



Award Winning Restaurant
TARANA RESTAURANT
**BEST CHEF OF
THE YEAR 2017**

TARANA

RESTAURANT

TARANA

Menu

www.taranarainham.co.uk



ABOUT US

AT TARANA WE ARE PASSIONATE ABOUT TASTY COOKING FOOD. WE BRING YOU THE EXQUISITE TASTE OF INDIAN & PUNJABI CUISINE, COOKED USING AUTHENTIC INGREDIENTS AND CHEF'S SECRET RECIPES.

OUR MASTER CHEFS WILL CREATE FOR YOU THE MOST MOUTH WATERING DISHES WITH THE FINEST BLEND OF SPICES, STIMULATING THE PALATE.

WE HOPE YOU
ENJOY YOUR MEAL

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.



RICE

STEAMED RICE	2.95
PILAU RICE	2.95
MUSHROOM RICE	3.50
KHICHDI SHIRAZI	4.50
<small>Chef's signature rice</small>	
SPECIAL FRIED RICE	3.50
GARLIC AND ONION RICE	3.50
SOBZI PILAU	3.50
<small>Cooked with mixed vegetable</small>	
TARANA SPECIAL FRIED RICE	4.50
<small>Shrimp, egg & peas</small>	

ROTI & NAN BREADS

PLAIN NAN	2.95
KEEMA NAN	3.50
GARLIC NAN	3.50
GARLIC & CHILLI NAN	3.50
PESHWARI NAN	3.50
CHEESE & KEEMA NAN	3.50
CHEESE NAN	3.50
CHEESE & GARLIC NAN	2.95
TIKKA NAN	3.50
BULLET NAN <small>- Very spicy</small>	3.50
<small>Red chilli and cheese</small>	
MIXED NAN <small>- spicy</small>	3.50
<small>Keema, cheese, garlic, coriander & chilli</small>	
TANDOORI ROTI	2.95
CHAPATI	1.50
PARATHA	2.95
STUFFED PARATHA	3.50
CHIPS	£1.95
MASALA CHIPS <small>-spicy</small>	£2.50

SEAFOOD DISHES

FISH BHUNA	10.95
FISH DUPIAZA	10.95
FISH JALFREZI	10.95
MASSALA FISH FRY	10.95
Shallow fried cooked with garlic, onion, green pepper & green chillies	
FISH BALTI	10.95

VEGETABLE SIDE DISHES

SPICY ASPARAGUS	4.95	COURGETTE BHAJI	4.50
Fresh asparagus cooked with fresh mustard seed, butter and green chillies			
BHINDI BHAJI Okra	4.50	MUSHROOM BHAJI	4.50
BRINJAL BHAJI Aubergine	4.50	SAG PANEER	4.50
Indian cottage cheese cooked in a rich spinach puree with fresh herbs and spices			
BOMBAY ALOO	4.50	CAULIFLOWER BHAJI	4.50
Potatoes cooked in a thick curry, tempered with fresh authentic masalas			
SAG ALOO	4.50	DHINGI PALAK Spinach & Mushroom	4.50
Spinach cooked with potatoes and fresh herbs and spices with a hint of cream			
GARLIC MUSHROOM (Creamy)	4.50	DAL TADKA	4.50
Yellow lentils cooked with cumin seeds, onions and tomatoes. This dish is enjoyed throughout North India every day			
SAG BHAJI Spinach	4.50	CHANA MASALA	4.50
ALOO GOBI	4.50	DHAL MASSALA	4.50
Dhal in spicy massala			
Fresh cauliflower and potatoes cooked in aromatic ground spices with orange segments and sprinkled with crushed pomegranate seeds			
CHICKPEAS CURRY 4.50			
Chickpeas cooked with fresh ground spices in a traditional Punjabi style, spicy			



Let's get started

WHILE YOU WAIT

All Papadums are served with chef's special dips

PAPADUMS (Plain) 1.00 / PAPADUMS (spicy) 1.00

IT'S ALL ABOUT ME

VEG

ONION BHAJI	3.95
VEGETABLE SAMOSA	3.95
TANDOORI PANEER	4.50
Indian cottage cheese marinated in mustard garlic sauce cooked in the tandoor	
CHILLI PANEER	4.95
MASSALA MUSHROOM	4.50
Lightly spiced mushroom	

