



• *CARDIFF & MAGOR* •

**Cardiff**  
**Indian Dining Club**  
**Cardiff**  
**Grand Hotel**  
**Westgate Street**  
**CF10 1DD**  
  
**Tel: 02920 23 22 99**  
**02920 23 22 66**



**Magor**  
**Glenroy House**  
**Indian Dining Club**  
**Monmouthshire**  
**NP26 3HY**  
  
**Tel.: 01633 88 26 44**  
**01633 88 26 55**

## MANGO (Aam)

Mango is the egg-shaped edible fruit of a tropical Asian tree, with a smooth rind and sweet juicy flesh. A good well-ripened mango must rank among the most delicious of fruits and it is no accident that the gift of mangoes is a symbol of friendship.

The Mango House offers you a unique friendly and relaxed atmosphere.

The chefs' recipes are a fusion of the old and the new that weaves the richness of a two-thousand-year old tradition into the kitchen and eating habits of today. The word 'curry' comes from a Southern Indian word Khari meaning 'sauce'. Our curries are based on a subtle combination with vegetables, fish or meat, from the yogurt-based Kormas to the fiery Vindaloos and every nuance of flavour in between. To eat these curries on their own would be enjoyable, but to have the flavours tempered with rice and bread, and contrasted with salad, chutney and vegetables is more satisfying.

During the past few years the West has shown an increasing interest in the Indian sub-continent and its cuisine. Tastes have become more discerning and knowledge has increased, so higher standards and a greater variety of authentic cuisine are now demanded. There has been an increasing trend towards healthier eating with an emphasis on vegetables and all natural ingredients. Here at "Mango House" we have incorporated all these changes. Nowhere on earth has the art of vegetarianism developed more than on the Indian sub-continent.

Here in our restaurant we include a selection of vegetarian dishes. We offer classical favourites and some traditional seafood and duck dishes which may be new to you. Try them as an accompaniment to your usual dish or as a main course; you may find a delicious surprise!

We offer you an enticing selection of curries to tempt every palate.

We have something to suit every taste and every occasion;  
be it an elaborate meal or a simple curry with rice for you and your friends.  
So please, eat, drink and be merry.

We hope you enjoy the meal and service.  
If you have, please tell others, if not, please tell us.  
Your comments will be much appreciated.

MANGO HOUSE EST. 1998

## MANGO HOUSE APPETISERS

1.TANDOORI LAMB CHOPS	Pieces of chops marinated in tender tandoori sauce. Served with tamarind yogurt sauce.	£3.95
2.LAMB OR CHICKEN TIKKA		£3.95
3.TANDOORI CHICKEN ¼		£3.95
4.WINGS OF INDIA	Marinated wings served with BBQ, mango or relish sauce	£3.95
5.SHEEK KEBAB	Cooked in a clay oven on skewers	£3.95
6.SHAMEE KEBAB	Spicy minced lamb platters shallow fried with omelette	£3.95
7.CHICKEN OR LAMB CHILLI CHAT	Chilli freak special	£3.95
8.KEEMA DILPASANDA	Tandoori baked potato served with spiced minced lamb	£3.95
9.CHICKEN OR LAMB CHAT	Served spicy 'n' sour	£3.95
10.CHICKEN OR LAMB PASSANDA	creamy sauce	£3.95
11.CHICKEN SAMOSA		£3.95
12.MEAT SAMOSA		£3.95
13.KEBAB COCKTAIL	Various grilled meat prepared with rich herbs served in Thayer's fresh cream	£4.95
14.CHICKEN POKARA	Chicken Pieces covered in flour & egg coating. Served with mango or barbecue sauce	£3.95
15.CHICKEN/ LAMB CHAAT PUREE ROLL	Chicken/ Lamb cooked in light tikka & chaat sauce. Served with a puree (bread)	£4.95
16.SHEEK KEBAB ROLL	Traditional mince cooked in tikka paste served with fried onions & peppers wrapped in a puree bread	£4.95

