

VEGETARIAN DISHES

plain or pulao rice included



Paneer Pasanda £13.50
cottage cheese stuffed with spinach served in almond sauce



Matter Paneer £13.50
home made cottage cheese cooked with green peas and a light sprinkle of spices



Palok Paneer £13.50
home made cottage cheese cooked with freshly chopped spinach with a light sprinkle of spice



Vegetable Makkhanwala £13.95
assorted seasonal vegetables gently cooked in a tomato butter cream sauce drizzled with beurre fenugreek

SIDE VEGETABLES



Mushroom Hara Piaz £7.95
mushrooms and spring onions tossed with herbs



Bharwan Baingan £7.95
spicy aubergines with fresh coriander and mustard seeds



Aloo Masaleder £7.95
baby potatoes tempered with mustard seeds



Aloo Gobi £7.95
potato and cauliflower



Tarka Dall £7.95
selection of lentil with a tinge of garlic



Saag Aloo £7.95
spinach and potato

RICE & BREADS

Sada Chaawal £2.75
pearl white boiled basmati rice

Pilau Rice £3.50
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 with cumin, cayenne pepper and ground herbs

French Fries £3.95

Kulcha Naan £3.70
with red onions

Kemma Naan £3.70

Chapati £2.95

Mushroom Rice £3.95

Popadom £1.00

Mango Chutney £1.50

Mint Sauce £1.00

Chili Sauce £1.00

Onion Salad £2.00



WHERE TO FIND US:

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133 Lisburn Road
Belfast, BT9 7AG

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E: thejharna@hotmail.co.uk

W: www.jharnabelfast.com

DOWNLOAD OUR APP ON:



OPENING TIME:

Monday - Saturday:

Lunch 12noon - 2.30pm

Dinner 5.00pm - 11.00pm

Sunday:

1.00pm - 10.00pm

CALL:

028 90 381 299

OR

ORDER ONLINE:

www.jharnabelfast.com

Assalamu
Alaikum

Welcome

Namaste

Cze's'c

Fáilte

Dia Duit

Swagatam

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Celebrating
34 years
of
Jharna in
Belfast



APPETIZERS

-  **Chicken Pakora** £6.50
gently spiced chicken fritters
-  **Prawn & Chilli Cake** £6.95
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** £6.50
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 clay oven**
-  **Aloo Chaat** £5.95
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** £6.95
pyazu, pakora and vegetable samosa cooking. **Method: shallow fried**
-  **Khum Ki Seekh** £5.95
roasted kebabs of mushroom with nutmeg and cumin.
-  **Tandoori Murghi** £6.50
on the bone spring chicken marinated in yogurt with delicate herbs and spices, barbecued in clay oven. **Cooking method: barbecue in clay oven**
-  **Samosa [mince or vegetable]** £5.95
very fine pancake filled with mince or vegetable deep fried vegetable oil
-  **Pakora** £5.95
aubergine, potato, cauliflower and onion pungently spiced with fresh coriander, green chilli and deep fried in vegetable oil
-  **Sheek Kebab** £6.25
minced lamb pungently spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in tandoor
-  **Jhinga Tandoori** £8.95
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** £8.95
gently spiced king prawns, cooked with fresh spring onions and tomato, served on puri (fried bread)
-  **Onion Bhajee** £5.95
sliced onions gently spiced with fresh coriander, cumin and turmeric, deep fried in vegetable oil
-  **Murgh Chaat** £6.95
barbecued chicken tossed on a pan with tangy, sweet sauce and served on a fried pancake
-  **Mixed Tandoori** £8.95
exhibitionism to flaunt Jharna's tandoori prowess in one package. chicken tikka, tandoori chicken, seekh kebab and tandoori king prawns together with side salad and coriander and mint chutney

HANDI & KARAHI

plain or pulao rice included



the following dishes are available in:

chicken £12.95 lamb £14.95 tiger prawns £14.95
vegetable £11.50 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 onion
-  **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, 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 balti sauce and spicey onion masala

