

# Restaurant Menu

India is home to a plethora of cultures. The same can be said for our spices which when combined by our award-winning chefs create magic. At Panjab, our choice of fresh herbs and spices are blended to create unique and distinctive curries that gives you the best Indian restaurant and takeaway experience. Our menu has been crafted to bring together century's old recipes in a modern and innovative way!

We really appreciate the value of fresh ingredients, which are locally sourced. At Panjab we strive hard to recreate the same dining experience you would expect growing up in traditional Indian families.

Panjab may be new to Carryduff, but our chefs have been serving authentic Indian flavours for over 20 years and are incredibly happy to style any dish to suit your taste or prepare specials according to your needs.

Our passion is to provide honest Indian cuisine, and service to our customers every day because of the love and appreciation we receive in return, so sit back, relax and enjoy whilst our intuitively attentive staff enhance your dining experience.

## 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



## Starters

- CHICKEN PAKORA** 11 £6.95  
Lightly spiced chicken breast, battered in lentil flour, deep fried until golden
- CHICKEN PURI** (2) 7 £7.50  
Chicken, cooked with tomato, onion & Indian spices. Served on pancake type bread called puri.
- ONION BHAGEE** 11 £6.50  
Spiced onions deep fried in gram flour batter
- PANJAB CHILLI SQUID** 11 (2) 5 £6.95  
Lightly battered squid tossed in garlic & lemon juice with onion.
- GARLIC PRAWNS** 11 (5) £7.95  
Prawns cooked with garlic, cheese & chilli.
- CHICKEN CHILLI** 11 (2) 4 £6.95  
Marinated golden fried chicken cooked with peppers & onion with soy sauce
- HOUSE STARTER** (2) 7 13 £7.50  
Selection of onion bhagee, veg pakora, chicken pakora and chicken tikka
- TIGER PRAWN POORI** 11 (2) 5 £7.95  
King prawns, cooked with onion, tomatoes & Indian spices wrapped in a soft pancake called Puri
- CHICKEN 65** 11 (4) £6.95  
Tender cuts of chicken breast coated with chilli & spices, deep fried.
- VEGETABLE PAKORA** 11 £6.95  
Vegetables deep fried in gram flour batter
- VEGETABLE SAMOSA** 11 (2) £6.95  
Delicately spiced soft potatoes & mixed veg enveloped in a light crisp Indian pastry.
- MIXED VEGETABLE PLATTER** 11 (2) £8.50  
A selection of vegetable samosa, vegetable pakora, and onion bhagee
- MIXED VEG PLATTER FOR 4** 11 (2) £22.50  
A selection of veg samosa, veg pakora, onion bhagee & paneer tikka.
- PANEER TIKKA** 11 (7) £6.95  
Marinated Paneer finished off in a Tandoori oven for an authentic BBQ taste.
- AMRITSARI MACCHI (Fish)** (2) 5 £7.95  
Marinated with rice flour in Indian traditional spices & deep fried

## Tandoori Starters

- CHICKEN TIKKA** (7) £6.95  
Cubed chicken marinated in a house spiced sauce, cooked in the tandoori oven.
- SHEESH KEBAB STARTER** £6.95  
Sheesh kebabs consist of finely minced lamb, mixed with lemon juice, coriander, onion cumin, garlic & green chilli, served with side salad & mint sauce.
- TANDOORI MIXED STARTER** £7.95  
A selection of BBQ chicken tikka, lamb tikka, Tandoori chicken & sheek kebab freshly cooked in a Tandoori oven.
- PANJAB TANDOORI PLATTER FOR 4** (5) 7 £26.95  
A selection of marinated king prawn, Tandoori monkfish, Tandoori chicken, chicken tikka, sheek kebab
- TANDOORI MUSHROOMS** (7) £6.95  
Marinated & stuffed with cheese, & cooked in the Tandoori oven.
- MALAI CHICKEN TIKKA** (7) £7.95  
Cubed chicken marinated with creamy cashew & lightly spiced. cooked in the Tandoor
- PERI PERI TIKKA** £6.95  
Cubes of Chicken marinated in a hot & spicy Peri sauce

