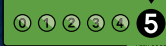


FOOD HYGIENE RATING



Food Standards Agency  
food.gov.uk/ratings



Munal Tandoori Restaurant  
Antrim



88 Church Street, Antrim, BT41 4BA

Tel: 028 9446 0069 Email: [munalantrim@gmail.com](mailto:munalantrim@gmail.com)

Web: [www.munaltandoorirestaurant.co.uk](http://www.munaltandoorirestaurant.co.uk)

### OPENING TIMES

Monday to Thursday ..... 4.30pm - 10.00pm

Friday and Saturday ..... 4.30pm - 10.30pm

Sunday Lunch Buffet ..... 1.00pm - 4.00pm

Sunday A La Carte ..... 5.00pm - 9.30pm





OUR TAKEAWAY MENU IS COLLECTION ONLY

We do not use artificial colours or preservatives, we use only natural ingredients. All Allergens are numbered on the menu after each dish. If you need further information please ask a member of staff.

### GUIDE TO ALLERGENS



- GF** ..... Gluten Free    **5** ..... Fish    **10** ..... Nuts
- 1** ..... Celery    **6** ..... Lupin    **11** ..... Peanuts
- 2** ..... Contains Gluten    **7** ..... Milk    **12** ..... Sesame Seeds
- 3** ..... Crustaceans    **8** ..... Molluscs    **13** ..... Soya
- 4** ..... Eggs    **9** ..... Mustard    **14** Sulphate Dioxide



### STRENGTH OF DISHES

-  **MILD**; most of these dishes consist of cream coconut and almond powder, rich in flavour.
-  **MEDIUM**; these dishes are more traditional in taste.
-  **HOT**; these dishes can be enjoyed by all who have spice tolerance.
-  **VERY HOT**; only advised for those who like really hot Indian Cuisine.



# STARTERS

**Pakora** GF 4   ..... £4.25  
*Vegetables deep fried in gram flour batter.*

**Onion Bhagee** GF 4   ..... £4.45  
*Spiced onions deep fried in gram flour batter.*



**Chicken Pakora** GF 4   ..... £4.45  
*Delicately spiced chicken with garlic and ginger, deep fried in gram flour batter.*



**Vegetable Samosa** 2   ..... £4.45  
*Vegetable enveloped in pastry, deep fried.*



**Mince Samosa** 2   ..... £4.25  
*Mince enveloped in pastry, deep fried.*



**Mixed Vegetable Starter** 2 4   ..... £4.95  
*A small selection of vegetable samosa, vegetable pakora and onion bhagee.*



**Duck Spring Rolls** 2 4 7 12 13  ..... £4.95  
*Succulent duck lightly spiced and wrapped in a crispy pancake.*



**Seekh Kebab** GF   ..... £4.95  
*Specially spiced lamb mince cooked in charrill.*



**Chicken Tikka** GF 7 9   ..... £4.95  
*Succulent chicken pieces, freshly cooked in a tandoori oven.*




**Tandoori Chicken** GF 7   ..... £4.95  
*Chicken on the bone marinated in yoghurt and chefs special herbs and cooked in tandoori oven.*




**Chicken Puri** 2 7 9   ..... £4.95  
*Delicately spiced chicken cooked with tomato, onion and green pepper, served on a pancake type bread with a touch of tandoori sauce.*


**Momo Chicken** 2 7 13   ..... £4.95  
*Home made dumpling steam cooked and served with stone ground pickle.*

**King Prawn Puri** 2 5 7   ..... £5.45  
*Delicately spiced chicken cooked with tomato, onion and green pepper, served on a pancake type bread with a touch of tandoori sauce.*



**Tandoori Mix** GF 4 7 9   ..... £5.45  
*A selection of tandoori chicken, chicken tikka, lamb tikka and seekh kebab all freshly cooked in a tandoori oven.*

**Chilli Chicken** GF 13    ..... £5.95  
*Fresh chicken fillet cooked with mix onion pepper garlic, green chilli, spring onion and touch of soya sauce.*

