



SEAFOOD DISHES

FISH BHUNA	£8.95
FISH DUPIZA	£8.95
FISH JALFREZI	£8.95
MASALA FISH FRY	£8.95
Shallow fried cooked with garlic, onion, green pepper & green chillies	
FISH BALTI	£8.95

VEGETABLE SIDE DISHES

SPICY ASPARAGUS	4.50
Fresh asparagus cooked with fresh mustard seed, butter and green chillies	
BHINDI BHAJI Okra	3.50
BRINJAL BHAJI Aubergine	3.50
BOMBAY ALOO	3.50
Potatoes cooked in a thick curry, tempered with fresh authentic masalas	
SAG ALOO	3.50
Spinach cooked with potatoes and fresh herbs and spices	
GARLIC MUSHROOM (creamy)	3.50
SAG BHAJI Spinach	3.50
ALOO GOBI	3.50
Fresh cauliflower and potatoes cooked in aromatic ground spices with orange segments and sprinkled with crushed pomegranate seeds	
COURGETTE BHAJI	3.50
MUSHROOM BHAJI	3.50
SAG PANEER	3.50
Indian cottage cheese cooked in a rich spinach puree with fresh herbs and spices	
CAULIFLOWER BHAJI	3.50
DHINGI PALAK Spinach & Mushroom	3.50
DAL TADKA	3.95
Yellow lentils cooked with cumin seeds, onions and tomatoes. This dish is enjoyed throughout North India every day	
PANEER TIKKA BUTTER MASALA	3.95
Indian cottage cheese cooked in a coal fire with fresh spices, butter and rounded off with fresh cream	
CHICKPEAS CURRY	3.95
Chickpeas cooked with fresh ground spices in a traditional Punjabi style, spicy	
DHAL MASSALA	3.95
Dhal in spicy massala	

RICE

STEAMED RICE	2.50
PILAU RICE	2.95
MUSHROOM RICE	2.95
KHICHDI SHIRAZI	3.95
Chef's signature rice	
SOBZI PILAU	2.95
Cooked with mixed vegetable	
SPECIAL FRIED RICE	2.95
GARLIC AND ONION RICE	2.95

ROTI & NAN BREADS

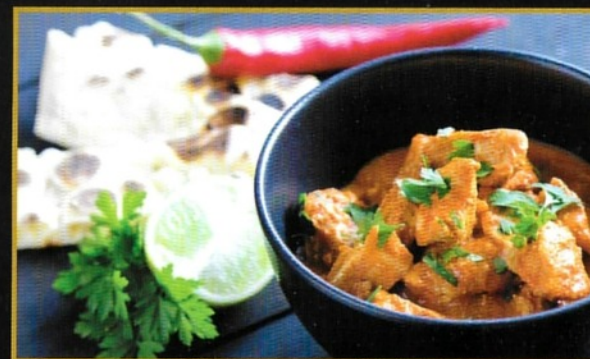
PLAIN NAN	2.50
KEEMA NAN	2.95
GARLIC NAN	2.95
PESHWARI NAN	2.95
CHEESE & KEEMA NAN	2.95
CHEESE NAN	2.95
TIKKA NAN	2.95
BULLET NAN - very spicy	2.95
Red chilli and cheese	
TANDOORI ROTI	2.50
CHAPATI	1.50
PARATHA	2.75
STUFFED PARATHA	2.75
PAPADOM - plain or spicy	0.60
DIPS	Each 0.60
Mango Chutney, Onion Salad, Mint sauce, Lime Pickle, Red Tamarind Sauce	



TARANA

RESTAURANT

Takeaway Menu



10% Discount on collection orders over £10

FREE HOME DELIVERY

EXCLUSIVE TO RAINHAM

within 3 mile radius, Minimum order £15

(Cash only)

Above 3 miles £2.50 will be charged

Open Monday to Sunday: 5.00pm to 11.30pm (Inc Bank Holidays)

