



M E N U



**Relax and enjoy good food,
fine wines, exquisite cocktails and friendly
attentive service.**

Your enjoyment is our priority.

Food allergy warnings:

**Our dishes may contain nuts, dairy, egg or
Shellfish products. Please inform us of any
Allergies you may have or if you have any
Concerns about any of our dishes.**

**Please ask the waiting staff for more details,
They will be more than happy to assist you.**

Starters

- Lamb / Chicken Tikka** £7.75 / £8.75
Marinated in yoghurt and fresh aromatic spices cooked in clay oven
- Sheek Kebab** £7.75
Minced Lamb in fresh herbs and grilled in clay oven
- Naan Roll** £7.75
Sheek Kebab wrapped in naan bread
- Lamb / Chicken / Prawn Chat**..... £8.95
Sliced chicken or lamb in a tangy peppery sauce
- Samosa** £5.75
Meat / Vegetable triangular shaped flaked pastry served with salad
- Onion Bhajee** £5.75
Fresh onion battered and deep fried in mild spice
- King Prawn Puree** £9.95
King size prawn cooked in medium fresh spices served on a puree bread
- King Prawn Butterfly** £9.95
One large king prawn delicately spiced and covered in breadcrumbs
- Mulligatawney / Thick Lentil Soup**..... £5.75
- Dall Soup / Runny Lentil Soup** £5.75
- 1/4 Tandoori Chicken** £7.75
Spring chicken marinated in herbs and spices cooked in clay oven
- Aloo Chat** £5.75
Potatoes cooked in tangy peppery sauce
- Shami Kebab** £7.75
Minced lamb burger spiced and cooked in butter served under a fried egg
- Chicken/Lamb Tikka Puree** £8.95 / £9.95
Chicken or lamb cooked in our very own recipe served on a pancake
- Sulimoni Kebab** £9.95
Authentic Bengali kebab served with sliced herbal cheese
- Lamb Chops** £9.95
Marinated in yoghurt and fresh aromatic spices cooked in a clay oven
- NEW** **Saag Haloumi Samosa** £6.75
Triangular shaped flaked pastry, stuffed with haloumi spinach garlic and onions.
- NEW** **Pandey Ji Siti - Lamb / Chicken** £9.95
Off the bone lamb or chicken grilled in the clayoven then mixed in a unique sauce consisting of diced onions, peppers, tomatoes fresh green chillies.
- NEW** **Pandey Ji Siti - King Prawn** £10.95
King prawns grilled in the clayoven then mixed in a unique sauce consisting of diced onions, peppers, tomatoes fresh green chillies.

Old Favourites (Rice not included except for Biryani dishes)

Bhuna

Cooked with onions, capsicums, tomatoes and delicately spiced, medium strength.

Korma

A very mildly spiced dish cooked in coconut, cream and butter.

Rogon Josh

Spiced with herbs garnished with tomatoes and onions of a medium strength.

Dupiaza

Chopped onions seasoned with fresh herbs and spices, tomatoes, peppers giving a medium strength.

Madras

Fairly hot dish cooked in garlic, lemon juice and spice.

Vindaloo

A rich hot and sour taste extensively prepared with red chilli, lemon juice and a touch of tomato puree.

Chicken	£10.45	Prawn	£12.25
Chicken Tikka	£12.25	King Prawn	£18.95
Lamb	£11.45		
Lamb Tikka	£13.25		

Dansak

Prepared with lentils, lemon juice and aromatic spices producing hot, sweet and sour tastes.

Pathia

A sour hot and sweet tasting dish extensively prepared with onions, tomatoes, a touch of garlic and selective spices.

Chicken	£10.95	Prawn	£12.25
Chicken Tikka	£12.25	King Prawn	£18.95
Lamb	£11.95		
Lamb Tikka	£13.25		

Biryani

Pilau rice treated together with lamb, chicken, prawns in butter with mild spices served with vegetable curry.

Chicken	£13.45	Prawn	£14.45
Chicken Tikka	£14.45	King Prawn	£19.95
Lamb	£14.45	Special	£22.95
Lamb Tikka	£15.45		

Sag

Cooked with onions, capsicum, tomatoes, freshly spiced in a medium strength sauce with spinach and garlic.

Chicken	£10.95	Prawn	£14.25
Chicken Tikka	£12.25	King Prawn	£18.95
Lamb	£11.95		
Lamb Tikka	£13.25		

Tandoori Specialities

Tandoori Chicken (Half) £12.45

Chicken on the bone marinated in yoghurt and aromatic spices, barbecued in tandoori, served with salad.