## TAPAS DISHES

*Tapas @ Mango House you can also create your own selection Please ask a member of staff.*

Chicken Chat (spring chicken in a spicy sauce)  
Tandoori Lamb Chops  
Duck Rohan (Duck pieces in a rich delicious sauce)  
Keema Dilpasanda (Welsh lamb with baked potatoes)  
Tarka Dhal (lentil in garlic sauce)  
Rice & Chappati. £25.95

### Vegetarian Option

Aloo Chat (welsh potatoes in a thick spicy sauce)  
Vegetable Puree Roll (Various vegetables in a light sauce in a roll)  
Garlic Mushroom (Fresh Mushrooms stir fried with garlic)  
Tarka Dhal  
Capsicum Bhaji (crispy peppers with thick onion Sauce)  
Vegetable Methi (Award winning dish created by Mango house AS SHOWN ON ITV )  
Rice & Chappati. £23.95

### Fish Option

Fish tikka (cod in traditional tandoori Sauce)  
King Prawn Succa (whole prawns in a beautiful tamarind sauce)  
Thai Prawns (fresh Thai prawns with mushrooms)  
Prawn Puree  
Tarka Dhal  
Rice & Chappati. £28.95

## VEGETARIAN APPETISERS

17. ONION BHAJI		£3.70
18. MUSHROOM BHAJI		£3.70
19. CAPSICUM BHAJI		£3.70
20. DEEP FRIED POKOR	A Spicy potato	£3.70
21. VEGETARIAN SAMOSA		£3.70
22. VEGETABLE DILPASANDA	Tandoori baked potato served with mixed vegetables	£3.70
23. GARLIC MUSHROOM		£3.70
24. ALOO CHAT	Potato served spicy 'n' sour	£3.70
25. ALOO GOBI CHAAT	Potatoes & cauliflower served in a dry chaat sauce	£3.70
26. CHANNA ALOO CHAAT	Chick peas & potatoes served in a dry chaat sauce.	£3.70
27. GOBI POKARA	Cauliflower served in flour and egg coating	£3.70
28. MUSHROOM BHAJEE	Diced mushroom cooked in light mixed spice	£3.70
29. VEGETABLE PUREE ROLL	Mixed vegetable wrapped in puree bread	£3.70

## SEA FOOD APPETISERS

30. THAL PRAWNS	with mushrooms in seafood sauce	£3.95
31. PRAWN COCKTAIL		£3.95
32. PRAWN PURI	Light fried roti with spicy prawns	£5.50
33. KING PRAWN BUTTERFLY	King Prawn spicy batter	£5.50
34. FISH TIKKA	Marinated cod barbecued in clay oven	£5.50
35. GARLIC KING PRAWN	Whole king prawn prepared in a garlic and coriander sauce	£5.50
36. KING PRAWN SUCCA	Whole king prawn served in a rich, tangy tamarind sauce	£5.50
37. PRAWN CHILLI CHAAT (CHILLI FREAK SPECIAL)		£4.95
38. PRAWN CHAAT	shallow fried prawns cooked in a dry medium spicy & sour sauce served with salad. "Great tasting experience".	£3.95

## APPETISERS TO SHARE

39. MANGO HOUSE TANDOORI MIXED GRILL	Chefs choice of meat selection	£9.50
40. MANGO HOUSE VEGETARIAN SPECIAL	Chefs choice of vegetables	£9.50
41. FISHERMAN SPECIAL	Exotic seafood combination	£9.95
42. HOUSE MIX SPECIAL	(Shamme Kebab, Lamb chaat, aloo chaat, keema dilpasanda)	£9.95
43. HOUSE VEGETABLE MIX	(Aloo gobi chaat, mushroom bhajee, pokora, vegetable dilpasanda)	£9.95

(All starters are served with fresh crisp salad and mint yogurt sauce)

# MANGO HOUSE SPECIAL - A FEAST FOR FOOD LOVERS!

A delicious full menu specially prepared for two or four persons.