01634 789 281 / 01634 264 312

Also book via email: reservations@taranarainham.co.uk

www.taranarainham.co.uk

85 High Street, Rainham, Kent ME8 7HS



We accept all major credit/debit cards. We do not accept cheques

DESIGN & PRINT: IMPRESS MEDIA LK 0207 168 1224

STARTERS

CHICKEN TIKKA	3.95
Boneless chicken cooked in tandoor with exotic spices	
LAMB TIKKA	3.95
Boneless lamb cooked in tandoor with exotic spices	
LAMB SHEEK KEBAB	3.95
Minced lamb cooked on a skewer with mixed peppers	
MINTY CHICKEN	3.95
MEAT OR VEGETABLE SAMOSA	3.95
ONION BHAJI	3.95
MAGIC MUSHROOM	3.95
KING PRAWN BUTTERFLY	5.95
King prawn lightly spiced and deep fried	
KING PRAWN PUREE	5.95
King prawn cooked with tomato, onion and herbs, served with puree bread	
CHICKEN CHATT PUREE	3.95
PRAWNS	5.95
Prawns in chilli garlic coated with sesame seeds, pan fried and served with yoghurt	
SALMON TIKKA	5.95
Pieces of salmon cooked in tandoor with exotic spices	
AMRITSARI FISH	5.95
Catch of the day fish lightly spiced and deep fried	
MUSSELS	5.95
Mussels steamed in a coconut and creamy butter sauce	
CRISPY SQUID RINGS	5.95
Deep fried squid rings served with crunchy salad and passion fruit sauce	
TANDOORI PANEER	3.50
Indian cottage cheese marinated in mustard garlic sauce cooked in the tandoor	
MANGO & PRAWN PURI	4.95
TARANA MIX PLATTER	5.95
A combination of chicken tikka, lamb tikka, sheek kebab & onion bhaji	

ALLERGEN INFORMATION:

If you suffer from a food allergy or intolerance, please let us know before you place your order.

Please ask our staff if you require any assistance or guidance with our menu.



TARANA HOUSE SPECIALS

CHICKEN TIKKA BUTTER MASALA	8.95	JAFLONG BHUNA (Chicken or lamb)	8.95
Boneless chicken with fresh spices and butter, cooked in a curry sauce		Chicken or lamb tikka cooked in chef special green sauce with green chillies, madras hot	
GOAN FISH CURRY	9.95	SHASHLICK-E-BAHAR (Chicken or lamb)	9.95
Catch of the day fish cooked in traditional Goan spices. Tangy and spicy with a hint of sweetness from the onion and coconut		Chicken tikka or lamb tikka cooked with touch of garlic, green chillies, served in a thick sauce. A sizzling dish	
CHICKEN CHETTINAD - very spicy	8.95	BOMBAY FLAME (Chicken or lamb)	8.95
Boneless chicken cooked in a goan style with spicy coconut curry sauce		A hot curry cooked with potato in special naga chilli.	
SAAG CHICKEN TIKKA	8.95	KING PRAWN MALAI CURRY	12.95
Boneless chicken cooked in a rich spinach puree with fresh herbs and spices		Prawns tempered with south indian spices and cooked in a rich coconut curry	
LAMB CHETTINAD - very spicy	9.95	KING PRAWN KARAHI MASALA	12.95
Boneless lamb cooked in a goan style with spicy coconut curry sauce		Prawns cooked with onions, tomatoes, fresh ground spices and tossed with bell peppers	
LAMB BHUNA	9.95	CHICKEN OR LAMB TIKKA MASALA	8.95
Boneless lamb cooked in a tomato and onion curry sauce and tossed with bell peppers		This dish needs no introduction	
LAAL MAAS - vindaloo hot	9.95	SHABZI GOSHT	9.95
Boneless lamb and diced potatoes cooked slowly in a red-hot chilli and yoghurt curry sauce		Boneless lamb cooked with a rice paste with spinach, green chillies, coriander & mint	

