



182 Hatfield Road, St. Albans, Herts. AL1 4JG

Tel: 01727 837487 Fax: 01727 838834

Web: www.bhindi.uk.com e-mail: info@bhindi.uk.com

## Introducing Bhindi's special promotional card

An offer NOT to be missed out on!

The Bhindi Card is valid for **four months** and entitles you to **ALL THREE** great offers:

### Offer 1

50% off the **TOTAL** bill on one occasion (regardless of the number of diners!)  
(valid Sunday to Thursday)

### Offer 2

25% off the **TOTAL** bill on one occasion (regardless of the number of diners!)  
(valid 7 days a week)

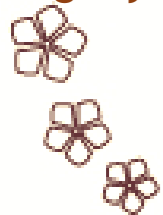
### Offer 3

For every two main courses you buy get the cheapest absolutely free.

This offer can be used as many times as you like within the 4 month period. Offer includes takeaways but excludes deliveries.  
(valid 7 days a week)

Tables must be reserved when using these offers

To receive all of these excellent deals get your own Bhindi Card for only £20!



### Opening Hours

Mon-Sun 5.30 pm to 11.30 pm

Sunday Buffet 12.00 to 5pm



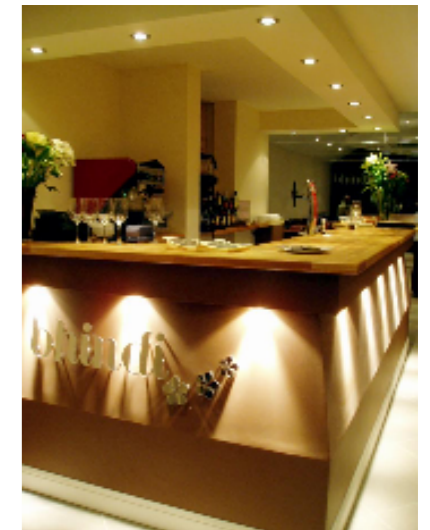
We welcome you to experience an array of exquisite cuisine, promise to tantalise your taste buds and captivate your emotions with our authentic traditional family-owned recipes coming down the generations from historic parts of India, Bangladesh and the sub-continent.



1. The Bhindi Card is valid Sunday to Thursday for Offer 1.
2. The Bhindi Card is valid 7 days a week for Offer 2 and Offer 3.
3. This offer cannot be used in conjunction with any other offers Bhindi may have.
4. The offer applies for dining in and takeaways but excludes deliveries.
5. The Bhindi Card can only be used on the a la carte menu.
6. Only one offer can be used at one time.
7. Tables must be reserved when using these offers.



Bhindi is one of the youngest additions to the culinary world of Indian cuisines in St. Albans.



We invite you to indulge your palate and let our delicately flavoured gourmet dishes transform you to the realm of pleasure



# Our Menu

## Appelisers

|                              |   |       |
|------------------------------|---|-------|
| <b>Samosa</b>                | Pastry filled with lamb or vegetable.   | £2.95 |
| <b>Onion Bhaji</b>           | Sliced onions coated in gram flour and then deep fried.   | £2.50 |
| <b>Tandoori Lamb Chops</b>   | Succulent lamb chops marinated in fresh spices and grilled in the tandoori.   | £4.95 |
| <b>Hariali Chicken Tikka</b> | Chicken marinated and flavoured with mint, coriander and green chillies and charcoal grilled to succulent perfection. | £3.95 |
| <b>Alu Papri Chaat</b>       | Small, crisp puris topped with marinated potatoes, green chillies and coriander leaves with tamarind chutney.         | £3.95 |
| <b>Fish Cake</b>             | Ground fish mixed with fresh spices and red curry and deep fried. Served with sweet chilli sauce                      | £3.95 |
| <b>Mas Bhaji</b>             | Fish of the day cooked with onion and spices  | £3.95 |
| <b>Momo</b>                  | Spiced chicken wrapped in fried bread.  | £4.95 |
| <b>Stuffed Pepper</b>        | Whole green pepper filled with spicy vegetables   | £3.95 |
| <b>Paneer Tikka</b>          | Home-made cheese mixed with herbs and spices, grilled in tandoori.  | £3.95 |
| <b>Sheek kebab</b>           | Pungently spiced minced lamb grill in tandoori.   | £3.95 |
| <b>Prawn Puri</b>            | Prawn cooked in medium spiced sauce and served on fried bread.  | £4.50 |
| <b>Kebab Platter</b>         | A combination of chicken tikka, lamb tikka, sheek kebab and lamb chop   | £4.95 |

