

Bangladeshi Cuisine Takeaway

*Ashiana*



*Quality you can measure!*

# Appetizers

HYDERABAD KEBAB	£5.50
Baby lamb cooked with cinnamon, cardamom and bengal gram, minced packed with yoghurt cheese, mint, and onions, a delicacy from Hyderabad.	
SPICY JINGA	£6.50
King prawn marinated in delicately spiced yoghurt sauce, served with chutney and salad.	
SEEKH KEBAB KANGARI	£4.50
Minced lamb and cheese, kebab grilled in tandoor.	
KUMB PUDHINA TIKKA	£4.25
Mushrooms stuffed with potatoes sautéed in traditional, pickle spices, wrapped in a multi flour batter accentuated with mint, grilled golden on a open fire grill.	
CHICKEN FENUGREEK TIKKA	£4.50
Fenugreek marinated chicken, cooked in a clay oven.	
STIR FRIED CHICKEN/LAMB	£4.50
CHICKEN PAKORA	£4.95
Chicken fritters made using boneless chicken and chickpea flour/besin. Crispy and crunchy appetiser.	
GRILLED SALMON	£6.50
Salmon with lime - leaf and coriander.	
ONION BHAJIA	£3.75
Mispronounced as “Bhaji” bhajias are most widely known of all Indian snack items. Made with sliced onions and chick pea flour in deep fried batter.	
KOLMINO SAHS	£4.50
Prawns / chicken, sautéed in spiced sweet and sour sauce served with “ puri “ and wedge of lemon.	
SELECTION OF MIXED STARTER	£5.75
A mixture of tandoori grills kebabs.	
SOMAOSA	£3.75
From east to west, the ever popular vegetable / lamb somosa with khata - meeta sauce.	
GRILLED LAMB KEBAB	£4.50
Delicious cubes of spring lamb marinated with garlic, chilli and black cumin, served on mint chutney.	
ASHIANA BUTTERFLY PRAWNS	£6.50
Spicy batter fried tiger prawns sautéed with mustard seeds.	
KING PRAWN ON PUREE	£6.50

*We use the largest fresh water king prawns available.*

## Allergen Awareness

We are fully aware of the 14 allergens underlined by the health regulations, therefore please can you let a member of staff know and indicate which of the allergens you are sensitive to before your order. Some dishes may contain bones.

# Tandoori Grills

In keeping with north west and south east frontier traditions , our chefs have created a special tandoori menu, the choicest cut of meat or sea food in special marinades , then slowly grilled in tandoori clay ovens.

**MURGH/LAMB TIKKA SHASHLICK** £9.95  
Chicken/lamb tikka cooked with onions, tomato & green peppers.

**MURGH TANDOORI** £8.95  
on the bone marinated in yoghurt and spice.

**GRILLED LAMB KEBAB** £9.50  
Delicious cubes of spring lamb marinated with garlic, chilli and black cumin, served on mint chutney.

**TANDOORI JHINGA** £14.50  
Tiger prawns marinated with ginger, yoghurt, paprika, and ajwain.

**ASHIANA MIXED GRILL** £13.95  
Our chefs selection of delectable tandoori grills, a mixture of chicken - lamb - seafood.

**MURGH TIKKA NAWABI** £9.50  
Boneless breast of chicken marinated in yoghurt and spice boiled in clay oven garnished with onion rings, tomatoes and lemon.

**JHINGA SHASHLICK** £14.50  
King prawn marinated and cooked in clay with tomato, onions and served in sizzler.

## Chef's *Signature* Dishes

### LOBSTER PEPPER FRY £23.95

Lobster treated with lime and turmeric, tossed in a peppery onion and fennel masala with cherry tomatoes, button onion and bell peppers, tempered with curry leaves.

### KING PRAWN PEPPER FRY £17.95

King prawn treated with lime and turmeric, tossed in a peppery onion and fennel masala with cherry tomatoes, button onion and bell peppers, tempered with curry leaves.

### BENGOL QUAIL £15.95

A popular dish from Bangladesh. Tandoori stone quail, lightly spiced with winter herbs, curry leaves and button onions. Highly recommended by the chef.

### THAARAVU ROAST £14.95

Tender breast of duck, pot roasted with coriander, cumin and garlic, finished with a pepper powered chettinad gravy.

