



Indian Bistro & Grill
Mangrove

Spiced Grills & Indian Curries

**Menu &
Drinks List**



Menu Allergen Advise

Food intolerance is a serious issue and it is firstly the client responsibility to discuss specific issues. Our menu items are marked with all 14 recognised Food Standards Agency allergens

- (C) Celery • (G) Glutens - Cereals, Wheat, Rye, Barley, Oats
- (C/F) Crustaceans such as prawns, crabs and lobsters and Fish • (E) Eggs
- (L) Lupin • (D) Milk / Dairy • (ML) Molluscs – Mussels and Oysters
- (M) Mustard • (N) Peanuts, Cashews, Almonds, Pistachios, Hazelnuts, Walnuts, Brazil nuts, , Pecans, and Macadamia • (S) Sesame seeds • (SY) Soybeans
- (SD) Sulphur Dioxide & sulphites

Other Labelling: (V) Vegetarian • (Vg) Vegan

Starters From The Grill

- Flamed Grilled Chicken** 1/4 Chicken basted peri peri marinade **4.80**
- Spicy Buffalo Wings** Coated in our hot 'n' spicy chilli sauce **4.50**
- Chicken Tikka (D)** Classic Tandoor grilled premium Chicken pieces **4.50**
- Haryali Tikka (D)** **4.90**
Chicken fillets marinated in an exotic blend of fresh mint, coriander, green chillies & yogurt.
- Lamb Chops (D)** **6.80**
Juicy lamb chops tenderised in a delicate ginger marinade and flame grilled to perfection. Served sizzling with spicy home made pickled onions.
- Gosht Ka Sula (D) Hot Chilli Lamb Fillets (Medium Option Given)** **6.80**
Fillets of lamb marinated in a spicy infusion of crushed red chillies, mustard oil, and yogurt. Served sizzling with spicy home made pickled onions.
- Sheek Kebab (D)** Spiced minced lamb kebab marbled with Paneer Cheese **4.50**
- Pantara (D)** Nice 'n' spicy kebab rolls, with fresh chilli and coriander **5.90**
- Aachari Paneer (V) (D)** Indian cheese stuffed with pickling spices & Tandoor grilled **5.90**
- Paneer Shashlick Skewer (D)** **6.40**
Cubes of grilled Chicken Tikka, Onions, Peppers and deep fried Paneer (Indian cheese) Presented on a skewer drizzled with a sweet chilli dressing.

Classic Indian Starters

- Onion Bhaji (V) (E)** **4.10**
- Onion Bhaji Chaat (V) (E)** **5.90**
A delicious combination of Onion Bhaji, Spicy Chick Peas, Potato, Sevian (Bombay Mix) which creamy yoghurt and tamarind chilli drizzle.
- Samosa, Meat (G) or Veg (V) (G)** **4.10**
- Chicken Chaat (G) served on a puree - deep fried chapatti** **5.50**
Diced chicken simmered in a mouthwatering tangy chaat massala sauce.
- Hot Meat (G)(M) served on a puree - deep fried chapatti** **5.90**
Lamb cubes marinated in pickling spices, tossed in hot pungent spices and fresh green chilli.

Fish & Seafood Starters

- King Prawn Puree (C/F) (G) served on a puree (deep fried chapatti)** **7.50**
King Prawns Tossed in a blend of medium herbs & spices with our speciality onion massala sauce.
- Reshni Jinga (C/F)** **7.50**
Garlic King Prawns - Tandoor grilled King Prawns laced with a garlic butter.
- Jinga Messa (C/F)** Deep fried King Prawns in a fluffy tantalising spicy batter **7.50**
- Fish Amritsari (C/F) (E)** **6.50**
White fish dusted with chilli and turmeric deep fried in spicy gram flower batter.
- Shimla Mirch (C/F) (M) Hot and Spicy** **7.50**
Grilled Pepper filled with a king prawn and chicken with fresh chillies and onion massala

Sharing Platters for Two

- The Grill Sampler (D) Two Pieces of each item** **12.90**
Flamed grilled Chicken, Spicy Buffalo Wing, Haryali Tikka, Sheek Kebab, and Lamb Tikka
- The Sea Fairer (C/F) (E) Two Pieces of each item** **17.50**
Tandoori King Prawn, Garlic King Prawn, Jinga Mossa (spicy battered) & Fish Amritsari
- The Veggie (V) (E)** **11.90**
Aachari Paneer, Onion Bhaji, Vegetable Samosa, & a selection of Shabji Pakoras (veg frittas)

Flame Grilled Mains

Classic Tandoori grills offered along side our unique speciality Flame Grills of premium quality Beef Steak, Chicken, Lamb & Fish.

