gluten free

INDIAN CUISINE

Swagatam

JinU siU

Fáilte

OSSSO

Namaste

Welcome

Mudielf

nmeless

system approved exporters as far as possible.

And all of the products we use are sourced from ISO9002 quality Hygiene standards.

All Indie Restaurants are compliant with Irish Food Safety and strictly forbidden from our kitchen.

All additives, preservatives, artificial colours and carcinogens are health promoting low-cholesterol, polyunsaturated oils. A virtuous circle of sustainability and excellence, we only use

HACCP-COMPLIANT SUPPLIERS, FOR FULL TRACEABILITY. ALL OF OUR MEATS AND VEGETABLES ARE SOURCED FROM

fat, salt and sugar.

spices; maximise taste, increase fibre and contain lower levels of sourced vegetables. Our lentils, beans, pulses, exotic herbs and Low-fat and healthy, we use only lean, local meat and responsibly produce and seasonal ingredients.

eclectic menu fuses fine Indian cuisine with the best local Passionate about great food and inspired by home cooking, our

flavour and aroma.

Our unique fusion makes for a healthy menu with maximum

OUR ETHOS

WHERE TO FIND US:

The Jharna 133 Lisburn Road **Belfast** BT9 7AG

T: 028 9038 1299 E: thejharna@hotmail.co.uk W: www.jharnabelfast.com

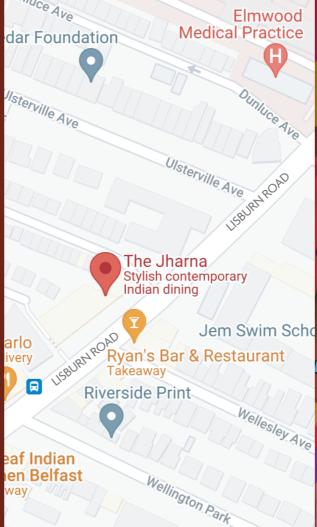
OPENING TIME:

Monday - Saturday: Lunch 12noon - 2.30pm Dinner 5.00pm - 11.00pm

1.00pm - 10.00pm

Food Allergies and Intolerances Information: Please be advised that food prepared at Jharna may contain the following: Cereals containing gluten, Peanuts, Nuts, Milk, Soya Mustard, Eggs, Fish Crustaceans, Sesame Seeds, Celery, Sulphur Dioxide.

Traces of nuts can be found in most of the dishes.



00.F3 Onion Salad d09 Sauce Shili Sauce **d09** Mint Sauce dç6 Mango Chutney d09 Popadom Mushroom Rice £3.20 £2.50 £3.20 Kemma Naan Kulcha Maan with red orions £3.20 French Fries 62.50 Raita Yoghurf, Onion, Tomato, Cucumber with cumin, cayenne pepper and ground herbs 63.20 Green Chillies & Coriander Maan £3.20 63.50 Cheese Naan **Garlic Maan** freshly chopped garlic for garlic lovers 63.20 **Peshwari Maan** coconut, almond and sultana, delicious 63.20 Nasan Crisp and puffy bread made from leavened flour, baked in tandoor **62.70** £2.50 **Paratha** Layered whole wheat bread 63.59 64.50 **Oriental Fried Rice usliq idad** 63.50 62.70 **Sada Chaawal** pearl white boiled basmati rice £2.50 RICE & BREADS



JHARNA @ HOME

JHARNA your first choice in Belfast, serving you for 30 years



ABSORB | DELICIOUSNESS | INTRICATE | BALANGED | TEXTURES | FLAVOURS

f thejharna

FOLLOW US ON:



ORDER ONLINE:

www.jharnabelfast.com

APPETIZERS

Chicken Pakora £4.95 Gently spiced chicken fritters

Prawn & Chilli Cake £5.50 warm water tiger prawns, ginger, garlic, scallions, fresh coriander stem and gingelly seeds, minced and fused on crunchy croutons. **Cooking method:** shallow fried

