

## BANGLADESHI BALTI DISHES

(We can make any dishes as your preference)

### BALTI CHICKEN OR LAMB TIKKA MASSALA

Spring chicken or fillet lamb marinated in yoghurt and spices, cooked with fresh and dried herbs and special balti spices.

### BALTI CHICKEN OR LAMB

Juicy chunks of chicken or lamb cooked with very exotic balti spices and thick gravy.

### BALTI KING PRAWNS

Juicy chunks of King prawns cooked with very exotic balti spices and thick gravy.

**BALTI HARI MIRCHI** Pieces of spring chicken or fillet of lamb cooked with

green chillies, spring onions and special Moja Balti sauce. Can be served hot.

**BALTI MONCHURIAN** Tender pieces of breast chicken cooked with lamb mincemeat,

spring onions in a thick sauce garnished with fresh coriander.

**BALTI ROJOTI** Breast chicken or Fillet lamb cooked in a combination of hot and sour sauce

with cubes of spring onion and green pepper.

**BALTI MIXED VEGETABLE** **V** Mixed vegetables cooked with special balti spices and herbs.

## THALI DISHES

(Set meal for one)

### NON VEGETABLE THALI

Tandoori chicken, seek kebab, bhoona meat, chicken tikka, meat samosa, pulao rice, tandoori nan.

### VEGETABLE THALI **V**

Consists of dry vegetable, bringal bhajee, mashroom bhajee, pulao rice, tandoori nan and papadam.

## VEGETABLE DISHES **V**

**VEGETABLE TRAY** (3 different vegetables)

**CAULIFLOWER BHAJEE** Fresh cauliflower cooked with spices

**MUSHROOM BHAJEE** Fresh mushrooms cooked with spices

**VEGETABLE CURRY** Mixed vegetables with various spices

**ALOO GOBI** Fresh cauliflower and potatoes with mild spices

**BHINDI OR BRINGAL BHAJEE** Fresh okra or aubergine

cooked with fried onion and tomatoes

**NIRAMISH** Mixed fresh vegetables cooked with herbs and delicate spices

**BOMBAY ALOO** Potatoes cooked with butter, slightly spiced

**SAG BHAJEE** Fresh spinach cooked in a butter, slightly spiced

**SAG ALOO** Potatoes and spinach mixed

**TARKA DAL** Spiced lentils with garlic

**VEGETABLE SAMBER** Sweet and sour, hot, with lentils

**SAG PANEER** Spinach cooked with cheese

**MOTOR PANEER** Chick peas cooked with cheese

**ALOO PANEER** Potatoes cooked with cheese

**CHANA BHOONA** Chick peas cooked with spices in a dry gravy

**ABOVE DISHES SERVED AS A MAIN COURSES**

**CUCUMBER OR ONION RAITA, OR YOGHURT**

## RICE DISHES

(We can make any dishes as your preference)

### PLAIN RICE

**PULAO RICE** Pure basmati rice cooked with spices and saffron

**GARLIC RICE** **V** Rice cooked with fresh garlic and spices

**SPECIAL FRIED RICE** Rice cooked with spices, eggs, peas and carrots

**VEGETABLE PULAO RICE** **V** Cooked with vegetables

**MUSHROOM PULAO RICE** **V** Rice cooked with mushrooms

**CHANA RICE** **V** Rice cooked with chick peas and slightly spiced

**AKHNI RICE** Rice slightly spiced, cooked with spiced lamb mincemeat

## SUNDRY DISHES

**NAN** Special leavened bread freshly baked

**PESHWARI NAN** Nan prepared with oriental nuts and fruits

**STUFFED NAN** **V** Stuffed with spices, mashed potato and vegetables

**KEEMA NAN** Freshly baked with minced meat.

**GARLIC NAN** **V** Freshly baked with garlic.

**GARLIC CHILLI NAN** **V** Freshly baked with garlic & chopped chillies.

**HOLLY EMMA NAN** Freshly baked with chicken tikka, coriander & chopped chillies.

**PARATHA** Thick multi-layered fried bread.

**CHAPATI** Soft thin Indian bread.

**PLAIN PAPADAM**

**SPICED PAPADAM**

**CHUTNEY** Per portion

## ENGLISH DISHES

**CHICKEN** Fried and served with French fries, tomatoes and peas

**SIRLOIN STEAK** Served with French fries, tomatoes and peas

## Special Sunday Buffet

EVERY SUNDAY MIDDAY - 5PM

HELP YOURSELF TO AS MUCH AS YOU LIKE  
FROM A CHOICE OF MANY DIFFERENT DISHES

# £13.95

CHILDREN (UNDER 10) HALF PRICE

## OPEN 7 DAYS A WEEK

MONDAY - SATURDAY 5PM-10PM

SUNDAY 5PM - 10PM

SUNDAY BUFFET 12 NOON - 4.30PM

CHEQUES ARE NOT ACCEPTED WITHOUT BANKERS CARD  
We accept Visa Access

The Management reserves the right of admission

All prices are inclusive of VAT.