## Indian Street Food

- PANI PURI** (2) £5.00  
Deep fried breaded spher, filled with potatoes and tamarind chutney.
- BOMBAY CHAT PAPDI** (2) £6.50  
Potato Cake, chickpea & flour crispy topped with tongue chutney & spicy yoghurt
- SAMOSA CHAT** (2) £6.50  
Conned patties & flour crispies topped with tongue chutney & spicy yoghurt
- PANEER CHILLI** (7) 13 £6.95  
Fried cubes of Paneer cooked with peppers & onions with soy sauce.
- GOBI MANCHURIAN** 13 £6.95  
Crispy Cauliflower cooked in a sweet, tangy & slightly spicy sauce, chilli vinegar, ginger & garlic
- CHANA CHILLI** 13 £6.95  
Deep fried chickpea, cooked with peppers & onions with soy sauce



## *Panjab Favourites*

### **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 onion

### **MADRAS** 🍌 🍌 🍌 🍌 🍌 🍌 🍌

Hot curry cooked with hot Indian spices.

### **VINDALOO** 🍌 🍌 🍌 🍌 🍌 🍌 🍌

Cooked with potatoes in a hot thick sauce

### **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

### **PATIA** 🍌 🍌 🍌 🍌 🍌 🍌 🍌

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

ALL ABOVE DISHES AVAILABLE IN:

**CHICKEN OR VEGETABLE  
CHICKEN TIKKA OR LAMB  
KING PRAWN  
MONKFISH**

**£14.95  
£1.95 EXTRA  
£2.95 EXTRA  
£2.95 EXTRA**

If you have allergies, please inform a member of staff.

## *Tandoori Sizzlers* (V)

All Tandoori Dishes are accompanied with Vegetable Curry Sauce.

### **SHEESH KEBAB £15.95**

Sheesh kebab consists of finely minced leg of lamb, mixed with lemon juice, coriander, onion, garlic & green chilli, The meat is shaped onto a skewer & cooked in the Tandoori oven.

### **TANDOORI CHICKEN WITH BONE £15.95** (V)

Chicken on the bone, cooked with exotic spices

### **TANDOORI CHICKEN SHASHLIK £15.95** (V)

Chicken tikka with onions, tomatoes and green peppers, cooked in the Tandoori oven

### **TANDOORI MONKFISH MAIN £17.95** (S)

Moist Monkfish marinated in light spices & cooked in the Tandoori oven.  
Served on a bed of onions on a sizzling hot plate.

### **TANDOORI KING PRAWN MAIN £18.95** (S)

King prawns marinated in herbs & light spices, cooked in the Tandoori oven.  
Served on a bed of onions on a sizzling hot plate.

### **TANDOORI CHICKEN TIKKA £15.95** (V)

Chicken breast pieces marinated overnight & barbecued in the Tandoori oven.

### **TANDOORI LAMB TIKKA £16.45** (V)

Marinated cubes of lamb seasoned with five Indian herbs, barbecued in a Tandoori oven.

### **TANDOORI MIX MAIN £17.95** (V)

A combination of Tandoori chicken, chicken & lamb tikka & sheesh kebab cooked in the Tandoori oven.

### **PANEER SHASHLIK MAIN £16.95** (V)

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

### **PANJAB MIXED SEAFOOD SPECIALITY £20.95** (S)

King Prawn & Monkfish Marinated in Tandoori spices & cooked in the Tandoori oven.

