

STARTERS

ONION BHAGEE £4.25
Spiced onions deep fried in gram flour batter. 🍴

VEGETABLE PAKORA £4.25
Vegetables deep fried in gram flour batter. 🍴

CHICKEN 65 £4.95
Tender cuts of chicken breast coated with chilli & spices, deep fried. 🍴🍴🍴

CHICKEN PURI £5.50
Chicken, cooked with tomato, onion & Indian spices. Served on pancake type bread called puri. 🍴🍴

CHICKEN PAKORA £4.75
Lightly spiced chicken breast, battered in lentil flour deep fried until golden. 🍴🍴🍴

CHICKEN CHILLI £4.75
Marinated golden fried chicken cooked with peppers & onion with soy sauce. 🍴🍴



KING PRAWN POORI £5.95
King prawns, cooked with onion, tomatoes & Indian spices wrapped in a soft pancake called Puri. 🍴🍴🍴

MIXED VEGETABLE STARTER £4.95
A selection of vegetable samosa, vegetable pakora and onion bhagee. 🍴🍴

HOUSE STARTER £5.95
Selection of onion bhagee, veg pakora, chicken pakora and chicken tikka. 🍴🍴🍴

PANJAB CHILLI SQUID £4.95
Lightly battered squid tossed in garlic & lemon juice with onion. 🍴🍴

PANJAB HOT WINGS £4.50
Chicken wings, tossed in Panjab garlic & lemon juice with onions. 🍴🍴



TANDOORI STARTERS

TANDOORI CHICKEN £4.95
Chicken on the bone, previously cooked in a Tandoori oven. 🍴🍴🍴

CHICKEN TIKKA £4.95
Cubed chicken cooked in a Tandoori oven served with salad & mint sauce. 🍴🍴🍴

TANDOORI MONKFISH £5.95
Monkfish marinated in light spices & cooked in the Tandoori oven. 🍴🍴🍴

TANDOORI PRAWNS £6.95
King Prawns marinated in herbs & light spices & cooked in a Tandoori oven. 🍴🍴🍴

LAMB SHEEK KEBAB £4.95
Finely minced steak, mixed with our secret blend of herbs & spices, barbequed on skewers in the Tandoori oven. 🍴🍴🍴

TANDOORI MIX £5.95
A selection of BBQ chicken tikka, lamb tikka, Tandoori chicken & sheek kebab freshly cooked in a Tandoori oven. 🍴🍴🍴

TANDOORI PANEER TIKKA £4.95
Moist pieces of paneer (Indian cheese) marinated in light spices & cooked in the Tandoori oven. 🍴🍴🍴

BIRYANI DISHES

Cooked with specially selected basmati rice, herbs, spices & sultanas. All Biryani dishes are accompanied with a curry sauce.

VEGETABLE BIRYANI £9.95 🍴🍴🍴

CHICKEN BIRYANI £10.95 🍴🍴🍴

LAMB BIRYANI £11.95 🍴🍴🍴

CHICKEN TIKKA BIRYANI £11.95 🍴🍴🍴

PRAWN BIRYANI £12.50 🍴🍴🍴🍴

MIX BIRYANI £12.95 🍴🍴🍴🍴



IF YOU HAVE ALLERGIES, PLEASE INFORM A SENIOR MEMBER OF STAFF

FAVOURITE DISHES

KORMA 🍴🍴🍴🍴
Cooked in cream, coconut, almond powder & sultanas, in a creamy sauce. - Very mild.

TIKKA MASALA
Smothered in a creamy sauce with almond, coconut & sugar. 🍴🍴🍴🍴

ROGAN JOSH
Blend of Indian spices tomatoes, onions & fresh herbs in a creamy sauce. 🍴🍴🍴🍴

CURRY
Cooked in medium curry sauce. 🍴🍴🍴

KASHMIRI
Cooked with fruits in a creamy sauce. 🍴🍴🍴

BHUNA
Cooked with a blend of tomatoes, onion, & fresh coriander. 🍴🍴🍴

DOPIAZA
Cooked with mixed Indian herbs & cubed onions. 🍴🍴🍴

MADRAS
Hot curry cooked with hot Indian spices. 🍴🍴🍴🍴

VINDALOO
Cooked with potatoes in a hot thick sauce. 🍴🍴🍴🍴

PATIA
Cooked with onions & fresh lemon juice in a special sweet & sour sauce. 🍴🍴🍴

All main meals come with either Pilau Rice, Boiled Rice or Chips
Complimentary Poppadoms with all main courses.