A unique concept, hence our brand slogan "Spiced Grills & Indian Curries"

Flamed Grilled Chicken 12.50
½ Chicken Peri Peri seasoned served complete with massala fries, fresh salad and and a creamy gravy sauce Option of: Mild Lemon & Herb Baste or Hot Spicy Baste

Flame Grilled Sirloin Steak 18.90
Rubbed with our special spice blend and grilled to your preference perfection. Served with the option a of: Massala Fries New Potatoes and Spicy Onion Gravy or Creamy Mushroom Sauce

Flame Grilled Rib Eye Steak 18.90
A popular and juicy steak taken from the beef rib. Extra fat makes this steak especially tender and flavoursome. Seasoned with our special spice rub and grilled to your requirement. Served with: Massala Fries or New Potatoes and Spicy Onion Gravy or Creamy Mushroom Sauce

Grilled Batak - Duck Sizzle 16.95
Gressingham duck breast marinated in a blend of ground spices, and grilled to perfection. Served on sizzling platter with juliennes of onions and pepper with Mushroom Pilau Rice.

Spicy Grilled Salmon (C/F) 16.50
Fillet of Salmon marinated with roasted caraway seeds, red chilli, turmeric, lemon juice, olive gently grilled. Served on a bed of Lemon Rice with a South Indian Sauce on the side.

Spicy Grilled Sea Bass (C/F) 16.50
Fillet of Sea Bass gently dry rubbed with cumin, red chilli, and turmeric. Cooked by steaming and then finish by flame grilling. Served on a bed of Lemon Rice with a South Indian Sauce on the side.

Cox's Bazar Grill (C/F) Seafood Grill 21.90
Fillet of salmon, Trio of King Prawn (Tandoori, Garlic King Prawn, & Battered) and Amristari Fried Fish. Served sizzling on a cast iron skillet with Lemon rice and Malabari Sauce on the side

Classic Tandoor Grilled Mains

Served sizzling on a cast iron skillet with sliced onions. Complemented with a fresh side salad and mint yoghurt Raitha. Often taken with an extra curry sauce on the side (any style of your choice) - additional 3.50

Tandoori Chicken (D) 9.70 Tandoori marinated on the bone grilled chicken

Chicken Tikka (D) 9.70 Marinated and Tandoor grilled Chicken best pieces

Haryali Tikka (D) - a delightful fresh herb taste 10.50
Marinated with blend of fresh mint, fresh coriander, green chillies and yogurt.

Lamb Tikka (D) 10.90 Marinated and Tandoor grilled Lamb fillets

Gosht Ka Sula (D) Her Chilli Lamb Fillets (Medium Option Given) 11.50
Fillets of lamb marinated in a spicy infusion of crushed red chillies, mustard oil, and yogurt. Served sizzling with spicy home made pickled onions.

Shashlick Grill(D) 10.70 A classic Tandoor grill combination of Lamb or Chicken with chunky cuts of tomatoes, green peppers, and onion. Order options:

Chicken Shashlick 10.70

Paneer Shashlick (V) 10.70

Lamb Shashlick 12.70

Tandoori Mixed Grill (D) (C/F) 17.50
Generous mixture of Tandoori Chicken, Sheek Kebab, Lamb Tikka, Chicken Tikka, Hariyali Tikka, and Tandoori King Prawn. Served with curry sauce and plain Nan - a complete feast!

Tandoori King Prawn (D) (C/F) 15.90
Fresh water King Prawns marinated in our special Tandoori massala and grilled to perfection

Speciality Curries

A selection of dishes developed at our former Monsoon Restaurant & The Banyan Tree, Nottingham, that have become established favourites and synonymous with our identity.

Speciality Chicken (Morog) & Lamb (Gosht)

Peshi Moughlai Kerma (D) (N) Mild An unforgettable twist on the classic Korma offered in Lamb or Chicken. Cooked with ground pistachio, butter, coconut, and a hint of Tandoori spice & fresh cream, topped with coarse ground roasted pistachio.

Lababdar (D) Mild-Medium, Butter Massala - A great alternative to the Tikka Massala Chicken Tikka or tender Lamb cooked in a mellow buttery sauce with finely chopped onion and tomatoes.

Mirchi Kerma (D) (N) Spicy Kerma - A must try Spicy chicken Korma with added desiccated coconut bite, sliced peppers and subtle chilli finish

Naga (M) Het Mouthwatering spicy Bhuna curry with Bangladeshi Naga Pickle (Scotch Bonnet Chilli)

Reshni Chilli (M) Garlic Chilli, Het or Medium With chopped fried garlic, sliced green chillies, onion massala, simmered to a tantalising curry sauce.