## *Panjab Biryani* (V)

A Biryani is made with specially flavoured basmati rice, fused together with a medley of spices and finished off with tomato, the meat dish of your choice and also comes with a separate portion of vegetable curry sauce.  
(Can be quite substantial)

**TIGER PRAWN BIRYANI** (S)  
**CHICKEN BIRYANI**  
**MONKFISH BIRYANI** (S)  
**VEGETABLE BIRYANI**

**£19.95**  
**£18.95**  
**£19.95**  
**£18.95**

**CHICKEN TIKKA BIRYANI**  
**LAMB BIRYANI**  
**PANJAB SPECIAL BIRYANI** (S)

**£18.95**  
**£18.95**  
**£20.95**

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## *Panjab House Specials*

**KARAHI (CHICKEN OR LAMB) £15.95 / £16.95** 🍴 🍷 🍷

Cooked with onions, green peppers tomatoes

**PANJABI MASALA (CHICKEN OR LAMB) £15.95 / £16.95** 🍴 🍷 🍷

Cooked with onions and peppers creamy sauce with almonds & coconut

**CHICKEN TIKKA CHILLI MASALA £15.95** 🍴

Cooked with green chillies, onions, peppers & tomatoes in a hot thick sauce

**BUTTER CHICKEN £15.95** 🍴 🍷 🍷

Traditional chicken tikka cooked in a rich tomato based creamy sauce

**KHURCHAN (CHICKEN OR LAMB) £15.95 / £16.95** 🍴

Cooked with fresh garlic, ginger, onion, peppers, chillies, tomato & coriander

**RAZZALLA (CHICKEN OR LAMB) £15.95 / £16.95** 🍴 🍷 🍷

Cooked with coconut, cream & cashew paste

**NAG PURI £16.95** 🍴

Pieces of chicken & lamb tikkacoked with onions, green peppers, mushroom, green chilli and coriander

**CHICKEN TIKKA GARLIC CHILLI MASALA £15.95** 🍴

Cooked with green chillies, garlic, onions, peppers & tomatoes in a hot thick sauce

**KHAZANA £16.95** 🍴 🍷 🍷

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

**CHICKEN OR LAMB ACHARI £15.95 / £16.95** 🍴 🍷 🍷

Lamb or chicken breast cooked with mustard seeds, cumin seeds, mixed pickle paste, yoghurt & green herbs.

**CHICKEN OR LAMB METHI £15.95 / £16.95** 🍴 🍷 🍷

Chicken or lamb cooked with selected spices & methi leaves

**CHICKEN JALJAL £15.95** 🍴 🍷 🍷

Cooked with ginger, onions, green pepper, coriander & a dash of Worcestershire sauce.

**SPECIAL KORMA £16.95** 🍴

Chicken & lamb with mild spices, blended with cream then laced with Baileys cream, almond & coconut.

**SPECIAL BALTI EXOTICA £17.95** 🍴 🍷 🍷

Lamb, chicken tikka & prawns, mushrooms, onions green peppers and fresh coriander, cooked in a Balti sauce

If you have allergies, please inform a member of staff.

## Panjab Vegan Starters

<b>VEGAN ONION BHAGEE</b> †	<b>£6.50</b>	<b>VEGETABLE SAMOSA</b> ††	<b>£6.50</b>
Sliced onions gently spiced, deep fried in gram flour.		Delicately spiced soft potatoes & mixed vegetables in a light crisp pastry.	
<b>VEGETABLE PAKORA</b> †	<b>£6.50</b>	<b>VEGAN CHANNA PURI</b> ††	<b>£6.95</b>
Selection of vegetables flavoured with herbs & spices dipped in a light lentil flour & fried crispy.		Chickpeas cooked with onion & tomatoes in a sweet & sour sauce on a soft puri bread.	