Lamb / Chicken Tikka £13.45 / £12.45

Diced boneless chicken or lamb marinated and mildly seasoned, barbecued in tandoori, served with salad.

Tandoori Mixed Grill £17.95

A fabulous selection from our tandoori menu, including tandoori chicken, lamb, chicken tikka, sheek kebab, served with naan, bread and salad.

Tandoori King Prawn £20.95

King prawn mildly seasoned with herbs, barbecued in tandoori, served on a sizzler with onions, grilled capsicum, tomatoes, lemon juice and salad.

Shashlick £13.45 / £14.45

Diced chicken / lamb, green peppers, tomatoes and onions barbecued in tandoori with fresh herbs and spices, served with salad.

Salmon Shashlick £17.95

Fillets of Salmon marinated and grilled in the clay oven with tomatoes and capsicum, served on a sizzler accompanied by a fresh salad.

Chef's Specials (Rice Not Included)

Chicken / Lamb Tikka Mosalla £12.25/ £ 13.25

(The all time favourite)

Tandoori King Prawn Mosalla £20.95

Korai Lamb / Chicken £12.25 / £13.25

Diced lamb / chicken tikka, with medium strength gravy, garnished with fried tomatoes, capsicum and onions.

Special Sizzler Juliette (including naan) £18.95

A fabulous selection from our very own tandoori chicken or lamb marinated in fresh herbs and spices with capsicum and onions, flambéed with Brandy.

Jalfrazi £12.25 / £13.25

Chicken / lamb tikka in a thick curry sauce made with a variety of fresh herbs and spices, onions and fresh green chillies, fairly hot.

Tandoori King Prawn Jalfrazi £20.95

Garlic Mosalla £12.25 / £13.25

Lamb or chicken tikka extensively prepared with garlic, onion, fresh herbs and spices.

Chilli Mosalla £12.25 / £13.25

Marinated then grilled, chicken or lamb mixed in a thick spicy sauce with fresh green chillies and tomatoes. Fairly hot.

Tandoori Butter Chicken £12.25

Off the bone breast pieces of chicken, marinated then grilled in the clay oven. Mixed with a delicate spice, plum tomatoes and butter.

Akbari Khana £19.50

Off the bone, marinated and grilled, chicken and lamb mixed with prawns, king prawns, minced lamb and spinach. All mixed into a sauce with fresh spices, herbs, fresh green chillies, fairly hot with a dressing of thinly sliced green peppers, onion and lemon.

Jamal Special £19.50

Off the bone chicken and lamb, marinated in fresh herbs and spices then grilled in the clay oven, mixed with skeek kebab in a medium strength spicy sauce with onion and tomato. Garnished with thinly sliced lemon, capsicum and onions.

Murogh Khandani £12.25

Off the bone chicken, marinated and grilled mixed with mince lamb in medium spicy but not hot sauce.

If you do not see any of your favourite Garden of India dishes then please let a waiter know and they be happy to get the chef to make it for you.

Special Balti Dishes (Rice Not Included)

Balti Chingri	£12.45
(Prawns)	
Balti Raja Chingri	£20.95
(King Prawns)	
Balti Korai	£12.45 / £13.45
(Chicken or Lamb)	
Balti Tikka Bhuna	£12.45 / £13.45
(Chicken or Lamb)	
Balti Tikka Korma	£12.45 / £13.45
(Chicken or Lamb)	
Balti Tikka Dhansak	£12.45 / £13.45
(Chicken or Lamb)	
Balti Garden Special	£22.95
(Ask Waiter)	

Vegetarian Main Dishes (Rice Not Included)

Chilli Aubergine	£10.75
Chilli and aubergine cooked in yoghurt flavoured with coconut	
Vegetable Dhansak	£10.75
Prepared with lentils, lemon juice, mixed vegetables and aromatic spices producing hot, sweet and sour taste	
Vegetable Pathia	£10.75
A hot, sweet and sour taste dish, extensively prepared with red chilli, onion, tomato and a touch of garlic	
Aloo / Vegetable Doom	£10.75
Cooked in special mosalla sauce and mild herbs and spices	
Biryani Vegetable or Mushroom	£10.75
Vegetable or Mushroom treated together with pilau rice and aromatic spices, served with vegetable curry	

