Sundries

Popadoms	£0.60	Chips	£2.10
Pickle Tray	£2.20	Cheesy Chips	£3.00
Any Dips Each	£0.60	Peri Peri Chips	£2.50
Plain Paratha	£2.00	Salt & Pepper Chips	£3.00
Vegetable Paratha	£2.00	Plain Raitha	£1.50
Keema Paratha	£2.50	Cucumber Raitha	£1.50
Chappati	£1.40	Onion Raitha	£1.50
Garlic Chappati	£1.50	Mayo	£0.60
Butter Chappati	£1.50	Garlic Mayo	£0.70
Tandoori Roti	£1.95	Chicken Crispy Tenders	£3.00

Set Meals

Set Meal for 1 £15.00
The Chef will make his own selection of Starter, Main Course, rice or naan, (Mild, Medium, Hot)

Set Meal for 2 £30.00
2 Popadoms, Chicken Tikka, Onion Bhaji, Chicken Tikka Massala, Meat Karahi, Bombay Aloo, Pilau Rice, Naan BreadSet

Meal for 4 £50.00
Starter 2x Onion Bhaji, 2x Chicken Tikka, Any 4x Main course Saag Aloo, Bombay Aloo, 2x Rice, 2x Naan

Side Dishes

Saag Bhaji	£4.20
Vegetable Bhaji	£4.20
Coliflower Bhaji	£4.20
Mushroom Bhaji	£4.20
Aloo Gobi	£4.20
Bombay Aloo	£4.20
Saag Aloo	£4.20
Saag Poneer	£4.20
Tarka Dall	£4.20

Main Dishes

Chana Saag	£7.95
Aloo Chana	£7.95
Korma Sauce	£7.95
Plain Curry Sauce	£7.95
Madras Sauce	£7.95
Masala Sauce	£7.95
Any Curry Sauce	£7.95

Naan Bread

Plain Naan	£3.30	Chilli & Coriander Naan	£3.60
Garlic Naan	£3.40	Keema Naan	£3.60
Chicken Tikka Naan	£3.60	Cheese Naan	£3.60
Dhaniya Naan	£3.50	Garlic Coriander Naan	£3.60
Kulcha Naan	£3.60	Special Naan	£3.80
Peshwari Naan	£3.60	Cheese Chilli Garlic Coriander	

Rice Dishes

Boiled Rice	£3.30	Coconut Rice	£3.80
Pilau Rice	£3.50	Vegetable Rice	£3.80
Egg Rice	£3.80	Lemon Rice	£3.80
Prawn & Veg Rice	£3.80	Garlic Rice	£3.80
Keema Rice	£3.80	Onion Rice	£3.80
Mushroom Rice	£3.80	Peas Rice	£3.80
Egg Fried Rice	£3.80		

FOOD ALLERGIES & INTOLERANCES
Before you order your food, please talk to our staff if you have any allergies or dietary requirements.
THANK YOU

Biryani Dishes

Chicken Biryani	£9.30	Vegetable Biryani	£9.00
Meat Biryani	£10.00	Fish Biryani	£9.50
King Prawn Biryani	£11.00	Bengal Spice Mix Biryani	£10.50
Chicken Tikka Biryani	£9.50	Chicken, Meat, Keema, Prawns	

Naan Kebab

Donner Meat on Naan	£8.50
Chicken Tikka on Naan	£9.50
Mixed Donner on Naan Donner and Chicken	£9.70
Special Naan Kebab Chicken tikka donner meat seekh kebab	£10.50
Sylheti Special Naan Kebab Highly recommended grilled spicy donner meat With tomato onions capsicum & chilies	£10.50
Chicken Tikka Naga Naan Kebab	£10.50
Donner Meat with Chips	£8.00
Mixed Donner & Chicken with Chips	£8.50
Sylheti Spicy Donner Meat with Chips	£9.50

Wraps

Mixed Wrap Chicken tikka donner meat with chips	£8.50
Chicken Tikka Wrap with Chips	£7.30
Donner Wrap with Chips	£7.30
Plain Donner Meat with Chips	£7.50
Special Wrap Donner meat chicken & seekh kebab with chips	£9.50
Chicken Strips Wrap Chicken strips with tomato, salad, mayo & lettuce	£7.00
Paneer Wrap Grilled paneer with tomato, salad, mayo & lettuce	£7.50