## Panjab Vegan Mains

<b>VEGAN MIXED VEG BHUNA</b> ††	<b>£14.95</b>	<b>VEGAN ALOO GOBHI</b> †	<b>£14.95</b>
Cooked with a blend of spices, tomato, onions & fresh coriander.		Potato & cauliflower lightly spiced & cooked with onions	
<b>VEGAN MIXED VEG PATIA</b>	<b>£14.95</b>	<b>VEGAN SAAG ALOO</b> †	<b>£14.95</b>
Cooked with loads of onions, dash of lemon juice in a sweet & sour thick sauce.		Spinach purée & potatoes cooked in a mild sauce	
<b>VEGAN TADKA DAL</b> †††	<b>£14.95</b>	<b>VEGAN CHANNA SAAG</b> †	<b>£14.95</b>
Yellow lentils tempered with onion & garlic.		Chickpeas & Spinach cooked in mild spices.	
<b>BHINDI MASALA</b>	<b>£14.95</b>	<b>AUBERGINE MASALA</b>	<b>£14.95</b>
Crispy Olcra with onions and spices.		A combination of aubergine with ground spices	

## Vegetarian Dishes / Side Orders (††)

	SIDE / MAIN		SIDE / MAIN
<b>ALOO GOBI</b> †	<b>£9.95 / £14.95</b>	<b>DAL MAKHANI</b> †	<b>Main only £15.95</b>
Lightly spiced potatoes & cauliflower		Black lentils & red kidney beans simmered in a creamy gravy of tomato, ginger, garlic & mild spices.	
<b>ALOO MATTER</b> †	<b>£9.95 / £14.95</b>	<b>VEGETABLE BHUNA</b> †	<b>£9.95 / £14.95</b>
fresh green peas cooked with potatoes, onions & tomatoes in a thick spicy sauce.		Seasonal Veg cooked with an exotic mix of Indian spices, with tomatoes, onions, green peppers, fresh coriander in a thick sauce.	
<b>KADHAI PANEER</b> †	<b>£9.95 / £15.95</b>	<b>SAAG ALOO</b> †	<b>£9.95 / £14.95</b>
Spicy paneer cooked in spicy tomatoes, garlic, ginger & herbs in a rich sauce (High fibre & protein)		Spinach & potatoes cooked in specially selected herbs & spices to form an almost dry sauce.	
<b>BOMBAY ALOO</b> †	<b>£9.95 / £14.95</b>	<b>SAAG PANEER</b> †	<b>£9.95 / £14.95</b>
Soft potatoes cooked in traditional Indian herbs & spices.		Fresh spinach cooked with homemade cottage cheese specially selected herbs & spices, in an almost dry sauce.	
<b>TADKA DALL</b> †	<b>£9.95 / £14.95</b>	<b>MATTER PANEER</b> †	<b>£9.95 / £14.95</b>
Split Yellow lentils sauteed with onions, garlic, ginger, tomatoes & cumin seeds. Available in Med, spicy or hot (High in fibre & protein.)		Indian cheese & peas in a mild onion & tomato gravy	

If you have allergies, please inform a member of staff.



## *Chef's Signature Dishes*

### **PANJAB MONKFISH BALTI £17.95** 🍴🍴🍴 5 10

Monkfish marinated in mild Indian spices cooked with onion, peppers, tomatoes & green chillies in a thick sauce.

### **PANJAB DESI CHICKEN WITH BONE / WITHOUT BONE £15.95** 🍴🍴🍴 7

Chicken pan fried in garlic butter, cream, onion & tomato sauce, finished with coriander.

### **CHILLI CHICKEN MAIN £19.95** 🍴🍴 2 4

Marinated golden fried chicken cooked with peppers & onion with soy sauce.  
Served with Egg Fried Rice

### **GARLIC CHILLI SEABASS £18.95** 🍴🍴 5

Pan-fried Seabass seasoned and brushed with garlic & chilli.

### **GOAN FISH CURRY £17.95** 🍴🍴 5 7 10

An authentic fish curry cooked with fresh coconut, curry leaves, fresh mustard & tamarind

### **RARA GOSHT £16.95** 🍴🍴 7

An Indian speciality of tender lamb & lamb mince, cooked in Indian spices.

### **TIKKA GROMI PRAWN £17.95** 🍴🍴

Tender pieces of chicken, lamb & prawns in a tantalising rich garlic sauce with a touch of coconut cream and green chillies.