Murgh Tikka the undisputed "king of kebabs". Succulent breast of chicken, marinated (at least for 12 hours) in garam masala, lemon juice, ginger-garlic paste and natural yoghurt, skewered and then barbecued in the tandoor to create a uniquely desirable smoky flavour. **Cooking method: tandoor grill**

Aloo Chaat

potato finely chopped and delicately spiced with chaat masala, chilli, touch of garam masala, onior and coriander served on fried pancake. Cooking method: pan grill

Assorted Vegetable Starter pyazu, pakora and vegetable samosa cooking method: shallow fried £5.50

roasted kebabs of mushroom with nutmeg and cumin. Cooking method: tandoor barbecue

£4.95

on the bone spring chicken marinated in yogurt with delicate herbs and spices, barbecued over flaming charcoal cooking method: barbecue over flaming charcoal

Samosa [mince or vegetable] very fine pancake filled with mince or vegetable deep fried vegetable oil £4.50

f4 50 aubergine, potato, cauliflower and onion pungently spiced with fresh coriander, green chilli and deep fried in vegetable oil

Sheek Kebab

minced lamb pungently spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in

gigantic warm water prawns marinated in hung curd, lime juice, ginger-garlic juice, cumin seed and toasted chickpea flour, flame grilled in the tandoor

APPETIZERS

Jhinga Purigently spiced king prawns, cooked with fresh spring onions and tomato, served on puri (fried bread)

Onion Bhajee sliced onions gently spiced with fresh coriander, cumin and turmeric, deep fried in vegetable oil

barbecued chicken tossed on a pan with tangy, sweet sauce and served on a fried pancake

exhibitionism to flaunt Jharna's Tandoori prowess in one package. Chicken Tikka, Tandoori Chicken, Seekh kebab and Tandoori Jumbo prawns together with side salad and coriander and mint chutney

TANDOORI [charcoal clay oven barbecue]

plain or pulao rice included the following dishes are served with vegetable sauce and salad

the undisputed "king of kebabs". Succulent breast of chicken, marinated (at least for 12 hours) in garam masala, lemon juice, ginger-garlic paste and natural yoghurt, skewered and then barbecued in the tandoor to create a uniquely desirable smoky flavour. Comes with our coriander

Lamb mince flavoured with cinnamon, caramon and cloves, cooked on skewer. Cooking Method Tandoor.

Tandoori Cray Fish fresh water Bengali cray fish, marinated and spiced, cooked gently over a charcoal flame

illet of bass, marinated with green chilli, coconut, corriander, turmaric and kokum paste finished with lemon juice.
Cooking Method: Tandoor.

Murghi Shashlick
diced spring chicken marinated and cooked over charcoal with onion, tomato, mushroom and capsicum £12.95

exhibitionism to flaunt Jharna's Tandoori prowess in one package. Chicken Tikka, Tandoori Chicken ieekh kebab and Tandoori Jumbo prawns together with side salad and coriander

CHEF'S RECOMMENDATIONS

plain or pulao rice included



Konju Masala £13.50 [spiced coconut prawns]

tiger prawn with tail, garlic, ginger, coconut oil, tomato, lime juice, onion, red hot chilli, tarka with coconut oil, curry leaves and sliced red chillis



Chettinad Chicken £11.50 [chicken with chettinad spice-fry]

dry red hot chilli, roasted coriander seeds, tamarind paste, chopped onion, garlic, ginger, tomato, chopped fresh coriander



Murghi Tikka Masala

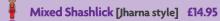
chicken £11.50 lamb £12.50

lamb or chicken tikka gently spiced, cooked in butter with ground almonds, tomatoes and cream

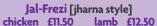


Karahi [murghi / ghost] chicken £11.50 lamb £12.50

lamb or chicken cooked with fresh coriander, onion, tomatoes, capsicum and root ginger



tandoori murgh, tandoori prawn, murghi tikka cooked together with onion, capsicum and tomatoes topped with masala sauce



lamb or chicken mildly spiced with onions, mushrooms, tomatoes, fresh coriander and capsicum. Very