Poppadams and chutney, Mango House Tandoori Mixed Grill, Chicken Balti, Lamb Saagalla served with Pillau Rice, Naan and a choice of selected desserts.

FOR TWO £35.95 FOR FOUR £58.95

## HOUSE SPECIAL

- 1. LAMB/CHICKEN KIDNEY BEANS CURRY**  
A medium dish cooked with delicate seasonal spices £11.95
- 2. MANGO KOFTA BHUNA**  
A medium dish cooked with fillet chicken in a spicy mince meat filling, rich thick garlic & coriander sauce. Can be prepared in any requested sauce. One of the finest dishes you must try!! £11.95
- 3. DUCK ROHAN**  
Duck breast cooked in a spicy bhuna sauce served with pilau rice £11.95
- 4. DUCK MASSALA**  
Duck breast cooked in a mild massala sauce served with pilau rice £11.95
- 5. MANGO HOUSE WRAPPER**  
This Eastern favourite is a generous mix of peppers and mushrooms, onions, fresh coriander wrapped in a 'Puree' deep fried thin bread with your choice of lamb or chicken. Served with pilau rice or chips. Accompanied with a separate house sauce and salad. "A treat for your taste buds". £11.95
- 6. TANDOOR CHICKEN REZALA**  
Marinated Chicken slices cooked with fresh green chillies in a hot, rich and dry special sauce, this has marvellous aroma served with pillau rice or a naan bread. £11.95
- 7. JEERA CHICKEN**  
Prepared with whole jeera, cumin seeds, tomato, capsicum, onions and fresh coriander with a variety of traditional herbs, served with pillau rice. £11.95
- 8. ACHARI CHICKEN OR LAMB**  
Achari is the Indian word for, 'pickling spices' which flavour the marinade. This traditional dish is prepared in chilli pickle, ginger and mustard and mixed spice, a taste of original and authentic Indian food. Fairly hot.. Served with pillou rice or nan bread £11.95
- 9. METHI CHICKEN/LAMB or PRAWNS**  
Fenugreek leaves with thick sauce enriched with mixed spices. Served with pillau rice or naan bread £11.95
- 10. GARLIC CHILLI CHICKEN/LAMB or PRAWN**  
Marinated in garlic & fresh chilli, Jalapeno coriander & herbs. Served with pillau rice or naan bread. £11.95
- 11. CHILLI TIKKA MASSALA CHICKEN/LAMB or PRAWN**  
India's most famous dish cooked in massala sauce & green chillies. Served with pillau rice or naan bread. £11.95
- 12. ALOO LAMB/CHICKEN**  
Spicy potatoes with tender poultry cooked in coriander and tomatoes. Served with pillau rice or naan bread. £11.95
- 13. CHANNA CHICKEN/ LAMB OR PRAWN**  
Chick peas prepared in tumeric, mixed spices & cumin seeds in a rich sauce. Served with pillau rice or naan bread. £11.95
- 14. OKRA LAMB/ CHICKEN OR PRAWN**  
Known as ladies fingers, this dish is cooked with a unique vegetable in a rich traditional sauce. Served with rice or naan bread. £11.95
- 15. LAMB KEEMA & PEAS CURRY**  
A homemade favourite.Mince lamb cooked in a rich medium sauce with tomatoes, onions, peppers, mustard & peas. "Delightful" served with pillou rice or nan bread £11.95
- 16. BALTI PIYAZ CHICKEN/ LAMB**  
Very rich tomato based sauce cooked with peppers & onions with chef's special blend of secret herbs. Served with pillau rice or naan bread "House Recommendation" £11.95