**If this selection does not satisfy you, any dishes on this menu
can be prepared as vegetarian or any of the side dishes
can be prepared as a main dish**

Raitha

Cucumber Raitha	£2.50
Onion Raitha	£2.50
Dahi (Plain Yoghurt)	£1.95

Bangladeshi Crisp

Plain Popadom	£0.95
Spicy Popadom	£0.95
Pickles (per head)	£0.95

(Mint Sauce / Mango Chutney / Onion Salad / Lime Pickle)

Specials (Rice not Included)

Anokha £16.50

Off the bone marinated lamb or chicken grilled in the clay oven for an authentic taste. Combined with a sour, hot and sweet tasting sauce. The sauce is an exciting mixture of onions, tomatoes, a hint of garlic, lemon juice, coriander, red wine and a selection of special spices resulting in a unique taste. The dish is then finished with a garnish of caramelized onions and green chillies cooked in a red wine sauce, left to simmer for that little bit longer to enhance the flavour of the dish and results in a thick and fairly hot sauce.

Artful Dodger..... £16.50

Pieces of chicken or lamb marinated and grilled in the clay oven. Cooked in yoghurt, cream, ground almonds, fragrant and tangy special spices, chunky capsicum and onions with red wine in a thick sauce with tomatoes. Garnished with caramelized onions cooked in red wine.

Jahl Katlo Tikka £16.50

Off the bone breast of chicken marinated and then grilled in the clay oven. Mixed in a thick and fairly hot sauce of butter, plum tomatoes, chunky onions and capsicum, thinly sliced onions, green chillies and special selection of spices giving a spicy and tangy edge to this memorable dish.

Raja Murogh Khandani £16.50

Off the bone marinated chicken, grilled in the tandoor and mixed with minced lamb. Served in a hot thick sauce with green chillies, tomatoes, diced onions, capsicum and special herbs and spices.

Jessielou £16.50

Off the bone sliced chicken marinated in traditional herbs and spices, hone and jack Daniels™. Grilled in the traditional tandoor, then mixed with a unique sauce of caramelized garlic onions and fresh green chillies, tomatoes and a generous helping of coriander. Then our secret ingredients are added and the dish is let to simmer so all the flavours are infused thus creating a unique dish for you, our special customer.

Wes da Chingri £20.95

Freshwater King Prawns marinated in our herbs and spices including mint, red chillies, tamarind and honey. Grilled in the tandoor then mixed with a special sauce of capsicum, garlic, fresh green chillies, onions, plum tomatoes, red wine and coriander, then left to simmer to create one of the most mouth watering and tantalizing King Prawn dishes you have ever tasted.

Naryal Tiko Ghosh £16.50

Off the bone lamb marinated in authentic Indian spices, then grilled in the tandoor. Mixed with a sauce of coconut, red wine, caramelized onions, garlic, fresh chillies and plum tomatoes. We then add our secret ingredients and leave the whole dish to simmer for as long as possible to create a tantalizing experience for you.

Jaal Modhu Haash £17.95

Duck breast marinated in honey, fresh green chillies and coriander then grilled in the tandoor. We then add a rich sauce of fresh tomato, fresh red chilli, coconut, garlic and freshly squeezed lemon juice to create one of the finest duck dishes you will ever eat.

Rowdy Brown..... £16.50

Off the bone lamb or chicken marinated then grilled, mixed with a thick sauce of honey, plum tomatoes, coconut, fresh coriander, garlic, onions, capsicum and lots of butter.

NEW Lazedar Chops £19.95

Grilled lamb chops with a special marinade cooked in a unique tangy spicy sauce with chopped potatoes. This cannot be beaten for flavour

