

The menu

We introduced our Adventure in Taste menu 15 years ago. The Bengal Palace is the only restaurant to offer this unique menu and we are very proud of its success.

At the Bengal Palace Restaurant we take special pride in offering a fantastic range of contemporary dishes, innovatively designed from authentic ingredients and cooking styles. We hope you will enjoy these exquisite flavours derived from our own exciting recipes based on traditional Bengali cuisine.

We look forward to making your dining experience one to remember with a combination of subtle tastes and spices which are as varied as the Bengal climate and very exotic, just like our people. Warm, pungent and fragrant spices, from all three countries of the Indian sub-continent, are delicately blended in meticulous proportions to create these beautiful dishes which are an adventure in taste.

All our sauces are individually made to order to ensure that each dish offers a truly authentic flavour of Bengal food. The blending and preparation of our ingredients is a centuries-old craft, essential to the art of Bengali and Indian cuisine. Every day the spices are prepared afresh for each individual dish ensuring each has a distinctive flavour and aroma.



Allergy Advice

Customers are advised to let our staff know, prior to order, if any foods might cause an allergic reaction.

If you would like to know the list of ingredients, used in a particular dish from our menu, our manager will be happy to assist you.

Please inform the staff if you have any allergies or dietary requirements so that we can advise you and avoid any reactions.

Our dishes may contain molluscs, lupin, sulphites, sesame, mustard, celery, nuts, milk, soya beans, peanuts, fish, eggs, crustaceans and cereals containing gluten.

THE Bengal RESTAURANT Palace

Award winning restaurant



Adventure in Taste Menu

www.bengalpalaceseafood.co.uk

Established since 1987

Starters

- 1 Bengal Special (Mix)** £11.95
Chingri, lamb chop, malai tikka, chicken kalami kebab.
- 2 Andraki Champein** £7.95
Tender lamb chops with ginger and green chillies broiled in the tandoor.
- 3 Malai Murgh Tikka** £6.95
Specially selected char-grilled chicken and cottage cheese marinated in yoghurt and garlic, ginger paste and green cardamon javitri powder.
- 4 Chicken Kalmi Kebab** £6.95
Chicken wings marinated in lemon juice, garlic, ginger paste, yoghurt and Indian spices.
- 5 Ros-Tos-Crab** £7.95
Fresh crab meat cooked with special spices in white wine and mango juice with melted cheese. A great favourite served in a shell Raj style.
- 6 Paneer Singapore** £7.95
A fresh, unsalted, white curd cheese served in a signature sauce.
- 7 Chicken Kalmi Singapore)** £7.95
Chicken wings marinated in lemon juice, garlic, ginger paste, chef spice then deep fried and stir fried with a tomato chilli sauce.
- 8 Calamari Balchao)** £7.95
Strips of calamari stir fried with a hot and sour Goan sauce.
- 9 Mysore Chilli Prawn))** £7.95
Fried prawn pieces, lightly battered and tossed with spring onion tomatoes and green chilli.
- 10 Salmon Singapore** £7.95
Diced pieces of salmon served in a signature sauce.
- 11 Goats Cheese and Mozzarella Samosa** £6.95
The popular samosa given the Bengal Palace treatment.
- 12 Ragda Patties** £6.95
Delicious potato cakes topped with a dried chickpea curry, a famous fast food in Bombay.

Main Courses

- 13 Palace Masala** £12.95
Boneless chicken of tandoori served in a rich tomato and butter sauce.
- 14 Dum Ke Murgh Korma** £12.95
A speciality from Hyderabad. A supreme of chicken baked with a yoghurt and nut paste, a sprinkle of saffron completes this subtle dish.
- 15 Murgh Muntaj** £12.95
Thin slices of rolled chicken marinated and stuffed with herbs, spices and seeds succumb to the magic of the tandoor oven. A unique dish.
- 16 Nilgiri Chicken** £11.95
Tender pieces of chicken yield to a secret coriander and mint marination to make this a succulent, delicious and memorable dish.
- 17 Harrey Murgh Tikka** £10.95
Diced chicken breast marinated in a green sauce of pureed coriander and mint, tamarind, spices and herbs. Cooked in the tandoor to melt in the mouth.
- 18 Chicken Chettinad))** £12.95
Full of South Indian spices, this is chicken at its best inspired by Chettinad dishes of Madras.
- 19 Lamb Chettinad))** £13.95
Full of South Indian spices, this is lamb at its best inspired by Chettinad dishes of Madras.

