

APPETISERS

RIZWAN'S (Minimum 2 people) £7.50 Selection of starters: Grilled Duck, Jhingga Garlic, Tandoori Murg, Sheek Kebab, Chicken Chaat served with salad with dips	SHEEK KEBAB £4.50 Minced Lamb pungently spiced, medium hot grilled over charcoal
AMIRA'S (Minimum 2 people) £6.95 Selection of starters: Sabzi Pancake/Vegetable Pakora/Vegetable Somosa/Aloo Chat/Marrechhe Ponir. Served with salad with dips	MARRECHI PONIR £5.95 Fresh whole chilli stuffed with mild cheese covered in breadcrumbs & deep fried
KING PRAWN PUREE £6.95 Medium Hot	HAASH POURA £5.95 Duck breast marinated and grilled over charcoal served with salad and dips
JHINGHA GARLIC £6.95 Skewered King Prawns grilled in the Tandoor with Garlic and herbs	MURGH LIVER £5.95 Sauteed chicken liver lightly spiced and served on a bed of salad
TANDOORI KING PRAWN £6.95 King Prawns marinated in spices cooked on skewer over charcoal	KING PRAWN SUKA £6.95 King Prawns cooked in sweet & sour tamarind sauce
KING PRAWN BUTTERFLY £6.95	PANCAKE KEBAB £5.95 Pancake stuffed with delicious spicy Lamb
NAZAKAT £5.95 Delicately spiced Chicken skewered and grill in the Tandoor	CHAT SUPREME £4.95 Top Quality Chat Massala used on Chicken, Potato or Chick peas to produce original flavour
BADAMI MURGH £5.95 Skewered grilled Chicken breast with peanut sauce	PAKORA OR ONION
SAMOSA (Meat or Vegetable) £3.50	BHAJEE £3.50
	CHICKEN TIKKA £4.50
	LAMB TIKKA £5.50

TANDOORI

TANDOORI MIXED GRILL £11.95 Lamb Tikka, Chicken Tikka, Sheek Kebab and Tandoori Chicken	KING PRAWN SHASHLIK £12.95
TANDOORI MURGH £6.95 Spring chicken marinated in herbs and grilled over charcoal (on the bone)	SALMON SHASHLIK £13.95
BADAMI MURGH £8.95 Skewered grilled Chicken breast with peanut sauce	TANDOORI KING PRAWNS £12.95 King prawns marinated in special sauce skewered and flamed, served with garnish
CHICKEN TIKKA £6.95 Chicken marinated in home made paste skewered and grilled over charcoal	SALMON TIKKA £12.95
LAMB TIKKA £7.95	SALMON PONIR TIKKA £13.95 Salmon & ponir
MURGH SHASLICK £7.95 Selected pieces of chicken, capsicum, tomato and onion marinated in fragrant spice, skewered and grilled in the tandoor	TANDOORI MONKFISH £13.95 Monkfish marinated in medium spices, cooked in the tandoor
LAMB SHASLICK £8.95	SEAFOOD GRILL £15.95 King Prawn, Salmon, Monk Fish marinated in medium spices, cooked in the tandoor
HAASH SHASLICK (Duck) £9.50	



SUNDAY BUFFET

Adult: £12
Child: £8 (6+years)

12pm - 2:30pm

Reservation recommended

POULTRY

CHICKEN TIKKA MASSALA £8.95 Breast of Chicken marinated in mild spices, grilled then cooked in massala sauce	HAASH JALFRAIZI £9.50 Sauteed Duckling marinated in subtle spices grilled then cooked with hot spices, shallots, capsicum, fresh chilli fresh herbs and coriander
HAASH SHUGANDA £9.50 Breast of Duckling with onion, ginger and garlic, cooked in a creamy coconut milk with light ground spice and garam massala	MURGH SATTA £8.95 Chicken cooked with ginger, onions and mushroom
ANNANS HAASH £9.50 Succulent roasted Duck breast cooked in a creamy coconut milk blended with aromatic spices, complimented with fresh pineapple	MURGH MAKANWALI £8.95 Chicken cooked in a very mild and rich creamy sauce with honey, ghee and sprinkled with almonds
MURGHI MASSALAM £8.95 Spring Chicken cooked with medium spice, fresh herbs and mined lamb	HAASH CASHEWNUTS £9.50 Succulent roasted duck cooked in coconut milk with cashew nuts (mild)
GREEN MURGH CURRY £8.95 A strip of Chicken breast cooked with broccoli, aubergine, coconut milk and aromatic ground spices	HAASH BIRIANY £10.95 Strip of duck breast cooked with Basmati rice, fresh herbs and spices, served with curried vegetables
MURGH BIRIANY £9.50 Chicken cooked with Basmati rice, fresh herbs and spices, served with curried vegetables	MURGH REZALLA £8.95 Chicken cooked in tangy lemon sauce and fresh chillies (hot)
KOLA MURGH £8.95 Chicken breast in a mild sauce with banana	HAASH REZALLA £9.50 Roast and sliced duck cooked in tangy lemon sauce and fresh chillies (hot)
MANGO MURGH £8.95 Chicken breast in a mild sauce with slices of sweet mango	MURGH JALALI £8.95 Marinated chicken cooked in a mild sauce
MURGH JALFRAIZI £8.95 Chicken strips in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander	MURGH HANDI £8.95 Lamb cooked with lemon grass, potato, green peppers and spring onions
KORAI KABAB KHYBERI £8.95 Marinated Chicken cooked with exotic highly flavoured spices yet in a medium taste	