## Chef's Specialities

|                                |  |        |
|--------------------------------|--|--------|
| <b>King Prawn Delight</b>      | Barbecued king prawns cooked in a cream sauce, mild  | £10.95 |
| <b>Tandoori Chicken Rasala</b> | Off the bone tandoori chicken and minced lamb cooked in a specially blended sweet and sour sauce         | £7.95  |
| <b>Chicken Tikka Masala</b>    | Combination of flavours - barbecued chicken tossed with tomatoes, almonds, cashew nuts in a creamy sauce | £7.95  |
| <b>Lamb Pasanda</b>            | Sliced lamb cooked in fresh cultured yogurt and mixed nuts   | £7.95  |
| <b>King Prawn Balachaw</b>     | Cooked in special flavoured prawn paste, hot and spicy   | £9.95  |
| <b>Jeera Chicken</b>           | Cooked in a rich spicy flavoured sauce with cumin seeds  | £7.95  |
| <b>Duck Achari</b>             | Cooked with a hot and sharp taste with lemon juice, onion and spices.                                    | £8.95  |
| <b>Duck Masala</b>             | Combination of flavours barbecued duck tossed with tomatoes, almonds, cashew nuts in creamy sauce.       | £8.95  |
| <b>Lamb Shank Masala</b>       | Cooked in medium spice sauce   | £11.95 |
| <b>Chicken Tikka Moricha</b>   | Marinated in fairly hot sauce with ginger, garlic and spring onion.                                      | £8.95  |
| <b>King Prawn Masala</b>       | Combination of flavours barbecued king prawn tossed with tomatoes  | £11.95 |
| <b>King Prawn Peri Peri</b>    | Cooked with selected herbs and spices.   | £10.95 |
| <b>Chicken Zafrani</b>         | Cooked with peanut butter sauce with fresh cream   | £7.95  |
| <b>Chicken Hyderabad</b>       | Cooked in hot, sweet and sour sauce with tamarind  | £7.95  |
| <b>Nawabi Murgh Stick</b>      | Spring chicken grilled in the tandoori and cooked with butter, tomatoes, spices and fresh cream          | £8.95  |

## Tandoori Dishes

|                                 |  |        |
|---------------------------------|--|--------|
| <b>Tandoori Chicken</b>         | On the bone spring chicken marinated and barbecued in the clay oven.                                       | £6.95  |
| <b>Chicken or Lamb Tikka</b>    | Marinated and barbecued in the clay oven.  | £6.95  |
| <b>Chicken or Lamb Shaslick</b> | Grilled with green peppers, onions and tomatoes.   | £7.95  |
| <b>Tandoori King Prawns</b>     | Marinated in selected spices, grilled in the clay oven.  | £11.95 |
| <b>Tandoori Mixed Grill</b>     | Pieces of tandoori chicken, chicken tikka, lamb tikka, sheek kebab and king prawn served with naan bread.  | £11.95 |
| <b>Tandoori Lamb Chops</b>      | Succulent lamb chops marinated in a special sauce and grilled.   | £8.95  |
| <b>Fish Tikka</b>               | Cubes of salmon fish marinated in light spices and grilled.  | £8.95  |
| <b>Paneer Shaslick</b>          | Home-made cheese mixed with herbs and spices grilled in tandoori, with green peppers, onions and tomatoes. | £6.50  |

## Chicken Dishes

|                              |  |       |
|------------------------------|--|-------|
| <b>Madras or Vindaloo</b>    | Cooked in a spicy hot or fairly hot sauce respectively                   | £5.95 |
| <b>Achari Chicken</b>        | Cooked to a hot and sharp taste with lemon juice, onion and spices.      | £7.95 |
| <b>Shahi Chicken Korma</b>   | Cooked in fresh cream & nuts, very mild.                                 | £6.95 |
| <b>Chicken Bhuna</b>         | Cooked in a medium thick sauce with tomatoes and onions.                 | £5.95 |
| <b>Chicken Dhansak</b>       | Cooked with lentils & flavoured with fenugreek, sweet, sour & hot.       | £5.95 |
| <b>Saag Chicken</b>          | Chicken cooked with fresh spinach in medium spiced sauce.                | £5.95 |
| <b>Chicken Jalfrezi</b>      | Cooked with chopped onion, green pepper, tomato and green chillies,      | £7.95 |
| <b>Hara Chicken</b>          | Marinated, then cooked with whole spices garnished with fresh coriander  | £7.95 |
| <b>Chicken Goa</b>           | Cooked in coconut milk, cream, black pepper, mild spices and lime juice. | £7.95 |
| <b>Green Masala</b>          | Succulent pieces of chicken cooked with chillies, herbs, ginger & garlic | £8.95 |
| <b>Chicken Biryani</b>       | Cooked with rice and served with a vegetable curry.                      | £6.95 |
| <b>Chicken Tikka Biryani</b> | Cooked with rice and served with a vegetable curry.                      | £7.95 |