All Chicken is Breast Meat.

**Food Allergies**  
Some of our items contain nuts, seeds and other Allergens. There is a small risk that tiny traces of these may be in any dish or food served here. We understand the dangers to those with severe allergies. Please speak to a member of staff who may be able to help you make an alternative choice.

**V**  
Vegan  
Option

**V**  
Vegetarian  
Option

**Prepared with  
Green Chillies**

# Shefford Tandoori

*Established 1987 under the same Management*

## Banquet Nights

Every Monday & Wednesday

Starter | Main Course | Side Dish | Rice or Naan

**8 HIGH STREET, SHEFFORD**  
**BEDFORDSHIRE SG17 5DG**  
**01462 816151 / 01462 813352**  
**www.sheffordtandoori.com**



## APPETISERS

<b>PRAWN COCKTAIL</b>		<b>£4.95</b>
<b>ONION BHAJIA</b>	Deep fried mixed onion balls finely chopped, and made with chefs own recipe	<b>£4.50</b>
<b>SEEK KEBAB</b>	Spiced minced meat barbecued in tandoori clay oven on a skewer served with salad	<b>£5.25</b>
<b>LAMB OR VEGETABLE</b>	<b>SAMOSA</b> Triangular-shaped savoury filled with spicy meat or vegetable	<b>£4.95</b>
<b>1/4 TANDOORI CHICKEN</b>	Spring chicken marinated and barbecued on the tandoori clay oven	<b>£4.95</b>
<b>LAMB CHOPS</b>	Pieces of tendered lamb chops grilled in a clay oven marinated with tandoori balti spices	<b>£6.50</b>
<b>CHICKEN OR LAMB TIKKA</b>	Marinated chicken or lamb barbecued on the tandoori clay oven	<b>£5.50</b>
<b>CHICKEN CHAT</b>	Slightly spiced chopped chicken cooked in chat massala and served with salad	<b>£5.50</b>
<b>TANDOORI MIXED</b>	Pieces of chicken, cubes of lamb and minced meat marinated on a clay oven	<b>£5.95</b>
<b>CHICKEN PAKORA</b>	Spring chicken marinated and deep fried with pakora spiced butter. Served with salad	<b>£5.50</b>
<b>VEGETABLE PAKORA</b>	Deep fried with spicy pakora butter. Served with salad	<b>£5.25</b>
<b>CHAT PURI</b>	Spicy chicken chopped into small pieces, cooked in chat massala and served on fried bread.	<b>£6.50</b>
<b>KEBAB PURI</b>	Spicy mincemeat charcoal grilled and served on fried bread with salad. Garnished with onions and coriander	<b>£6.95</b>
<b>PRAWN PURI</b>	Well spiced prawns cooked with medium gravy & served on a deep fried bread.	<b>£6.95</b>
<b>KING PRAWN PURI</b>	well spiced king prawn cooked with gravy & served on a deep fried bread.	<b>£7.25</b>
<b>KING PRAWN BUTTERFLY</b>	Lightly spiced with mint & herbs covered in bread crumbs deep fried.	<b>£7.25</b>
<b>SALMON TIKKA</b>	Marinated and spice mixed salmon barbecued on the tandoori clay oven.	<b>£7.25</b>

## CHICKEN OR LAMB DISHES

(We can make any dishes as your preference)

