

STARTERS

CHICKEN OR LAMB TIKKA	3.45	TIKKA KEBAB PLATTER (for two)	8.45
Succulent pieces of boneless chicken or lamb marinated in yoghurt & mild spices and baked in the tandoori clay oven			
HARYALI CHICKEN	3.45	SHAHI PRAWN	3.95
Diced chicken marinated in a green paste of spinach & coriander & baked			
CHICKEN CHAT	3.45	MIXED SELECTION (for four)	12.95
Diced chicken cooked with cucumber, tomatoes and chat massala			
SHEEK KEBAB	3.45	FISH TIKKA (Salmon)	3.95
Charcoal grilled minced lamb mixed with herbs and spices			
PAKORA (Chicken or Cheese)	3.45	CHICKEN CHAT PURI	4.25
Slices of spring chicken or Indian cottage cheese wrapped in crispy batter & then deep fried.			
GARLIC MUSHROOM	3.25	PRAWN PURI	4.25
Mushrooms cooked with onions, peppers, coriander & fresh garlic			
ONION BHAJI	3.25	KING PRAWN PURI	5.25
ALOO TIKKY	3.25	Jumbo prawns cooked in a spicy & tangy sauce & served over deep fried home made bread	
Potato pastry made of lentils, onions, green chillies & coriander leaves			
SAMOSA (Meat or vegetable)	3.25		

TANDOORI MAIN COURSE

CHICKEN TIKKA	6.75	CHICKEN OR LAMB SHASHLICK	7.95
Succulent pieces of chicken marinated in yoghurt & mild spices & baked in the tandoori clay oven			
LAMB TIKKA	6.75	TANDOORI LAMB CHOP	8.50
Succulent pieces of lamb marinated in yoghurt & mild spices & baked in the tandoori clay oven			
TANDOORI CHICKEN	6.75	TANDOORI TROUT	8.50
The classical dish of a half of chicken marinated in a slightly tangy selection of spices before being baked. Served with sizzling onions & salad			
TANDOORI MIXED GRILL	9.95	TANDOORI KING PRAWN	11.25
Chicken Tikka, Lamb Tikka, Tandoori Chicken and Sheek Kebab. Served with salad and Nan Bread			
CHEF'S SELECTION	11.95	FISH TIKKA (Salmon)	8.25
Chicken Tikka, Lamb Tikka, Tandoori chicken, Sheek Kebab & King Prawn cooked with butter, garlic, onion & green peppers. Served with salad			

BALTI CURRY SPECIALITY

Here we have taken some classic curry dishes and given them the balti treatment. All of these are available in vegetarian dishes at **£7.95**, as prawn, chicken or lamb at **£8.25** or as king prawn dishes **£11.95**. (All Balti dishes served with nan bread)

BALTI CHILLI MASSALA	8.75	BALTI TIKKA MASSALA	8.95
Flavoured with fresh green chillies to a hot taste			
BALTI DHANSAK	8.75	BALTI ULTRA HOT	8.75
Cooked with lentils to a hot and sour taste			
BALTI KORMA	8.75	BALTI TROPICAL	10.25
Finished in a mild and creamy sauce			
REGULAR BALTI MAIN COURSE			
BALTI MEAT	7.95	BALTI PRAWN	7.95
BALTI CHICKEN	7.95	BALTI KING PRAWN	10.95