**Lamb Sekuwa** 2 7 13    ..... £5.95  
*Delicately marinated lamb garnished with fresh ginger, garlic, spring onion and touch of soya sauce.*

**Butterfly King Prawn** 2 5  ..... £5.95  
*Battered king prawns deep fried.*

**House Starter Selection** 2 4 7 9   ..... £5.95  
*A selection of pakora, onion bhagee, mince samosa, chicken tikka, served with salad.*

**Honey Chilli Govi** 2 5 9   ..... £5.95  
*Cauliflower dipped in cornflower battered and fried and cooked in secret herbs and spice, sweet and sour.*

# OLD FAVOURITES

**Curry** GF 7  

*Cooked in medium spice.*

**Korma** GF 7 10 

*Cooked in rich creamy sauce with almond coconut and sugar.*

**Dhansak** GF 7  

*Cooked in lentils in a hot and sweet sauce.*

**Dopaza** GF 7  


*Cooked with extra fried cubed onion in medium sauce.*

**Patia** GF 7  

*Cooked in Hot sweet and sour sauce.*

**Bhuna** GF 7  

*Cooked in onion, pepper and fresh goinger garlic.*

**Rogan Josh** GF 7  

*Cooked in medium spices, onion, green pepper and garnished with chefs special rogan sauce.*

**Madras** GF 7   

*Cooked in hot sauce with herbs and spices.*

**Vindaloo** GF 7    

*Cooked in very hot with special herbs, spices and potato.*

**Kashmir** GF 7 10 

*Chicken delicately flavoured with fresh herbs and light spices and cooked with tropical fruits.*

**Pasanda** GF 7 12 

*Cooked with almond, coconut, yogurt and lemon juice in a rich creamy sauce.*

## ALL ABOVE OLD FAVOURITE DISHES ARE AVAILABLE IN:-

<b>Vegetable</b> .....	£9.95
<b>Chicken</b> .....	£10.95
<b>Chicken Tikka</b> .....	£11.95
<b>Tender Lamb</b> .....	£12.95
<b>King Prawn</b> .....	£12.95
<b>Jumbo King Prawn</b> .....	£16.95

# MUNAL HOUSE SPECIALS

## Tikka Masala GF 7 9 10

Smothered in a creamy sauce with almond, coconut and sugar.

## Garlic Chilli GF 7 9

Cooked with cubed pepper and garlic cloves in hot sauce and green chilli.

## Balti GF 7 9 10

Cooked in fairly hot sauce with chopped green pepper, onion, green chilli and fresh coriander.

## Panjabi Masala GF 7 10

Smothered in a creamy sauce, cubed onion, green pepper with almond and coconut.

## Chicken Tikka Saag GF 7 9

Cooked with spinach and selected herbs and spiced to form an almost dry sauce.

## Jalfrezi GF 7 9

Cooked with onion, mixed pepper and fresh coriander in a hot savoury sauce.

## Karahi GF 7

Cooked with green pepper, chopped onion and tomato in thick sauce.

## Jaljal GF 7 /

Cooked with fresh green chilli, onion, pepper and tomato in a hot dry thick sauce, garnished with fresh coriander and spring onion.

## ALL ABOVE HOUSE SPECIALS ARE AVAILABLE IN:-

**Vegetable** ..... £10.95

**Chicken** ..... £11.95

**Tender Lamb** ..... £12.45

**King Prawn** ..... £12.95

**Jumbo King Prawn** ..... £16.95

**Garlic Chilli Paneer** GF 7 10    ..... £10.95



Cooked with cubed pepper and fresh garlic cloves and ginger in hot sauce with green chilli.

**Butter Paneer Masala** GF 7 10  ..... £10.95



Home made cottage cheese cooked to perfection in a rich tomato and fenugreek base creamy sauce.

**Special Balti** GF 7 9 10   /   ..... £13.95



Chicken, lamb and king prawns highly spiced with chopped green pepper, onion, green chilli and fresh coriander.

