

STARTERS

GF ♥ GARLIC MUSHROOM £5.95
Mushrooms with garlic and Indian spices

GF VEGETABLE PAKORA £6.95
Mixed vegetables moulded in batter and deep fried

GF ONION BHAJI £6.95
Mixed vegetables moulded in batter and deep fried

SOMOSA £6.95
Crispy fried savoury filled with mince

♥ ALOO SOMOSA £6.95
Soft pastry filled with potato

CHICKEN PAKORA £7.50
Breast of chicken marinated in the tandoori, then deep fried in a batter

GF CHICKEN CHAT £7.50
Medium sauce, served with a puri chapati

GF TANDOORI MIX £7.95
Consists of lamb, chicken, pakora, sheek kebab

GF CHICKEN TIKKA £7.95
Marinated with Indian spice and cooked in the clay oven

♥ CHICKEN OR VEGETABLE MOMO £7.95
East and South Asian steamed filled dumpling.
Momo is native to Tibet and Nepal

MIXED PLATTER THALI

MANGROVE THALI £25.00 FOR 1 PERSON £46 FOR 2PEOPLE
Chicken tikka, vegetable pakora, chicken tikka masala, vegetable bhaji, chicken dansak, lamb samosa, basmati rice and nan bread

VEGETABLE THALI £22.00 FOR 1 PERSON £42 FOR 2PEOPLE
Consists of mushroom bhaji, vegetable bhaji, sag aloo, pakora, basmati rice and nan bread

TANDOORI MIXED PLATTER £22.00
Chicken tikka, lamb tikka, tandoori chicken, sheek kebab and nan. Served with a selection of sauces

/ GF ♥ BHUNA
A medium, savoury dish

/ GF ♥ ROGAN JOSH
Bhuna on the bottom, tomato on the top

// GF ♥ DANSAK
Sweet and sour dish with lentils and herbs

GF KORMA
A sweet coconut curry

/// GF ♥ MADRAS
Hot dish with a smooth sauce

/// GF NAGA
The infamous naga chilli, spicy and full of flavour

MANGROVE

EXOTIC SPECIALS

GF ♥ MANGROVE'S MONSOON £16.50
Fruity curry made with fresh mango and jackfruit.
Served with pilau rice

/ DESI MINCE AND TATTIES £16.50
Authentic keema and potato curry cooked with Munro's Butchers beef mince meat. Served with soft chapati

MAMA'S BIRYANI £17.50
Chicken, lamb or vegetable spiced rice. Just like mama would make. Served with a side of medium sauce

TANDOORI CHICKEN MAKINWALLA £18.50
The classic cheese curry, topped with a golden crisp crust.
Served with crispy garlic nan fries

GF MAHARAJAHS MURGH £18.50
Marinated chicken slow cooked in the tandoori oven with onions, peppers and tomatoes. Served with a side of medium sauce

/ GF KERALA KING PRAWNS £19.50
Spiced coconut and green chili sauce with charred king prawns.
Served with pilau rice

/ LIGHTLY SPICED // MEDIUM SPICED /// HOT GLUTEN FREE GF ♥ VEGAN
There may be traces of nuts. Please ask for further information if there is a allergen requirement.
Some of the dishes may have colouring and can cause hyperactivity in children.

CLASSIC

CLASSIC DISHES AVAILABLE IN:			
CHICKEN TIKKA.....	£14.50	KING PRAWN.....	£16.95
LAMB TIKKA.....	£15.50	VEGETABLE.....	£12.00
PRAWN.....	£13.95	PANEER.....	£12.50

/// GF ♥ JALFREZE
Hot dish made with fresh peppers and onions

GF MASALA
Tomato based with your choice of garlic and chilli

/ GF ♥ HATHCORA
Citrus fruit native to Bangladesh, onions and herbs

/ GF ♥ PALAK
Fresh spinach, peppers, onion and garlic

/// GF ♥ MUGLAI
Fit for a king, sweet and sour served sizzling

// GF ♥ CHILI GARLIC
Hot dish, with fried garlic, ginger and onions

GF CHASNI
Cream, coconut and mango chutney

// GF CHILLI KORMA
The perfect blend of sweet and savoury

/ GF BALTI
Real burst of flavour, tamarind, ginger and garlic.
Nothing beats the classics.

VEG SIDES

	SIDE DISH	MAIN COURSE
GF ♥ VEGETABLE BHAJI Fresh mixed vegetable cooked with various spices	£7.95	£12.00
/ GF ♥ BOMBAY ALOO Potato cooked with butter, a slightly hot spiced dish	£7.95	£12.00
/ GF ♥ ALOO SAAG A combination of potato and spinach cooked with spices	£7.95	£12.00
GF ♥ TARKA DAHL Spiced lentil	£7.95	£12.00

RICE

GF ♥ PLAIN RICE £3.25

GF PILAU RICE £3.50

GF FRIED RICE £3.95

GF MUSHROOM PILAU RICE £3.95

GF VEGETABLE PILAU RICE £4.25

NAN

The art of bread making is in our roots. We grew up watching our mothers make a variety of breads.

PLAIN NAN £3.00

GARLIC NAN £4.00

KEEMA NAN (mince meat) £4.00

PESHWARI NAN (coconut) £4.00

CHEESE NAN £4.00

/// CHILLI NAN £3.50

PARATHA £4.50

♥ CHAPATI £2.00

SUNDRIES

GF ♥ PLAIN POPPADOM £0.80

GF ♥ SPICED POPPADOM £0.90

GF ♥ PICKLE TRAY £3.00

CHIPS £3.50