

Passanda	£6.95
<i>Delicious flavoured chicken or lamb tikka with coconut, cream and a touch of pure ghee fragrance</i>	
Makonwala	£6.95
<i>Tender boneless tandoori chicken in a sweet & creamy sauce prepared with yoghurt, coconut & butter</i>	
Mossallam	£7.25
<i>Tender off the bone tandoori chicken, minced lamb & boiled egg combined in the finest medium herbs and spices to create a divine dish</i>	
Keema Mottor	£6.50
<i>Minced lamb & green peas, medium spiced with bhuna sauce</i>	
Sagwala	£6.95
<i>Chicken, lamb or vegetables in a medium spiced sauce with spinach</i>	
Korai	£6.95
<i>Marinated chicken or lamb tikka in a garlic, tomato, onion, capsicum & coriander sauce</i>	
Jalfrazi	£6.95
<i>A choice of tender chicken or lamb tikka cooked with fresh peppers & green chillies to give a slightly hot and delicious sauce</i>	
Mirchi Mossala	£6.95
<i>Succulent pieces of chicken or lamb tikka together with fresh green chillies, coriander & capsicums in chef's special hot sauce. Definitely one for those who like it hot!</i>	
Padma Delight	£7.50
<i>A delightful combination of chicken, lamb & mushrooms in a unique sweet & sour sauce with garlic & green chillies</i>	
Tandoori Chilli Bhuna	£8.50
<i>Half a tandoori chicken, cooked in the clay oven then pan fried on the bone in a thick spicy sauce with green chillies, onions, peppers & coriander</i>	
Special Mossala	£8.75
<i>A combination of chicken tikka, lamb tikka, tandoori king prawn & boiled egg in a mossala sauce</i>	
Duck Darjeeling	£9.25
<i>Barbecued duck, cooked with ringed onions, green peppers, tomatoes & fresh coriander in exotic spices which creates a unique flavour</i>	
All of the dishes below are available with the following	
Vegetable	£5.95
Chicken / Lamb / Prawn	£6.25
Chicken / Lamb Tikka	£6.95
Tandoori Chicken	£6.95
Duck	£9.25
Salmon	£10.75
King Prawn	£10.75
Monkfish	£10.75
Kashmir	
<i>A mild creamy dish cooked with banana & delicate light flavours</i>	
Malaya	
<i>A very popular mild & creamy dish prepared with pineapple</i>	
Korma	
<i>Very mild & creamy with coconut</i>	
Silsila	
<i>A delicious sweet sauce with cream & honey</i>	
Curry	
<i>The traditional favourite cooked in a medium sauce</i>	
Bhuna	
<i>A thick, medium spicy sauce with finely chopped onions, tomatoes & flavoured with coriander</i>	
Rogan	
<i>A thick medium strength sauce and finished with a topping of fresh sautéed tomatoes & coriander</i>	

Dupiaza	
<i>A medium strength dish with plenty of onions</i>	
Madras	
<i>A fairly hot curry dish, cooked in a spicy sauce with a touch of tamarind</i>	
Dansak	
<i>Medium sweet & sour dish simmered in a lentil based sauce</i>	
Pathia	
<i>A fairly hot dish cooked in a sweet & sour sauce with fresh tomatoes</i>	
Ceylon	
<i>Fairly hot dish prepared with coconut</i>	
Vindaloo	
<i>Cooked in a very hot and spicy sauce with potatoes</i>	

SIDE DISHES

Vegetable Curry	£2.95
Mushroom Bhaji	£2.95
Bombay Aloo (traditional potatoes)	£2.95
Tarka Dhall (lentil sauce with garlic)	£2.95
Sag Aloo (spinach & potatoes)	£2.95
Sag Paneer (spinach & cheese)	£2.95
Bhindi Bhaji (okra)	£2.95
Chana Mossala (chick peas)	£2.95
Aloo Gobi (potatoes & cauliflower)	£2.95
Naga Laow (butternut squash, chillies & naga pickle)	£2.95
Brinjal Bhaji (aubergine)	£2.95
Chef's Special Asparagus	£3.50

RICE

Boiled Rice	£1.95
Pilau Rice	£2.25
Mushroom Rice	£2.75
Special Rice (eggs & peas)	£2.75
Egg Rice	£2.75
Egg Chana Rice (egg & chick peas)	£2.75
Vegetable Rice	£2.75
Garlic Rice	£2.75
Onion Rice	£2.75
Chilli Rice	£2.75
Kasmiri Rice (pineapple & coconut)	£2.75
Lemon Rice	£2.75
Garlic Sag Rice (garlic & spinach)	£2.75
Keema Rice	£2.75

BREAD

Chapati	£1.50
Paratha	£2.25
Stuffed Paratha	£2.50
Plain Nan	£1.95
Tikka Nan	£2.50
Cheese Nan	£2.50
Keema Nan (minced lamb)	£2.50
Peshwari Nan (coconut)	£2.50
Garlic Nan	£2.50
Vegetable Nan	£2.50

SUNDRIES

Popadom	£0.60
Spicy Popadom	£0.60
Onion Salad	£0.50
Red Sauce (tamarind)	£0.50
Mint Sauce	£0.50
Mango Chutney	£0.50
Lime Pickle	£0.50
Raitha (onion / cucumber)	£1.50
Green Salad	£1.50

NON-INDIAN DISHES

Chicken & Chips	£5.95
Scampi & Chips	£5.95

OTHER

Chips	£2.00
Chicken Tikka Wrap	£5.00
Chicken Tikka & Chips	£5.00
Mixed Snack Platter for 2	£10.00

Most dishes on our menu can be prepared in smaller portions for children, just ask!