<b>CHICKEN OR LAMB KURMA</b>	Chicken or Lamb flavoured with kashmiri herbs and cooked with almonds. Coconut. Very mild.	<b>£9.95</b>
<b>CHICKEN OR LAMB BHOONA</b>	Well spiced chicken or lamb with green peppers and tomatoes.	<b>£9.95</b>
<b>CHICKEN OR LAMB CURRY</b>	Medium, Madras, Vindaloo or Phal.	<b>£9.95</b>
<b>CHICKEN OR LAMB DANSAK</b>	Sweet, Sour and slightly hot, cooked with lentils and herbs.	<b>£9.95</b>
<b>CHICKEN OR LAMB DUPIAZA</b>	Cooked with fried onions and mildly spiced gravy.	<b>£9.95</b>
<b>SAG CHICKEN OR LAMB</b>	Chicken or Meat cooked with spinach and spices in clarified butter.	<b>£9.95</b>
<b>CHICKEN OR LAMB ROGAN JOSH</b>	Medium hot tender chicken or meat, cooked with spices and garnished with tomatoes and green peppers	<b>£9.95</b>
<b>CHICKEN OR LAMB &amp; MUSHROOM BHOONA</b>	Well spiced in rich sauce cooked with mushroom	<b>£9.95</b>

## HOUSE SPECIAL DUCK DISHES

(We can make any dishes as your preference)

<b>DUCK BHOONA</b>	Well spiced with green peppers, tomatoes and thick gravy	<b>£11.95</b>
<b>DUCK JALFRAZI</b>	Cooked with green chili, ginger and capsicum. Hot	<b>£11.95</b>
<b>DUCK DANSAK</b>	Duck cooked with lentils and herbs, slightly sweet, sour and hot	<b>£11.95</b>



## SEAFOODS

(We can make any dishes as your preference)

<b>PRAWN CURRY</b> Medium, Madras, Vindaloo or Phal.	<b>£10.25</b>
<b>PRAWN BHOONA</b> Well spiced with green peppers & tomatoes.	<b>£10.25</b>
<b>PRAWN KURMA</b> Prawn flavoured with kashmiri herbs and cooked with coconut, very mild.	<b>£10.25</b>
<b>PRAWN PATHIA</b> Slightly spiced flavoured prawns, fairly moist and slightly sweet, sour & hot.	<b>£10.25</b>
<b>PRAWN DANSAK</b> Prawns cooked with lentils & herbs, slightly sweet, sour & hot.	<b>£10.25</b>
<b>PRAWN SAG</b> Prawns cooked with spinach and spices in clarified butter.	<b>£10.25</b>
<b>KING PRAWN CURRY</b> Medium, Madras, Vindaloo or Phal.	<b>£13.50</b>
<b>KING PRAWN BHOONA</b> Well spiced with green peppers, tomato and thick gravy.	<b>£13.50</b>
<b>KING PRAWN KURMA</b>	<b>£13.50</b>
Flavoured with kashmiri herbs and cooked with almonds, coconut. Very mild.	
<b>KING PRAWN PATHIA</b> Slightly spiced flavoured prawns, fairly moist and slightly sweet, sour, hot.	<b>£13.50</b>
<b>KING PRAWN DANSAK</b> King prawns cooked with lentils and herbs, slightly sweet, sour and hot.	<b>£13.50</b>
<b>KING PRAWN SAG</b> King prawns cooked with spinach and spices in clarified butter.	<b>£13.50</b>
<b>KING PRAWN DUPIAZA</b> Cooked with fried onions and mildly spiced gravy.	<b>£13.50</b>
<b>KING PRAWN &amp; MUSHROOM BHOONA</b>	<b>£13.50</b>
Well spiced in rich sauce cooked with mushroom.	

## HOUSE SPECIAL FISH DISHES

(We can make any dishes as your preference)

<b>SALMON BHOONA</b>	Well spiced with green peppers, tomatoes and thick gravy.	<b>£12.95</b>
<b>SALMON ROGAN</b>	Cooked with spices and garnished with tomatoes and green peppers.	<b>£12.95</b>
<b>SALMON DANSAK</b>	Cooked with lentils and herbs, slightly sweet, sour and hot.	<b>£12.95</b>
<b>SALMON JALFRAIZI</b>	 Cooked with green chilli, ginger and capsicum. Hot.	<b>£12.95</b>
<b>PANGAS BHOONA</b>	Well spiced with green peppers, tomatoes and thick gravy.	<b>£12.95</b>
<b>PANGAS ROGAN</b>	Cooked with spices and garnished with tomatoes and green peppers.	<b>£10.95</b>
<b>PANGAS DANSAK</b>	Cooked with lentils and herbs, slightly sweet, sour and hot.	<b>£10.95</b>
<b>PANGAS JALFRAIZI</b>	 Cooked with green chilli, ginger and capsicum. Hot.	<b>£10.95</b>