**Lamb Kali Mirch** GF 7   ..... £12.95





Slow cooked tender lamb cooked with black pepper, onion and tomato finished with coconut milk.

**Butter Chicken** GF 7 9 10   ..... £11.95

Traditional chicken tikka cooked to perfection in a rich tomato base creamy sauce.



**Chicken Roshani** GF 7 13   ..... £11.95

Chicken cooked with fresh garlic, green chilli, herbs and spices to produce a delicate medium flavour.

**Tandoori Nagpuri Chicken** GF 7 13   /   ..... £11.95

Chicken cooked with fresh garlic, tomato, lemon juice, herbs and spices to produce a delicate medium or hot flavour.


# MUNAL HOUSE SPECIALS (CONT.)

**Peppered Chicken** 7 13   ..... £11.95

*Chicken cooked with pepper in black pepper, herbs and spices to produce a delicate medium flavour.*

**Chicken Tikka Chilli Masala** GF 7 9    ..... £11.95

*Chicken cooked with fresh green chilli, onion, green pepper, almond and coconut.*

**Creamy Jalfrazi** GF 7 9 10  ..... £11.95



*Cooked with tomato, spring onion and pepper in a rich creamy sauce.*

**Tikka Khanzana** GF 4 5 7 9   ..... £12.95



*A selection of chicken tikka, lamb and king prawn cooked with fried onion, green pepper and a special blend of herbs and spices to produce a delicate medium flavour.*

## TANDOORI SPECIALS


All Tandoori Specials are served with plain or vegetable curry sauce.

**Chicken Tikka** GF 7 9   ..... £11.45

*Succulent chicken pieces, freshly cooked in a tandoori oven.*

**Tandoori Chicken** GF 7   ..... £11.45



*Half chicken on the bone marinated in yoghurt and chefs special herbs and cooked in tandoori oven.*

**Chicken Tandoori Shashlik** GF 7 9   ..... £12.95

*Barbecued chicken with onion, tomato and green pepper, all served on sizzler (dry).*

**Lamb Tandoori Shashlik** GF 7 9   ..... £13.95

*Barbecued lamb with onion, tomato and green pepper, all served on sizzler (dry).*

**Tandoori Mix** GF 4 7 9   ..... £13.95

*A special selection of chicken tikka, tandoori chicken, lamb tikka, tandoori king prawn and seekh kebab cooked in a tandoori oven.*

**Tandoori King Prawn** GF 5 7 9   ..... £15.95

*King prawns in herbs and spices, barbecued in a tandoori oven (dry and part shelled).*

## BIRYANI DISHES

All Biryani Dishes are served with plain or vegetable curry sauce.

**Biryani** GF 7 10  

*Cooked with basmati rice, a mixture of spices and garnished with tomato and cucumber, served with plain curry sauce.*

ALL BIRYANI DISHES ARE AVAILABLE IN:-

**Vegetable** ..... £9.95

**Chicken** ..... £10.95

**Chicken Tikka** ..... £11.95

**Tender Lamb** ..... £12.95

**King Prawn** ..... £12.95

**Jumbo King Prawn** ..... £16.95

# NOODLE DISHES



All noodle dishes are prepared with spaghetti noodles, gently stir fried on a wok with Himalaya light spice and fresh vegetable.



**Chicken Chau Chau** 2 13   ..... £9.95  
*Tender pieces chicken, carrots, spring onion, pepper, cabbage, soya sauce and herbs.*



**Vegetable Chau Chau** 2 13   ..... £8.95  
*Cauliflower, mushroom, cabbage, carrot, pepper and spring onion with soya sauce.*

**Mixed Chau Chau** 2 5 13   ..... £10.95  
*Chicken, vegetable and king prawns cooked with cabbage, carrots, mixed pepper and soya sauce.*