Jal-Frezi [traditional style] chicken £11.50 lamb £12.50

traditionally prepared, cooked with fresh green chillies onions, tomatoes, fresh coriander and capsicum. Hot and tasty



Murgh Mirchi Ka-Salon £11.95

a spicey dish of cornfed chicken with coriander, whole red chillies and fresh vegetables

DOWNLOAD OUR APP TODAY ORDER ON LINE: jharnabelfast.com GET 20% OFF ON YOUR FIRST ORDER

HANDI & KARAHI

plain or pulao rice included

the following dishes are available in:

chicken £10.95 lamb £11.95 tiger prawns £13.50 vegetable £9.95 barbequed tikka £13.50

cooked with freshly chopped garlic and fresh coriander. Delicious for garlic lovers

delicately cooked in a coconut, almond and cream sauce

gently spiced with fresh spring onion and tomato

marinated in a blend of spices carefully selected by our chef, cooked with chopped onions and tomatoes

ender pieces of lamb or chicken cooked in a rich aromatic sauce with diced onions

pickling spiced lamb or chicken cooked with tomato, fresh spring onion, fresh coriander and hot pepper

cooked in lentil with a sweet, sour and hot sauce

ooked in a slightly hot, tangy persian sauce

elicately spiced with freshly chopped spinach

Madras [fairly hot]

Vindaloo [very hot]

your choice of meat sautéed and cooked with capsicum peppers, balti sauce and spicey onion masala

SEAFOOD DISHES plain or pulao rice included

Tandoori Jhinga Makhani

f14 95

jumbo king prawns marinated in toasted gram flour and hung curd, barbecued to infuse the unmistakable char grilled flavour typical to all Tandoori kebabs, simmered in a creamy tomato

Jhinga-Hara-Pyaz

£14.95

spicy jumbo prawns, with a touch of spice and flavoured with fresh spring onions

Jhinga-Dum-Achari

£14.95

jumbo prawns in pickling spices and mustard oil, cooked with tomato, fresh spring onion, coriander and hot pepper

BIRYANI DISHES

Biriyani [murghi/ghost] chicken £11.95

lamb £12.95

basmati rice stir fried together with lamb, saffron and mild oriental spices (served with vegetable curry)

£10.95

basmati rice, stir fried together with selection of fresh vegetables, saffron and mild oriental spices and served with curry

£14.95 Crayfish Biriyani

basmati rice, stir fried together with Bengali cray fish, saffron and mild oriental spices (served with vegetable curry)

Murgh Tikka Biriyani £12 95 basmati rice, stir fried together with barbequed chicken, saffron and mild oriental spices (served with vegetable curry)

basmati rice, stir fried together with chicken, lamb and prawn. (served with vegetable curry)

VEGETARIAN DISHES plain or pulao rice included

Paneer Pasanda cottage cheese stuffed with spinach served in almond sauce

£10.95 **Matter Paneer**

£10.95

home made cottage cheese cooked with sweet peas and light sprinkle of spices

£10.95 home made cottage cheese cooked with freshly chopped spinach, light sprinkle of spice

Vegetable Makkhanwala assorted seasonal vegetables, tropical preserved fruit, dry fruit and nuts, gently cooked in a tomato butter cream sauce drizzled with beurre fenugreek

SIDE VEGETABLES

Mushroom Hara Piaz £5.95 mushrooms and spring onions tossed with herbs

£5.95 spicy aubergines with fresh coriander and mustard seeds

Aloo Masaleder £5.95

baby potatoes tempered with mustard seeds Aloo Gobi £5.95

potato and cauliflower Tarka Dall £5.95

selection of lentil with a tinge of garlic

£5.95 Saag Aloo spinach and potato