

TRADITIONAL DISHES

All of the dishes below are available with the following

Vegetable: **£5.95** Chicken: **£6.95** Lamb: **£7.50** Prawn: **£7.50** King Prawn: **£9.95**

Kurma

The popular mild dish, prepared with fresh cream and finely ground coconut and lightly toasted almonds. Delicious and mild.

Bhuna

Authentic in taste, classic dish that speaks volumes with it's simplicity.

Kashmir

A mild creamy dish cooked with banana & delicate light flavours

Ceylon

Fairly hot dish prepared with coconut

Dansak

Hot, sweet and sour in taste, with lentils.

Madras/Vindaloo

Cooked in rich tomato gravy with a hot blend of Madras or very hot Vindaloo sauce

Rogan

A smooth gravy enriched with onions and plump tomatoes

Pathia

Hot, sweet and sour flavoured cooked slowly in a spicy sauce with a touch of coconut

Dupiaza

A medium dry dish cooked with onions and green peppers

Saag

A medium dish cooked with spinach

Malaya

A very popular mild & creamy dish prepared with pineapple

Curry

The traditional favourite cooked in a medium sauce

HOUSE SPECIALS

Chicken or Lamb Tikka Massala

Marinated and half cooked in clay oven then cooked in special massala sauce

£7.50

Butter Chicken

Marinated chicken grilled in a tandoori oven then cooked with mild spices and yoghurt topped up with a mild butter sauce

£7.50

Passanda

A mild dish with a blend of fresh herbs and spices combined with almonds and coconut in a rich creamy sauce

£7.50

Hariyo Kursani (Chicken or Lamb)

Marinated with green chillies and cooked in a spicy sauce with fried red chillies

£7.50

Naga (Chicken or Lamb)

Chicken or lamb tikka breast cooked with very hot Indian chilli naga

£7.50

Hari Mirchi (Chicken or Lamb)

Tender pieces of chicken or lamb cooked with fresh green chillies, potato, tomatoes and onions that are fused with a selection of freshly ground spices

£7.50

Moricha (Chicken or Lamb)

A highly flavoured dish with fresh green chilli peppers, coriander, onions and a touch of tandoori sauce. This dish is hot, spicy with a lot of punch.

£7.50

Methi (Chicken or Lamb)

Cooked with fenugreek leaves in a medium sauce

£7.50

Korai (Chicken or Lamb)

Medium dish with ginger, garlic, onions, coriander and green peppers

£7.50

Makhani (Chicken or Lamb)

A rich creamy dish of succulent chicken or lamb cooked in a buttery sauce

£7.50

Jalfrezi (Chicken or Lamb)

Hot curry with ginger, onions, garlic, coriander and green peppers

£7.50

House Special Massala

Chicken tikka, lamb tikka, sheek kebab and a boiled egg cooked in a mild, rich creamy almond and coconut sauce

£8.95

Mushroom Dupiaza (Chicken or Lamb)

Cooked in medium spicy sauce with mushroom, onions and peppers

£7.50

Tenga Mitta

Lamb or Chicken simmered in rich mango and lime sauce, dried mint and fresh coriander

£7.50

Tandoori King Prawn Massala

King Prawn first marinated and skewered in a tandoori clay oven with green peppers and shallots prepared in a rich aromatic sauce served mild or medium

£10.95

VEGETABLE SIDE DISHES

Saag Aloo	£2.95
Bhindi Bhaji	£2.95
Mushroom Bhaji	£2.95
Motor Paneer	£2.95
Saag Paneer	£2.95
Tarka Dal	£2.95
Bombay Potatoes	£2.95
Chana Masala	£2.95
Aloo Gobi	£2.95
Brinjal Bhaji	£2.95

RICE

Boiled Rice	£2.20
Pilau Rice	£2.50
Mushroom Rice	£2.75
Cumin Rice	£2.75
Garlic Rice	£2.75
Special Fried Rice	£2.75
Coconut Rice	£2.75

