

India's Barabar caves are one of the world's lesser known man made marvels. Located upon the Barabar and Nagarjuni hills, they represent astounding architectural feats and the boundless passion of those who created them. Skilful sculpting of the cave's exteriors have created the impression of wooden structures, whereas the interior surfaces have been painstakingly polished, creating the illusion of glass laid upon stone. Our design has interpreted these features into a series of splendid wooden arches, glass blocks and soft lighting, a breathtaking design and the ideal setting to enjoy our unique cuisine."

It is our wish to ensure customer satisfaction, and to that end we provide unsurpassed service and the finest in Indian cuisine. You will find a number of both traditional and unique contemporary dishes within this menu, a mixture that provides something for everybody. prepared by an appraised chef with over 20 years of experience in award winning restaurants. We use only the freshest and finest ingredients, furthermore we grind and mix our own spices and use no artificial colorings or preservatives.

Thank you for choosing the Barabar. We hope that you enjoy your meal.

2003 - 2007 **AWARDWINNING** RESTAURANT

Appetisers

Prawn Cocktail Succulent prawns served on chopped lettuce with dressing.	£2.95
Onion Bhaji The ever so popular spiced onion fritters onion bhaji.	£2.45
Meat or Vegetable Somosa A choice of minced lamb or vegetables with fresh green herbs wrapped in a triangular shaped crisp fried pastry somosa.	£2.50
Chat Small juicy pieces of chicken or potatoes (aloo) spiced and slightly hot.	£2.95
Rangeen Capsicum (Stuffed Pepper) Whole pepper stuffed with shredded lightly spiced chicken and vegetables, grilled in tandoor, served with salad.	£3.50
Prawn Puri Lightly spiced prawns tossed briskly with shredded ginger, garlic and spring onions, finished with tomatoes and fresh coriander.	£3.50
King Prawn Puri Lightly spiced king prawns tossed briskly with shredded ginger, garlic and spring onions, finished with tomatoes and fresh coriander.	£4.95
Pani Puri Mini puris filled with vegetables served with mouth watering tamarind sauce.	£2.95
Ragda Patice Pan fried spicy mash cake served with tangy dried chick pea massala, famous street food of Bombay.	£2.95
Sheek Kebab Gilafi Minced spring lamb spiced with fresh green herbs, skewered and topped with a light vegetable coating, cooked in tandoor mouth watering.	£2.95
Tangri Kebab Chicken wings in a marinade of green chilli, ginger, garlic, yoghurt and tamarind roasted in the tandoor.	£2.95
Chicken or Lamb Tikka A choice of bite sized pieces of chicken or lamb - in a marinade of coriander, green chilli, mint and yoghurt, skewered and grilled in a clay oven.	£2.95
Tandoori Chicken Quarter of a spring chicken delicately spiced, marinated and slowly cooked in the tandoor, giving it that distinctive chargrilled flavour.	£2.95
King Prawn Butterfly King prawn slightly spiced, covered with bread crumbs, deep fried in egg and butter and finished with some lemon juice.	£4.95
Tandoori King Prawn King sized prawns with the shell marinated in chef's own special marinade and grilled in tandoor.	£5.10
Salmon Shah Tandoori home smoked salmon flavoured with mustard and dill, managers recommendation.	£5.25
Maas Biran (Fish Cutlet) Steaks of traditional Bangladeshi river fish marinated, pan fried with onions and sweet peppers and served with Bengali vinaigrette.	£4.95
Crab Malabar Fresh white crab meat cooked with spices in mango juice and topped with cheese, served in shell perfection.	£5.25

Mish Mash £4.25
A combination of tangri kebab, piazzzi and sheek kebab gilafi.

Plain Papadom (Each) £0.50 Spicy Papadom (Each) £0.50

Grills And Roasts From the Clay Oven

Harrey Murgh £6.95
Diced chicken breast marinated in a green sauce of pureed coriander, mint, tamarind, herbs and spices melts in your mouth.

Goan Fish Grill £7.95
Tikkas of fish lightly spiced and grilled with onions, tomatoes and capsicums.

Sheek Kebab Gilafi £5.50
Minced spring lamb spiced with fresh green herbs, skewered and topped with a light vegetable coating, cooked in tandoor mouth watering.

Tandoori Vegetable £4.95
A variety of vegetables - peppers, onions, tomatoes and carrots marinated and grilled, finished with garam massala and fresh coriander.

Chicken or Lamb Tikka £5.50
A choice of bite sized pieces of chicken or lamb - in a marinade of coriander, green chilli, mint and yoghurt, skewered and grilled in a clay oven.

Tandoori Chicken £5.50
Half a spring chicken delicately spiced, marinated and slowly cooked in the tandoor, giving it that distinctive chargrilled flavour.

King Prawn Tandoori £9.50
King sized prawns with the shell marinated in chef's own special marinade and grilled in tandoor.

Shashlik £6.95
A choice of bite sized pieces of chicken or lamb - roasted with onions, tomatoes and green peppers.