All dishes available in:	
Vegetable	£8.95
Tender Chicken	£9.95
Chicken Tikka	£10.50
Lamb	£10.95
King Prawn	£11.95
Monkfish	£12.50
(Supplement cost may apply)	



DANSAK
Cooked with lentils & pineapple in a sweet & sour sauce. 🍴🍴🍴🍴

HOT JALFREZI
Cooked with onions, mixed peppers & fresh coriander in a hot savoury sauce. 🍴🍴🍴🍴

CREAMY JALFREZI
Cooked with tomatoes, spring onions, green peppers in a rich creamy sauce. 🍴🍴🍴🍴

BALTI
Highly spiced with chopped green peppers onion, green chillies & coriander. 🍴🍴🍴

TIKKA SAAG
Cooked with spinach in specially selected herbs & spices to form an almost dry sauce. 🍴🍴🍴

PASANDA
In a creamy sauce of almonds, coconut yoghurt & lemon juice. 🍴🍴🍴🍴

HOUSE SPECIALS

KARAH (CHICKEN OR LAMB) £10.50 / £10.95 🍴🍴🍴
Cooked with onions, green peppers tomatoes, in a rich creamy sauce with almonds & coconut.

PANJABI MASALA (CHICKEN OR LAMB) £10.50 / £10.95 🍴🍴🍴🍴
Cooked with onions and peppers creamy sauce with almonds & coconut.

CHICKEN TIKKA CHILLI MASALA £10.50 🍴🍴🍴🍴
Cooked with green chillies, onions, peppers & tomatoes in a hot thick sauce.

BUTTER CHICKEN £10.50 🍴🍴🍴🍴
Traditional chicken tikka cooked in a rich tomato based creamy sauce.

KHURCHAN (CHICKEN OR LAMB) £10.50 / £10.95 🍴🍴🍴🍴
Cooked with fresh garlic, ginger, onion, peppers, chillies, tomato & coriander.

RAZZALLA (CHICKEN OR LAMB) £10.50 / £10.95 🍴🍴🍴🍴
Cooked with green peppers, coconut, cream & cashew nuts.

NAG PURI £10.95 🍴🍴🍴🍴
Pieces of chicken & lamb tikkacoked with onions, green peppers, mushroom, green chilli and coriander.

CHICKEN TIKKA GARLIC CHILLI MASALA £10.50 🍴🍴🍴🍴
Cooked with lentils & pineapple in a sweet & sour sauce.

KHAZANA £11.95 🍴🍴🍴🍴
Chicken tikka, lamb & king prawn cooked with onions and peppers in a special blend of herbs and spices.

CHICKEN OR LAMB ACHARI £10.50/10.95 🍴🍴🍴🍴
Lamb or chicken breast cooked with mustard seeds, cumin seeds, kaffir lime leaves, mixed pickle paste, yoghurt & green herbs.

ALL ABOVE DISHES AVAILABLE IN:
CHICKEN - VEGETABLE - CHICKEN TIKKA - LAMB - KING PRAWN
(SUPLEMENT COST MAY APPLY)

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HOUSE SPECIALS (CONTINUED)

All main meals come with either Pilau Rice, Boiled Rice or Chips. Complimentary Poppadoms with all main courses

CHICKEN OR LAMB METHI £10.50 / £10.95 🍴🍴🍴🍴
Chicken or lamb cooked with selected spices & methi leaves.

CHICKEN JALJAL £10.00 🍴🍴🍴🍴
Cooked with ginger, onions, green pepper, coriander & a dash of Worcestershire sauce.

RARA GOSHT £10.50
Tender pieces of lamb, & lamb mince cooked with ginger, garlic, green chillies & aromatic spices. 🍴🍴🍴🍴

SPECIAL KORMA £12.95 🍴🍴🍴
Chicken & lamb with mild spices, blended with cream then laced with Baileys cream.