## CHEF'S RECOMMENDATIONS

<b>CHICKEN/LAMB PASSANDA</b>	<b>£10.95</b>
Thin lamb fillet or chicken marinated in spices and yoghurt and cooked in curry with herbs.	
<b>CHICKEN OR LAMB KARAH</b>	<b>£10.95</b>
Lamb or chicken medium or hot. Marinated in spices and cooked in medium dry gravy with halves of tomatoes, capsicum and served in iron karahi.	
<b>CHICKEN OR LAMB MUGHLAI (MILD)</b>	<b>£10.95</b>
7th century dish garnished with herbs cooked with fresh cream and fruit.	
<b>BUTTER CHICKEN OR LAMB (MILD)</b>	<b>£10.95</b>
Pieces of spring Chicken marinated in special spices, and fried with butter.	
<b>CHICKEN TIKKA MASSALA</b>	<b>£10.95</b>
Pieces of spring Chicken marinated in spices, grilled in tandoori, then cooked with special yoghurt and tomatoes.	
<b>KING PRAWN DELIGHT</b>	<b>£12.95</b>
Charcoal grilled King prawn cooked in creamy sauce, with fruits.	
<b>CHICKEN MULI (MILD)</b>	<b>£10.95</b>
Spring tandoori grilled chicken, cooked with butter; tomatoes and spice with cream.	
<b>CHICKEN, LAMB OR PRAWN JALFRAIZI</b> 🌿	<b>£10.95</b>
Cooked with green chilli, ginger and capsicum. Hot	
<b>KING PRAWN JALFRAIZI</b> 🌿	<b>£10.95</b>
King prawn Cooked with green chilli, ginger and capsicum. Hot	
<b>CHICKEN OR LAMB REJALLA</b>	<b>£10.95</b>
Medium or Hot. Chicken cooked with coconut, almond powder and garnished with tomatoes, green pepper and spicy gravy served with onion ring	
<b>CHICKEN OR LAMB TIKKA BHOONA</b>	<b>£10.95</b>
Spring chicken or lamb marinated in spices and herbs. Served with green pepper, tomato and spicy gravy.	
<b>CHICKEN OR LAMB SILSILA</b>	<b>£10.95</b>
Slices of spring chicken or lamb marinated in spices, grilled in clay ovens then cooked with onion, tomatoes, green pepper in special gravy.	
<b>CHICKEN OR LAMB JHUNAKI</b> 🌿	<b>£10.95</b>
Cubes of chicken or lamb fillet tikka cooked with chopped onions, chopped fresh green chilli, capsicum and selected spices in dry gravy - Hot.	
<b>CHICKEN OR LAMB KUSHBU</b>	<b>£10.95</b>
Chicken or lamb fillet flavoured with kushbu herbs, cooked with fruits, mild spices and cream.	
<b>CHICKEN OR LAMB DIL-KHUSH</b>	<b>£10.95</b>
Barbecued chicken or lamb fillets, onions, tomatoes and capsicum cooked with spices, garlic and serves in exotic sauce.	
<b>CHICKEN OR LAMB PASSANDA DANSAK</b>	<b>£10.95</b>
Chicken or thin lamb fillet marinated in spices and cooked in sweet, sour and slightly hot, with lentils and garlic.	
<b>CHICKEN OR LAMB CHANA MASSALA</b>	<b>£10.95</b>
Chicken or thin lamb fillet marinated in spices and cooked with chick peas with a thick gravy. Medium or Hot.	
<b>CHICKEN OR LAMB METHI JALFRAIZI</b> 🌿	<b>£10.95</b>
Thin Chicken or lamb fillet cooked with methi leaves and fresh green chillies and ginger with kushbu spices.	

## EXOTIC BANGLADESHI CUISINE

(We can make any dishes as your preference)

<b>SHONAR BANGLA</b> 🌿	Slices of spring chicken or lamb fillet marinated on a tandoori grill then cooked with special Bangla red chillies, onions, tomatoes and green peppers in hot sauce	<b>£10.95</b>
<b>MODUR BANGLA</b>	Chicken or thin lamb fillet cooked with special mango sauce. Mild	<b>£10.95</b>
<b>JOY BANGLA</b>	Piece of king prawn, seek kebab, chicken tikka, lamb tikka, cooked with exotic Bangladeshi Tandoori spice wjth thick gravy. Hot or Medium	<b>£13.95</b>
<b>SHOBUJ BANGLA</b>	Chicken or thin lamb fillet cooked in special spices with cheese. Medium or mil	<b>£10.95</b>
<b>SHATKORA BAHAR</b>	Spring marinated chicken or lamb cooked with Bangladeshi citrus fruit flavoured with special gravy. Medium	<b>£10.95</b>
<b>NAGA CHILLI CHICKEN OR LAMB</b> 🌿	Spring marinated chicken or lamb cooked with Bangladeshi naga chilli paste flavoured spices and special gravy. Hot or Very hot	<b>£10.95</b>
<b>CHILLI PANEER</b> 🌿🌿	Homemade cheese cooked with green chillies, tomatoes. Slightly spicy	<b>£10.95</b>
<b>CHOP BHOONA</b>	Passanda flavoured and cooked with moja spice, kushbu herbs. Medium or Hot	<b>£12.95</b>

