

## STARTERS

<b>GRILLED LAMB CHOPS</b> Lamb chops marinated in yoghurt and mild spices and baked. Garnished with tomatoes, bell pepper and onions, served with salad	<b>£6.50</b>
<b>TANDOORI CHICKEN</b> Chicken marinated in a slightly tangy selection of spices before being baked	<b>£5.00</b>
<b>CHICKEN OR LAMB TIKKA</b> Succulent pieces of boneless chicken or lamb marinated in yoghurt & mild spices and baked in tandoori clay oven	<b>£5.00</b>
<b>HARYALI CHICKEN</b> Diced chicken marinated in a green paste of spinach and coriander & baked	<b>£5.45</b>
<b>SHEEK KEBAB</b> Charcoal grilled minced lamb mixed with erbs and spices	<b>£5.00</b>
<b>SAMOSA (MEAT OR VEGETABLES)</b> Triangular shaped pastry, filled with spicy ground meat or vegetables and deep fried	<b>£4.25</b>
<b>TIKKA KEBAB PLATTER (FOR TWO PEOPLE)</b> An assortment of Tandoori Chicken, Chicken tikka, Lamb Tikka & Sheek Kebab.	<b>£12.50</b>

## TANDOORI MAIN COURSE

<b>HARYALI CHICKEN</b> Diced chicken marinated in a green paste of spinach and coriander and baked	<b>£9.95</b>
<b>CHICKEN OR LAMB TIKKA</b> Succulent pieces of chicken or lamb marinated in yoghurt and mild spices & baked. Served with sizzling onion and salad	<b>£10.50</b>
<b>TANDOORI CHICKEN</b> The classical dish of a half of chicken marinated in a slightly tangy selection of spices before being baked. Served with sizzling onions & salad	<b>£9.95</b>
<b>TANDOORI MIXED GRILL</b> A selection baked meats, Chicken tikka, Lamb tikka, Tandoori chicken and Sheek Kebab. Served with salad and Naan bread	<b>£13.95</b>
<b>CHICKEN OR LAMB SHASHLICK</b> Succulent pieces of chicken or lamb marinated in yoghurt and mild spices and baked. Garnished with tomatoes, bell peppers and onions and served with salad	<b>£11.95</b>

<b>PAKORA</b> Spring chicken or Indian cottage cheese wrapped in crispy batter and then deep fried	<b>£5.00</b>
<b>GRILLED SALMON</b> From the clay oven tender pieces of skilfully charcoal roasted salmon fish	<b>£6.95</b>
<b>PRAWN PURI</b> An array of spicy & tangy prawns smothered and served over deep fried homemade bread	<b>£5.50</b>
<b>KING PRAWN PURI</b> Jumbo prawns cooked in a spicy & tangy sauce and served over deep fried homemade bread	<b>£7.25</b>
<b>ONION BHAJI</b> Sliced shredded onion, bound with gram flour, deep fried and crispy	<b>£4.25</b>
<b>VEGETABLES PLATTER</b> Onion bhaji, veg samosa and aloo tikky. Served with salad	<b>£5.25</b>
<b>CHILLI PANEER</b> Spicy cottage cheese chunks stir fried capsicum, onion and tantalising sauce	<b>£5.95</b>
<b>ALOO TIKKY</b> Potato pastry made of lentils, onions, green chillies & coriander leaves	<b>£4.95</b>
<b>PANA HAR PLATTER</b> Chicken Tikka, Sheek Kebab & Samosa	<b>£5.95</b>

<b>PANEER SHASHLICK</b> Home style Indian paneer/cheese marinated in spices and delicately grilled in the clay oven	<b>£11.50</b>
<b>GRILLED LAMB CHOPS</b> Lamb chops marinated in yoghurt and mild spices and baked. Garnished with tomatoes, bell papper and onions and served with salad	<b>£13.95</b>
<b>TANDOORI KING PRAWN</b> Mouth watering succulent jumbo prawns delicately marinated in mild spices and baked. Served with salad	<b>£13.95</b>
<b>GRILLED SALMON</b> From the clay oven, tender pieces of skilfully charcoal roasted salmon fish	<b>£13.50</b>

