRAWN BHOONA - Medium dry curry.	£8.95
SAAG KING PRAWN - King prawn cooked with garlic and spinach.	£8.95
KING PRAWN CURRY - Medium curry.	£8.95
KING PRAWN DANSAK - Hot, sweet and sour with lentils.	£8.95
KING PRAWN DUPIAZA - King prawn cooked with garlic, onion, tomatoes and green pepper.	£8.95

Birayani

(Cooked with Rice and served with Vegetable Curry)

CHICKEN TIKKA BIRAYANI.	£8.50
CHICKEN BIRAYANI.	£7.50
MEAT BIRAYANI.	£7.75
PRAWN BIRAYANI.	£8.55
KING PRAWN BIRAYANI.	£10.95
VEGETABLE BIRAYANI.	£7.50
MIXED BIRAYANI.	£8.95

Vegetable Main Dishes

VEGETABLE KORMA - Mild.	£5.25
VEGETABLE DHANSAK - Hot, sweet and sour with lentils.	£5.25
KARAHI VEGETABLE	£5.50
VEGETABLE JALFAIZA - Hot.	£5.50
VEGETABLE MOSSALA.	£5.50

Vegetable Side Dishes

MIXED VEGETABLE CURRY.	£3.10
NIRAMISH - Dry mixed vegetables.	£3.20
ALOO GOBI BHAJEE - Medium spiced potatoes and cauliflower.	£3.10
SAAG ALOO BHAJEE - Medium spiced spinach potatoes.	£3.10
MUSHROOM BHAJEE - Medium spiced mushrooms.	£3.10
CAULIFLOWER BHAJEE - Medium spiced cauliflower.	£3.10
BOMBAY ALOO - Medium spiced potatoes.	£3.10
SAAG BHAJEE - Medium spiced spinach with garlic.	£3.10
BHINDI BHAJEE - Medium spiced okra.	£3.10
TARKA DALL - Spiced lentils with fried garlic.	£3.10
SAAG PONIR - Spinach cooked with garlic and cheese	£3.10
ALOO PONIR - Potatoes cooked with garlic and cheese	£3.10
CHANA MASSALA - Chick peas	£3.10
MATTAR PONIR - Cheese and chick peas	£3.10

Rice

PRAWN PILAU	£3.95
KEEMA RICE	£3.95
SWEET RICE.	£2.95
VEGETABLE PILAU	£3.10
MUSHROOM RICE.	£2.95
SPECIAL FRIED RICE.	£2.95
ONION RICE.	£2.95
PILAU RICE (Basmati)	£2.50
BOILED RICE.	£2.25

Sundries

NAN.	£2.10
KULCHA NAN - Nan stuffed with vegetables.	£2.40
KEEMA NAN - Nan stuffed with minced lamb.	£2.40
PESHWARI NAN - Nan stuffed with dry fruits.	£2.50
CHILLI NAN.	£2.40
CORRIANDER NAN.	£2.40
GARLIC NAN.	£2.40
CHEESE NAN.	£2.40
PARATHA.	£2.40
CHAPATI.	£1.20
PAPADOM.	£0.60
MOSSALA PAPADOM.	£0.70
CHUTNEY and PICKLE. (per head)	£0.50
RAITA - with cucumber or onion.	£1.75

English Dishes

CHICKEN NUGGETS (6 pieces) and Chips	£5.50
PORTION OF CHIPS.	£1.75

ALL PRICES INCLUDE V.A.T.

*The
Bengal*
Est. 1987

BENGAL NIGHT

Wednesday & Thursday Only

Choose anything from the full menu:

1 x Starter

1 x Main Course

1 x Vegetable Side Dish

1 x Rice or Plain Nan

1 x Coffee

Only £11.50

(Excludes all King Prawn, Salmon, Bangla Fish and Duck dishes)

For any of the above dishes please add £3.00 extra.

OPENING HOURS

LUNCH (Mon-Sun) 12 to 2.00pm

EVENINGS 5.30 to 11.00pm

INCLUDING HOLIDAYS

Please telephone for Reservation

(01487) 813896

www.thebengalramsey.co.uk

Please Note:

Management reserve the
right to refuse any person.

The set meals below are combinations selected from the main menu overleaf.

SET MEAL

A

Choose from:-

STARTER

SHEEKH KEBAB or CHICKEN TIKKA

MAIN COURSE

CHICKEN BHOONA or KARAH MEAT

VEGETABLE CURRY or CAULIFLOWER BHAJEE

PILAU RICE or PLAIN NAN

COFFEE

£13.50

PER PERSON

SET MEAL

B

Choose from:-

STARTER

ONION BHAJEE or SAMOSA

MAIN COURSE

SHASHLICK or KARAH CHICKEN TIKKA

SAAG ALOO or MUSHROOM BHAJEE

PILAU RICE or PLAIN NAN

COFFEE

£15.50

PER PERSON

The set meals above are not available as Takeaway

ALL PRICES INCLUDE V.A.T.

*The
Bengal*
Est. 1987

OPENING HOURS

LUNCH (Mon-Sun) 12 to 2.00pm

EVENINGS 5.30 to 11.00pm

INCLUDING HOLIDAYS

72 HIGH STREET

RAMSEY

CAMBRIDGESHIRE

PE26 1BS

TEL: (01487) 813896

www.thebengalramsey.co.uk

MENU

Food Allergies and Intolerances

If you have any concerns,
please ask a member of staff.