- 17. LAMB KEEMA & PEAS BIRAYANI** Mince lamb stir fry with basmati rice and medium spices. Garnished & served with avegetable curry. £11.95
- 18. MANGO PERI PERI** (Served with salad and pillou rice or naan) tandoori marinated chicken, lamb or prawn tikka cooked with peppers, onion, fresh chillies with India's most famous spice garam massala, tumeric, coriander and fenugreek. Served on a sizzler, Medium or hot 'brilliant one to have' 10/10 £11.95
- 19. CHICKEN/LAMB OR PRAWN WITH ACHAR SAUCE** (Served with pillau rice or naan) This dish not only tastes great but also looks very colourful. Cooked with coriander lime ginger, garlic, fresh peppers in a rich sauce, medium or hot,' £11.95
- 20. CHICKEN/LAMB OR PRAWN IN JALAPENO SAUCE** (Served with pillau rice or naan) prepared in a rich sauce including jalapeno peppers tomatoes, tumeric fresh garlic ginger and garam masala. 'Try it' medium to hot £11.95
- 21. CHICKEN/LAMB OR PRAWN WITH SPINACH & MUSHROOMS** (Served with pillau rice or naan) A popular dish amongst the new generation of curry eaters, cooked with spinach & mushrooms with a rich traditional garlic and coriender sauce. Mild to medium. £11.95
- 22. TIKKA CHICKEN OR LAMB WITH PEPPERS & PINEAPPLE** (served with pillau rice or naan) Marinated chicken or lamb pieces prepared in chopped peppers, ground cumins, corn oil, coriander and diced pineapple. Mild to medium 'Very popular' £11.95
- 23. CHICKEN/LAMB IN HONEY BALTI SAUCE** (Served with pillau rice or naan) A dish prepared in rich sauce cooked with local honey and almonds, sultanas and thayer's cream. Mild ' lovely' 10/10 £11.95
- 24. CHICKEN/LAMB IN COCONUT & ALMOND SAUCE** (Served with pillau rice or naan.) This dish is prepared in a rich balti sauce with fresh grated coconut with almond flakes and coriander. Mild to medium full of flavour -one to try £11.95
- 25. TANDOORI LAMB CHOPS** Pieces of lamb marinated in authentic tandoori sauce cooked in clay oven prepared with onions, mushrooms and tomatoes served with seperate tamarid yogurt sauce and naan. £11.95

## MANGO CHEFS SPECIALS

A delicious full menu specially prepared for two or four persons.

Poppadams and chutney, Balti Chicken Massala, Chicken Jalfrezi, Mushroom Bhajee, served with Pillau Rice, Naan and a choice of selected desserts.

**FOR TWO £33.95 FOR FOUR £59.95**



*Here, at the Mango House, the chefs endeavour to create and provide our guests with a selection of dishes, each true to its native origins. The combination of spices transforms each dish into a leaping maze of colour, flavour and aroma.*

## MARINATED TANDOORI DISHES

26. MANGO HOUSE MASSALA	Fillet chicken with spicy mince meat filling	£9.95
27. TIKKA MAKHANI	Mild with nuts and raisins in Thayers cream	£9.95
28. TIKKA MASSALA	Chicken or Lamb	£9.95
29. BUTTER SUPREME	Chicken or Lamb. Marinated in butter and spices with Thayers fresh cream	£9.95
30. FRESH CREAM PASSANDA	Chicken or Lamb. In yogurt and Thayers cream mild spiced with nuts and raisins	£9.95
31. KORRAI Chicken or Lamb.	A slightly hot Pakistani special, wholesome dish well cooked in thick gravy, enriched with various spices	£9.95
32. TANDOORI KING PRAWN MASSALA		£11.95
33. ANAR KALI BAHAR	Boneless spring chicken with onions, lightly sweetened in a thick mild sauce	£9.95
34. CHICKEN BREASTS WITH MANGO SAUCE	Served mild in a sweet mango sauce "House Recommendation"	£9.95

Tandoori dishes are marinated in yogurt with herbs and spices and then cooked in a tandoor, served sizzling, with salad and mint sauce.

