

## VEGETARIAN DISHES

plain or pulao rice included



**Paneer Pasanda** £11.95  
cottage cheese stuffed with spinach served in almond sauce



**Matter Paneer** £11.95  
home made cottage cheese cooked with sweet peas and light sprinkle of spices



**Palok Paneer** £11.95  
home made cottage cheese cooked with freshly chopped spinach, light sprinkle of spice



**Vegetable Makkhanwala** £11.95  
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** £6.95  
mushrooms and spring onions tossed with herbs



**Bharwan Baingan** £6.95  
spicy aubergines with fresh coriander and mustard seeds



**Aloo Masaleder** £6.95  
baby potatoes tempered with mustard seeds



**Aloo Gobi** £6.95  
potato and cauliflower



**Tarka Dall** £6.95  
selection of lentil with a tinge of garlic



**Saag Aloo** £6.95  
spinach and potato

## RICE & BREADS

**Sada Chaawal** £2.75  
pearl white boiled basmati rice

**Pilau Rice** £2.95  
basmati rice flavoured with herbs

**Shahi Pilau** £3.95  
spicy

**Oriental Fried Rice** £4.95

**Paratha** £3.95  
layered whole wheat bread

**Roti** £2.95  
crisp flat wheat bread

**Naan** £2.95  
crisp and puffy bread made from leavened flour, baked in tandoor

**Peshwari Naan** £3.95  
coconut, almond and sultana, delicious

**Garlic Naan** £3.50  
freshly chopped garlic for garlic lovers

**Cheese Naan** £3.95

**Green Chillies & Coriander Naan** £3.50

**Raita** £3.50  
yoghurt, onion, tomato, cucumber with cumin, cayenne pepper and ground herbs

**French Fries** £2.95

**Kulcha Naan** £3.70  
with red onions

**Kemma Naan** £3.70

**Chapati** £2.95

**Mushroom Rice** £3.50

**Popadom** 80p

**Mango Chutney** £1.20

**Mint Sauce** 80p

**Chili Sauce** 80p

**Onion Salad** £1.50

Assalamu  
Alaikum

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Welcome

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Namaste

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Fáilte

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Dia Duit

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Swagatam

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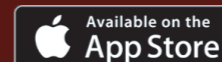
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OUR APP ON:



### OPENING TIME:

Monday - Saturday:

Lunch 12noon - 2.30pm

Dinner 5.00pm - 11.00pm

Sunday:

1.00pm - 10.00pm

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30 years  
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## APPETIZERS

-  **Chicken Pakora** £5.50  
Gently spiced chicken fritters
-  **Prawn & Chilli Cake** £5.95  
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** £5.60  
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** £5.50  
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
-  **Assorted Vegetable Starter** £6.20  
pyazu, pakora and vegetable samosa cooking method: shallow fried
-  **Khum Ki Seekh** £4.95  
roasted kebabs of mushroom with nutmeg and cumin. Cooking method: tandoor barbecue
-  **Tandoori Murghi** £5.60  
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]** £5.50  
very fine pancake filled with mince or vegetable deep fried vegetable oil
-  **Pakora** £5.50  
aubergine, potato, cauliflower and onion pungently spiced with fresh coriander, green chilli and deep fried in vegetable oil
-  **Sheek Kebab** £5.60  
minced lamb pungently spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in tandoor
-  **Jhinga Tandoori** £7.95  
gigantic warm water prawns marinated in hung curd, lime juice, ginger-garlic juice, cumin seed and toasted chickpea flour, flame grilled in the tandoor
-  **Jhinga Puri** £7.95  
gently spiced king prawns, cooked with fresh spring onions and tomato, served on puri (fried bread)
-  **Onion Bhajee** £5.50  
sliced onions gently spiced with fresh coriander, cumin and turmeric, deep fried in vegetable oil
-  **Murgh Chaat** £6.00  
barbecued chicken tossed on a pan with tangy, sweet sauce and served on a fried pancake
-  **Mixed Tandoori** £7.95  
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

## HANDI & KARAHI

plain or pulao rice included



the following dishes are available in:

**chicken £11.25    lamb £12.25    tiger prawns £13.95**  
**vegetable £10.50    barbequed tikka £13.95**

-  **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-Piaza**  
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 spicey onion masala

## TANDOORI [charcoal clay oven barbecue]

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

-  **Murgh Tikka** £12.95  
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
-  **Gosht Ka Sariya** £12.95  
Lamb mince flavoured with cinnamon, caramon and cloves, cooked on skewer. **Cooking Method: Tandoor.**






-  **Tandoori Cray Fish** £15.95  
fresh water Bengali cray fish, marinated and spiced, cooked gently over a charcoal flame
-  **Tandoori Sea Bass** £15.95  
Fillet of bass, marinated with green chilli, coconut, coriander, turmeric and kokum paste finished with lemon juice. **Cooking Method: Tandoor.**
-  **Murghi Shashlick** £13.95  
diced spring chicken marinated and cooked over charcoal with onion, tomato, mushroom and capsicum
-  **Jharna Mixed Platter** £15.95  
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

## SEAFOOD DISHES

plain or pulao rice included

-  **Tandoori Jhinga Makhani** £15.95  
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** £15.95  
spicy jumbo prawns, with a touch of spice and flavoured with fresh spring onions
-  **Jhinga-Dum-Achari** £15.95  
jumbo prawns in pickling spices and mustard oil, cooked with tomato, fresh spring onion, coriander and hot pepper

## BIRYANI DISHES

-  **Biryani [murghi/ghost]** **chicken £12.95    lamb £13.95**  
basmati rice stir fried together with lamb, saffron and mild oriental spices (served with vegetable curry)
-  **Subz Biryani** £11.95  
basmati rice, stir fried together with selection of fresh vegetables, saffron and mild oriental spices and served with curry
-  **Crayfish Biryani** £15.95  
basmati rice, stir fried together with Bengali cray fish, saffron and mild oriental spices (served with vegetable curry)
-  **Murgh Tikka Biryani** £13.95  
basmati rice, stir fried together with barbequed chicken, saffron and mild oriental spices (served with vegetable curry)
-  **Special Biryani** £14.95  
basmati rice, stir fried together with chicken, lamb and prawn. (served with vegetable curry)

## CHEF'S RECOMMENDATIONS

plain or pulao rice included

-  **Konju Masala** £14.50  
**[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** £12.50  
**[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 £12.50    lamb £13.50**  
lamb or chicken tikka gently spiced, cooked in butter with ground almonds, tomatoes and cream
-  **Karahi [murghi / ghost]**  
**chicken £12.50    lamb £13.50**  
lamb or chicken cooked with fresh coriander, onion, tomatoes, capsicum and root ginger
-  **Mixed Shashlick [Jharna style]** £15.95  
tandoori murgh, tandoori prawn, murghi tikka cooked together with onion, capsicum and tomatoes topped with masala sauce
-  **Jal-Frezi [jharna style]**  
**chicken £12.50    lamb £13.50**  
lamb or chicken mildly spiced with onions, mushrooms, tomatoes, fresh coriander and capsicum. Very tasty
-  **Jal-Frezi [traditional style]**  
**chicken £12.50    lamb £13.50**  
traditionally prepared, cooked with fresh green chillies onions, tomatoes, fresh coriander and capsicum. Hot and tasty
-  **Murgh Mirchi Ka-Salon** £12.95  
a spicey dish of cornfed chicken with coriander, whole red chillies and fresh vegetables

## TASTE STRENGTH:

-  **mild**  **medium to mild**  **medium to fairly hot**
-  **very hot**  **vegetarian**  **gluten free**

**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.