## TANDOORI CUISINE

(We can make any dishes as your preference)

Prepared in clay oven, marinated in a delightfully delicate spiced yoghurt for 24 hours to tenderise the lamb, give it a seductive flavour and tantalising aroma. All these dishes are served with green salad and yoghurt	£9.50
<b>TANDOORI CHICKEN (HALF)</b>	
Spring chicken marinated and barbecued on the tandoori clay oven.	
<b>CHICKEN OR LAMB TIKKA</b>	£9.95
Marinated on the tandoori clay oven.	
<b>TANDOORI MIXED GRILL</b>	£15.95
Combination of chicken tikka, lamb tikka, seek kebab and tandoori chicken.	
<b>TANDOORI KING PRAWN</b> Marinated king prawns barbecued on the tandoori clay oven.	£13.95
<b>TANDOORI LAMB CHOP</b>	£12.95
Tendered lamb chops grilled in a clay oven marinated with tandoori balti spice.	
<b>CHICKEN OR LAMB SHASHLIK</b> With grilled peppers, onions and tomatoes.	£12.95
<b>SALMON TIKKA</b> Marinated and spiced salmon barbecued on the tandoori clay oven.	£12.95
<b>SALMON SHASHLIK</b> with grilled peppers, onions and tomatoes.	£13.50
<b>KING PRAWN SHASHLIK</b> with grilled peppers, onions and tomatoes.	£14.95

## BIRYANI DISHES

<b>CHICKEN OR LAMB BIRYANI</b>	<b>£9.95</b>
Biryani's consist of special fried rice served with vegetable curry.	
<b>PRAWN BIRYANI</b>	<b>£9.95</b>
Biryani's consists of special fried rice, garnished with special fish spices and served with vegetable curry.	
<b>KING PRAWN BIRYANI</b>	<b>£12.95</b>
Biryani's consists of special fried rice, garnished with special fish spices and served with vegetable curry.	
<b>VEGETABLE BIRYANI</b> 	<b>£8.95</b>
Biryani's consists of special fried rice with mix vegetables and served with vegetable curry.	
<b>CHICKEN OR LAMB TIKKA BIRYANI</b>	<b>£11.50</b>
Special fried rice and marinated meat or chicken grilled over charcoal and garnished with egg and tomatoes, onions and served with vegetable curry.	

## KAMRAN'S RECOMMENDATIONS

(Special Garlic handi dishes) (We can make any dishes as your preference)

<b>GARLIC HANDI BAKARA</b>	<b>£10.95</b>
Pieces of spring chicken or fillet lamb marinated in spices and charcoal grilled. Cooked with chopped onions, capsicums, tomatoes and chefs own spice. Garnished with fried garlic and coriander.	
<b>GARLIC HANDI MAKANI</b>	<b>£10.95</b>
Spring chicken or fillet lamb cooked in a very well spiced chefs own sauce, almond and coconut powder. Also with garnish of garlic, coriander.	
<b>GARLIC HANDI TIKKA MUSHROOM</b>	<b>£10.95</b>
Chicken or lamb tikka marinated in yoghurt and chefs own spices. Charcoal grilled in clay oven served with garlic mushrooms and served with green salad.	
<b>GARLIC HANDI PASSANDA</b>	<b>£10.95</b>
Chicken or lamb cooked in a very delicate passanda cooked chefs own spice with the addition of garlic and coriander.	
<b>GARLIC HANDI PIAZI</b>	<b>£10.95</b>
Chicken or lamb cooked in a very spicy sauce with addition of cubed onion and green pepper.	
<b>GARLIC HANDI SHOBZI</b> <b>V</b>	<b>£10.95</b>
Consists of all vegetables, very dry spiced and garnished with garlic, onions and coriander.	