## PANA HAR SPECIALITIES

CHICKEN £9.95 LAMB £11.95 KING PRAWN £13.95

<b>TIKKA MASALA</b> Marinated pieces of chicken or lamb baked in the tandoori oven and finished in a mild & creamy sauce.	
<b>HARYALI CHICKEN MASALA</b> Green chicken baked in a marinade of spinach, mint & coriander, served in a creamy sauce	
<b>REZELLA</b> Pieces of chicken or lamb tikka cooked in a hot & slightly tangy sauce made from fresh green chillies, bell pepper & tomatoes	
<b>PASANDA</b> Tender lamb or chicken cooked with sultanas, coconut and butter in a creamy mild sauce	
<b>TIKKA MUSHROOM KORAI</b> Cooked with mushroom in a thick sauce, served in an iron sizzling pan called a 'KORAI'	
<b>MURGH MIRCHI</b> Chicken or lamb cooked with roasted garlic, ginger, bell pepper, fresh coriander and fresh green chilli paste	
<b>KATA MASALA</b> Succulent lamb braised golden brown with chopped onion, sliced ginger, a touch of garlic and ground garam masala	
<b>JALALI</b> Chicken or lamb cooked with bird's eye chilli in an exotic combination of herbs & spices (fairly hot dish)	
<b>SAAGWALA</b> Chicken or lamb cooked in original spices, spinach, red chilli and coriander	
<b>JAIPURI BHAKARA</b> Chicken or lamb cooked in chat masala sauce in an exotic combination of several herbs & spices. Quite spicy but medium in strength, could be made hot and is highly recommended	
<b>OLD BOMBAY BUTTER CHICKEN</b> One of the most popular dishes of Indian cuisine needs no introduction. Tender pieces of chicken simmered in a mild creamy butter flavoured sauce	
<b>ZALIAD</b> Cooked with chef's special spices, tomatoes curry leaves, bell pepper, onion and garlic. Highly recommended	
<b>KACHURI FISH</b> Slamon fish grilled over charcoal with dry spices and roasted onion & herbs (Dry dish)	<b>£12.95</b>
<b>TELAPIA MIRCHWALLI</b> Traditional South Indian fish curry cooked in a spicy sauce with garlic, tamarind, curry leaves, coriander and bell pepper	<b>£11.95</b>
<b>SIGNATURE DISHES</b>	
<b>NALLY GOSHT LAMB SHANK</b> Marinated lamb shank slowly cooked overnight in Chana Dall, tomatoes, onion, green chillies and ginger in a hot sauce. Making the lamb so soft it falls of the bone. (Highly recommended by our chef)	<b>£17.95</b>
<b>BENGAL CHICKEN SAGERANA</b> An exceptional dish, unique to Panahar, cooked with orange zest in chef's own special recipe	<b>£14.95</b>
<b>LAMB-E SHATKORA</b> Tender lamb cooked in a medium spiced citrus sauce. Distinctive aroma given by the rind of the Bengali lemon "Shatkora", It is and authentic recipe from Eastern Bangladesh.	<b>£14.95</b>
<b>SIZZLING SERRANO CHICKEN OR LAMB</b> Sliced chicken or lamb cooked with Serrano chillies in a hot, fragrant sauce. The taste on the palate will entice you for another bite	<b>£14.95</b>
<b>LAMB SHA-KOOTI</b> Very popular dish from Konkani people in Western coast of India (Goan Kitchen). Lamb cooked with roasted aromatic fennel seeds, cloves of garlic and other spices mixture	<b>£14.95</b>
<b>RAJESHWARI</b> Lean pieces of lamb or chicken grilled oven charcoal and cooked with fresh ginger, chopped onion and bell pepper	<b>£14.95</b>

## CHOOSE YOUR DISH AND COOKING STYLE

CHICKEN £8.95, LAMB £10.95, PRAWN £9.95, CHICKEN TIKKA £9.95  
KING PRAWN £13.95, VEGETABLES £8.45

<b>KORAI</b> All korai dishes are cooked with sliced onions, green peppers and other fresh spices, served in an iron sizzling pan called a 'KORAI'. Highly recommend	<b>BHUNA</b> Cooked with onions and peppers in an exotic blend
<b>JALFREZI</b> All Jalfrezi dishes are cooked in a fairly hot sauce, richly treated with green chillies in an exotic combination	<b>KORMA</b> Cooked in mild and creamy sauce
<b>GARLIC CHILLI MASALA</b> All Chilli Masala dishes are prepared in homemade chilli and coriander sauce blended with herbs and spices	<b>ROGAN</b> Cooked with roasted cashew nut in medium spicy sauce and garnished with tomatoes, peppers and coriander
<b>PATHIA</b> Slightly hot Sweet & sour dish, cooked with herbs and spices.	<b>DUPIAZA</b> Cooked in medium thick spicy sauce and garnished with diced onions, green peppers and coriander
	<b>DANSAK</b> Cooked with lentils in sweet, sour and hot sauce
	<b>MADRAS, VINDALOO, PHAAL</b> Hot, Very Hot, Extremely Hot

## CURRY

The trick to a great curry is a great curry mix. Cooked with finely chopped onion, garlic and ginger

<b>CHICKEN</b>	<b>£7.95</b>	<b>PRAWN</b>	<b>£8.95</b>
<b>LAMB</b>	<b>£8.95</b>	<b>KING PRAWN</b>	<b>£12.95</b>

## BALTI SPECIALITY

The word itself came to English from Hindustani, although it is also found in Odia and Bengal, and means 'bucket'. Here we have taken some classic curry dishes and given them the Balti treatment.

