







TASTE STRENGTH: mild  medium to mild  medium to fairly hot  very hot  vegetarian  gluten free 

Our unique fusion makes for a healthy menu with maximum flavour and aroma.

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

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

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

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

All Indie Restaurants are compliant with Irish Food Safety and Hygiene standards.

And all of the products we use are sourced from ISO9002 quality system approved exporters as far as possible.

OUR ETHOS



Assalamu
Alaikum

Welcome

Namaste

Cze'sc

Faitte

Dia Duit

Swagatam

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

Sunday:
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.



CALL: 028 90 381 299 OR
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JHARNA @ HOME

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



JHARNA

www.jharnabelfast.com

ABSORB | DELICIOUSNESS | INTRICATE | BALANCED | TEXTURES | FLAVOURS

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Item	Price
Sada Chawal	£2.50
pearl white boiled basmati rice	£2.70
Pilau Rice	£3.50
basmati rice flavoured with herbs	£3.50
Shahi Pilau	£3.50
spicy	£4.50
Oriental Fried Rice	£3.50
Layered whole wheat bread	£3.20
Roti	£2.50
crisp flat wheat bread	£2.70
Naan	£3.20
crisp and puffy bread made from leavened flour, baked in tandoor	£3.20
Peshwari Naan	£3.20
coconut, almond and sultana, delicious	£3.20
Garlic Naan	£3.20
freshly chopped garlic for garlic lovers	£3.50
Cheese Naan	£3.20
Green Chillies & Coriander Naan	£3.20
Raita	£3.20
Yoghurt, Onion, Tomato, Cucumber with cumin, cayenne pepper and ground herbs	£2.50
French Fries	£2.50
Kulcha Naan	£3.20
with red onions	£3.20
Kemma Naan	£3.20
Chapati	£2.50
Mushroom Rice	£3.20
Popadom	£3.20
Mango Chutney	95p
Mint Sauce	60p
Chili Sauce	60p
Onion Salad	£1.00

RICE & BREADS

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YOUR FIRST ORDER
ON YOUR JHARNA APP
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OUR APP ON:

APPETIZERS

	Chicken Pakora Gently spiced chicken fritters	£4.95
	Prawn & Chilli Cake warm water tiger prawns, ginger, garlic, scallions, fresh coriander stem and gingelly seeds, minced and fused on crunchy croutons. Cooking method: shallow fried	£5.50
	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	£4.90
	Aloo Chaat potato finely chopped and delicately spiced with chaat masala, chilli, touch of garam masala, onion and coriander served on fried pancake. Cooking method: pan grill	£4.70
	Assorted Vegetable Starter pyazu, pakora and vegetable samosa cooking method: shallow fried	£5.50
	Khum Ki Seekh roasted kebabs of mushroom with nutmeg and cumin. Cooking method: tandoor barbecue	£4.50
	Tandoori Murghi on the bone spring chicken marinated in yogurt with delicate herbs and spices, barbecued over flaming charcoal cooking method: barbecue over flaming charcoal	£4.95
	Samosa [mince or vegetable] very fine pancake filled with mince or vegetable deep fried vegetable oil	£4.50
	Pakora aubergine, potato, cauliflower and onion pungently spiced with fresh coriander, green chilli and deep fried in vegetable oil	£4.50
	Sheek Kebab minced lamb pungently spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in tandoor	£4.50
	Jhinga Tandoori gigantic warm water prawns marinated in hung curd, lime juice, ginger-garlic juice, cumin seed and toasted chickpea flour, flame grilled in the tandoor	£6.95

APPETIZERS

	Jhinga Puri gently spiced king prawns, cooked with fresh spring onions and tomato, served on puri (fried bread)	£6.95
	Onion Bhajee sliced onions gently spiced with fresh coriander, cumin and turmeric, deep fried in vegetable oil	£4.50
	Murgh Chaat barbecued chicken tossed on a pan with tangy, sweet sauce and served on a fried pancake	£4.95
	Mixed Tandoori 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	£6.95

TANDOORI [charcoal clay oven barbecue]

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

	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. Comes with our coriander	£11.95
	Gosht Ka Sariya Lamb mince flavoured with cinnamon, cumin and cloves, cooked on skewer. Cooking Method: Tandoor.	£11.95
	Tandoori Cray Fish fresh water Bengali cray fish, marinated and spiced, cooked gently over a charcoal flame	£14.95
	Tandoori Sea Bass fillet of bass, marinated with green chilli, coconut, coriander, turmeric and kokum paste finished with lemon juice. Cooking Method: Tandoor.	£14.95
	Murghi Shashlick diced spring chicken marinated and cooked over charcoal with onion, tomato, mushroom and capsicum	£12.95
	Jharna Mixed Platter 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	£14.95

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
	Mixed Shashlick [Jharna style] £14.95 tandoori murgh, tandoori prawn, murghi tikka cooked together with onion, capsicum and tomatoes topped with masala sauce
	Jal-Frezi [jharna style] chicken £11.50 lamb £12.50 lamb or chicken mildly spiced with onions, mushrooms, tomatoes, fresh coriander and capsicum. Very tasty
	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 spicy dish of cornfed chicken with coriander, whole red chillies and fresh vegetables

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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

	Chilli Masala cooked with freshly chopped garlic and fresh coriander. Delicious for garlic lovers
	Korma delicately cooked in a coconut, almond and cream sauce
	Bhuna gently spiced with fresh spring onion and tomato
	Rogan Josh marinated in a blend of spices carefully selected by our chef, cooked with chopped onions and tomatoes
	Do-Piazza tender pieces of lamb or chicken cooked in a rich aromatic sauce with diced onions
	Achari pickling spiced lamb or chicken cooked with tomato, fresh spring onion, fresh coriander and hot pepper
	Dan-Sak cooked in lentil with a sweet, sour and hot sauce
	Patia cooked in a slightly hot, tangy persian sauce
	Palok delicately spiced with freshly chopped spinach
	Madras [fairly hot]
	Vindaloo [very hot]
	Balti your choice of meat sautéed and cooked with capsicum peppers, balti sauce and spicy onion masala

SEAFOOD DISHES

plain or pulao rice included

	Tandoori Jhinga Makhani £14.95 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 sauce
	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)
	Subz Biriyani £10.95 basmati rice, stir fried together with selection of fresh vegetables, saffron and mild oriental spices and served with curry
	Crayfish Biriyani £14.95 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)
	Special Biriyani £13.95 basmati rice, stir fried together with chicken, lamb and prawn. (served with vegetable curry)

VEGETARIAN DISHES

plain or pulao rice included

	Paneer Pasanda £10.95 cottage cheese stuffed with spinach served in almond sauce
	Matter Paneer £10.95 home made cottage cheese cooked with sweet peas and light sprinkle of spices
	Palok Paneer £10.95 home made cottage cheese cooked with freshly chopped spinach, light sprinkle of spice
	Vegetable Makkhanwala £10.95 assorted seasonal vegetables, tropical preserved fruit, dry fruit and nuts, gently cooked in a tomato butter cream sauce drizzled with beurre fenugreek
	Mushroom Hara Piaz £5.95 mushrooms and spring onions tossed with herbs
	Bharwan Baingan £5.95 spicy aubergines with fresh coriander and mustard seeds
	Aloo Maseleder £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
	Saag Aloo £5.95 spinach and potato