TANDOORI [clay oven barbecue]

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

-  **Murgh Tikka** £14.95
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 fresh coriander
-  **Gosht Ka Sariya** £14.95
Lamb mince flavoured with cinnamon, caramon and cloves, cooked on skewer. **Cooking method: Tandoor.**






-  **Tandoori Cray Fish** £18.95
fresh water Bengali cray fish, marinated and spiced, cooked gently in a clay oven flame
-  **Tandoori Sea Bass** £18.95
Fillet of bass, marinated with green chilli, corriander, turmaric and finished with lemon juice.
Cooking Method: Tandoor clay oven
-  **Murghi Shashlick** £15.95
diced spring chicken marinated and cooked in clay oven with onion, tomato, mushroom and capsicum
-  **Jharna Mixed Platter** £18.95
exhibitionism to flaunt Jharna's Tandoori prowess in one package. Chicken Tikka, Tandoori Chicken, Seekh kebab and Tandoori king prawns together with side salad and coriander

SEAFOOD DISHES

plain or pulao rice included

-  **Tandoori Jhinga Makhani** £18.95
king prawns marinated in toasted gram flour and hung curd, barbecued to infuse the unmistakable clay oven flavour typical to all tandoori kebabs, simmered in a creamy tomato sauce
-  **Jhinga-Hara-Pyaz** £18.95
spicy king prawns, with a touch of spice and flavoured with fresh spring onions
-  **Jhinga-Dum-Achari** £18.95
king prawns in pickling spices and mustard oil, cooked with tomato, fresh spring onion, coriander and hot pepper

BIRYANI DISHES

-  **Biryani** chicken £14.95 lamb £15.95
basmati rice stir fried together with lamb, saffron and mild oriental spices (served with vegetable curry)
-  **Subz Biryani** £13.50
basmati rice, stir fried together with selection of fresh vegetables, saffron and mild oriental spices and served with curry
-  **Crayfish Biryani** £18.95
basmati rice, stir fried together with Bengali cray fish, saffron and mild oriental spices (served with vegetable curry)
-  **Murgh Tikka Biryani** £15.95
basmati rice, stir fried together with barbequed chicken, saffron and mild oriental spices (served with vegetable curry)
-  **Special Biryani** £18.95
basmati rice, stir fried together with chicken, lamb and prawn. (served with vegetable curry)

CHEF'S RECOMMENDATIONS

plain or pulao rice included

-  **Konju Masala** £15.80
[spiced coconut prawns]
tiger prawn, garlic, ginger, coconut oil, tomato, lime juice, onion, red hot chilli, tarka with coconut oil, curry leaves and sliced red chillis
-  **Chettinad Chicken** £13.95
[chicken with chettinad spice-fry]
dry red hot chilli, roasted coriander seeds, tamarind paste, chopped onion, garlic, ginger, tomato, chopped fresh coriander
-  **Tikka Masala**
chicken £13.95 lamb £14.95
lamb or chicken tikka gently spiced, cooked in butter with ground almonds, tomatoes and cream
-  **Karahi [murghi / ghost]**
chicken £13.95 lamb £14.95
lamb or chicken cooked with fresh coriander, onion, tomatoes, capsicum and root ginger
-  **Mixed Shashlick [Jharna style]** £16.95
tandoori murgh, tandoori prawn, murghi tikka cooked together with onion, capsicum and tomatoes topped with masala sauce
-  **Jal-Frezi [Jharna style]**
chicken £13.95 lamb £14.95
lamb or chicken mildly spiced with onions, mushrooms, tomatoes, fresh coriander and capsicum. Very tasty
-  **Jal-Frezi [traditional style]**
chicken £13.95 lamb £14.95
traditionally prepared, cooked with fresh green chillies onions, tomatoes, fresh coriander and capsicum. Hot and tasty
-  **Murgh Mirchi Ka-Salon** £14.95
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.