**CHICKEN £10.95, LAMB £11.95, PRAWN £10.95, KING PRAWN £14.95, VEGETABLES £9.95**

<b>BALTI BHUNA</b> Finish to a medium spicy dry sauce	<b>BALTI TIKKA MASSALA</b> A creamy and medium hot taste
<b>BALTI CHILLI MASALA</b> Flavoured with fresh green chillies to a hot taste	<b>BALTI SHAHEEN</b> <b>£12.95</b> Chicken, lamb and prawns cooked together with onion, tomatoes, garlic and pappers (an amazing dish)
<b>BALTI DHANSAK</b> Cooked with lentils to a hot and sour taste	
<b>BALTI KORMA</b> Finished in a mild and creamy sauce	

## BIRYANI

Famous in both east and west Bengal Basmati rice cooked with fresh herbs and dishes listed below. Served with fresh vegetables in curry sauce.

<b>CHICKEN</b>	<b>£11.45</b>	<b>PRAWN</b>	<b>£11.95</b>
<b>CHICKEN TIKKA</b>	<b>£12.95</b>	<b>KING PRAWN</b>	<b>£13.95</b>
<b>LAMB</b>	<b>£12.95</b>	<b>PANA HAR SPECIAL BIRYANI</b>	<b>£13.95</b>
<b>VEGETABLE</b>	<b>£9.95</b>		Cooked with chicken, lamb and prawn topped with a plain omelette

## VEGETABLE SIDE DISHES £4.95

### VEGETABLE CURRY

Mixed vegetables cooked in a medium spicy sauce

### ALOO GOBI

Potatoes and cauliflower cooked with herbs

### BOMBAY ALOO

Potatoes cooked with herbs and spices

### GOBI BHAJI

Cauliflower cooked with herbs and spices

### BHINDI BHAJI

Okra cooked with mixed spice

### BRINJAL BHAJI

Aubergines cooked with tomatoes, garlic & coriander

### TARKA DALL

Yellow Lentils cooked with Cumin, garlic and tomato

### SAAG ALOO

Fresh spinach cooked with potato

### SAAG DALL

A simply healthy recipe with lentils cooked in the most fragrant spinach tempered with onions and fresh garlic

### CHANA MASALA

Chickpeas cooked with spices

### MUSHROOM BHAJI

Cooked with fresh onions spices

### MOTTER PANEER

Green Peas and homemade cheese cooked in creamy and delicate spice

### SAAG PANNER

Spinach and homemade cheese cooked in creamy and delicate spice

## RICE

### BOILED RICE

£3.25

### PILAU RICE

£3.50

### SPECIAL FRIED RICE

£3.95

### MUSHROOM RICE

£3.95

### GARLIC AND CHILLI RICE HOT

£3.95

### COCONUT RICE

£3.95

A fragrant rice cooked with mustard seeds with desiccated coconut and green peppers

### LEMON RICE

£3.95

An aromatic and colourful rice flavoured with lemon, turmeric and peas

### EGG RICE

£3.95

### ONION FRIED RICE

£3.95

## BREAD

All breads are made by hand baked to order

### NAN

£2.95

### KEEMA NAN

£3.50

### CHILLI NAN

£3.50

### CHEESE & CHILLI NAN

£4.50

### PESHWARI NAN

£3.50

### GARLIC NAN

£3.50

### PARATHA

£2.95

### STUFFED PARATHA

£3.50

### TANDOORI ROTI

£2.95

### CHAPATI OR PUREE

£1.95

## SUNDRIES

### PAPADUM/SPICY PAPADUM

£0.90

### RAITA-PLAIN/MIX/ONION

£3.25

### CHIPS

£3.25

### MANGO CHUTNEY

£0.90

### PANAHAR SAUCE (HOT)

£1.00

### PICKLE

£0.90

### ONION SALAD

£0.90

### MINT SAUCE

£0.90

## SUNDAY BUFFET LUNCH

12.00pm - 5.00pm

Eat as much as you like from wide selection of dishes

Adults **£15.95**, Child **£10.95**

Our dishes may contain traces of Nuts, Please ask member of staff for more details

## TUESDAY BANQUITE NIGHT

5 Course Meal **£17.95**

1 Starter, 1 Main Dish, 1 Side Dish,  
Rice/ Nan and Tea or Coffee

Note:  
Signature Dish  
& King Prawn  
£4.00 Extra

We also cater for corporate events, Private Dinner & Parties



## ALLERGY ADVICE

Please note that some of our dishes may contain traces of nuts, dairy, 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 accommodate your need.

## OPENING HOURS

7 Days a week

Monday – Thursday: 5.30pm – 10.00pm

Friday & Saturday: 5.30pm – 11.00pm

Sunday: 12.00pm - 10.00pm

All major credit and debit cards accepted

**P**

**Panahar**

No Artificial Colouring  
or Flavouring

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AWARD WINNING REASTAURANT SPICE TIME  
RESTAURANT AWARD THE PUBLIC DECISION

TAKEAWAY MENU

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316 LIMPSFIELD ROAD, HAMSEY GREEN,  
SOUTH CROYDON, CR2 9BX

Email: [panaharcroydon@gmail.com](mailto:panaharcroydon@gmail.com)