MEAT

LAMB TIKKA MASSALA £9.95 Strips of Lamb marinated in mild spices grilled then cooked in massala sauce	TETUL LAMB £9.95 With tamarind (medium)
LAMB JALFRAIZI £9.95 Tender lamb cooked in hot spices with shallots, capsicum, fresh chilli, fresh herbs and coriander	LAMB REZALLA £9.95 Grilled Lamb cooked in tangy lemon sauce and fresh chillies (hot)
LAMB HALIM £9.95 Lamb cooked in lentils, fried ginger and garlic	LAMB HANDI £9.95 Lamb cooked with lemon grass, potato, green peppers and spring onions
LAMB BIRIYANI £10.50 Lamb cooked with basmati rice, fresh herbs and spices served with curried vegetables	LAMB MIRCHI £9.95 Lamb cooked with a hot pickled sauce, garlic and herbs and coriander
SIKANDARI LAMB £12.95 Lamb cooked with Chefs own secret recipe, marinated for 48 hours and roasted in the oven	LEBU STIR FRY £9.95 Lamb stir fried in a Karai with a distinctive flavours of lime fruits.
LAMB PASANDA Mild £9.95 Lamb cooked in almond sauce and cream	GHOST KATA £9.95 Lamb cooked in thick medium sauce with fresh ginger, peppers and onion (medium)
METHI SAG GOSTH £9.95 Lamb with spinach, fenugreek and herbs	

SEAFOOD

STUFFED CALAMARI £12.95 Calamari stuffed with herbed minced prawns and chicken and cooked in a tasty sauce	KING PRAWN MOGLAI £11.95 Grilled King Prawns cooked in medium spices and cashew nuts
SEAFOOD BHUNA £13.95 An infusion of King Scallops, Squid, Cuttie fish and Tiger Prawns cooked in our chef's speciality stock, a medium blend of 'Bhuna' spices and herbs	KING PRAWN BIRIANY £12.95 Cooked with basmati rice and served with curried vegetables
MASSALA MONKFISH £13.95 Grilled and cooked in massala sauce	TANDOORI KING PRAWN MASSALA £12.95 King Prawns marinated in mild spices, grilled then cooked in special massala sauce
RED MULLET BIRAAN £13.95 Marinated with light spices and delicate herbs, pan-fried with mushrooms & cayenne peppers	CHINGRI SAG PONIR £11.95 King Prawns with spinach and Bengali cheese with a hint of garlic
GOAN FISH CURRY £13.95 Tandoori monkfish cooked in coconut milk	KING PRAWN ACHARI £11.95 King Prawns cooked in home made chutney with cashew nuts (mild)
KING PRAWN JALFRAIZI £11.95 King Prawns cooked in hot spices with onions, pepper, shallots, fresh herbs, green chilli & coriander	KING PRAWN HANDI £11.95 King Prawn cooked in lemon grass, green pepper and spring onion, served in a medium sauce
BORO ISA £11.95 Marinated King Prawns cooked in mild sauce	SALMON LAJABAB £12.95 Cooked in creamy masalla sauce with cashew nuts
CHINGRI JOHL £11.95 King Prawns cooked in medium sauce delicately flavoured with oriental herbs and spices	
CHINGRI GOBI £11.95 King Prawns with broccoli cooked with piquant spices and coconut milk	

TRADITIONAL DISHES

MADRAS – VINDALOO – DHANSAK – PATHIA
BHUNA – ROGON – KORMA – DUPIAZA – BALTI

CHICKEN	£7.95
LAMB	£8.50
KING PRAWN	£10.95
VEGETABLE	£6.95

VEGETARIAN (MAIN COURSE)

SABZI SHASLICK Spiced vegetables roasted in clay oven served with cheese	£7.50
PONIR SHASLICK Cubes of vegetarian cheese grilled in tandoor	£7.50
ALOO GOBE JALFREZI Spiced vegetables roasted in clay oven served with cheese	£7.50
SABZI BIRIANY	£7.95
Stir fried spiced vegetable with basmati rice, chopped herbs and fresh coriander with a sauce	