### DUCK BAHARI £14.95

Chef's own recipe, fairly hot with hint of sweet.

### DUCK ROSHUN £14.95

Cooked with roasted garlic, tomatoes, ginger with special sauce.

### LAMB TAAZDAAR £15.95

An ineffably aromatic and succulent rack of lamb braised slowly in a perfectly balanced liquor with an infusion of cloves, cardamom and finished in tandoor.

### ASHIANA CHICKEN MODU £13.95

Chicken breast, cooked in a creamy, mild, rich sauce topped with mango.

### JINGA SORSISHA £15.95

Scallops, squid, and tiger prawns simmered in a sauce of coconut and ground spices, flavoured with mustard and curry leaves.

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# Poultry

<b>MURGH CHETTINAAD</b> Boneless chicken with onion, tomatoes and chillies, finishes with a blend of chettinaad spices.	£8.75
<b>MURGH DE GAMA</b> Tender breast of chicken cooked with mushrooms in a "MILD" yoghurt sauce to our chefs own special recipe.	£8.75
<b>CHICKEN STIR FRY</b> A crisp boneless stir fry chicken with vegetable, hot and sweet sauce.	£8.95
<b>CHICKEN KALI MIRCH</b> A marinated chicken with distinctive flavours of black pepper corn and curry leaves .	£8.75
<b>CHICKEN ROGON JALAK</b> Chicken tikka in creamed fresh tomatoes, with red onions, green chillies, ginger and fenugreek leaves.	£8.75
<b>NORTH INDIAN CHICKEN</b> Boneless chicken cooked in a spicy gravy of browned onions, cashewnuts, tomatoes and freshly ground spices.	£8.75
<b>MURGH HANDI LAZEEZ</b> Chicken simmered in a creamy yoghurt and brown garlic , gravy made ready with the rich aroma of green cardamom, mace and saffron, slow cooked on "DUM" in an earthen pot.	£8.75
<b>MURGH TIKKA MAKHANWALA</b> All time favourite tandoori grilled chicken tikka in a tomato gravy cooked in the classical way, with oodles of butter and cream, very mild.	£8.75
<b>KARAH CHICKEN</b> A speciality of Lahore. Diced boneless chicken, stir fried with tomatoes, onion and capsicums served in an iron "karahi".	£8.75
<b>MIRCH MASSALLA</b> A typical "HYDERABADI" style chicken curry cooked with five varieties of chillies, each roasted independently prior to being ground with browned onions and garam massala. Hot.	£9.50
<b>ASHIANA MASSALLA</b> Chicken tikka simmered in rich creamy, tomato, almond and coconut sauce, flavoured with fenugreek leaves gently cooked in butter.	£9.50
<b>ASHIANA SPECIAL MIX MASSALLA</b> Chicken tikka, lamb tikka & king prawn tikka simmered in rich creamy, tomato, almond and coconut sauce, flavoured with fenugreek leaves gently cooked in butter.	£13.95
<b>MURGH SAGWALLA</b> A popular "Punjabi" dish, breast of chicken gently cooked in butter with spinach, herbs and special spice.	£9.50
<b>BAHARI MURGH</b> A recipe from BIHAR near CALCUTTA. Tender of chicken with garlic ground poppy seeds tomatoes, onions, capsicums cooked with chefs special spices. Fairly Hot.	£9.50

If you do not see the dish you prefer, or you would like to ask anything about this menu! Please do not hesitate to ask any of our member of staff.

Please allow time for preparation as all our meals are cooked to order!