PANAHAR SPECIALITIES

CHICKEN OR LAMB TIKKA MASSALLA	7.95	AKBARI MASSALLA	7.95
Marinated chicken or lamb baked in the tandoori then finished in a mild creamy sauce			
NAWABI MUSTICK	7.95	LALLIA (Chicken or lamb)	7.95
Slices of chicken breast roasted on skewers & served in a mild to medium sauce			
CHICKEN OR LAMB PASANDA	7.95	REZALLA (Chicken or Lamb)	7.95
Tender lamb or chicken cooked with almonds, sultanas, coconut butter & cream in a red wine sauce			
ROSHANI (Chicken or Lamb)	7.95	LAMB XACUTI	7.95
An aromatic combination of small cubed chicken or lamb cooked with special spice & fresh garlic			
BAKHARA (Chicken or Lamb)	7.95	MUSHROOM KORAI (Chicken or Lamb Tikka)	7.95
Cooked with tomatoes in an exotic combination of several herbs & spices. Quite spicy but medium in strength, can be prepared hot on request			
HARYALI CHICKEN MASSALLA	7.95	GOSHT KALIA	7.95
Green chicken baked in a marinade of spinach, mint & coriander. Served in a creamy sauce			
MURGHI MULI (dry dish)	7.95	GHUST KATA MASSALLA	7.95
Boneless spring chicken grilled on charcoal, marinated in yoghurt base sauce cooked with cashew nuts & tomatoes with special herbs & spices			
MURGH MIRCHY	7.95	PANAHAR SPECIAL LAMB CHOPS	10.50
Chicken cooked with roasted garlic, ginger, capsicum, fresh coriander & fresh green chilli paste			
LEMON (Chicken or Lamb)	7.95	BEEF E SHATKORA	£10.95
Diced chicken/lamb cooked with very light spices with tomatoes lemon & green herbs			
PESHWARI (Chicken or lamb)	7.95	TAWA GHOST ALOO	£10.95
Lean pieces of lamb or chicken or chicken grilled over harcoal in the clay oven & then cooked in tandoori sauce with chopped onion & capsicum			
SAGWALA (Chicken or Lamb)	7.95		
Cooked in oriental spices, spinach and coriander			

PANAHAR SEAFOOD SPECIALITIES

AYR NAWABI (Bengali Fish)	8.25	TANDOORI KING PRAWN DELIGHT	11.95
Bengali fish cooked with onions, tomatoes & mustard seeds			
KACHURI FISH	8.25	TANDOORI KING PRAWN MASALLA	11.95
Salmon fish grilled over charcoal with dry spice & roasted onion & herbs			
FISH JALFREZI	8.25	KING PRAWN PAKEEZA	11.95
Ayr fish cooked in a fairly hot sauce treated with green chillies in an exotic combination			
MASHLI GHASHI	8.25	KING PRAWN RAZENYA	11.95
This delicious fish curry, 'A taste of Goa' cooked with coconut oil, garlic, coriander & lime juice			
FISH KORAI	8.95	KING PRAWN REZALLA	11.95
Ayr fish cooked with sliced onion, green peppers and other fresh spices, served in iron sizzling pan called a "Korai" Quite spicy but medium in strength			
PRAWN SAGWALA	£8.25		
Cooked in oriental spices, spinach and coriander			

VEGETABLE MAIN DISHES

VEGETABLE MASALLA	5.75	CHANNA SAG	5.75
Fresh vegetables cooked in a mildly spiced creamy sauce			
VEGETABLE KORMA	5.75	SHABZI ROSHANI	5.75
Fresh vegetable cooked in a mild & creamy korma sauce			
VEGETABLE BAKHARA	5.75	VEGETABLE BADAMI	5.75
Vegetable cooked in an exotic combination of herbs & spices (quite spicy but medium in strength)			
NIRAMISH	5.75	VEGETABLE DHANSAK	5.75
A popular dish in Bangladesh prepared with vegetables using the minimum of spice & flavoured with fried garlic & green chillies			
VEGETABLE CHILLI MASALLA	5.75	SYLHET SAG Spinach cooked with peas & green chillies (hot)	5.75

KORAH I SPECIAL

All Karahi dishes are cooked with sliced onions, green peppers and other fresh spices, served in an iron sizzling pan called a "KARAH I." Quite spicy but medium in strength, can be made hotter on request and highly recommended

CHICKEN OR LAMB	7.25
CHICKEN OR LAMB TIKKA KORAH I	8.15
KING PRAWN	10.95
PRAWN	7.25

JALFREZI DISHES

All Jalfrezi dishes are cooked in a fairly hot sauce, richly treated with green chillies in an exotic combination

CHICKEN OR LAMB	7.25
KING PRAWN	10.95
PRAWN	7.25

CHILLI MASALLA DISHES

All Chilli Masalla dishes are prepared in homemade chilli and coriander sauce blended with herbs and spices