Peri Peri Grill Chicken

Flavours
Garlic | Mango | Lime & Herbs

Peri Peri Chicken & Rice	£12.00
Peri Peri Paneer & Rice	£12.00
Peri Peri Chicken with Chips	£9.50
Peri Peri Combo 1/2 Chicken, 3x Wings, 2x Fries, 2x Dips	£20.00
BBQ Chicken with Chips	£9.50
Peri Peri Wings with Chips	£9.50
BBQ Wings with Chips	£9.50

Burgers

Served with salad, mayonnaise and lettuce

Cheese Burger	£6.50
Chicken Burger	£6.50
Veg Burger	£6.50
American Burger	£6.50
Donner Burger	£6.50
Plain Burger	£6.00

Kids Meal

Chicken Popcorn & Chips	£6.00
Chicken Nuggets & Chips	£6.00
Chicken Strips & Chips	£6.00

Soft Drinks

Cans: Water, Coke, Diet Coke, Pepsi, Diet pepsi, Sprite, Tango, Rubicon Mango	£1.50
1.5L Bottle: Coke, Pepsi	£2.50

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BENGAL Spice

Indian & Bengali Cuisine
Restaurant & Takeaway

TEL: 01757 289 658

MOB: 07309 801 551

Station Rd, Foggathorpe Selby YO8 6PR

www.mybengalspice.com

10% Discount on collection

Cash Only Please

Open 6 days a week 5pm - 10pm
Monday Closed
OPEN ON ALL BANK HOLIDAYS

Bengal Spice Night

SUNDAY / TUESDAY / WEDNESDAY

Popadoms, Starter, Main Course
Side Dish, Rice or Naan Bread
(Excluding Seafood)

Per Person
£13.50
(Dining in only)

Terms & Condition Apply

FOOD ALLERGIES & INTOLERANCES
Before you order your food, please talk to our staff if you have any allergies or dietary requirements.
THANK YOU

Starters

Bengal Platter £8.95
chicken pakora, mushroom pakora, onion bhaji, meat samosa, veg samosa, chicken roll, veg roll

Bengal Sizzle Mix
Seekh kebab, chicken wing & chicken tikka
- For 1 Person £3.90
- For 2 Person £7.70

Onion Bhaji £3.80
Chicken Tikka £3.95
Seekh Kabab £3.95
Shami Kabab £3.95
Mixed Kabab £4.20
Tandoori King Prawn £5.50
King Prawn Butterfly £5.50
Chicken Tikka Chaat £3.95
Garlic King Prawn £5.50
Veg Samosa £3.80
Meat Samosa £3.80
King Prawn Puree £5.50

Vegetarian Platter £7.95
(2 person) Vegetable samosas, vegetable pakoras, onion bhaji, mushroom pakora, veg roll

Meat Chops £4.95
Mushroom Pakora £3.95
Fish Pakora £3.95
Vegetable Pakora £3.80
Spicy Chicken Wings £3.95
Garlic Mushrooms £3.95
Naga Chicken Wings £4.50
Meat Chops Naga £4.95
Chicken Seekh Kebab £3.95
Aloo Pakora £3.95
Paneer Tikka £3.95
Paneer Pakora £3.95
Spring Rolls Veg £3.95
Spring Rolls Chicken £3.95
Fish Tikka £4.25
Prawn Puree £3.95
Chicken Pakora £3.95

Tandoori Specialities

Marinated for 24 hours with delicate herbs & spices, cooked in clay oven

Chicken Tikka £9.50
Spicy Chicken Wings £9.50
Tandoori Chicken (On the bone) £9.50
Chicken Shashlik £9.75
Tandoori Mixed Grill £11.00
Tandoori chicken, chicken tikka, seekh kabab

Tandoori King Prawn £11.20
Fish Tikka £9.50
Meat Chops £9.75
Paneer Tikka Main £9.50
Family Mixed Grill £14.50
Chicken tikka, seekh kebab, fish tikka, meat chops, chicken wings