- NEW Zengha Murgh / Ghosh** **£16.50**
 Chicken or Lamb cooked in a tangy plum tomato soury sauce slightly spicy
- NEW Johnny T - Lamb / Chicken** **£16.50**
 Off the bone Lamb or Chicken or with king prawn marinated then grilled in the clay oven then mixed in a sauce consisting of chunky peppers, onions, tomatoes, fresh green chillies made in to a rich thick sauce with coconut milk and southern comfort. This will definitely be one of the most interesting flavoured dishes you will most probably have (fairly hot)
- NEW Johnny T - King Prawns** **£20.95**
 King prawn marinated then grilled in the clay oven then mixed in a sauce consisting of chunky peppers, onions, tomatoes, fresh green chillies made in to a rich thick sauce with coconut milk and southern comfort. This will definitely be one of the most interesting flavoured dishes you will most probably have (fairly hot)
- NEW Malai Chingri** **£20.95**
 Freshwater king prawns marinated in traditional spices then grilled in the clay oven mixed in to a rich sauce consisting of our secret sauce plus garlic, honey, coconut milk, plum tomatoes garnished with caramelised onions and cashew nuts Unique and rich in taste.
- NEW Goan Machli (Seabass Special)** **£22.95**
 Seabass fillet marinated in sea salt, crushed black pepper, fresh green chilli, freshly squeezed lemon, ginger, coriander and grilled in a clay oven. Covered in tamarind, coconut, chilli, plum tomato and coriander sauce.
- NEW Stolians** **£16.50**
 Off the bone Chicken marinated and grilled in a clay oven, cooked in a sauce consisting of onion, garlic, chillies, plum tomatoes, cheddar cheese and cider.
- NEW Ron mirchiwala** **£16.50**
 Off the bone Chicken or Lamb marinated and grilled in a clay oven, cooked in a sauce consisting of hot Naga chilli, green chilli, tamarind, garlic and coriander.



Breads

Naan	£3.45
Crispy and puffy bread made from fine leavened flour	
Keema Naan	£3.95
Stuffed with spicy mince meat	
Kulcha Naan	£3.95
Diced green peppers and onions on top	
Peshwiri Naan	£3.95
Stuffed with almonds, sultanas, coconuts and honey	
Stuffed Naan with vegetables	£3.95
Stuffed with spicy mince meat	
Garlic Naan	£3.95
Paratha / Stuffed Paratha	£3.95 / £4.25
Layered whole wheat bread or stuffed with vegetables	
Tandoori Roti (crisp flat wheat bread)	£2.95
Chapati	£2.45

Rices (Basmati)

Mushroom Rice	£3.95
Plain Rice	£3.45
Pilau Rice	£3.95
Vegetable Rice	£3.95
Keema Rice	£5.45
Lemon Rice	£3.95
Special Fried Rice	£3.95

Side Dishes

Bhindi Bhajee (okra)	£5.95
Mushroom Bhajee	£5.95
Bombay Aloo (potatoes)	£5.95
Chana Mosalla (chick peas)	£5.95
Bhinjal Bhajee (aubergine)	£5.95
Aloo Gobi	£5.95
Cauliflower Bhajee	£5.95
Niramish (dry mixed veg)	£5.95
Tarka Dhall (lentilswith garlic)	£5.95
Sag Aloo	£5.95
Sag Ponir	£5.95
Vegetable Curry	£5.95
Motor Ponir	£5.95
Dhall Mosalla	£5.95
(lentils with aromatic spices)	

Special Side Dishes

Special Mushrooms	£7.95
Fresh mushrooms cooked in a medium strength sauce with tomatoes, garlic and brandy.	
Special Niramish	£7.95
Spicy mixed vegetables cooked in a medium tomato, garlic, onion and brandy sauce	

European Dishes

Steak and Chips	£19.25
Fried Chicken and Chips	£10.25
Chicken Salad (cold)	£7.75
Prawn Salad (cold)	£8.25
(Served with cocktail sauce)	
Chips	£2.45
Green salad	£1.95
Mixture of cucumber, tomatoes, fresh coriander and chopped green chillies	

We at the Garden of India pride ourselves with giving our customers exactly what they desire culinary wise to help elevate, enhance and make their visit with us memorable.

So please let us know what we can do. Whether it be creating a dish; making it either vegan or vegetarian or even an individual cocktail - just ask!

A discretionary 12.5% service charge will be added to tables of 5 persons or more.



Please ask the management about our outside catering facilities

Open 7 Days a Week including bank holidays

**Monday - Thursday
4:30pm - 10:30pm**

**Friday - Saturday
4:30pm - 11.00pm**

Sunday - 1:00pm - 9:00pm

**Sunday is family day at the Garden of India
All Day Sunday Buffet**

**Adult's £17.95 / Children £12.95 (under 10)
(served with a starter from a selection of chefs choice)**

All prices are inclusive of VAT.

**A discretionary service charge of 12.5%
will be added to tables of 5 persons or more.**

**The management reserves the right to
refuse admission at any given time.**

**12-13 North House, Bush Fair, Harlow, Essex, CM18 6PE
Tel: 01279 430942 / 639634 www.thegardenofindia.com**