SPECIAL BALTI EXOTICA £11.95 🍴🍴🍴
Lamb, chicken tikka & prawns, mushrooms, onions green peppers and fresh coriander, cooked in a Balti sauce.

ALL ABOVE DISHES AVAILABLE IN:
CHICKEN - VEGETABLE - CHICKEN TIKKA - LAMB - KING PRAWN
(SUPLEMENT COST MAY APPLY)

TANDOORI SPECIALS

TANDOORI CHICKEN £10.95 🍴🍴🍴
Chicken on the bone, cooked with exotic spices

SHEEK KEBABS £10.95 🍴🍴🍴
Finely minced lamb with a blend of herbs and spices, cooked on skewers in a Tandoori oven.

TANDOORI MIX MAIN £12.95 🍴🍴🍴
A combination of Tandoori chicken on the bone, chicken & lamb tikka cooked in the Tandoori oven

TANDOORI MONKFISH £13.95 🍴🍴🍴
Moist Monkfish marinated in light spices & cooked in the Tandoori oven.

LAMB TIKKA £10.95 🍴🍴🍴
Marinated cubes of lamb seasoned with five Indian herbs, barbequed in a Tandoori oven.

LAMB SHASHLIK £12.50 🍴🍴🍴
Marinated cubes of lamb seasoned with five Indian herbs barbequed in a Tandoori oven.

TANDOORI CHICKEN TIKKA £11.95 🍴🍴🍴
Chicken breast pieces marinated overnight & cooked in the Tandoori oven.

TANDOORI KING PRAWNS £14.95 🍴🍴🍴
King prawns marinated in herbs & light spices, cooked in the Tandoori oven.

TANDOORI CHICKEN SHASHLIK £11.50 🍴🍴🍴
Barbequed chicken with onions, tomatoes and green peppers, cooked in the Tandoori oven

PANEER SHASHLIK £9.95 🍴🍴🍴
Moist pieces of Indian cheese (Paneer) marinated with yoghurt and light spices. Cooked in the Tandoori oven. Served with oven roasted peppers & onions.

VEGETARIAN

All vegetarian main courses come with Pilau rice, boiled rice or chips.
Complimentary Poppadoms with all main courses.

TADKA DALL £5.50 / £8.95
Yellow lentils tempered with garlic. 🍴🍴

MUTTER PANEER £5.50 / £8.95
Indian cheese & peas in a mild onion & tomato gravy. 🍴🍴🍴

KARAH PANEER £5.50 / £8.95
Indian cheese cooked with green peppers, onions & tomatoes in a rich creamy sauce. 🍴🍴🍴🍴

BOMBAY POTATOES £5.50 / £8.95
Lightly spiced potatoes cooked in a mild sauce. 🍴🍴🍴

MUSHROOM BHAGEE £4.25
Cooked in light Indian spices. 🍴🍴

ALOO GOBI £5.50 / £8.95
Lightly spiced potatoes & cauliflower 🍴🍴🍴

CHANNA MASALA £5.50 / £8.95
Chickpeas cooked in a mild sauce. 🍴🍴🍴

SAAG ALOO £5.50 / £8.95
Spinach with potatoes cooked in a mild sauce. 🍴🍴🍴

DAL MAKHANI £9.95
Black lentils simmered in a creamy gravy of tomato, ginger, garlic & mild spices. 🍴🍴🍴

SAAG PANEER £5.50 / £8.95
Cottage cheese cooked with spinach & garlic. 🍴🍴🍴

IF YOU HAVE ALLERGIES, PLEASE INFORM A SENIOR MEMBER OF STAFF

VEGAN STARTERS

VEGAN ONION BHAGEE £4.25
Sliced onions gently spiced, deep fried in gram flour. 1 1/2

VEGETABLE PAKORA £4.25
Selection of vegetables flavoured with herbs & spices dipped in a light lentil flour & fried crispy. 1 1/2

VEGAN MAINS All vegan main courses come with boiled rice or chips.
Complimentary Poppadoms with all main courses.