Order your
Takeaway Online

Take advantage
of our online ordering

During busy periods we advise you to
Order Online to avoid delays

WWW.PRANARESTAURANT.CO.UK

VEGETABLE SIDE DISHES

NIRA MISH Mixed vegetables	£3.95	SAG PONIR	£4.50
BINDI OKRA	£3.95	Spinach and home-made cheese cooked in a mild creamy blend	
SAG BHAIJEE SPINACH	£3.95	ALOO PONIR	£4.50
DALL TARKA LENTILS	£3.95	Spiced chunks of potatoes and home-made cheese with light spices and herbs	
MUSHROOM BHAIJEE	£3.95	CHANNA MASSALA	£3.95
CAULIFLOWER BHAIJEE	£3.95	Tender chick peas cooked in medium spices and herbs	
CHANA PONIR	£4.50	SAG ALOO	£3.95
Chick peas and home made cheese cooked in a mild creamy blend		Spinach and seasonal potato wedges cooked with subtle spices and herbs	
ALOO GOBI	£3.95	SESAME COURGETTES	£3.95
Potatoes & cauliflower		Thin slices of fresh courgettes cooked with shallots, peppers, sesame seeds and spices	
BOMBAY ALOO POTATOES	£3.95	MATTAR PONIR	£4.50
BEGUN BIRAN	£3.95	Cheese & peas	
Strips of aubergines cooked with light spices and herbs			

RICE AND ACCOMPANIMENTS

GARLIC CHICKEN RICE	£4.95	PULAO RICE	£2.95
Marinated diced chicken cooked with basmati rice		RAITHA	£2.50
SPECIAL RICE	£3.50	Natural yogurt with chopped onion & cucumber	
Basmati rice with egg and herbs		PAPADOM	£0.75
MUSHROOM RICE	£3.50	SPICED PAPADOM	£0.85
COCONUT RICE	£3.50	CHUTNEY SELECTION	£0.85
EGG RICE	£3.50	Charged per Chutney	
BOILED RICE	£2.95		

BREADS

KEEMA NAAN	£2.75	ALOO PARATA	£2.50
Stuffed with minced lamb		Layered bread stuffed with lightly spiced potatoes	
GARLIC NAAN	£2.75	PARATA	£2.10
CHEESE NAAN	£2.75	PUREE	£1.00
PLAIN NAAN	£2.50	CHAPATI	£1.00
PESHWARI NAAN	£2.75		
Stuffed with a sweet paste of crushed nuts			
VEGETABLE PARATA	£2.50		
Layered bread stuffed with mix vegetables			

ALLERGY ADVICE

Please note that some of our dishes contain **Dairy, Nuts, Eggs** and other **Allergens**. If you suffer from any food allergies, please make sure to inform a member of staff before you place your order. We will try our best to accommodate your needs.

SUPER BANQUET

£24.00 (PER PERSON) minimum of four

APPETISER:

A selection of starters

MAIN COURSES:

Korai Kabab Khyberi (Chicken with highly flavoured spices),
Murgh Tikka Massala (Chicken), Chingri Sag (King Prawn with spinach), Lamb Pasanda (Very mild Lamb)

ACCOMPANIED BY:

Bengali Vegetables, Special Egg Fried Rice
and Pulao Rice, Peshwari Naan and Plain Naan

SPECIAL BANQUET

£22.00 (PER PERSON) minimum of two

APPETISER:

Rizwan's Mix

MAIN COURSES:

Green Chicken curry, Korai Lamb (Medium Lamb), Boro Isa (Mild)

ACCOMPANIED BY:

Sag Aloo, Pulao Rice, Naan Bread

VEGETARIAN SUPER BANQUET

£18.00 (PER PERSON) minimum of two

APPETISER:

Sabzi Pancake, Pakora, Samosa, Marrechie Ponir/Aloo Chat

MAIN COURSES:

Aloo Gobi Jalfrezi, Sabzi Massala, Green Vegetable (aubergine, broccoli and beans) Aloo Chana Ponir

ACCOMPANIED BY:

Rice and Bread



SUNDAY BUFFET

Adult: £12

Child: £8 (6+years)

12pm - 2:30pm

Reservation recommended

OPENING HOURS

Monday to Saturday

Lunch: 12:00pm to 2:00pm | Dinner: 5:00pm to 11:00pm

Sunday

Buffet: 12:00pm - 2:30pm | Dinner: 5:30pm to 10:30pm



All major credit / debit cards accepted, terms apply

d&p: mrprinters.co.uk | 020 8507 3000

PRANA
INDIAN RESTAURANT

Fine Indian Cuisine

English
Curry Awards
WINNER 2016

Restaurant of the Year - East
Best Restaurant Design - England

 **Order your
Takeaway Online**

HOME DELIVERIES

£2.50 for up to 3 miles radius. (Minimum order £25)
other areas - Please Ask

TAKEAWAY MENU

97 MILL ROAD | CAMBRIDGE | CB1 2AW

T: 01223 22 99 88

WWW.PRANARESTAURANT.CO.UK