# Meats

<b>LAMB CHETTINAAD</b> Boneless lamb with onion, tomatoes and chillies, finished with a blend of chettinaad spices.	£8.95
<b>LUCKNAVI PASANDA</b> A popular delicacy from "UTTAR PRADESH" fillet of best end of lamb cooked with ground nuts, mildly spiced in a creamy almond sauce.	£8.95
<b>LAMB METHI AUR SAG</b> Tender cubes of spring lamb, gently cooked with spinach, fresh fenugreek leaves, herbs and spices with a hint of butter. Try this dish with wholemeal wheat flour bread "ROTI" or just plain boiled rice.	£9.50
<b>KARAHI GOSHT</b> Spring lambs, cooked with coarsely ground spices, tomatoes, onion, and capsicums, served in an iron "Karahi"	£8.95
<b>BAHARI LAMB</b> A recipe from BIHAR near CALCUTTA tender fillets of lamb roasted with garlic, ground poppy seeds, tomatoes, onion, capsicums cooked with chefs special spices fairly hot.	£9.50
<b>LAMB CHILLI FRY</b> Tender strips of lamb, marinated in cornflour and soya sauce, stir fried with fresh green chillies , onions and peppers . Try it with plain rice.	£9.50
<b>ROSHUN LAMB TIKKA</b> Spring lamb cooked with fresh garlic, tomatoes and ginger with chefs special sauce.	£8.95
<b>BADAMI LAMB</b> Spring lamb cooked fresh cream, yoghurt, almond, lemon juice, and chefs highly- flavoured sauce. Very creamy and mild.	£8.95
<b>LAMB TIKKA MASALA</b> Tender cubes of baby lamb leg deboned & cooked in a tastefully seasoned delicate onions, tomato and cream sauce.	£9.50

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# Seafood

**JHINGA BAHARI** £14.50  
A recipe from BIHAR near CALCUTTA. Tiger prawns cooked with garlic, ground poppy seeds, tomatoes, onions capsicums cooked with chefs special spices. Fairly Hot.

**AJWAIN KING PRAWNS** £14.50  
Tiger prawns marinated with ginger, yoghurt, paprika and ajwain garnished with onions and slice of lemon.

**JHINGA METHI AUR SAG** £14.50  
King size Mediterranean prawns, gently cooked with spinach, fresh fenugreek leaves, herbs and spices with hint of lemon and butter, medium hot.

**KAVALAM BASS** £14.50  
Pan fried seabass, with red nilgiri sauce, lemon grass and sea vegetable salad.

**NILGIRI MACHLI** £14.50  
Fish in a creamy green curry of coconut milk, green and black peppercorns, fresh coriander and a hint of chilli.

**JINGA MOWBONI** £14.50  
Marinated king prawns cooked in a delicate mild flavoured yoghurt sauce, with cream on top.

**TANDOORI JINGA MASSALA** £14.50  
Tiger prawns marinated with ginger, yoghurt, paprika and ajwain.

**TANDOORI TROUT** £14.50  
On the bone marinated in yoghurt and spice cooked in the clay oven.

## All Time Popular

**KORMA** £8.50  
**CURRY** £8.50  
**ROGON JOSH** £8.50  
**BHUNA** £8.50  
**DANSAK** £8.50  
**JALFAREZI** £8.95  
**BALTI** £8.95  
**MADRAS** £8.50  
**VINDALOO** £8.50  
**KING PRAWN** £14.50

Four course meal for four. Subject to 24 hour notice

**LAMB MONKUSH** £99.00  
**CHICKEN MONKUSH** £90.00

All the above dishes can be prepared with - CHICKEN / LAMB or PRAWN. Add £1.00 extra for TIKKA

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# Biryani

<b>VEGETABLE BIRYANI</b> Basmati rice tossed with seasons mixed vegetable, garnished with brown onions and aromatic rose water, accompanied by vegetable sauce.	£9.50
<b>SINDHI MASALA BIRYANI</b> A popular sindhi pilau special , spring lamb and roast potatoes marinated with yoghurt, herbs and spice, cooked with basmati rice in a sealed “degchi“ served with vegetable curry sauce.	£9.95
<b>BOMBAY BIRYANI</b> Chicken morsels marinated in traditional style, Dai masala cooked with pure basmati rice, accompanied by vegetable sauce.	£9.95
<b>JINGA BIRYANI</b> King prawns marinated in traditional Bombay style, Dai masala and cooked with pure basmati rice, accompanied by vegetable sauce.	£14.50
<b>HYDERABADI BIRYANI</b> Basmati rice tossed with roast potatoes, carrots, green chilli, rose water, raisins, almonds, cashewnuts, mint, milk and spice.	£9.95
<b>HOUSE SPECIAL BIRYANI</b>	£14.50

## Ashiana Exclusive

Traditional Bangladeshi Cuisine. Medium to Hot dishes

LAMB with green papaya.	£14.50
CHICKEN with wild orange (shatkora).	£14.50
LAMB with baby potatoes.	£14.50
LAMB CHOPS with butternut squash.	£14.50
KING PRAWNS / FISH	£17.50