VEGAN MIXED VEG BHUNA £8.95
Cooked with a blend of spices, tomato, onions & fresh coriander. 1 1/2

VEGAN MIXED VEG PATIA £8.95
Cooked with loads of onions, dash of lemon juice in a sweet & sour thick sauce. 1 1/2

VEGAN TADKA DAL £8.95
Yellow lentils tempered with onion & garlic. 1 1/2

VEGETABLE SAMOSA £4.25
Delicately spiced soft potatoes & mixed vegetables in a light crisp pastry. 1 1/2

VEGAN CHANNA PURI £4.95
Chickpeas cooked with onion & tomatoes in a sweet & sour sauce on a soft puri bread. 1 1/2

VEGAN ALOO GOBHI £8.95
Potato & cauliflower lightly spiced & cooked with onions. 1 1/2

VEGAN SAAG ALOO £8.95
Spinach purée & potatoes cooked in a mild sauce. 1 1/2

VEGAN CHANNA SAAG £8.95
Chickpeas & Spinach cooked in mild spices. 1 1/2

PANJAB INDIAN BREAD SELECTION

PLAIN NAAN £2.85 1 1/2

CORIANDER NAAN £2.95 1 1/2
Baked with fresh coriander leaves

SPICY NAAN £3.25 1 1/2

GARLIC NAAN £2.75 1 1/2
Baked with fresh homemade garlic puree

KEEMA NAAN £2.95 1 1/2
Stuffed with exotically spiced minced leg of lamb

PESHWARI NAAN £3.25 1 1/2
Sweet naan made with almond powder & coconut.

TANDOORI CHAPATI £3.25 1 1/2
Large wholemeal wheat flour bread baked in a Tandoor oven.

CHEESE NAAN £3.25 1 1/2
Fresh naan stuffed with cheddar cheese.



GARLIC CHEESE NAAN £3.25 1 1/2
Garlic naan stuffed with cheddar cheese

GREEN CHILLI NAAN £3.25 1 1/2

PANJAB NAAN £3.50 1 1/2
Baked with cheese, garlic, coriander & chilli

PANJAB SUNDRIES

PILAU RICE £2.95 1 1/2

BOILED RICE £2.75 1 1/2

KEEMA RICE £3.25 1 1/2

MUSHROOM PILAU RICE £3.25 1 1/2

ONION FRIED RICE £3.25 1 1/2

VEGETABLE RICE £3.25 1 1/2

FRIED RICE £3.25 1 1/2

SPECIAL FRIED RICE £3.25 1 1/2

CHIPS £2.95 1 1/2

POPPADOMS £0.60 1 1/2

DIPS £0.60 1 1/2

SAUCES £4.95
MASALA - KORMA - CURRY - MADRAS 1 1/2

KIDS MENU

CHICKEN NUGGETS & CHIPS £4.50

CHICKEN TIKKA MASALA RICE OR CHIPS £7.95

CHICKEN KORMA RICE OR CHIPS £7.95

CHICKEN CURRY RICE OR CHIPS £7.95

SAUSAGES & CHIPS £4.50

CHICKEN POKARA & CHIPS £4.95

SOFT DRINKS

CANS £1.25

BOTTLES (1.25L) £2.50

IF YOU HAVE ALLERGIES, PLEASE INFORM A SENIOR MEMBER OF STAFF

PANJAB INDIAN RESTAURANT
OPENING TIMES

SUNDAY - THURSDAY
4PM - 10PM

FRIDAY & SATURDAY
4PM - 10.30PM

Everything we cook is made fresh to order.
This may mean it will take a little longer at peak times.
Thanks for your patience.

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GUIDE TO FOOD ALLERGENS

- | | |
|------------------------------|---------------------|
| 1 Celery | 8 Molluscs |
| 2 Cereals Containing Glutens | 9 Mustard |
| 3 Crustaceans | 10 Nuts |
| 4 Eggs | 11 Peanuts |
| 5 Fish | 12 Sesame Seeds |
| 6 Lupin | 13 Soya |
| 7 Milk | 14 Sulphate Dioxide |

GUIDE TO CURRY STRENGTH



TAKEAWAY



panJab

Indian Restaurant Carryduff



COLLECTION
OR DELIVERY

No matter what your age...
There will always be a dish at
Panjab that you'll love!!

1ST FLOOR, 520 SAINTFIELD RD,
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