

Desi Keema Dishes

Bengali style mix spiced mince mutton.

KEEMA PEAS	£9.45
KEEMA ALOO	£9.45
KEEMA CHICKEN	£9.45
KEEMA VEG	£9.45

Biryani Dishes

All biryani dishes are cooked with finest basmati saffron rice with medium spices. Served with a side vegetable curry.

CHICKEN OR MEAT	£9.95
CHICKEN TIKKA OR LAMB TIKKA	£10.95
PRAWN	£10.95
KING PRAWN	£12.95
MUSHROOM	£7.95
MIXED VEGETABLE	£7.95
QUORN <i>New</i>	£9.95
BENGAL SPECIAL (E)	£12.95

Vegetable Side Dishes

MIXED VEGETABLE CURRY	£3.95
Mixed vegetables, cooked in a medium spiced sauce.	
DRY VEGETABLE BHAJI	£3.95
Delicately spiced vegetables, which are in season.	
BEGUN & POTATO BHAJI	£3.95
Aubergines and potato cooked with light spices.	
CHANA BHAJI	£3.95
Chickpeas cooked with onions and light spices.	
MUSHROOM BHAJI	£3.95
Fresh mushrooms cooked with light spices and herbs.	
BHINDI BHAJI	£3.95
Fresh tender okra, cooked with onions and spices.	
BRINJAL BHAJI	£3.95
Fresh aubergine, cooked with onions, spice & herbs with a touch of garlic.	
BOMBAY ALOO	£3.95
Baked potatoes, lightly spiced	
ALOO GOBI	£3.95
Fresh cauliflower and potatoes cooked with medium spices.	
CAULIFLOWER BHAJI	£3.95
Fresh cauliflower cooked with onions, tomatoes, medium spiced.	
SAG BHAJI	£3.95
Spinach cooked with fresh garlic and herbs.	
SAG ALOO	£3.95
Spinach cooked with potato.	
SAG PANEER (D)	£3.95
Spinach cooked with cottage cheese.	
MUTOR PANEER (D)	£3.95
Peas cooked with cottage cheese.	
TARKA DALL	£3.95
Spiced lentils cooked with fresh roasted garlic.	
CHANA MOSSALLA (D)	£3.95
Chick peas cooked with onions, tomatoes and fresh garlic.	
ALOO CHANA	£3.95
Medium hot potatoes & chick peas.	
CHANA SAG	£3.95
Medium hot chick peas & spinach.	

English Dishes

All the dishes below are served with fried mushrooms, onions, peas, tomato, chips and a touch of fresh green salad.

PLAIN OMELETTE (E)	£7.95
MUSHROOM OMELETTE (E)	£8.95
CHICKEN NUGGETS (E) (G)	£8.95
CHICKEN STRIPS (E) (G)	£8.95
CHIPS	£3.45

Rice

BOILED RICE	Plain boiled rice.	£2.95
PILAU RICE	Plain baked basmati rice.	£3.25
SPECIAL RICE (E)	Cooked with egg, peas and onions.	£3.50
MUSHROOM BASMATI RICE		£3.50
VEGETABLE BASMATI RICE		£3.50
COCONUT BASMATI RICE		£3.50
GARLIC BASMATI RICE		£3.50
HARYALEY RICE		£3.50
Rice cooked with peppers and plenty fresh coriander and light spices.		
QUORN RICE		£3.95
Rice cooked with Quorn in a light spice with onions and peppers.		
EGG RICE		£3.50
BLACK BEANS RICE		£3.50
Cooked with chopped onion and black beans.		
KEEMA BASMATI RICE		£3.50
Cooked with minced lamb.		
ONION BASMATI RICE		£3.50

Nan (G) (E) (D)

PLAIN NAN	£2.50	
PESHWARI NAN	£3.50	
Stuffed with almonds and coconut.		
GARLIC NAN	£3.50	
KEEMA NAN	£3.50	
VEGETABLE NAN	£3.50	
SAAG NAN	£3.50	
BENGAL NAN	£3.95	
Stuffed with minced meat, chilli, garlic and a touch of coriander.		
CHEESE NAN	£3.50	
GARLIC AND CHEESE NAN	£3.50	
CHAPATI	Thin baked bread.	£2.25
PARATHA	Thick fried bread in butter.	£2.95
STUFFED PARATHA	£3.95	
Stuffed with lightly spiced vegetables, then fried in butter.		
KEEMA PARATHA	£3.95	
Stuffed with minced lamb, then fried in butter.		
TANDOORI ROTI	Thin bread baked in tandoori oven.	£2.50