Options for above dishes:

Morog (Chicken) 10.50 or Gosht (Lamb) 11.50

Mureg Bhuna Annaresh Medium 10.50

The ever popular Chicken Tikka & Pineapple Bhuna cooked with aromatic herbs & spices, fresh coriander, onions and succulent pineapple yielding a spicy sweet & citrus taste.

Hydrabadi Chicken (D)(N) Mild - Medium A very popular choice! 10.50

Chicken dressed in a coconut, pureed spicy peel tomato & browned onion - finished off with medium ground whole spice, a touch of fresh cream to yield a thick spicy delectable sauce.

Dhaka Karahi (D) (N) Het speciality Karahi Chicken 10.50

With finely chopped chilli, peppers and lemon rind - a spicy pungent infusion for a stronger palate.

Peppered Shashlick Massala (D) Medium or Het with Green Chillies

A choice of Chicken or Lamb, grilled with chunks of fresh peppers, onions and tomatoes. Finish off by tossing in butter with crushed black pepper laced with Monsoon's mouthwatering massala sauce. Plated with Pilau Rice

Chicken 12.90 Lamb 13.90 King Prawn 17.50

Lal Maas Het 'n' Spicy with Rice Dumplings - Very Popular 11.50

Melt in your mouth lamb dish with a new twist by adding delicious rice dumplings. Medium option given

Dall Mangsha (M) Medium or Het, Plated with Pilau Rice 13.90

Lamb with split yellow lentils - simmered in a onion massala sauce with pungent whole spices, garram massala, fresh coriander and split yellow lentils - a mouth watering spicy infusion.

Lamb Pasanda (N) (D) Mild, Plated with Fruit Rice 13.90

Lamb fillets tenderised in a warm ground whole spice marinade cooked by grilling then simmered off in a creamy mild almond sauce.

Lamb Parsi (N) (D) Mild, Served plated with Fruit Rice 13.90

Sweet Creamy & Fragrant - Tenderised fillets of Lamb cooked in a rich Moughlai Korma style sauce with juicy sultanas. Garnished with flaked almonds and a sprig of fresh coriander.

Morog Khumbi Medium 10.50

Mushroom quarters in Balti sauce with strips of crispy chicken and ginger.

Balti Methi (D) Medium 10.50

Chicken Tikka cooked in our speciality Balti sauce with Kashuri Methi (dry fenugreek).

Peppered Lamb Balti Medium 10.50

Tender lamb fillets in Balti sauce with chunky green pepper and fried potatoes.

Mixed Grill Balti (D) Medium 12.50

Chicken, Lamb & Sheek Kebab cooked in a Bhuna style Balti sauce with chunky onions.

Speciality Fish & Seafood (Maach & Jinga)

Malabari Prawn (C/F) (M) Mild - Medium, 15.50

King Prawns iwith ground mustard, fennel seeds, coconut milk and fresh curry leaves.

Reshni Jinga Jeel (C/F) (M) Medium, 15.50

King Prawns stir fried with garlic puree, medium herbs and spices, finished in a smooth sauce.

Jinga Kali Mirch (C/F) (M) Het or Medium, 15.50

Crushed black pepper sauce tempered with coconut milk onions and finely chopped tomato's.

Maachili Jeel (C/F) (M) Medium or Het, 13.90

Pan fried firm white fish finished in a smooth spicy tangy sauce.

Jinga Maachili Tek (C/F) (M) Medium, 16.90

Curry Classics

Classic curries featured in Indian restaurant menus the whole country over

Tikka Massala (N) (D)

Mild - Medium, Needing no into's - the ever popular Tikka Massala

Chicken Tikka Massala	10.50
Lamb Tikka Massala	11.50
Tandeceri King Prawn (C/F)	14.90
Mixed Veg Massala (V)	9.50
Paneer Massala (V) (D)	10.30

Now also offering Hot (Mirchi) Chilli Massala

Mirchi Massala (N) (D)

Chicken Mirchi Massala	10.50
Lamb Mirchi Massala	11.50
King Prawn Mirchi Massala	14.90
Veg Mirchi Massala (Vg) (D)	9.50
Paneer Mirchi Massala (V) (D)	10.50

Karahi Medium (M)

Medium - Cooked with fresh ginger and garlic, onion massala, whole roasted spices and a pinch garram massala.

Jalfrazi Hot (M)

Highly flavoured stir-fry style curry dish cooked with a hint of Tandoori spices, fresh ginger, garlic, large onions, capsicum, and sliced fresh green chilli.