ENGLISH DISHES

Chicken Nuggets with Chips	£6.95
Fried Chicken with mushroom, onions and tomatoes	£6.95
Scampi and Chips	£6.95
Chips	£2.00
Chicken Tikka Wrap	£5.95
Mixed Snack Platter for 2 (chiken tikka, lamb tikka, vegetable samosa, onion bhaji and sheek kebab)	£9.95

SUNDRIES

Popadom	£0.60
Spicy Popadom	£0.60
Chutneys/Pickles (each)	£0.60

FRESH BREADS

Naan	£2.20
Keema Naan	£2.75
Garlic Naan	£2.50
Peshwari Naan	£2.50
Olive Naan	£2.95
Cheese Naan	£2.75
Plain Paratha	£2.30
Stuffed Paratha	£2.60
Aloo Paratha	£2.60
Chapati	£1.50
Raitha	£1.50

SET MEAL FOR 2 PERSONS - £27.95

Prawn Puree
Sheek Kebab
Makhani Chicken
Lamb Balti
Saag Aloo
Mushroom Bhajee
2 x Special Rice
Keema Nan
2 x Papadom
1 x Mango Chutney

Parties & Events

We also cater for special occasions for home or at work.

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

The Management reserves the right to refuse service to any person or persons without giving any reasons.

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 - 11.00pm

Sunday:

5.30pm - 10.00pm

10% Discount on collected orders over £12 (Cash payments only)
Free deliveries available for orders over £12 within a 7 mile radius
(No discount on Set Menu meals)



HARROLD'S ORIGINAL INDIAN RESTAURANT

STARTERS

All starters served with salad and mint sauce

Tandoori Chicken £3.50

A chicken quarter marinated in special spices and yoghurt then roasted over charcoal flames

Onion Bhajee £2.95

The classic deep fried savoury onion strands mixed with gram flour and herbs

Somosa £2.95

Your choice of chicken, lamb or vegetable wrapped in traditional savoury pastry

Garlic Mushrooms £3.50

Exquisite combination of fresh button mushrooms, garlic and spices served on puffy puree bread

King Prawn Butterfly £4.95

Large King Prawns are split down the back and flattened into butterfly shapes coated in a mildly spiced butter then deep fried

Chicken Chaat £3.75

The lemon, coriander and chaat massala creates a chicken dish that is incredibly succulent and flavoursome

Sheek Kebab £3.95

Minced lamb spiced and marinated with selected spices and herbs then barbecued over charcoal flames

Mixed Kebab £4.75

A selection of our timeless favourites. Chicken tikka, lamb tikka and sheek kebab

Salmon Tikka £5.25

Fresh salmon chunks chargrilled in our clay oven with mild tikka spices

Chicken / Lamb Tikka £3.95

Classic tender chunks of marinated chicken or lamb cooked over charcoal in the tandoori oven

Prawn Puri £4.50

Prawns gently spiced with garlic, ginger and onions and served on a puffy puree bread

King Prawn Puri £4.95

Prawns gently spiced with garlic, ginger and onions and served on a puffy puree bread

Chicken or Vegetable Pakora £3.95

Lightly spiced tender chicken pieces dunked in pakora butter and fried

Platter for 2 £9.95

Chicken tikka, lamb tikka, onion bhaji, vegetable samosa and sheek kebab

SIGNATURE DISHES

Garlic Chilli Chicken £7.95

A rich dish of chicken flavoured with garlic and fresh green chilli

Flamingo Special (Chicken or Lamb) £7.95

Cooked with minced meat, medium spiced diced onions, capsicum and tomatoes in a massala sauce

Green Delight (Chicken or Lamb) £7.95

Selection of green herbs, coriander, spinach, green peppers, peas, mint & green chilli

Monkfish Special Bhuna £10.95

Cooked in a clay oven, medium spice with sauce and lemon juices.

Salmon Jaffrani £10.95

Fresh fillets of salmon rubbed with a paste of crushed mustard, seeds of turmeric chilli powder and fried in mustard oil. Prepared in a sauce of Bengali spices, fresh coriander and green chilli.