## Lamb Dishes

|                           |   |       |
|---------------------------|---|-------|
| <b>Madras or Vindaloo</b> | Cooked in a spicy hot or fairly hot sauce respectively  | £5.95 |
| <b>Achari Gosht</b>       | Cooked to a hot & sharp taste with lemon juice, onion and whole spices.                             | £7.95 |
| <b>Bhuna Gosht</b>        | Cooked in a medium thick sauce with tomatoes and onions.  | £5.95 |
| <b>Rogon Josh</b>         | Lamb cooked with glazed tomatoes, green herbs and spices, fairly hot.                               | £6.95 |
| <b>Shahi Lamb Korma</b>   | Tender lamb delicately flavoured with saffron & cooked with fresh cream.                            | £6.95 |
| <b>Lamb Dhansak</b>       | Cooked with lentils & flavoured with fenugreek, sweet, sour & hot.                                  | £5.95 |
| <b>Saag Gosht</b>         | Lamb cooked with fresh spinach in medium spiced sauce.  | £5.95 |
| <b>Karai Gosht</b>        | Lamb cooked with chopped onion, ginger, capsicum, tomatoes & spices.                                | £7.95 |
| <b>Salli Boti</b>         | Lamb cooked with onions and spiced, sweetened with apricots and topped with crunchy straw potatoes. | £7.95 |
| <b>Lamb Biryani</b>       | Cooked with rice and served with a vegetable curry.   | £6.95 |

## Seafood and Fish Dishes

|                                      |   |       |
|--------------------------------------|---|-------|
| <b>Prawn Madras or Vindaloo</b>      | Cooked in a spicy hot or fairly hot sauce respectively                              | £6.95 |
| <b>King Prawn Madras or Vindaloo</b> | Cooked in a spicy hot or fairly hot sauce respectively                              | £8.95 |
| <b>Prawn Bhuna</b>                   | Cooked in a medium thick sauce with tomatoes and onions.                            | £6.95 |
| <b>Bhuna King Prawn</b>              | Cooked in a medium thick sauce with tomatoes and onions.                            | £8.95 |
| <b>Fish Bhuna</b>                    | Fish of the day cooked in a medium thick sauce with tomatoes & onions               | £8.95 |
| <b>Karella Mackerel</b>              | Whole mackerel cooked in medium spicy sauce with onion, tomatoes and whole mustard, | £8.95 |
| <b>Fish Curry (Goa Style)</b>        | Fish of the day simmered in a tangy sauce made from coconut and Goan red chillies   | £8.95 |
| <b>Salmon Jhool</b>                  | Fillet of salmon cooked in lightly spiced sauce.                                    | £8.95 |
| <b>Prawn Biryani</b>                 | Cooked with rice and served with a vegetable curry.                                 | £7.95 |
| <b>King Prawn Biryani</b>            | Cooked with rice and served with a vegetable curry.                                 | £9.95 |

## Vegetable Side Dishes

### Served as main dishes £5.95

|                                  |   |       |
|----------------------------------|---|-------|
| <b>Vegetable curry/Niramish</b>  | Mixed vegetable cooked mediumly spiced sauce                          | £3.50 |
| <b>Mushroom Saag</b>             | Mushroom & leaf spinach cooked in spicy sauce                         | £3.50 |
| <b>Brinjal or Mushroom bhaji</b> | Aubergine or mushroom cooked in butter in a lightly spiced sauce.     | £3.50 |
| <b>Bhindi Bhaji</b>              | Fresh okra cooked with chopped onion                                  | £3.50 |
| <b>Cauliflower Bhaji</b>         | Fresh cauliflower cooked in butter sauce                              | £3.50 |
| <b>Saag Bhaji</b>                | Fresh spinach cooked in butter  | £3.50 |
| <b>Channa Masala</b>             | Chick peas cooked in spicy sauce                                      | £3.50 |
| <b>Dall Tarka</b>                | Lentils cooked with fresh crushed garlic                              | £3.50 |
| <b>Bombay Aloo</b>               | Potato cooked in spicy sauce  | £3.50 |
| <b>Aloo Gobi or Saag Aloo</b>    | Potato & cauliflower or Spinach & potato cooked with onion and tomato | £3.50 |
| <b>Palak Paneer</b>              | Spinach cooked with cheese in creamy sauce                            | £3.50 |

## Sundries

|                           |       |                              |       |
|---------------------------|-------|------------------------------|-------|
| <b>Pilau Rice</b>         | £2.25 | <b>Plain Nan</b>             | £1.80 |
| <b>Boiled Rice</b>        | £2.00 | <b>Garlic or Keema Nan</b>   | £2.00 |
| <b>Mushroom Rice</b>      | £2.75 | <b>Peshwari Nan</b>          | £2.00 |
| <b>Special Fried Rice</b> | £2.75 | <b>Cheese Nan</b>            | £2.50 |
| <b>Egg Fried Rice</b>     | £2.75 | <b>Tandoori Paratha/Roti</b> | £2.00 |
| <b>Raitha</b>             | £2.50 | <b>Popadam or Pickles</b>    | £0.50 |

Medium-Hot  
Fairly Hot  
Very Hot