Lal Kalia (M) Madras Hot

Unique Bangladeshi sour & hot dish characterised using paprika & red chilies, kalongi (nigella seed), tamarind and lashings of fresh coriander.

Karahi, Jalfrazi & Lal Kalia dishes are available in choice of:

Chicken (Mereg)	10.50
Lamb (Gcsth)	11.50
King Prawn (C/F)	13.90
Mixed Veg (Vg)	9.50
Paneer (V) (D)	10.50

Traditional Favourites

Kerma Mild Classic mild sweet & creamy curry

Bhuna Medium Highly seasoned with spices, cooked with, onions, tomatoes, in a thick & moist sauce.

Dupiaza Medium with chunks of fried onions.

Regon Jesh Medium With tomatoes and fried garlic.

Saag Medium - Cooked in a dry medium sauce with spinach, fried garlic and spring onions.

Dansak Hot - Sweet sour and hot curry cooked with lentils and chunks of succulent pineapple.

Pathia Hot - Sharp tasting dish, topped with tomatoes, green peppers & onions.

Madras Hot A classic slightly tangy hot curry.

Ceylon Hot and Sour Madras style curry with desiccated coconut.

Vindaleo Very Hot Fiery hot curry cooked with potatoes.

All Traditional Favourites are also available Balti Style.

	Traditional Style	Balti Style
Chicken	9.50	10.50
Lamb	10.30	11.50
Prawn (C/F)	10.30	11.50
King Prawn (C/F)	12.90	13.90
Mixed Vegetable (V)	8.50	9.50
Paneer (V) (D)	9.50	10.50

Biryani's

Layered rice preparation using super kernel Basmati rice. Cooked with a blend of whole spices, juicy sultanas Garnished with a hard boiled egg, served complete with a medium curry sauce, cool refreshing Raitha and Cachumber salad (carrot & cucumber salad).

Chicken Biryani	11.50
Lamb Biryani	12.50
Seafood Prawn Biryani (C/F)	15.50
Medley of King Prawns, Shrimps and White Fish	
House Special Biryani	15.50
Mixture of Chicken, Lamb & Shrimps - topped with a plain omelette	
Vegetable Biryani (V) with Raitha (Vg) without Raitha	10.50

Veggie (V) & Vegan (Vg)

Now providing a focused approach to ensuring our Vegan and Vegetarian customers are fully catered for.

Thali Khana (V) or (Vg) Indian Tapas meal **19.50**

Chose four dishes from selection below, served with Pilau Rice and Chappati

	Side	Main
Tarka Dall (V) or (Vg)	4.60	8.50
Lentils with fried garlic topping. Vegan option without Ghee		
Channa Massala (Vg) Spicy chick peas	4.60	8.50
Brinjal Bhaji (Vg) Aubergine	4.60	8.50
Bindi Bhaji (Vg) Sautéed & lightly spiced okra	4.60	8.50
Mushroom Bhaji (Vg)	4.60	8.50
Bombay Aloo (Vg) Lightly spiced potatoes	4.60	8.50
Aloo Gobi (Vg) Potato and cauliflower	4.60	8.50
Saag Aloo (Vg) Spinach and potato	4.60	8.50
Saag Bhaji (Vg) Spinach, garlic and onions	4.60	8.50
Saag Paneer (V) Spinach and Indian Cheese	4.90	8.90
Mattar Paneer (V) Peas with Indian cheese	4.90	8.90
Vegetable Curry (Vg)	4.60	8.50
Niramish (Vg) Spiced mixed vegetable bhaji	4.60	8.50
Cauliflower Bhaji (Vg)	4.60	8.50
Nyrkel Ramee (V) Sweet and spicy Green beans with coconut	4.60	8.50

Roti Breads

(Vg)(G)(D)

Chapatti	1.50
Unleavened Bread Cooked on a cast Iron Skillet	
Tandeceri Roti	2.40
Chapatti bread coked in the Tandeceri	
Laccha Paratha	3.50
A traditional layered buttery bread cooked in the Tandoor	
Stuffed Paratha	3.50
Thick buttered (ghee) unleavened bread with Vegetable filling Cooked on a cast Iron Skillet	

Nan Breads

(D)(E)(G) Coked in the Tandeceri Oven

Plain Nan (V)	2.25
Peshwari Nan (N) (D)	3.50
Sweet Nan stuffed with paste of nuts & raisins - drizzled with honey	
Keema Nan	3.50
Stuffed with spiced mince lamb	
Garlic & Coriander Nan (V)	3.30
Garlic & Chilli Nan (V)	3.50
Garlic & Cheese Nan (V)	3.50