Tandoori Masala Dishes

Chicken Tikka Masala £9.75
Tandoori Chicken Masala £9.75
Tandoori King Prawn Masala £11.20
Vegetable Masala £9.00
Paneer Tikka Masala £10.00
Shashlik Masala £9.75
Meat Masala £10.00
Fish Tikka Masala £9.50

Delicate Creamy Mild Dishes

Chicken Tikka Makhni £9.75
Thick creamy sauce with a coconut and cheese dressing

Chicken or Meat Passanda £9.95
Marinated & cooked with almond flakes, herbs, spices, cream & a touch of yoghurt

Tandoori Butter Chicken £9.75
chicken tikka cooked with 2 types of butter (Indian & English) with cream & yoghurt, medium dish

Bengal Butter Chicken £9.95
Cooked in sweet creamy butter sauce

Shahi Badami Korma £9.95
Cooked with nuts & touch of honey

Chicken or Meat Rezala £9.95
Cooked with mild spice, cream, coconut, served in a mild spicy creamy sauce & garnished with poppy seeds (spicy mild)

Chef's Speciality

Bengal Special £11.00
This dish is cooked with a mixture of chicken tikka, meat, tandoori chicken, channa daal & mushrooms

Murgh Achar £9.75
Tender cuts of chicken or meat cooked with a special blend of home made pickles & sauce

Bindiya Chicken £9.75
Barbecued chicken cooked with mango chutney, fresh mint, lemon juice, garlic, ginger, a blend of exotic spices

Chom Chom £9.75
Marinated chicken off the bone cooked with chana daal, aloo & blend of exotic spices

Tandoori Mixed Saag £11.20
Tender meat, chicken & keema cooked over charcoal in a clay oven & cooked in garlic, tomato & spinach (medium)

Murgh Bandari £9.75
Cooked in the tandoor and cooked again with minced meat, garlic & pepper

Chicken Tikka Lemon £9.75
Cooked with spring onion & green pepper in lemon sauce

Chicken Tikka Saag Wala £9.95
Cooked with spinach, garlic, onion and coriander

Bengal Chicken Dhaniya £9.75
Chicken tikka in a thick spicy sauce with spring onion, coriander and garlic

Chicken or Meat Hyderabady £9.85
Chicken or meat cooked with chick peas in fresh garlic, tomato, coriander & chef's special sauce

Afghani Chicken £10.00
Afghani Meat £10.50
A classic Afghanistani dish compromising of meat or chicken

Mint Bhuna Chicken £10.00
Mint Bhuna Meat £10.50
Cooked in semi dry bhuna sauce with fresh mint

Ghusht Katta Massala £10.50
Cooked in meat golden brown sliced onions, garlic, cherry tomatoes & ground garam massala prepared in a thick sauce medium hot

Chicken Chilli Massala £10.50
Cooked with tandoori chicken thick spicy sauce with garlic, cherry tomatoes fresh herbs and spices garnished with coriander green chili & bullet chili (Medium hot)

Desi Chicken Tikka Massala £10.50
A traditional spicy curry, highly recommended our chef's own secret recipe

Keema Mattar Saag £10.00
Minced meat cooked with spinach fresh peas in a medium strength sauce with specially selected herbs & spices, with fresh garlic & garnished with coriander

Aloo Ghusht £10.50
Fairly hot, a real taste from Bangladesh meat & potato cooked with onion, garlic, cherry tomatoes, chilli & herbs in a thick sauce garnished with coriander

Chef Special £10.50
Chicken, meat, prawn, potato, mushroom cooked with fresh tomato & coriander sauce

Meat Shanks £11.50
Meat marinated in yogurt, lemon juice, fresh garlic, green peppers, onions & cherry tomatoes with minced meat & exotic Bangladeshi spices

Chicken Shashlik Bhuna £10.00
Chicken, onion, green pepper, garlic, tomato, chef special sauce

House Speciality

Jill Mill £10.50
Cooked with chicken or meat with very special hot chili. Tasteful & hot flavour dish