Sundries

PLAIN PAPADOM (G)	£0.75	
SPICED PAPADOM (G)	£0.75	
MANGO CHUTNEY	£0.70	
LIME MIXED PICKLE	£0.70	
MINT SAUCE (D)	£0.70	
ONION SALAD	£0.70	
TAMARIND SAUCE (D)	£0.70	
RAITHA (D)	Cucumber or Onion	£1.95
INDIAN SALAD	£1.50	
GREEN SALAD	£1.50	

Banquet Night

Every Wednesday

A unique opportunity for you to experience the variety and delicate flavours of Indian cuisine at it's best

Choose from our a la Carte Menu:

1 Starter, 1 Main Course
1 Side Dish, 1 Rice or Nan

*1 side dish shared between 2 people

Only £15.95 per person

Children under 10yrs £14.95

(Reservations Only. King prawn & £3.95 extra)

Outside Catering Available



Open 7 Days A Week

Sun - Thurs: 5.00pm - 10.30pm
Fri & Sat: 5.00pm - 10.30pm
(Takeaway Orders taken from 5.00pm)



ALLERGENS

If you have any allergies, please inform us before placing your order. Some of our dishes contain dairy or nut products. Management has the right to refuse service without giving any reasons.

Prices correct at time of printing 02/2023.

BENGAL SPICE

of Thrapston

Finest Bangladeshi & Indian Cuisine
Fully Licensed & Air Conditioned

Takeaway Menu

10% Discount

On collection orders over £20

Delivery Available

Minimum order £30. T&Cs apply

Tel:

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10 The Bullring
Church Walk
Thrapston NN14 4NP

Parking Space Available
Entrance to car park from rear of High St

www.bengalspicethrapston.co.uk



Starters

All starters served with salad

CRISPY GARLIC KING PRAWNS (G)	£6.95
Seasoned with spices and batter, deep fried and served with salad.	
CHICKEN & POTATO CUTLETS	£4.95
Marinated chicken and potato stir fried with light spices and herbs, served with salad.	
CHEESY VEGETABLE KEBAB (D)	£4.50
Mixed vegetables and cheese coated with breadcrumbs, lightly spiced with herbs and deep fried, served with salad.	
RESHMI KEBAB (E)	£4.50
Spicy minced lamb fried like a burger, covered with egg omelette.	
CHICKEN OR LAMB TIKKA	£4.25
Pieces of spring chicken or lamb lightly spiced and grilled in a tandoori oven, served with salad.	
TANDOORI CHICKEN	£3.95
Spring chicken marinated in yoghurt and selected herbs, grilled in the tandoori oven, served with salad.	
SHEEK KEBAB	£4.25
Marinated minced lamb, herbs and a touch of ground spices grilled in the tandoori oven.	
SHAMI KEBAB	£4.25
Minced lamb with herbs & spices, shaped like a burger.	
KING PRAWN BUTTERFLY (E) (G)	£4.95
King prawns dipped in egg & bread crumbs then deep fried with butter.	
PRAWN PUREE (G)	£4.95
Prawns gently spiced with garlic, ginger and onions served with a fried puffy bread.	
SAG PRAWN PUREE (G)	£4.95
Prawns cooked with saag and gently spiced with garlic, ginger & onions, served with a fried puffy bread.	
KING PRAWN PUREE (G)	£6.50
King prawns gently spiced with garlic, ginger and onions, served with a fried puffy bread.	
CHICKEN CHAT PUREE (G)	£4.95
Diced chicken cooked with special chat massala, finely chopped cucumbers and fresh ground spices, served with a fried puffy bread.	
ALOO CHAT PUREE (G)	£3.50
Diced potato cooked with special chat massala, finely chopped cucumbers and fresh ground spices, served with a fried puffy bread.	
SAMOSAS (G) (Meat or Vegetable)	£3.25
Vegetable or mince enveloped in pastry, deep fried.	
PRAWN COCKTAIL (E)	£4.95
ONION BHAJI (G)	£3.75
Finely chopped onions, special herbs and lentils, deep fried.	
GARLIC MUSHROOMS	£2.95
MIXED KEBAB	£5.50
Chicken tikka, lamb tikka & sheek kebab.	
PANEER TIKKA	£4.95
Marinated Indian cheese grilled with peppers.	
CHICKEN PAKORA (G)	£4.95
Tandoori spiced battered chicken.	