Main Courses

- 20 Duck Xacuti)** £13.95
Slices of duck in a classic full flavoured spicy curry. Roasted star aniseed, javitri and fenugreek seeds with special Goan red chillies, coconut and cinnamon, all contribute to the stunning flavour of this regional dish.
- 21 Chicken Xacuti)** £12.95
Cubes of chicken in a classic full flavoured spicy curry. Roasted star aniseed, javitri and fenugreek seeds with special Goan red chillies, coconut and cinnamon, all contribute to the stunning flavour of this regional dish.
- 22 Lamb Xacuti)** £13.95
Pieces of lamb in a classic full flavoured spicy curry. Roasted star aniseed, javitri and fenugreek seeds with special Goan red chillies, coconut and cinnamon, all contribute to the stunning flavour of this regional dish.
- 23 Chingri-E-Xacuti)** £15.95
Succulent king prawns cooked in the same style as above.
- 24 Palace Duck** £13.95
Banagalore is a town in southern Indian where the English retired and where many Anglo-Indians now live. Duck was always a favourite. This dish is made with Barbury Duck and a blend of spices to compliment the delicate flavour of the meat.
- 25 Chingri-E-Bahar** £15.95
King prawns marinated in special spices and cooked in the tandoor, served with tomato garlic, fresh capsicum, onion and chilli sauce.
- 25a Mysore Chilli Prawn** £15.95
Fried prawn pieces, lightly battered and tossed with spring onions, tomatoes and green chilli.
- 26 Chicken Singapore** £13.95
Battered chicken marinated with garlic, lemon, salt, white flour, deep fried with chilli, garlic tomato sauce and finished with fresh capsicum and spring onion.
- 27 Salmon Moilee** £15.95
A mild Keralan curry using generous chunks of carefully selected salmon, cooked with fresh crab meat and garlic sauce.
- 28 Seafood Moilee** £15.95
A mild Keralan curry using fresh hand-picked white crab meat, king prawns, mussels, monkfish, squid and coconut milk.
- 28a King Prawn Moilee** £15.95
A mild Keralan curry using king prawns, cooked with fresh crab meat and garlic sauce.
- 29 Kadhai Lamb** £14.95
Tender marinated lamb chops broiled in the tandoor then tossed with peppers, tomato and onions. Served in a medium sauce.
- 30 Lamb Shank)** £16.95
A superb cut of lamb given the traditional Goan treatment.
- 31 Poodina Gosht** £13.95
Minted lamb cooked with honey, lemon juice and special spices imparting a unique flavour to the dish.
- 32 Salmon Shah** £15.95
Diced pieces of salmon marinated in chef's spices cooked in the tandoor and given the traditional Goan treatment.
- 33 Meat Thali - on Indian Silver** £20.95
A selection of three non-vegetable dishes of your choice (excluding numbers 15, 23, 25, 27, 28 and 30) served with rice, raitha and nan (not available Friday or Saturday).

Main Courses

- 34 Vegetarian Thali - on Indian Silver** £17.95
A selection of three vegetable dishes of your choice served with tarka sagdal, rice, raitha and nan (not available Friday or Saturday).
- Vegetable side**
Vegetarians are reminded about the Thali option above
- 35 Navratan Korma** £6.25
A selection of vegetables cooked in a cashew nut based sauce with a hint of spice.
- 36 Subze Tandoori** £5.95
Green peppers, onion, okra, tomatoes and carrots, all marinated in traditional spices and yoghurt. Then the magic ... the tandoor oven.
- 37 Makai Palak** £5.95
Chopped spinach leaves and baby corn, lightly tossed in cumin and ginger.
- 38 Dhingri Palak** £5.95
Chopped spinach leaves and button mushrooms, lightly tossed in cumin and ginger.
- 39 Tarka Sagdal** £5.95
Spinach and lentils cooked with cumin seeds, onion, ginger and garlic in butter.
- 40 Crispy Fried Potatoes** £5.95
Thinly sliced potatoes dusted with ground flour and dried mango powder, then deep fried.
- 41 Baghare Baingan** £5.95
Fried baby aubergine smothered and briskly tossed in a spicy peanut based sauce.
- 42 Kumb Mutter** £5.95
Mushroom and chickpeas cooked in coriander and cumin. A mildly spiced favourite.
- 43 Seb Aloo Jalfrezi** £5.95
Diced apple and sweet potato cooked with capsicum, shredded ginger, green chilli and finished with a sprinkling of dried fenugreek.
- 44 Aloo Mutter** £5.95
Green peas and potato cooked with curry masala sauce.
- Rice and Bread**
- 45 Steamed rice.** £2.85
- 46 Lime rice with cashew nuts.** £3.25
- 47 Oriental rice with prawns.** £4.95
- 48 Nan** £2.95
Traditional Indian leavened bread cooked in the tandoor.
- 49 Stuffed Nan or Partha** £3.25
*A choice of the following
Garlic or onion.
Cheese and chilli.
Peshwari (raisins, nuts and seeds).*
- Sundries**
- 50 Raitha** £2.65
Chopped whipped yoghurt with cucumber, pineapple, tomato or onion.
-)) What is the chilli sign?**
The more there are - the hotter the dish