Rice

Boiled Rice (Vg)	2.50
Plain steamed Rice	
Pilau Rice (Vg)	3.30
Premium Basmati rice cooked with aromatic whole spices & veg ghee.	
Garlic or Garlic Chilli Rice (Vg)	3.50
Special Fried Rice (V) (E)	3.50
Pilau rice stir fried with onion, egg and peas with a pinch of turmeric.	
Egg Fried Rice (V) (E)	3.50
Pilau rice stir fried egg and onion.	
Mushroom Rice (Vg)	3.50
Pilau rice stir fried with mushrooms & onion.	
Keema Rice	3.50
Pilau rice stir fried with spiced mince lamb	
Lemen Rice (Vg)	3.50
Great accompaniment with fish	
Fruit Rice (Vg)	3.50
Pilau rice stir fried with dried fruits	
A great accompaniment with mild dishes	

Sundries

Chips (Vg)	2.50
Massala Fries (Vg)	3.50
Cucumber Raittha (V)(D)	1.70
Onion Raittha (V)(D)	1.70
Plain Pappadum	1.00
Spicy Pappadum	1.00
Pickle Tray (per head)	1.00
Lime Pickle	1.30
Chilli & Ginger Pickle	1.30
Bombay Duck	1.50
Deep fried salted fish	

Drinks List

Draught Beers

	half pint	pint
Malabar IPA by Cobra Beer 4.7% vol.	2.50	4.70
Kingfisher Premium Indian Beer 4.3% vol.	2.50	4.70
Cobra Premium Indian Beer 4.3% vol.	2.50	4.70

Wine by the Glass & Wine Spritzer

Red Wine

Merlot	Regular 175 ml	4.90	Large 250ml	6.30
Shiraz	Regular 175 ml	4.90	Large 250ml	6.30

White Wine

Sauvignon	Regular 175 ml	4.90	Large 250ml	6.30
Pinot Grigio White	Regular 175 ml	4.90	Large 250ml	6.30

Rose Wine

Rose Blush	Regular 175 ml	4.90	Large 250ml	6.30
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Wine Spritzer

White or Rose, with Soda or Lemonade	4.90
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Bottled Beers

Marston's Pedigree Bitter Premium English Ale 5% vol.	500 ml bottle	5.00
King Cebra Double Fermented Premium Indian Lager Beer 7.5% vol.	750 ml bottle	11.90
Beck's Blue Alcohol Free Beer 0% vol.	275 ml bottle	3.50

Cider (Bottled/Canned)

Peacock Indian Cider 4.8% vol. Apple or	500ml bottle	4.90
Magners Original Irish Cider 4.5% vol.	330ml bottle	4.20
Kepparberg Strawberry & Lime 4.0% vol.	330ml can	4.20
Kepparberg Mixed Fruit 4.0% vol.	330ml can	4.20

Spirit's

Spirits 25ml shot	3.50	Double Shot	6.00	Single Mixer	4.90	Double Mixer	6.90
Gin, Vodka, Dark Rum / White Rum, Brandy, Blended Scotch Whiskey, Irish Whiskey, Southern Comfort, Pernod, etc							

Premium Spirits 25ml shot	3.90	Double	6.80	Mixer	5.50	Double Mixer	6.90
Flavoured Gin, Flavoured Vodka, JD, Remy Martin etc							

Single Malt Whisky Ask for Varieties	25 ml shot	4.75	Double Shot	8.50
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Vermouth, Sherry & Port	50ml shot	3.20	Single Mixer	4.50
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Dry Martini, Sweet Martini, Martini Bianco, Campari, Pimm's, Bristol Cream (medium), Cockburn's Fine Ruby Port

Liqueur	3.60
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Bailey's Irish Cream, Sambuca, Tia Maria, Cointreau, Grand Marnier etc.

Soft Drinks & Minerals

Coke or Diet Coke	Regular	2.90	Large	3.90
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Lemnade or with Cordial	Regular	2.90	Large	3.90
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Soda Water or with Cordial	Regular	2.90	Large	3.90
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Orange Juice or with lemnade	Regular	3.00
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Tonic Water	Regular or Slim 200ml	2.90
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Cranberry Juice	3.00
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J20 Various flavours	3.30
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Britvic 55 Apple / Appletizer	3.30
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Hilden's Still Mineral Water	Small 330ml	3.00	Large 750ml	5.00
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Hilden's Sparkling Mineral Water	Small 330ml	3.00	Large 750ml	5.00
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