Our chefs are always happy to prepare any dish you desire even if it is not on our menu

All dishes are cooked to order using fresh ingredients, locally sourced where possible

Due to the nature of some dishes, they are only available to eat in our restaurant so are not included in this menu

We are also able to provide an excellent selection of bottled lagers, ciders & wine or draught ales & lagers to accompany your takeaway
Subject to availability, please ask for selection

HARROLD'S INDIAN

Exquisite Dining Experience

The Muntjac , 71 High Street, Harrold, Bedfordshire, MK43 7BJ

01234 721208 / 01234 721672



Opening Hours

Monday - Closed

Tuesday - Saturday

5.30pm - 11.30pm (last orders at 11pm)

Sunday

5.30pm - 10.30pm (last orders at 10pm)

10% Discount on collected orders over £12 (cash payments only)



HARROLD'S ORIGINAL INDIAN RESTAURANT

APPETISERS

Onion Bhajee <i>The classic deep fried savoury onion strands mixed with gram flour and herbs</i>	£2.95
Somosa <i>Your choice of chicken, lamb or vegetable wrapped in traditional savoury pastry</i>	£2.95
Sheek Kebab <i>Minced lamb spiced and marinated with selected spices and herbs then barbecued over charcoal flames</i>	£3.50
Chicken / Lamb Tikka <i>Classic tender chunks of marinated chicken or lamb cooked over charcoal in the tandoori oven</i>	£3.25
Tandoori Chicken <i>A chicken quarter marinated in special spices and yoghurt then roasted over charcoal flames</i>	£3.25
Prawn Puree <i>Prawns gently spiced with garlic, ginger and onions and served on a puffy puree bread (King Prawns £1 extra)</i>	£3.50
Garlic Mushrooms <i>Exquisite combination of fresh button mushrooms, garlic and spices served on puffy puree bread</i>	£3.50
Chicken / Vegetable / Keema Borah <i>Pieces of chicken or vegetable coated in a lightly spiced batter and deep fried</i>	£3.50
Chicken Chat <i>Diced chicken cooked in a spicy chat massala sauce</i>	£3.50
Stuffed Pepper <i>Pepper stuffed with finely chopped & medium spiced chicken, lamb or vegetables</i>	£3.50
Spicy Wings <i>Chicken wings marinated in chef's hot and spicy mix, cooked in the tandoori oven</i>	£3.50
Peppermint Chicken <i>Marinated chicken with mint & ground pepper. Served with fried peppers and salad</i>	£3.50
Duck Tikka <i>Tender duck marinated with delicate herbs and spices cooked in the tandoori oven</i>	£3.95
Keema Kufta <i>Spicy minced lamb balls with garlic, ginger, onions & chillies. Served with salad</i>	£3.95
Mixed Meat Kebab <i>A combination of chicken tikka, lamb tikka and sheek kebab</i>	£3.95
Mixed Seafood Kebab <i>A combination of tandoori salmon, monkfish & king prawns</i>	£6.25
Tandoori Salmon <i>Salmon fillets delicately marinated in chef's special spices and slowly grilled over the charcoal flames of the tandoori oven</i>	£5.25
Garlic Chilli King Prawns <i>King prawns marinated in chef's special spices</i>	£5.25
Tandoori King Prawns <i>Marinated king prawns, medium spiced and cooked in the tandoori oven</i>	£5.25
King Prawn Suka <i>Whole barbecued king prawn topped with chef's special sauce made using tamarind, garlic, honey & chilli</i>	£5.25
Limboo Salmon <i>Salmon with lemon, mint & fresh green chillies</i>	£5.25
Salmon Suka <i>Salmon fillet pieces coated in chef's special sauce made from tamarind, garlic, honey & chilli</i>	£5.25

If you have any specific dietary requirements, or require more information about any of our dishes, please speak to our staff at the time of ordering
Some dishes may contain nuts

SIGNATURE DISHES

Any alterations can be made to dishes on request. Vegetarian options also available, please ask our staff