## SIZZLING TANDOORI SPECIALS

35. TANDOORI CHICKEN WITH RADISH SALAD	Half chicken on the bone marinated and barbecued over our flaming tandoor on skewers. Served with Pilau rice or naan bread.	£10.95
36. CHICKEN OR LAMB TIKKA	Served with Pilau rice or naan bread.	£10.95
37. SHEEK KEBAB	Finely minced lamb mixed with a delicate blend of herbs and spices, barbecued on skewers. Served with Pilau rice or naan bread.	£10.95
38. TANDOORI SHASHLEAK	A succulent mixed grill of chicken, lamb and shish served sizzling with sautéed onions and peppers. Served with Pilau rice or naan bread.	£13.95
39. TANDOORI FISH	Cod fillet marinated, pan fried with onion and green peppers, served with a delicious house sauce. Served with Pilau rice or naan bread.	£10.95
40. TANDOORI KING PRAWNS	Served with Mango House rice or naan bread. Chefs Recommendation	£13.95

## ORIGINAL PUNJABI BALTI DISHES

Mango House presents to you one of the oldest recipes from the time of Raj. The unique flavour has been recreated not in India but in Birmingham, the home of good balti cuisine. The Chef has personally found the best recipe secrets of the Masterchefs and has included them in our selection. All our dishes are individually prepared with only the freshest ingredients. The fine flavours and aromas are enhanced by our special marinating herbs and spices to enrich each balti dish.

41. ORIGINAL BALTI	Chicken or Lamb	£9.95
42. CHILLI BALTI	Chicken or Lamb, fresh chillies	£9.95
43. SAAGWALA BALTI	Chicken or Lamb with spinach	£9.95

44. MOGUL BALTI	Chicken or Lamb. Cooked with spicy minced meat, tomatoes in a special sauce	£9.95
45. KASHMIRI BALTI	Chicken or Lamb. Cooked with pineapple slices and lychees in a special medium sauce.	£9.95
46. MALAI BALTI	Chicken or Lamb. Mild herbs, pistachio nuts cooked in Thayers fresh cream	£9.95
47. PRAWN BALTI		£9.95
48. INDECISIVE BALTI	A combo special A mix of Chefs special	£9.95
49. SPECIAL KING PRAWN BALTI	In a Mango House special sauce with tender king prawns	£11.95
50. TAMARIND BALTI	Chicken or Lamb. fruity, tangy flavoured sauce served with pillau rice or naan	£12.95

## BIRIYANI DISHES

A traditional dish. Stir fried with basmati rice and spices, garnished and served with a side vegetable curry.

51. CHICKEN OR LAMB TIKKA		£12.95
52. CHICKEN OR LAMB		£11.95
53. PRAWN BIRIYANI		£11.95
54. KING PRAWN BIRIYANI		£13.95
55. MANGO HOUSE BIRIYANI	Prawn, chicken, meat and egg	£13.95

## HANDHI DISHES

The latest and New Asia subcontinent art of cooking.

These dishes are prepared in a skilful manner and marinated in special spices which are processed by our experienced and qualified chef.

56. HANDHI CHICKEN, LAMB OR PRAWN		£8.95
57. HANDHI CHICKEN OR LAMB TIKKA		£9.95
58. HANDHI CHICKEN OR LAMB with vegetable		£9.95
59. HANDHI DUCK "Delicious"		£9.95