ALLERGY INFORMATION:

G – Denotes items containing wheat and gluten
 N – Items contain nuts or traces of nuts
 D – Dairy Product
 E – Egg

House Specialities

BRASSERIE COCKTAIL MOSSALLA (E)	£10.95
Mix of marinated tandoori chicken, chicken tikka, lamb tikka, king prawn cooked in medium sauce.	
CHICKEN OR LAMB PASANDA (N) (D) (Mild)	£11.45
A delightful Mogal dish of specially cut slices, marinated with a yoghurt sauce and cooked in fresh cream with mixed ground nuts and almonds.	
CHICKEN OR LAMB KARAHI	£10.95
Cooked with onions, capsicum and tomatoes in a medium sauce served in a sizzling karahi.	
JHINGA THARA	£12.95
King prawns cooked with garlic, whole green chillies, green peppers, onions and chef's highly flavoured thick sauce.	
KING PRAWN KARAHI	£12.95
Cooked with onions, capsicum and tomatoes in a medium sauce served in a sizzling karahi.	
CHICKEN OR LAMB JALFREZI	£10.95
Marinated pieces of chicken or lamb tikka cooked with capsicum, tomatoes, onion and fresh chillies, with medium thick sauce.	
KING PRAWN JALFREZI	£12.95
Marinated king prawn tikka cooked with capsicum, tomato, onion and fresh chillies, with medium thick sauce.	
GARLIC CHILLI CHICKEN	£10.95
Garlic flavoured chicken treated in a home made sauce and garnished with a blend of green chillies, garlic and green peppers.	
MURGH MAKHANI (N) (D) (Mild)	£10.95
Marinated chicken in butter, adding very mild spices and fresh cream finishing with the Chef's special recipe.	
CHICKEN ANAWAKA	£10.95
Sliced chicken tikka with a mix of mushrooms, green pepper, tomatoes and a touch of green chillies cooked in medium spices.	
HUNDI CHICKEN OR LAMB	£10.95
Sliced chicken or lamb cooked in a medium special Hundi sauce and served in a sizzling Karahi and garnished with coriander.	
NORTH INDIAN GARLIC CHILLI	£10.95
Chicken or lamb tikka cooked with garlic, onions, green pepper. Medium in strength.	
ADDA LEEBOO	£10.95
Lamb or chicken cooked in wild lemon with superb flavour. Medium hot.	
LAHORE CHICKEN OR LAMB	£10.95
Diced chicken tikka or lamb tikka cooked in tandoori, then recooked with spicy cubes of potatoes in a spicy bhuna sauce. Medium in strength.	
GORAM NAGGA CHICKEN OR LAMB	£10.95
Cooked with nagga chillies which gives out a very hot and distinctive aroma that can only be found in west bengal, with sliced capsicum and red chillies. Suitable for someone who likes hot dishes.	
JAFFLONG CHICKEN OR LAMB (E)	£10.95
Slices of spring chicken or lamb tikka cooked in tandoori, then re-cooked with onions, green peppers, egg and chana in a bhuna sauce. Medium in strength.	
CHICKEN OR LAMB JALJAL	£10.95
Fresh chicken or lamb tikka thinly sliced cooked with fresh garlic, ginger, onion, green pepper, green chilli, fresh coriander and a dash of worcester sauce with a touch of yoghurt.	

Massala

Mild and creamy cooked with tandoori massala spices.

CHICKEN TIKKA	£9.95
LAMB TIKKA	£10.95
TANDOORI KING PRAWN	£12.95
QUORN	£8.95

Exclusive Dishes

THRAPSTON CHEESY CHICKEN OR LAMB (D)	£11.45
Shredded chicken or lamb tikka lightly spiced and cooked with garlic, onions, peppers, mushrooms and tomato with touch of Oyster sauce. Served on a sizzler with cheese topping	
GREEN BENGAL CURRY	£11.45
Chicken marinated with fresh green herbs and cooked in a medium sauce with garlic, onions, peppers and tomato served on a sizzler	
BENGAL FUSION COCONUT (N) (D)	£11.45
Chicken, lamb or prawns cooked on a sweet and spicy sauce with garlic, onions and peppers with coconut milk and shredded coconut	
CHICKEN HARYALEY	£11.45
Chicken marinated in Haryaley sauce and cooked with fresh green chillies, onions and plenty coriander in medium hot sauce	