TANDOORI DISHES

All dishes served with salad & mint sauce	
TANDOORI CHICKEN (Half)	7.95
Spring chicken on the bone, marinated and grilled in the tandoori oven	
CHICKEN TIKKA	7.95
Boneless chicken cooked in tandoor with exotic spices	
LAMB TIKKA	7.95
Boneless lamb cooked in tandoor with exotic spices	
TANDOORI MIXED GRILL	12.95
Chicken tikka, sheek kebab, lamb tikka, tandoori chicken, tandoori king prawn	
DUCK SHASHLICK	10.95
duck with tomatoes, green pepper and onion cooked in the clay oven, served with salad	
CHICKEN OR LAMB SHASHLICK	8.95
Chicken with tomatoes, green pepper and onion cooked in the clay oven, served with salad	
TANDOORI KING PRAWN LAJAWAB	12.95
Grilled over charcoal served with tomato, onion, green pepper and mushroom.	
SALMON TIKKA	12.95
Pieces of salmon cooked in tandoor with exotic spices	
GRILLED GARLIC CHILLI CHICKEN	8.95
succulent pieces of chicken marinated in traditional tandoori marinated char grilled with chillies & garlic	

EXCLUSIVE DISHES

HARIALI CHICKEN/ LAMB	£9.95
Chicken or lamb marinated in hariali sauce and cooked in tandoor with chef's special sauce	
HOT SPICY CHICKEN/ LAMB	£8.95
Fresh chicken or lamb cooked with peppers, onion, dry chilli with chef's special sauce	
ROSE KING PRAWN	£12.95
Flower of king prawn with onion, peppers and green chilli	
CHICKEN TIKKA OR LAMB TIKKA SIZZLING	£9.95
Served with ground coconut, green chilli, coriander in chef's special sauce	
SOUTH INDIAN GARLIC CHICKEN/ LAMB	£8.95
ACHARI JOLFA CHICKEN/ LAMB	£9.95
KALIMIRCH MATHI WALLA CHICKEN/ LAMB	£9.95
HOTY TARANA BIRYANI	£8.95
BLACK PEPPER CHICKEN	£8.95
Served with pilau rice. Cooked with onion, green peppers, mushroom & oyster sauce. Fairly hot	
HOUSE SPECIAL	£9.95
Served with special rice & side dish. Cooked with mincemeat & pieces of chicken	
JALLAHSHAR	£8.95
Chicken or lamb cooked with capsicum, tomatoes, garlic, ginger with green chillies, cooked in a rich spicy marinated sauce	

TRADITIONAL DISHES

	CHICKEN OR LAMB	PRAWN	KING PRAWN	VEG
CURRY	6.95	7.95	10.95	5.95
Medium and saucy				
MADRAS	6.95	7.95	10.95	5.95
Fairly hot and sour				
VINDALOO	6.95	7.95	10.95	5.95
Very hot with potato				
BHUNA	6.95	7.95	10.95	5.95
Medium and spicy				
ROGAN JOSH	6.95	7.95	10.95	5.95
Medium and spicy with tomatoes				
DUPIAZA	6.95	7.95	10.95	5.95
Medium and spicy with onions				
SAG	6.95	7.95	10.95	5.95
Medium and spicy with spinach				
PATHIA	6.95	7.95	10.95	5.95
Cooked in a thick hot, sweet & sour sauce				
DHANSAK	6.95	7.95	10.95	5.95
Cooked with lentils to a sweet and sour taste which is fairly hot				
BALTI	6.95	7.95	10.95	5.95
Medium strength and cooked in a large, deep, thick bottomed pan. Selection of spices & special herbs blended together, gives this dish its unique taste, the sauce has a delicious tangy flavour.				
KORAI	6.95	7.95	10.95	5.95
With green peppers & special blend of freshly ground spices.				
KURMA	6.95	7.95	10.95	5.95
Very mild with fresh cream and coconut				
JALFREZI	6.95	7.95	10.95	5.95
Fairly hot, cooked with exotic spices, green chillies, onions, green peppers and garlic				
BIRYANI	7.95	9.95	11.95	6.95
Cooked with aromatic basmati rice in a stir fry process, with onions, spices & a selection of fine herbs, accompanied by a medium spiced vegetable curry				

EXTRA £1 FOR TIKKA DISHES