*The above dishes can be served with Chicken, Lamb, King Prawns or Bangladeshi fresh water fish.*

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# Vegetarian

PANEER MAKHAN MASALLA	£8.50
Chunk of cottage cheese cooked with tomato gravy, prepared in classical way, flavoured with ashore methi, topped with a streak of fresh cream.	
SUBZ PANCHRATTANI	£7.95
Baby corn, potatoes, mushroom, bell peppers and snow peas tossed with bean in a kadhai with a richly spiced and invigorating masalla.	
BAADAL JAAM	£7.95
Slices of aubergine tender with a topping of spice and tomato.	
KHUMB MUSHROOM	£7.95
Mushroom and spring onions tossed in a lean cumin.	
SAMBHAR DALL	£7.95
South Indian speciality lentil cooked with mixed vegetable.	
JEERA ALOO	£7.95
Potatoes stir fried with cumin tossed with fresh coriander.	
VEGETABLE JALFAREZI	£7.95
Mixed vegetable cooked with tomatoes, mixed pepper, herbs with chilli on top.	
VEGETABLE BALTI	£7.95
MUSHROOM MASSALA	£7.95
BRINJOL ROGON	£7.95
VEGETABLE CURRY	£7.95
BINDI BHUNA	£7.95
ALOO MADRAS	£7.95
CHANA BHUNA	£7.95
VEGETABLE DANSAK	£7.95

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## Low Calorie

SPINACH SOUFFLE £8.50

Chop spinach with cottage cheese, skimmed milk, onions and cinnamon.

SAWAN £9.50

It's a unique option for non vegetarian healthy diet, cooked in extra virgin olive oil, deliciously hot.

Choice of (chicken / lamb).

KING PRAWN SAWAN £14.50

It's a unique option for non vegetarian healthy diet, cooked in extra virgin olive oil, deliciously hot.

## Chef's Exotic

GARLIC CHICKEN	£10.50	KEEMA MATAR	£10.50
MAKON CHICKEN	£10.50	CHILLI CHICKEN	£10.50
CHICKEN TIKKA CEYLON	£10.50	MANCHURIAN CHICKEN	£10.50
ACHARI CHICKEN	£10.50	CHEF'S EXOTIC CHICKEN	£10.50
		KING PRAWN DELIGHT	£14.50

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# Sides Dishes & Sundries

## SIDE DISHES

SAAG ALOO spinach & potatoes	£3.75	SAAG PANEER spinach & cottage cheese	£3.75
BINDI BHAJI fresh okra	£3.75	TARKA DHALL red lentils	£3.75
VEGETABLE BHAJI mixed vegetable	£3.75	GOBI BHAJI cauliflower	£3.75
MUSHROOM BHAJI	£3.75	ALOO GOBI potatoes & cauliflower	£3.75
SAAG BHAJI spinach	£3.75	BRINJOL BHAJI aubergine	£3.75
BOMBAY ALOO spicy potatoes	£3.75		

## RICE

PLAIN STEAMED RICE	£2.25
PILAU RICE Long grain basmati rice flavoured with cardamom and saffron.	£2.50
JEERA RICE Basmati rice cooked with flavoured of cumin.	£2.95
SPECIAL FRIED RICE Stir fried with egg and peas.	£2.95
MUSHROOM PILAU Basmati rice fried with button mushrooms.	£2.95
EGG PILAU Basmati rice cooked with free range egg.	£2.95
VEGETABLE PILAU Basmati rice cooked with season mixed vegetable.	£2.95
LEMON RICE Basmati rice fried with lemon.	£2.95
GARLIC RICE Basmati rice fried with garlic.	£2.95

## BREAD

NAN	£2.45
STUFFED NAN peshwari / garlic / cheese / vegetable / keema	£2.75
ROTI	£2.65
PARATHA mint / plain / keema / vegetable	£2.95
CHAPATI	£1.50

## ACCOMPANIMENTS

SPICED POPADOMS	£0.95
PLAIN POPADOMS	£0.85
CHUTNEYS TRAY	£2.95
CHIPS	£2.50
CUCUMBER, ONION AND MINT RAITHA	£2.95
GREEN SALAD / INDIAN SALAD	£2.50

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[www.ashianatakeaway.com](http://www.ashianatakeaway.com)