

VEGETARIAN DISHES

Rice not included



PANEER PASANDA | £16.95

Cottage cheese stuffed with spinach served in almond sauce.



MATTER PANEER | £16.95

Homemade cottage cheese cooked with green peas and light sprinkle of spices.



PALOK PANEER | £16.95

Homemade cottage cheese cooked with freshly chopped spinach, light sprinkle of spice.



VEGETABLE MAKKHANWALA | £16.95

Assorted seasonal vegetables, gently cooked in a tomato, butter cream sauce drizzled with beurre fenugreek.

SIDE VEGETABLES



ALOO MASALEDER | £9.95

Baby potatoes tempered with mustard seeds



ALOO GOBI | £9.95

Potato and cauliflower



TARKA DALL | £9.95

Selection of lentil with a tinge of garlic



SAAG ALOO | £9.95

Spinach and potato

RICE & BREADS

Sada Chaawal | £3.95

Pearl white boiled basmati rice

Pilau Rice | £4.25

Basmati rice flavoured with herbs

Shahi Pilau | £4.95

Spicy

Paratha | £4.50

Layered whole wheat bread

Naan | £3.95

Crisp and puffy bread made from leavened flour, baked in tandoor

Peshwari Naan | £4.50

Coconut, almond and sultanas - Delicious!

Garlic Naan | £4.25

Freshly chopped garlic for garlic lovers



Cheese Naan | £4.95

Chillies & Coriander Naan | £4.50

Raita | £4.50

Yoghurt, onion, tomato, with cumin, cayenne pepper & ground herbs

French Fries | £4.50

Bone Marrow Naan | £4.95

Chapati | £3.95

Mushroom Rice | £4.45

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, Sesame Seeds, Celery, Sulphur Dioxide and Crustaceans.

:: Traces of nuts can be found in all our dishes.

J H A R N A
INDIAN CUISINE
since 1992

The Jharna
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Assalamu Alaikum

Welcome

Namaste

Cze's'c

Fáilte

Dia Duit

Swagatam

J H A R N A
INDIAN CUISINE

DINNER MENU

TASTE STRENGTH:



mild



medium to mild



medium to fairly hot



very hot



vegetarian



gluten free

S H U R U W A A T A P P E T I S E R S



MURGH TIKKA | £8.50

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.



KHUM KI SEEKH | £7.95

Roasted kebabs of mushroom with nutmeg and cumin.



SAMOSA [mince or vegetable] | £6.95

Very fine pancake filled with mince or vegetable



JHINGA TANDOORI | £10.50

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



ONION BHAJEE | £6.95

Sliced onions gently spiced with fresh coriander, cumin and turmeric



MIXED TANDOORI | £10.50

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.



GOSHT KA SARIYA | £8.50

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



JHINGA PURI | £10.95

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



ASSORTED VEGETABLE STARTER | £8.95

pyazu, pakora and vegetable samosa cooking method: shallow fried

A A N C H P E R P A K W A A N T A N D O O R & S I G R



MURGH TIKKA | £18.95

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.



GHOSHT KA SARIA | £18.75

Minced lamb pungently spiced with fresh garlic, ginger, mint, coriander and green chillies, grilled in tandoor.



TANDOORI CRAY FISH | £23.95

Fresh water Bengali cray fish, marinated and spiced, cooked gently in clay oven.



TANDOORI SEA BASS | £23.95

Fillet of bass, marinated with green chilli, coconut, coriander, turmeric and kokum paste finished with lemon juice.



MURGHI SHASHLICK | £19.95

Diced chicken marinated and cooked in clay oven with onion, tomato, mushroom and capsicum.



JHARNA MIXED PLATTER | £24.50

Exhibitionism to flaunt Jharna’s Tandoori prowess in one package. Chicken Tikka, Tandoori Chicken, Seekh kebab and Tandoori Jumbo prawns together with coriander.

B I R Y A N I D I S H E S



BIRIYANI | Chicken £18.95| Lamb £19.95

Basmati rice stir fried together with lamb, saffron and mild oriental spices Served with vegetable curry.



SUBZ BIRIYANI | £16.95

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



CRAYFISH BIRIYANI | £23.95

Basmati rice, stir fried together with Bengali cray fish, saffron and mild oriental spices. Served with vegetable curry.

C H E F ’ S R E C O M M E N D A T I O N S

Rice not included



KONJU MASALA [Spiced Coconut Prawns] | £22.95

Tiger prawn, garlic, ginger, coconut oil, tomato, lime juice, onion, red hot chilli, tarka with coconut oil, curry leaves and sliced red chillies.



CHETTINAD CHICKEN [Chicken With Chettinad Spice-fry] | £21.50

Dry red hot chilli, roasted coriander seeds, tamarind paste, chopped onion, garlic, ginger, tomato, chopped coriander.



TIKKA MASALA | Chicken £19.50 | Lamb £22.00

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



KARAHI | Chicken £19.95 | Lamb £22.00

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



MIXED SHASHLICK | £23.95

Tandoori murgh, tandoori prawn, murghi tikka cooked together with onion, capsicum and tomatoes [Jharna style] topped with masala sauce.



JALFREZI [Jharna Style] | Chicken £19.95 | Lamb £22.00

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



MURGH MIRCHI KA-SALON | £19.95

A spicy dish of cornfed chicken with coriander, whole red chillies and fresh vegetables.

H A N D I A U R K A D H A I

Rice not included

THE FOLLOWING DISHES ARE AVAILABLE IN:
Chicken £17.50 | Lamb £18.50 | Tiger Prawns £20.50
Vegetable £15.50 | Barbequed Tikka £18.95



CHILLI MASALA

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



PALOK

Delicately spiced with freshly chopped spinach.



VINDALOO

With red chillis, apple cider vinegar and goan spiced paste.



KORMA

Delicately cooked in a coconut, almond and cream sauce.



ROGAN JOSH

Marinated in a blend of spices carefully selected by our Chef, cooked with chopped onions and tomatoes.



ACHARI

Pickling spiced lamb or chicken cooked with tomato, onion, fresh coriander and hot pepper.



BALTI

Your choice of meat sautéed and cooked with, Balti sauce and spicy onion masala.



MADRAS

Your choice of meat sautéed and cooked with grounded spices, lemon, curry leaf, crispy fried.

S E A F O O D D I S H E S

Rice not included



TANDOORI JHINGA MAKHANI | £23.95

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 | £23.95

King prawns, a touch of spice and flavoured with fresh spring onion



JHINGA-DUM-ACHARI | £23.95

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