NON VEG

CHICKEN TIKKA	4.50
Boneless chicken cooked in tandoor with exotic spices	
LAMB TIKKA	4.75
Boneless lamb cooked in tandoor with exotic spices	
LAMB SHEEK KEBAB	4.50
Minced lamb cooked on a skewer with mixed peppers	
MINTY CHICKEN	4.50
MEAT SAMOSA	3.95
MAGIC MUSHROOMS	3.95
CHICKEN CHATT PUREE	4.50
CHILLI CHICKEN	5.95
Some like it hot, diced chicken cooked with green pepper, soya and chilli sauce	
RUMALI ROTI	5.95
sheek kebab wrapped in a Roti bread	

TARANA MIX PLATTER 5.95

A combination of chicken tikka, lamb tikka, sheek kebab & onion bhaji

LAMB CHOPS (2pc) 5.95

Grilled in the tandoori oven

SEAFOOD

KING PRAWN BUTTERFLY 6.95

King prawn lightly spiced and deep fried

KING PRAWN PUREE 6.95

King prawn cooked with tomato, onion and herbs, served with puree bread

PRAWNS 6.95

Prawns in chilli garlic coated with sesame seeds, pan fried and served with yoghurt

SALMON TIKKA 6.95

Pieces of salmon cooked in tandoor with exotic spices

AMRITSARI FISH 6.95

Catch of the day fish lightly spiced and deep fried

MUSSELS 6.95

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

MANGO & PRAWN PURI 5.95

PRAWN PURI 5.95

SOFT SHELL CRAB 6.95

Gently spiced deep fried baby crab on shell

TANDOORI DISHES

TANDOORI CHICKEN (Half) Spring chicken on the bone, marinated and grilled in the tandoori oven	8.95	SALMON TIKKA Pieces of salmon cooked in tandoor with exotic spices	12.95
CHICKEN TIKKA Boneless chicken cooked in tandoor with exotic spices	8.95	CHICKEN OR LAMB SHASHLICK Chicken with tomatoes, green pepper and onion cooked in the clay oven, served with salad	9.95
LAMB TIKKA Boneless lamb cooked in tandoor with exotic spices	8.95	DUCK SHASHLIK Duck with tomatoes, green pepper and onion cooked in the clay oven, served with salad	11.95
TANDOORI MIXED GRILL Chicken tikka, sheek kebab, lamb tikka, tandoori chicken, tandoori king prawn	12.95	TANDOORI KING PRAWN LAJAWAB Grilled over charcoal served with tomato, onion, green pepper and mushroom.	12.95
GRILLED GARLIC CHILLI CHICKEN Succulent pieces of chicken marinated in traditional tandoori marinated char grilled with chillies & garlic	9.95		

TRADITIONAL DISHES

	Chicken or Lamb	Prawn	King Prawn	Veg
CURRY Medium and saucy	8.95	9.95	11.95	7.95
SWEET & SOUR	8.95	9.95	11.95	7.95
MADRAS Fairly hot and sour	8.95	9.95	11.95	7.95
VINDALOO Very hot with potato	8.95	9.95	11.95	7.95
BHUNA Medium and spicy	8.95	9.95	11.95	7.95
ROGAN JOSH medium and spicy with tomatoes	8.95	9.95	11.95	7.95
DUPIAZA Medium and spicy with onions	8.95	9.95	11.95	7.95
SAG Medium and spicy with spinach	8.95	9.95	11.95	7.95
PATHIA Cooked in a thick hot, sweet & sour sauce	8.95	9.95	11.95	7.95
DHANSAK Cooked with lentils to a sweet and sour taste which is fairly hot	8.95	9.95	11.95	7.95
BALTI Medium strength and cooked in a large, deep, thick bottomed pan. A huge selection of spices & special herbs blended together, gives this dish its unique taste, the sauce has a delicious tangy flavour.	8.95	9.95	11.95	7.95
KORAI With green peppers & special blend of freshly ground spices.	8.95	9.95	11.95	7.95
KURMA Very mild with fresh cream and coconut	8.95	9.95	11.95	7.95
JALFREZI Fairly hot, cooked with exotic spices, green chillies, onions, green peppers and garlic	8.95	9.95	11.95	7.95
PHALL	8.95	9.95	11.95	7.95
BIRIYANI 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	11.95	12.95	13.95	8.95