Tandoori Mixed Grill £8.95
A medley of chicken tikka, lamb tikka, sheek kebab gilafi and tandoori chicken.

Biriany Dishes

Seal cooked with Basmati rich and aromatic spices.Served with a mixed vegetable curry.

Prawn Biriany £8.95

Chicken or Lamb Biriany £7.95

Vegetable Biriany £5.95

King Prawn Biriany £10.50

Chicken or Lamb Tikka Biriany £8.95

Barabar Specialities

Goan Lamb Shank	£9.95
A superb cut of lamb given the traditional Goan treatment, full of flavour, spiced with onions, tomatoes and coriander not to be missed.	
Lamb Achari-Jolpa	£6.95
Tender lamb marinated and broiled then tossed in the pan with peppers, tomatoes, coriander, Indian achar and olives.	
Lamb Haleem	£8.50
Tender pieces of lamb cooked with ten different types of lentils and pulses with a traditional blend of 'red' spices to give a dish for lovers of lamb.	
Raan Shatkara (Citrus Lamb)	£9.50
Tender pieces of lamb marinated with a Shatkara, crushed garlic & ginger, extra virgin olive oil and a select of mild spices, simmered to absorb garam massalas.	
King Prawn Ansar	£9.95
Two whole large king prawns in the shell cooked meticulously to perfection in the chef's sweet and sour sauce highly recommended by the chef.	
King Prawn Fejhal	£8.95
King Prawns complete with the shell cooked with green chillies, garlic and coriander, rich in spices.	
Chef's Special Roast	£9.50
Royal Bengal style. Spring chicken marinated and infused with spices, chargrilled and then slowly cooked in a rich massala truly authentic and highly recommended.	
Chicken or Lamb Xacuti	£6.95
Supreme breast of chicken or lamb in a full flavoured massala. Roasted star aniseed, javantri, fenugreek, red Goan chillies, coconut and cinnamon all contribute to the stunning flavour of this regional dish lemon rice recommended to accompany this dish. (Madras hot)	
Duck Xacuti	£8.95
Supreme breast of Barbury duck in a full flavoured massala. Roasted star aniseed, javantri, fenugreek, red Goan chillies, coconut and cinnamon all contribute to the stunning flavour of this regional dish lemon rice recommended to accompany this dish. (Madras hot)	
Duck Shuganda (Aromatic Duckling)	£9.95
Boneless breast of duckling with chopped onion, ginger and garlic, cooked with light ground spices and whole garam massalas such as aniseed, cinnamon and cardamon to produce an aromatic spicy dish.	
Tikka Bhuna	£6.50
A choice of chicken or lamb cooked in a variety of spices and served with a rich thick sauce.	
Tandoori Butter Chicken	£6.95
Mildly spiced chicken roasted in clay oven and then cooked in a special sauce.	
Chicken Darchini	£8.95
Breast of chicken slowly simmered to absorb the delicate scented flavour of mild cinnamon sticks, Bengali garam massalas with melted onion and coriander to produce a very mild succulent dish. (Can also be requested with lamb)	
Niligiri Chicken	£6.95
Tender pieces of chicken yield to a secret coriander and mint marinade to make a succulent, delicious and memorable dish.	
Kazana-Ke-Malabar Coast	£11.50
A medley of sea food. A mild curry using white crab meat, king prawns, fish, squid and coconut milk.	

Traditional Dishes

Curry

Strongly spiced and flavoured curry slightly hot.

Chicken £4.35 Lamb £4.35 Prawn £5.55 King Prawn £7.55 Vegetable £3.95

Madras

Madras curries originate from southern India and are aromatic, robust and pungent in flavour hot.

Chicken £4.35 Lamb £4.35 Prawn £5.55 King Prawn £7.55 Vegetable £3.95

Vindaloo

A fiery hot dish originally from Goa, this curry is made using a unique blend of hot aromatic spices and vinegar to give it a distinctive flavour very hot.

Chicken £4.35 Lamb £4.35 Prawn £5.55 King Prawn £7.55 Vegetable £3.95

Bhuna

Cooked in a variety of spices and served with a rich thick sauce.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50 Vegetable £4.25

Rhogan Josh

Cooked in a curry browned with golden onions, tomatoes and traditional North Indian spices.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50 Vegetable £4.25

Dupiaza

This dish is cooked with fried onions and tomatoes slightly spicy.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50 Vegetable £4.25

Dhansak

Slightly hot, sweet and sour and with lentils and herbs that originates from the Parsee community.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50 Vegetable £4.25

Pathia

Slightly hot dish cooked with green chillies, garlic cloves, chopped onions, coriander and lightly spiced with a selection of herbs.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50 Vegetable £4.25

Sag

A mildly spiced dish using a popular combination of fresh spinach.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50

Korma

A rich creamy Moghulai dish that originates from northern India. This dish uses a combination of yoghurt and cream which gives the sauce a delicious, rich flavour.