Akbori <i>Whole chicken breast fillets beautifully barbecued in the tandoori, simmered in aromatic herbs & spices with capsicums, tomatoes & fresh coriander creating a tantalisingly tasty medium strength sauce</i>	£9.25
Kakahri Grill <i>Marinated duck prepared with spinach in a medium-thick sauce including cheese</i>	£9.25
Mango Monte <i>Succulent chicken in a sweet, mild sauce with honey & mango</i>	£8.25
Khabuli <i>Fairly dry dish with split lentils, onions, peppers and coriander. Medium hot</i>	Chicken £6.95 / Lamb £7.50 / Monkfish £10.75
Salmon / King Prawn Suka <i>Salmon fillet pieces or whole king prawns coated in chef's special sauce made from tamarind, garlic, honey & chilli</i>	£10.75
Shahee King Prawn <i>Whole king prawns with garlic, tomatoes, onions & fresh ground spices.</i>	£10.75
Rob's Challenge <i>King prawns & potatoes cooked in the chef's own HOT sauce with dry fried chilli. Definitely not for the faint-hearted!</i>	£10.75
Monkfish Rani <i>Monkfish fillet cooked in a medium sauce with paneer cheese</i>	£10.75
Zameer Monkfish <i>Monkfish fillet in a medium spiced sauce flavoured with orange</i>	£10.75
SEAFOOD	
Fish Boujon <i>Fish marinated with exotic spices cooked in a special sauce</i>	£8.75
Garlic Fish <i>White fish in a well spiced medium sauce with garlic & coriander</i>	£8.75
Sagwala <i>Salmon or king prawns in a medium spiced sauce with spinach</i>	£10.75
Tandoori King Prawn Mosalla <i>King prawns cooked in a classic mossala sauce</i>	£10.75
Tandoori King Prawn Garlic <i>King prawns cooked in a garlic base together with a delicious array of ingredients (fairly dry)</i>	£10.75
King Prawn Sundoori <i>Marinated king prawns in a medium sauce with mushrooms, peppers, onions and tomatoes</i>	£10.75
Salmon Biran <i>Salmon lightly fried with onions, fresh garlic & cumin (dry)</i>	£10.75
Monkfish Jalfrazi <i>Monkfish fillet cooked in a hot & spicy sauce with fresh green chillies, onions & green peppers</i>	£10.75
BIRYANI	
<i>The biryani dish is of an ancient Persian origin, consisting of patna flavoured rice cooked with the addition of your choice and a boiled egg. Served with a separate dish of vegetable curry, it is a complete course in itself</i>	
Vegetable	£6.50
Chicken / Lamb / Prawn	£6.95
Chicken / Lamb Tikka	£7.95
Duck	£9.25
Salmon	£10.75
King Prawn	£10.75
Chef's Special Biryani – chicken tikka, lamb tikka & king prawn	£10.75

TANDOORI

Served with salad and mint yoghurt dressing

Chicken / Lamb Tikka <i>Classic chunks of marinated chicken or lamb cooked over charcoal in the tandoori oven</i>	£6.75
Shashlick <i>Tender pieces of chicken or lamb marinated in specially selected spices and barbecued in the clay oven with onion, tomatoes & capsicum</i>	£7.25
Paneer Chilli Shashlick <i>Marinated Indian cheese, mushrooms, onions, peppers, tomatoes & chillies grilled in the clay oven</i>	£6.95
Duck Tikka <i>Tender pieces of marinated duck cooked over charcoal in the tandoori oven</i>	£9.25
Tandoori King Prawn <i>King prawns marinated and deliciously spiced, cooked in the tandoori oven</i>	£10.75
Tandoori Salmon <i>Salmon fillet delicately marinated in chef's special spices and slowly grilled over the charcoal flames of the tandoori oven</i>	£10.75
Mixed Grill <i>A combination of spicy duck tikka, king prawns, sheek kebab, tandoori chicken, chicken tikka & lamb tikka</i>	£10.50

TAWA SPECIALITIES

Cooked in a special way using a traditional iron plate with aromatic herbs & spices allowing the tawa to absorb these over time, ensuring that a unique taste is experienced with every dish

Vegetable	£6.50
Chicken / Lamb / Prawn	£6.95
Chicken / Lamb Tikka	£7.95
Duck	£9.25
Salmon	£10.75
King Prawn	£10.75
Chef's Special Tawa – chicken tikka, lamb tikka & king prawn	£10.75

BALTI

Balti dishes originate from the North of India and are prepared in a special iron pan which holds the huge array of flavours

Vegetable	£6.50
Chicken / Lamb / Prawn	£6.95
Chicken / Lamb Tikka	£7.95
Duck	£9.25
Salmon	£10.75
King Prawn	£10.75
Chef's Special Balti – chicken tikka, lamb tikka & king prawn	£10.75

TRADITIONAL DISHES

Tikka Mossala <i>Choice of chicken or lamb cooked in the classic mossala sauce with cream & coconut</i>	Chicken £6.95 / Lamb £7.50
Shashlick Mossala <i>Tender pieces of chicken or lamb marinated in specially selected spices and barbecued in the clay oven with onion, tomatoes & capsicum then cooked in a thick mossala sauce</i>	£7.50
Muktaj <i>Sensationally spiced chicken or lamb tikka cooked in a tasty, strong but medium sauce using fresh ginger & coriander</i>	£6.95
Garlic Special <i>Juicy chicken or lamb tikka prepared in a rich sauce with an aromatic garlic base together with onions, tomatoes & coriander</i>	£6.95