CHICKEN OR LAMB	7.25
KING PRAWN	10.95
PRAWN	7.75

BIRYANI DISHES

All dish famous in both east and west Bengal, saffron flavoured rice cooked with dishes listed below, served with veg. curry

CHICKEN OR LAMB	8.95
VEGETABLE	7.20
KING PRAWN	11.95
PRAWN	8.95
CHICKEN OR LAMB TIKKA	9.95
PANAHAR SPECIAL	10.50
Chicken, lamb and prawn cooked together	

CURRY DISHES

Cooked with medium spices. hot according to strength, madras, vindaloo and phall at an extra cost of 70p

CHICKEN OR LAMB	5.75
KING PRAWN	9.25
PRAWN	5.75

BHUNA

Cooked with onions and peppers in an exotic blend

CHICKEN OR LAMB	6.55
CHICKEN OR LAMB TIKKA	7.20
KING PRAWN	9.95
PRAWN	6.55

KORMA

Cooked in mild and creamy sauce

CHICKEN OR LAMB	6.55
PRAWN	6.55
KING PRAWN	9.95

ROGAN

Cooked in medium thick spicy sauce and garnished with tomatoes, green peppers and coriander

CHICKEN OR LAMB	6.55
PRAWN	6.55
KING PRAWN	9.95

DUPIAZA

Cooked in medium thick spicy sauce and garnished with diced onions, green peppers and coriander

CHICKEN OR LAMB	6.55
PRAWN	6.55
KING PRAWN	9.95

DANSAK

Cooked with lentils in exotic sweet and sour sauce

CHICKEN OR LAMB	6.55
PRAWN	6.55
KING PRAWN	9.95

PATHIA

Cooked with herbs, hot, sweet and sour flavours

CHICKEN OR LAMB	6.55
PRAWN	6.55
KING PRAWN	9.95

10% DISCOUNT ON TAKEAWAY (ORDERS OVER £15) TEL: 020 8651 9662 / 020 8651 9653 / 020 8651 9663

VEGETABLE SIDE DISHES

VEGETABLE BHAZI	3.35
<small>Mixed vegetables cooked to dry finish</small>	
VEGETABLE CURRY	3.35
<small>Mixed vegetables cooked in a medium spicy sauce</small>	
ALOO GOBI	3.35
<small>Potatoes and cauliflower cooked with herbs and spices</small>	
BOMBAY ALOO	3.35
<small>Potatoes cooked with herbs and spices</small>	
GHOBI BHAZI	3.35
<small>Cauliflower cooked with herbs and spices</small>	
COURGETTE BHAZI	3.35
<small>Courgettes cooked with fresh herbs spices and fresh coriander</small>	
BHINDI BHAZI	3.35
<small>Okra cooked with mixed spices</small>	
BRINAJOL BHAZI	3.35
<small>Aubergines cooked with tomatoes, sliced ginger garlic coriander & medium spices</small>	
TARKA DALL	3.35
<small>Lentils cooked with spices and fresh garlic</small>	
SAG PANEER	3.35
<small>Home made cottage cheese cooked in a bed of fresh spinach</small>	
SAG ALOO F	3.35
<small>resh spinach cooked with pieces of potatoes</small>	
SAG DALL	3.35
<small>Spinach and lentils cooked with garlic</small>	
SAG BHAZI	3.35
<small>Spinach cooked with onions and fresh garlic</small>	
CHANA SAG	3.35
<small>Chick peas & spinach cooked with garlic & onion</small>	
CHANA MASALLA	3.35
<small>Chick peas cooked in spices</small>	
MUTTER PANEER	3.35
<small>Green peas and home made cheese cooked in spices</small>	
MUSHROOM BHAJII	3.35
<small>Mushrooms cooked with fresh onions and spices</small>	

RICE

BOILED RICE	2.20
PILAU RICE	2.35
SPECIAL FRIED RICE	3.10
MUSHROOM RICE	3.10
COCONUT RICE	3.10
<small>A fragrant rice cooked with, cherry tomatoes, mustard seeds desiccated coconut and green peppers</small>	
LEMON RICE	3.10
<small>An aromatic and colourful rice flavoured with a wedge of lemon tumeric, cashew nuts and peas</small>	
VEGETABLE RICE	3.10
KEEMA RICE OR EGG RICE	3.10
ONION FRIED RICE	3.10