Nawabi Murgh £11.95
Pieces of chicken breast cooked in a clay oven. Medium Spicy, highly flavoured, Served with rice or nan

Murgh Massala £10.50
Cooked with mince meat & tandoori chicken, garnished with coriander in medium sauce

Chicken Tikka Naga £10.50
Hot curry cooked with naga (hot sauce). A very hot dish

Nawabi Khana £9.75
A traditional dish cooked with 21 spices spicy

Royal Bengal £10.50
Cooked with chicken tikka, fresh garlic, lemon juice, green chilli peppers, coriander and fried onion with chef's secret recipe

Staff Curry

Meat Handi £10.95
Chicken Handi £10.50
Cooked traditional way in Indian style mouth watering flavour on the bone
Comes with Rice or Naan

Garlic Dishes

Garlic Chicken Tikka Bhuna £9.75
Garlic Chicken Tikka Karahi £9.75
Garlic Chicken Tikka Jalfrezi £9.75
Garlic Chicken Tikka-Rogan Josh £9.75
Garlic Chilli Chicken £9.75

Karahi Dishes

Chicken Tikka Karahi £9.75
Meat Karahi £10.50
King Prawn Karahi £11.20
Vegetable Karahi £8.50
Tandoori Chicken Karahi £9.75

Jalfrazi Dishes

Special Jalfrezi £10.50
Cooked with Tandoori Chicken Onion green peppers Naga

Chicken Tikka Jalfrazi £9.75
Meat Jalfrazi £10.50
King Prawn Jalfrazi £11.20
Veg Jalfrazi £8.50
Prawn Jalfrazi £8.95
Fish Jalfrazi £9.00
Tandoori Chicken Jalfrazi £9.75
Paneer Jalfrazi £9.50

Popular Dishes

Madras, Bhuna, Rogon, Korma, Dansak, Pathia, Vindaloo, Dupiaza, Methi

Chicken £8.40
Meat £9.95
Prawn £8.50
Chicken Tikka £9.50
King Prawn £10.95
Fish £9.50
Mushroom £7.00
Keema £8.50
Paneer £8.95
Tandoori-Chicken £9.50

Vegetarian Special

Bengal Spice Special Sabzi £8.50
Cooked mix veg, saag, mushroom, chickpeas, chana daal

Garlic Chilli Saag Aloo £8.50
Hot spinach & potatoes cooked with garlic, green chilli & herbs with thick sauce

Vegetable Bhuna £8.20
Cooked mix vegetables, bhuna sauce

Balti Dishes

Chicken Balti £9.30
Meat Balti £9.95
Chicken Tikka Balti £9.95
Tandoori Chicken Balti £10.50
Cooked with striped chicken & semi-dry Balti sauce

Vegetable Balti £8.50

Garlic Chilli Chicken Balti £10.50
Cooked with garlic flakes, garlic pickle, fresh green chilli, coriander & Balti sauce

Shahi Balti £9.30
Spinach, chickpeas, cottage cheese, roasted potatoes & chef's own Balti sauce. Very tasty dish

Seafood Special

King Prawn Rizala £11.20
Cooked with mild spice, cream, coconut & a touch of deshi ghee, served in a mild spicy creamy sauce & garnished with poppy seeds (spicy mild)

King Prawn Palak £11.20
Bangladesh king prawns cooked with spinach, green chilli, tomato & garlic

Fish Massala £9.50
Bangladeshi fish prepared in a delicately flavoured creamy sauce

Moris Maas £9.50
Bangladeshi fish cooked in spicy sauce with garlic & green chilli, garnished with coriander (fairly hot)

Tiger King Prawns £11.95
Hot & spicy whole king prawns marinated in a delicious mixture of spices, cooked with fresh curry leaves, green peppers, onions & cherry tomatoes, green chilli. Highly recommended dish. Shallow fried with onions, green peppers, with medium spice fairly hot sauce

Garlic King Prawn Balti £11.95
King prawn cooked in clay oven then with fresh garlic & Balti sauce

Garlic Chilli King Prawn £11.95
Cooked in clay oven with fresh green chilli, garlic, tomatoes & coriander