	LAMB OR PRAWN	CHICKEN OR LAMB TIKKA	KING PRAWN	FISH	DUCK	VEGETABLE
60. MEDIUM	£8.20	£9.95	£11.95	£9.95	£9.95	£6.90
61. KORMA <i>Mild creamy with coconut and almond</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
62. MALAYA <i>Mild-Medium pineapple/cream</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
63. KASHMIR <i>Mild-Medium lychees</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
64. MADRAS <i>Fairly hot</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
65. VINDALOO <i>Very hot</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
66. JALFREZI <i>Hot, chillies, jalepenos, garlic, very spicy</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
67. DHANSK <i>Hot, sweet &amp; sour thick with lentils</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
68. PATHIA <i>Hot, sweet &amp; sour onions, tomatoes, lemon, relish</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
69. DUPIAZA <i>Onions, green pepper rich in a thick sauce</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
70. BHUNA <i>Rich, dry, garlic, thick sauce</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90
71. ROGON <i>Tomatoes, coriander, garlic in a thick sauce</i>	£8.95	£9.95	£11.95	£9.95	£9.95	£6.90

## SEAFOOD SPECIAL

1. **BALTI TIGER PRAWNS WITH MUSHROOMS**  
Tomato based sauce with fresh tiger prawns, green peppers, onions and herbs.  
Served with pilau rice and green salad. £12.95
2. **TIGER PRAWN ALOO**  
Fresh tiger prawns, peeled potatoes in a rich bhuna sauce. £12.95
3. **KORRAI JINGA**  
King prawn slightly hot, wholesome dish well cooked in thick gravy,  
enriched with various spices. £12.95
4. **PRAWN WRAPPER**  
Delicious prawns cooked in dry spices with onions & peppers wrapped in a deep fried bread.  
Accompanied with a house sauce. Served with rice or chips. £13.95
5. **SAAG KINGPRAWNS**  
Prepared with spinach & garlic, tomatoes. Simply mouth-watering. Served with pillau rice or  
naan bread. "chefs Recommendation" £13.95
6. **GARLIC KINGPRAWN HANDHI**  
Cooked in natural herbs & fresh garlic spicy rich sauce. Served with pillau rice or naan bread. £13.95
7. **KINGPRAWN REZALA**  
Classic favourite cooked with onion, tomatoes, lime fresh, chillies & yogurt. Served with pillau  
rice or naan bread. A selection of dishes prepared with our very own recipes of herbs and spices,  
marinated for at least 24 hours, barbecued in our flaming tandoori and then individually  
cooked to your taste. £13.95
8. **TANDOORI KING PRAWNS SHASHLEK**  
(Served with naan) A gorgeous dish which is celebrated as the meal for the royals. Large prawns  
firstly barbecued in a clay oven with tomatoes, onions and peppers served on a sizzling platter.  
A must have meal, £13.95
9. **TANDOORI KING PRAWN METHI**  
(Rice or naan) This dish is full of flavour from the east. Large prawns prepared in the clay oven then  
placed in a very rich sauce. Mind blowing, will not disappoint. £13.95
10. **TIGER PRAWN MASALA**  
Large tiger prawns cooked with mild herbs and pistachio nuts and almonds marinated in tikka  
massala sauce, served with rice or naan
11. **TANDOORI KING PRAWN MASALA**  
India's Most popular dish in massala sauce served with pilau rice or naan £13.95

## CLASSIC BANGLADESHI FISH DISHES "BUAL" BIG BENGALI FISH

12. **SAAG MAACH**  
Chunks of spiced fish fried with spinach. Served with Pilau rice or naan bread. £13.95
13. **BUAL MAACH ACHAR**  
Bangladeshi fish prepared in chilli pickle, ginger, mustard and mixed spice,  
a taste of original and authentic Indian food. Served with Pilau rice or naan bread. £13.95
14. **BUAL MAACH AND ALOO CURRY**  
A delicious dish combined with potatoes, garam masalla, coconut milk, garnished with lime  
wedges and fresh coriander. Served with Pilau rice or naan bread. £13.95
15. **BENGALI BOAL BHUNA**  
Imported fish from Bangladesh which is carefully served with a traditional bhuna sauce  
including fresh coriander, tomatoes, ginger tumeric and garam masala.  
Exclusive only at Mango House. Served with Pilau rice or naan bread. £13.95