Extra £1 for Tikka Dishes

TARANA HOUSE SPECIALS

CHICKEN TIKKA BUTTER MASALA Boneless chicken with fresh spices and butter, cooked in a curry sauce	9.95	BOMBAY FLAME (Chicken or lamb) A hot curry cooked with potato in special naga chilli.	9.95
GOAN FISH CURRY Catch of the day fish cooked in traditional Goan spices. Tangy and spicy with a hint of sweetness from the onion and coconut	10.95	CHICKEN OR LAMB TIKKA MASALA This dish needs no introduction	9.95
CHICKEN CHETTINAD - very spicy Boneless chicken cooked in a goan style with spicy coconut curry sauce	9.95	SOUTH INDIAN GARLIC CHICKEN	9.95
LAMB CHETTINAD - very spicy Boneless lamb cooked in a goan style with spicy coconut curry sauce	10.95	BLACK PEPPER CHICKEN Cooked with onions, green peppers, mushroom & oyster sauce, Fairly hot	9.95
SAAG CHICKEN TIKKA Boneless chicken cooked in a rich spinach puree with fresh herbs and spices	9.95	JALLASHAR Chicken or lamb cooked with capsicum, tomatoes, garlic, ginger with green chillies cooked in a rich spicy marinated sauce	9.95
BALTI CHICKEN TIKKA ZAAL Green pepper, onions, aubergines, green chilli, madras hot	9.95	SHABZI GOSHT Boneless lamb cooked with a rice paste with spinach, green chillies, coriander & mint	10.95
BALTI CHICKEN TIKKA REZALA Green pepper, onions, aubergines, egg, green chilli madras hot	9.95	HARIALI CHICKEN/ LAMB Chicken or lamb marinated in hariali sauce and cooked in tandoor with chef's special sauce	10.95
LAMB BHUNA Boneless lamb cooked in a tomato and onion curry sauce and tossed with bell peppers	10.95	HOT SPICY CHICKEN/ LAMB Fresh chicken or lamb cooked with peppers, onion, dry chilli with chef's special sauce	10.95
LAAL MAAS - vindaloo hot Boneless lamb and diced potatoes cooked slowly in a red-hot chilli and yoghurt curry sauce	10.95	ROSE KING PRAWN Flower of king prawn with onion, peppers and green chilli	£12.95
SHASHLICK-E-BAHAR (Chicken or lamb) Chicken tikka or lamb tikka cooked with touch of garlic, green chillies, served in a thick sauce. A sizzling dish	10.95	CHICKEN TIKKA OR LAMB TIKKA SIZZLING Served with ground coconut, green chilli, coriander in chef's special sauce	10.95
KING PRAWN KARAH MASALA Prawns cooked with onions, tomatoes, fresh ground spices and tossed with bell peppers	12.95	JAFLONG BHUNA (Chicken or lamb) Chicken or lamb tikka cooked in chef special green sauce with green chillies, madras hot	9.95

SIGNATURE COURSES

All Signature Courses are complete meals

THALI MACHLI Pan fried sea bass cooked with mustard seeds, fresh curry leaves, ginger with coconut sauce in a bed of mashed potatoes. Served with Pilau rice, baby nan & mixed vegetable	18.95	TANDOORI DUCK Duck breast cooked in a tandoor, served on a bed of mashed potatoes infused with curry leaves and glazed with red wine juice. Served with a nan bread and pilau rice	15.95
MEEN MOILEY Fresh red snapper cooked with curry leaves, mustard seeds, onion, tomatoes, coconut sauce. Served with Pilau rice, baby nan & mixed vegetable	18.95	TANDOORI LAMB CHOPS Lamb Chops cooked in tandoor flavoured with fresh mint and served with Pilau Rice, Yellow Lentils and baby Nans (Chef's choice)	19.95
LAMB SHANK Aromatic Lamb Shank infused with star anise and rosemary. Cooked in a rich wine and tomato sauce. Served with Pilau Rice	15.95	CRAB MASALA Fresh crab infused with mustard seeds, curry leaves, onions, tomatoes and raw mango puree. Served in its own shell along with a baby Nan, Coconut Rice and Mixed vegetable. A true feast for fish lovers! (May contain shell fragments)	18.95
PUNJABI TANDOORI CHICKEN North Indian-style chicken cooked on the bone in a tandoor. Served with Nan Bread and dry vegetable	15.95		