Green Coriander Duck Curry £9.95

An old fashioned duck curry cooked with fresh coriander to compliment its flavour of duck. This dish can be mild, medium or hot, as requested.

Mango Delight £8.95

Boneless chicken or lamb cooked in the tandoori oven then pan cooked in mild cream, mango flavoured with chefs spices.

Muntjac Chicken £8.95

Chicken breast cooked in chefs special sauce with plum tomatoes and mango pickle served sizzling.

Khabuli £8.95

Fairly dry dish with split lentils, onions, peppers and coriander. Medium hot.

Akbori £8.95

Whole chicken breast fillets beautifully barbecued in the tandoori simmered in aromatic herbs and spices with capsicums, tomatoes and fresh coriander creating a tantalising tasty medium strength sauce

Murgh La Jawab £8.95

Tandoori chicken cooked in a thick gravy with fresh chillies and coriander

Duck Garlic Chilli £9.95

Diced breast duck tikka fried with garlic and green chillies in a hot sauce

Muntjac King Prawn £10.95

Tandoori king prawn marinated in herbs and spices cooked on skewers in a clay oven with garlic, ginger, peppers and garnish with spring onion and coriander

Duck Massala £9.95

Cooked in mild sauce with almond, coconut and cream

Muntjac Mixed Special £10.95

Chicken and lamb tikka with sheek kebab and king prawn cooked with onions, green peppers and green chillies in a spicy sauce medium or madras hot

SEAFOOD

Mixed Seafood Special £10.95

Prawns, salmon, white fish marinated with exotic spices cooked in a special sauce

Garlic Fish £8.95

White fish in a well spiced medium sauce with garlic & coriander

Sagwala £10.95

Salmon or king prawns in a medium spiced sauce with spinach

Tandoori King Prawn Massala £10.95

King prawns cooked in a classic massala sauce

Tandoori King Prawn Garlic £10.95

King prawns cooked in a garlic base together with a delicious array of ingredients (fairly dry)

King Prawn Sundoori £10.95

Marinated king prawns in a medium sauce with mushrooms, peppers, onions and tomatoes

Salmon Biran £10.95

Salmon lightly fried with onions, fresh garlic & cumin (dry)

Monkfish Jalfrazi £10.95

Monkfish fillet cooked in a hot & spicy sauce with fresh green chillies, onions & green peppers

TANDOORI

Served with fresh salad

1/2 Tandoori Chicken £7.50

Half a tender chicken marinated in natural yoghurt and spices barbecued in a clay oven

Tandoori Mixed Grill £10.95

An assortment of tandoori chicken, chicken tikka, lamb tikka, sheek kebab and nan

Chicken or Lamb Shashlick £8.50

Tender pieces of chicken or lamb marinated in herbs and spices, skewered in a clay oven with onions, tomatoes and green peppers

Tandoori King Prawn £10.95

King prawns marinated in herbs and spices threaded on to skewers and grilled in a tandoori oven

Chicken or Lamb Tikka £7.95

Salmon Tikka £10.95

A stunning dish of pink salmon infused in a blend of tikka spices and barbecued in a tandoori clay oven

Duck Tikka £9.95

Tender strips of duck breast marinated with spices and herbs deliciously barbecued in a clay oven

Paneer Shashlick £7.95

Marinated spiced indian cheese with onions, capsicum and tomatoes cooked on a skewer in the tandoori oven

BIRYANI

Prepared in Basmati Rice and served with vegetable curry

Chicken or Lamb £7.95

Tandoori Chicken £8.95

Chicken Tikka or Lamb Tikka £8.95

Mixed Vegetable £6.95

King Prawn £10.95

Muntjac Special (Chicken, Lamb, King Prawn and Omelette) £10.95

Prawn £7.95

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 £9.95

Salmon £10.95

King Prawn £10.95

Chef's Special Tawa – chicken tikka, lamb tikka & king prawn £10.95

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 £9.95

Salmon £10.95

King Prawn £10.95

Chef's Special Balti – chicken tikka, lamb tikka & king prawn £10.95