BREAD

NAN	1.95
KEEMA NAN <small>Nan stuffed with mincemeat</small>	2.20
CHILLI NAN	2.20
ONION NAN <small>Nan stuffed with onions</small>	2.20
PESHWARI NAN	2.20
<small>Nan stuffed with sultanas, almonds & mixed nuts</small>	
KULCHA NAN <small>Nan stuffed with vegetables</small>	2.20
GARLIC NAN <small>Nan stuffed with garlic</small>	2.20
PARATHA	1.95
STUFFED PARATHA <small>Stuffed with vegetables</small>	2.20
TANDOORI ROTI	1.85
CHAPATI OR PUREE	1.15

SUNDRIES

PAPADOM OR SPICY PAPADOM	0.50
CHUTNEY OR MIXED PICKLE	0.50
RAITHA	1.50
CHIPS	1.75
RELISH	0.50

PANA HAR SPECIAL SET MEAL

All Set Meals include Papadom's

SET MEAL FOR TWO

(A) Chicken Tikka, Onion Bhaaji (Starter)

Chicken Tikka Massala, Lamb Rezalla
Mixed Vegetable, Pilau Rice and Keema Naan

£28.50

(B) Haryali Chicken, Sheek Kebab (Starter)

Murgh Makhani, Karahi Lamb, Saag Aloo, Special Fried Rice,
Garlic Naan and Raitha

£29.95

(C) King Prawn Puri, Chicken Tikka (Starter)

Tandoori King Prawn Massala, Haryali Chicken Massala,
Matter Paneer, Coconut Rice and Peshwari Naan

£35.95

SET MEAL FOR ONE

Onion Bhaaji (Starter)

Chicken Tikka Massala,
Mixed Vegetables
Pilau Rice and Naan

£13.95

SET MEAL FOR FOUR

2 Chicken Tikka, 2 Aloo Tikky (Starter)

Murgh Zil Zila, Haryali Chicken Massala
Korai Lamb, Sag Prawn, Mushroom Bhaaji
Bombay Aloo, 2 Pilau Rice, Peshwari Nan

and Plain Nan

£59.95

Panahar welcomes you to experience the mystical and authentic world of exquisite dining. Our great tasting food is presented to you as a complete culinary masterpiece. Including traditional and contemporary dishes. Delicacies from India, Goa, Pakistan and Bangladesh.

Established in January 2000, Panahar Restaurant has the capacity to host over 150 guests.

WINNER OF THE SPICE TIMES RESTAURANT AWARD 2010
Best local restaurant- South East England.

SUNDAY BUFFET LUNCH

12.00 pm to 5.00 pm

EAT AS MUCH AS YOU LIKE
from our wide selection of dishes

Adults: **£9.95** Children: **£5.95** (Under 12)

WE ALSO CATER FOR
CORPORATE EVENTS, PRIVATE DINNER AND PARTIES.

ALLERGY ADVICE

Please note that some of our dishes contain dairy, nuts, eggs & other allergens. If you suffer from any food allergies, please make sure to inform us before placing your order. We will try our best to accomodate your needs.

Tel: 020 8651 9662 | 020 86519653 | 020 8651 9663

316 Limpsfield Road, Hamsey Green

South Croydon, Surrey CR2 9BX

www.thepanahar.co.uk | Email: jalalspanahar@hotmail.co.uk

The management reserves the right to close any special offer without prior notice

(Our dishes may contain traces of nuts)

WE ACCEPT ALL MAJOR CREDIT CARDS. WE DO NOT ACCEPT CHEQUES.

d&p - mprinters: 020 8507 3000

No artificial colouring
or flavouring

TAKE AWAY MENU

Revitalise
your taste buds

10% DISCOUNT

(On takeaway orders over £15)

WINNER OF
THE SPICE TIMES RESTAURANT AWARD 2010

Best local restaurant South East England.

OPENING HOURS

12noon to 2.30pm & 6pm to 11.00pm
Seven days a week including Bank holidays

Open for lunch & dinner



The finest Indian & Bangladeshi cuisine