**PARLIMENT AWARD WINNER**

*If you would like a dish that is not in our menu please ask your waiter.*

*All prices are inclusive of VAT*

*No service charge will be added to your bill.*

*Dedicated effects are made by our chefs' to create specialities from GM free ingredients.  
Please note some dishes may contain traces of nuts,*

## VEGETARIAN SPECIAL'S

*All Dishes are served with a Mango House salad*

16. MANGO HOUSE VEGETABLE BALTI SPECIAL	Exotic vegetables served in a rich spicy sauce	£8.00
17. VEGETABLE IN TANARID SAUCE	A delicious dish prepared with various vegetables served in a rich fruity sauce.	£8.00
18. CHANNA BIRIYANI	Chick peas & onions cooked with basmati rice and herbs accompanied with a separate vegetable sauce.	£8.00
19. VEGETABLES IN HONEY BALTI SAUCE	Various vegetables in a rich authentic honey balti sauce.	£8.00
20. VEGETABLES IN COCONUT & ALMOND SAUCE	Traditional vegetables cooked with sliced coconut and almonds in a very rich sauce.	£8.00
21. PAKORA MASSALA	Hot spicy potato and gram flower in a thick massala sauce	£8.00
22. CHANNA DHANSK	Hot sweet 'n' sour chick peas and lentils	£8.00
23. BHINDI BALTI	A delicious okra, onion and green pepper speciality	£8.00
24. BALTI DALL WITH POTATOES	Peeled potatoes, grated fresh ginger, garlic tomatoes, ground tumeric cooked in a delicious lentil sauce	£8.00
25. VEGETABLE HANDI	Exotic vegetables cooked in a unique rich sauce with a distinctive taste and aroma, chefs' recommendation	£8.00
26. SOBZI METHI (AWARD WINNER)	Vegetable and fenugreek leaves, a little bitter and naturally scented (medium or hot)	£8.00
27. SOBZI JEERA	Whole jeera, cumin seeds, tomato, capsicum, onions	£8.00
28. TARKA DALL	Lentils cooked with coriander, garlic and onions	£7.95
29. SAAGWALLA PANEER	Homemade cottage cheese and spinach, stir fried with herbs and spices	£8.00
30. VEGETABLE MASSALA	Vegetables with onion, coconut, mild spices and herbs	£8.00
31. VEGETABLE PASSANDA	Mild and creamy sauce	£8.00
32. VEGETABLE BIRIYANI		£8.95
33. CHANA ALOO SAAGAWALLA	Chick peas, potatoes, spinach, baby corn and mange tout, stir fried balti style	£8.00
34. VEGETABLE WRAPPER	Various vegetables cooked with peppers & onions wrapped in a puree bread, served with salad, rice & house sauce. Chefs Recommendation.	£8.95
35. VEGETABLE REZALA	Vegetables cooked in green chillies with a rich unique sauce. Served with rice. Explore your taste buds!	£8.00

*Here are some comments from our customers:*

*"The perfect Mix of modern and traditional"*

*"Forever Scoring a winning goal with great food and a top manager"*

*"A delicious meal in a fantastic restaurant"*

## STEAK SPECIALITIES

36. ENGLISH STEAK	Prime sirloin chargrilled to perfection and served with chips and fresh salad.	£11.95
37. TANDOORI STEAK	Marinated in Tikka Massala sauce	£12.95
38. STEAK PASSANDA	With Nuts, raisins, yoghurt and cream	£12.95
39. MANGO HOUSE STEAK	Korma, Madras, Vindaloo to your taste	£12.95
40. STEAK IN PEPPER SAUCE		£12.95
41. ROAST CHICKEN AND CHIPS		£8.95
42. SCAMPI & CHIPS		£8.95
43. CHICKEN NUGGETS & CHIPS		£8.95

## WHAT'S HOT IS HOT!

These hot dishes are prepared using fresh chillies, jalapenos and peppers that are burning up taste buds around the world. Choice of Chicken, lamb or prawns.