Chef's Recommendations

CHICKEN/LAMB SHOBZI	£10.95
Well chopped chicken or lamb cooked with aubergine, garlic and tomatoes. Served medium hot to strength	
MANGO DELIGHT (N) (D) (Mild)	£10.95
An exceptional chicken tikka dish cooked with fresh mango, cream & spices	
BLACK BEANS CHICKEN/LAMB	£10.95
Medium strength chicken or lamb cooked with black beans, green pepper, onion, tomatoes and fresh coriander	
BENGAL MOSSALLA (N) (D) (Mild to Medium)	£10.95
Chicken or lamb marinated for several hours in a homemade sauce with special herbs and spices, barbecued over a flaming tandoori oven, then cooked in an enriched sauce with green pepper & onion.	
GURKHAS REVENGE (Hot and spicy)	£11.95
Marinated chicken and king prawn with fresh garlic, green peppers, mixed peppers and all exotic spices.	
JHINGA COLI	£12.95
King prawns cooked with cauliflower, sweet kapia and garlic in a medium spice.	

Tandoori Dishes

Tandoori dishes are medium spiced and are marinated then grilled in the flaming tandoori oven. The dishes are also served with green salad.

CHICKEN TIKKA	£8.95
LAMB TIKKA	£9.95
TANDOORI CHICKEN (Half)	£8.95
TANDOORI MIXED GRILL. Served with plain nan.	£11.95
SHASLICK (Chicken or Lamb or Paneer)	£9.95
TANDOORI KING PRAWNS SHASLICK	£12.95

Balti Dishes

Balti dishes are cooked with fresh blended spices, fresh tomatoes, green peppers, onions and flavoured with green herbs. Strength of balti dishes can be prepared to suit your taste.

CHICKEN	£9.95
MEAT	£10.95
CHICKEN TIKKA OR LAMB TIKKA	£10.95
TANDOORI KING PRAWN	£12.95
QUORN	£8.95

Fish Dishes

FISH BIRAN ROGON JOSH	£10.95
Fresh mouth watering Bengali white fish barbecued in a clay oven and cooked in a thick sauce, with fresh herbs, coriander garnished with garlic and tomatoes. Served in a sizzling karahi.	
FISH BIRAN GORAM NAGGA	£10.95
Cooked with nagga chillies which gives out a very hot and distinctive aroma that can only be found in west bengal, with sliced capsicum and red chillies. Suitable for someone who likes hot dishes.	
FISH BIRAN KARAHI	£10.95
Cooked with onions, capsicum and tomatoes in a medium sauce. Served in a sizzling karahi.	
FISH BIRAN DUPIAZA	£10.95
Barbecued in a clay oven and cooked spicy with onion and green pepper.	
FISH BIRAN JALFREZI	£10.95
Barbecued in a clay oven and cooked with capsicum, tomato, onion and fresh green chillies. Medium thick sauce.	
FISH BIRAN BHUNA	£10.95
Barbecued in a clay oven and cooked with onions, tomatoes & coriander in a thick sauce.	
FISH TIKKA BIRAN MOSSALLA (N) (D)	£10.95
A rich exotic consuming marinated diced fish cooked in almond, coconut, and fresh cream and to our chefs own secret recipe.	

Shaslick Bhoona

Cooked in a shaslick style with peppers, onions and tomatoes marinated with garlic, ginger, chillies and spices then roasted in a clay oven then garnished with the chef's special sauce.

CHICKEN TIKKA OR LAMB TIKKA	£10.95
TANDOORI KING PRAWN	£12.95

Traditional Dishes

KURMA (N) (D)	Cooked in a sweet mild gravy with coconut & cream.	SAG	Medium spiced curry with spinach.
MALAYA (N) (D)	Fairly mild with pineapple & fresh cream.	DANSAK	Sweet, sour & hot, cooked with lentils.
CURRY	Medium lightly spiced.	PATHIA	Sweet, sour & hot, cooked with fresh tomatoes herbs and coconut.
ROGON	Cooked in butter with tomatoes, onion, green pepper & a touch of garlic.	MADRAS	Hot curry dish with a smooth lightly spiced sauce.
BHOONA	Cooked with onions, tomatoes and coriander in a thick sauce.	VINDALOO	Very hot curry dish with potato and a smooth lightly spiced sauce.
DUPIAZA	Spicy with onion & green pepper.	PHALL	Extremely hot curry dish with a smooth lightly spiced sauce.
MEATHI	Medium. Cooked with fenugreek & Shimla mirch pepper.		

All the above dishes are available in the following options:

CHICKEN	£8.95	VEGETABLE	£7.95
MEAT	£9.95	QUORN	£8.95
CHICKEN TIKKA	£9.95	PRAWN	£10.95
LAMB TIKKA	£9.95	KING PRAWN	£12.95