Chicken £5.50 Lamb £5.50 Prawn £6.50 King Prawn £9.50 Vegetable £4.25

Massala

Britain's most popular dish! Cooked in a rich creamy sauce containing pure ghee, ground almonds and fresh cream a perfect dish for beginners.

Chicken £7.00 Lamb £7.00 Prawn £7.25 King Prawn £10.50 Vegetable £5.50

Passanda

Cooked in a creamy sauce and garnished with cream, ground almonds and freshly ground ginger.

Chicken £7.00 Lamb £7.00 Prawn £7.25 King Prawn £10.50 Vegetable £5.50

Jalfrezi

Cooked with specially prepared sauce and garnished with onions, green chillies, tomatoes and green peppers fairly hot.

Chicken £6.50 Lamb £6.50 Prawn £7.00 King Prawn £9.70 Vegetable £5.50

Korahi

Cooked in a skillet with medium spices, onions, capsicums and tomatoes.

Chicken £6.50 Lamb £6.50 Prawn £7.00 King Prawn £9.70 Vegetable £5.50

Garlic Chilli

Cooked with chillies, garlic and herbs.

Chicken £6.50 Lamb £6.50 Prawn £7.00 King Prawn £9.70 Vegetable £5.50

Balti

Cooked in a cast iron Kashmiri pan with a selection of spices, fresh tomatoes, coriander and garnished with herbs.

Chicken £6.95 Lamb £6.95 Prawn £7.50 King Prawn £9.70 Vegetable £5.50

Vegetable Side Dishes

Sag Baji	£2.50
Bombay Aloo This authentic dish containing spicy potatoes belongs to the Gujarati.	£2.50
Sag Aloo Spinach, potatoes and traditional Indian spices are the main in this simple, delicious and authentic curry.	£2.50
Aloo Gobi Cauliflower and potatoes are encrusted with Indian spices in this delicious dish.	£2.50
Sim De Aloo Green runner beans with potatoes.	£2.50
Gobi Bhaji Cauliflower in a spicy sauce.	£2.50
Bindi Bhaji Fresh okra or "ladies' fingers" stir-fried with dry, spicy massala.	£2.50
Brenjal Bhaji A simple dish using fresh aubergines that is full of flavour.	£2.50
Mushroom Bhaji A delicious dish cooked with mushrooms.	£2.50
Sag Cream Spinach cooked in spices and fresh cream.	£2.95
Dhingri Dulma Mushroom, cheese and cream.	£2.75
Mutter Paneer Paneer is a traditional cheese made from rich milk and is complemented in this dish with peas in a thick sauce.	£2.75
Sag Paneer Homemade cheese with spinach.	£2.75
Tarka Daal Lentils with fried garlic (tarka)	£2.50
Chana Massala Chick peas are used and cooked in a variety of ways all over the Indian sub-continent. The tamarind gives this dish a deliciously sharp, tangy flavour.	£2.50
Chana Sag Chick peas in spinach.	£2.50
Vegetable Curry	£2.50
Dry Mixed vegetable	£2.75

Sundries and Home Made Breads

Plain Rice Fluffy boiled rice.	£1.70	Plain Paratha Pan fried flaky bread made with whole wheat flour.	£1.50
Pulao Rice Delicately cooked basmati rice given aromatic appeal with cinnamon cloves, cardamon, bay leaf and rosewater.	£1.95	Stuffed Paratha Paratha bread stuffed with mixed vegetables.	£1.95
Mushroom Rice Basmati rice cooked with full succulent woodland mushrooms.	£2.45	Tandoori Roti Wheat flour bread cooked in the tandoor.	£1.25
Egg Fried Rice Basmati rice fried with egg.	£2.45	Chapati Very thin unleavened bread made from ground wholemeal flour.	£1.25
Peas Rice Basmati rice fried with peas.	£2.45	Green Salad A simple relish that provides a contrast to hot curries, with its crunchy texture and refreshing ingredients.	£1.50
Lemon Rice Basmati rice fried with lemon.	£2.45	Raitha Whipped yoghurt with cucumber or mixed (cucumber, tomatoes and fresh coriander) used to cool the effect of hot curries.	£1.50
Vegetable Rice Basmati rice fried with mixed vegetables.	£2.45		
Mela Rice Saffron rice fried with egg, prawns and mushroom.	£3.45		
Plain Naan Famous fluffy Indian bread freshly baked in a clay oven.	£1.50		
Keema Naan Famous fluffy Indian bread stuffed with keema (minced lamb)	£1.95		
Garlic & Onion Naan Famous fluffy Indian bread stuffed with garlic & onion.	£1.95		
Peshwari Naan Famous fluffy Indian bread stuffed with peshwari (sweet coconut, nuts, almonds and sultanas),	£1.95		
Cheese & Coriander Naan Famous fluffy Indian bread stuffed with cheese & coriander	£1.95		
Vegetable Naan Famous fluffy Indian bread stuffed with mixed vegetables,	£1.95		