44. TIKKA JALFREZI EXTRA	<i>Like a Jalfrezi but much hotter</i>	£9.95
45. DHANSAK EXTRA	<i>Like a Dhansak cooked with lentils but again much hotter</i>	£9.95
46. CEYLON	<i>A hot Sri-Lankan special with coconut</i>	£9.95
47. PHALL	<i>An extremely hot dish prepared extensively with ginger and lemon juice and a large quantity of chillies</i>	£9.95
Britian's most favourite curries modified with rich chillies and extra hot herbs & spices for the chilli freaks. "Superb taste"		
48. CHICKEN/ LAMB CHILLI MADRAS		£9.95
49. CHICKEN/ LAMB CHILLI VINDALOO		£9.95
50. FISH BAZA CHILLI MASSALA	Boneless cod in traditional massala sauce with fiery chillies	£9.95

## NAAN BREADS

1. MANGO HOUSE PLAIN NAAN (to share)		£4.10
2. MANGO HOUSE VARIETY NAANS (to share)	This naan is made with a choice of keema, peshwari, garlic or vegetable	£5.95
3. TRADITIONAL NAANS	Choice of plain, keema, peshwari, garlic or vegetable	£3.50
4. ONION GARLIC NAAN		£3.50
5. CHILLI NAAN		£3.50
6. ALOO CORIANDER NAAN		£3.50

## HOUSE SPECIAL NAAN BREADS

7. CHICKEN TIKKA GARLIC NAAN (small)		£6.30
8. CHICKEN TIKKA GARLIC NAAN (to share)		£8.30
9. MIX TIKKA NAAN (small)		£6.30
10. MIX TIKKA NAAN (to share)		£8.30

## RICE DISHES

All below are made from quality aromatic basmati rice

11. MANGO HOUSE SPECIAL FRIED RICE	With chick peas and onions	£3.90
12. SPECIAL FRIED RICE	With green peas, onion and egg	£3.90
13. FRIED RICE	Choice of mushroom, keema or egg	£3.90
14. HALF PLAIN RICE AND HALF CHIPS		£3.90
15. PILLAU RICE OR PLAIN RICE		£3.60
16. LEMON RICE		£3.60
17. GARLIC RICE		£3.60
18. KIDNEY BEAN RICE		£3.60
19. ALMOND RICE		£3.60
20. COCONUT RICE		£3.60
21. ONION RICE		£3.60

## SIDE DISHES

These enhance the flavour of your main course, highly recommended.

Choose any and taste the difference.

22.. MANGO HOUSE MASSALA BHAJEE		£3.90
23. MUSHROOM OR CAULIFLOWER BHAJEE		£3.90
24. AUBERGINE OR SPINACH BHAJEE		£3.90
25. SAAG ALOO OR BOMBAY ALOO OR ALOO GOBI		£3.90
26. VEGETABLE BHAJEE OR VEGETABLE CURRY		£3.90
27. ALOO CHANA	Chick peas and potatoes	£3.90
28. TARKA DALL OR CURRY SAUCE		£3.90
29. CHANNA BHAJEE		£3.90
30. CHAPATHI		£2.50
31. RAITHA	Yogurt with cucumber and onions	£2.40
32. CHANNA SALAD		£2.40
33. ARCHAR	Lime, chilli and jalapeno - each portion	£1.00
34. CHIPS		£2.00
35. PARATHA		£3.50
36. PLAIN OR MASSALA PAPPADAMS		£0.50
37. HOT PICKLE TRAY		£3.50

*Here, at the Mango House, the chefs endeavour to create and provide our guests with a selection of dishes, each true to its native origins. The combination of spices transforms each dish into a leaping maze of colour, flavour and aroma.*

*India's rich and diverse cultural practices are brought together by its exotic cuisine.*

*The variety of it's dishes are based on the creative blend of spices developed over many centuries.*