### **PANEER TIKKA ACHARI £15.95** 🍴 7

Moist pieces of Indian cheese (Paneer) marinated with yogurt & pickle paste

### **PANEER BUTTER MASALA £15.95** 🍴 7

North Indian dish of cubed Paneer, served with a tomato based rich gravy

### **MALAI KOFTA £15.95** 🍴 7

Crispy fried potato paneer fritters, cooked in creamy cashew smooth and rich sauce.

### **VEGETARIAN STIR FRIED NOODLES £15.95** 🍴🍴

### **CHICKEN STIR FRIED NOODLES £16.95** 🍴🍴

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## Panjab Indian Breads

CHEESE NAAN 7	£3.95
BAKED CORIANDER NAAN 7	£3.95
GARLIC NAAN 7	£3.95
KEEMA NAAN 7	£3.95
TANDOORI CHAPATI 7	£3.95
PESHWARI NAAN 7 10	£3.95
Almond & Coconut powder	
PLAIN NAAN 7	£3.75
SPICY NAAN 7	£3.75
GARLIC CHEESE NAAN 7	£3.95
GREEN CHILLI NAAN 7	£3.75
PANJAB NAAN 7	£4.50

Cheese, garlic, coriander & chilli.

## Panjab Side Orders

CHIPS 7	£3.95
MADRAS SAUCE 7	£6.95
MAKHANI SAUCE 7	£6.95
PLAIN HOMEMADE YOGHURT 7 (Meal Portion Size)	£2.95
RICH KORMA SAUCE 7 10	£6.95
VINDALOO HOT SAUCE 7	£6.95
The all time classic - Not for the faint hearted.	
TIKKA MASALA SAUCE 7 10	£6.95
TRADITIONAL CURRY SAUCE 7	£6.95
RAITIA (Meal Portion Size) 7	£3.95
Homemade yogurt seasoned with cumin, mint, pepper, & other herbs & spices (Traditional accompaniment to add balance to hot & spicy foods)	
POPPADOMS	£1.25
POPPADOM DIPS TRAY (3 dips)	£2.50

## Panjab Rice Selection

We use only the finest quality long grain basmati rice.  
Basmati rice is the very best from the fertile snow  
drenched foothills of the Himalaya

BOILED BASMATI RICE	£3.50
BASMATI MUSHROOM RICE	£3.75
PILAU RICE	£3.50
BASMATI VEGETABLE RICE	£3.25
KEEMA RICE	£3.95
ONION FRIED RICE	£3.75
EGG FRIED RICE 4	£3.95

## Panjab Kids Meals

CHICKEN NUGGETS & CHIPS	£8.95
CHICKEN TIKKA MASALA RICE OR CHIPS	£10.95
CHICKEN KORMA RICE OR CHIPS	£10.95
CHICKEN CURRY RICE OR CHIPS	£10.95
SAUSAGES & CHIPS	£8.95
CHICKEN POKARA & CHIPS	£8.95
FISH FINGERS & CHIPS	£8.95

Why not check in on Facebook or upload a photo to  
Instagram while you wait on your food arriving?  
Don't forget to Tag us.



If you have allergies, please inform a member of staff.



## *Desserts*

### **AFTER DINNER MINT £4.50**

A refreshing mint flavoured Ice-cream coated in real Belgian chocolate with pieces of mint crisp

### **PISTACHIO KULFI £4.50**

Indian Ice-cream made with crushed pistachio, milk, sugar & nuts.

### **SUSPENCE - £4.50**

Luxury vanilla Ice-cream enrobed in luscious toasted hazelnut crunch, a true combination for the perfect match made in dessert heaven

### **MILLIONAIRE SHORTBREAD TORTE £4.50**

A yummy biscuit base, topped with caramel gelatto with caramel ripple, topped with a chocolate grenache and a caramel crunch.

### **ICE-CREAM SCOOPS £3.95**

Chocolate or vanilla flavours

### **KIDS DESSERTS VACKY £3.00**

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