# SIDE DISHES



**Tarka Dall** GF 7   ..... £4.45  
*Lentils cooked in light Indian spices.*



**Chana Masala** GF 7   ..... £4.75  
*Chickpeas cooked in medium thick sauce.*



**Mushroom Bhaji** GF 7   ..... £4.75  
*Fresh mushroom cooked in medium spice.*



**Mixed Vegetable Bhagee** GF 7 9   ..... £4.75  
*Mixed vegetable, spicy herbs and sauce.*

**Saag Bhagee** GF 7   ..... £4.75  
*Spinach cooked in spices.*

**Bombay Potatoes** GF 7   ..... £4.75  
*Baby potato tenderly cooked in medium spice.*


**Aloo Govi** GF 7   ..... £4.75  
*Potato and cauliflower tenderly cooked in medium spice.*


**Sag Aloo** GF 7   ..... £4.75  
*Potato and spinach tenderly cooked in medium spice.*

**Matar Paneer** GF 5 7   ..... £4.75  
*Homemade cottage cheese and green peas cooked in medium spice.*

# EUROPEAN DISHES

All European Dishes are served with chips.

**Chicken Nuggets** 2 4 7 9  ..... £9.95

**Chicken Goujons** 2 4 7 9  ..... £9.95

**Honey and Lemon Battered Chicken** 2 4 7 9  ..... £9.95

**Omelette with Cheese and Mushroom** GF 4 7 9  ..... £9.95









# SUNDRIES

<b>Boiled Rice</b> GF 7	£2.35
<b>Pilau Rice</b> GF 7	£2.45
<b>Coconut Rice</b> GF 10	£2.95
<b>Mushroom Rice</b> GF 7	£2.95
<b>Vegetable Rice</b> GF 7	£3.25
<b>Special Fried Rice</b> GF 4 7	£3.25
<b>Chips</b> GF	£2.45
<b>Poppadoms</b> GF	£0.65
<b>Mango Chutney</b> GF	£0.75
<b>Dips</b> 4 7 9 10	(each) £0.60
<b>Chapati</b> 2	£2.45
<b>Plain Paratha</b> 2 7	£3.25
<b>Naan</b> 2 4 7	£2.75
<b>Garlic Naan</b> 2 4 7	£3.05
<b>Peshwari Naan</b> 2 4 7 10	£3.25
<b>Cheese Naan</b> 2 4 7	£3.25
<b>Cheese and Garlic Naan</b> 2 4 7	£3.95
<b>Keema Naan</b> 2 4 7	£3.25
<b>Chilli Naan</b> 2 4 7	£3.25

# KIDS MEALS

All Kids Meals are served with rice or chips.

<b>Chicken Curry</b> GF 4 7 9  	£6.95
<b>Chicken Tikka Masala</b> GF 7 9 10 	£6.95
<b>Chicken Korma</b> GF 7 10 	£6.95
<b>Chicken Goujons</b> 2 4 7 9 	£5.95
<b>Chicken Nuggets</b> 2 4 7 9 	£5.95



## The Himalayan Monal

The Himalayan Monal is a national bird of Nepal, also known as the Impeyan Pheasant or Impeyan Monal, is a variety of pheasant found in the hilly forests of the Himalayan region. The scientific name of the bird is *Lophophorus impejanus* and it belongs to the Phasianidae family of the Galliformes order.

The pheasants are typically found residing in the oak-conifer forests of cool upper temperate regions, such as the Himalayan hills. Their preferred habitat also features rolling grassy slopes and cliffs, and an extensive understory of bamboo and rhododendron. The Himalayan Monal is a high-altitude bird that practices altitudinal migration as the weather changes. In the winter months they come down to 6,500ft. In the summers they move up to 16,000ft, wandering the grassy slopes above the tree-line. In general they maintain an altitude between 2,000 and 4,500m above the sea level.

It is one of the most stunning pheasants due to its distinctive iridescent metallic-coloured plumage. An average bird would measure to around 70 cm in length and between 4.4 - 5.2 lbs in weight, and it is considered to be a somewhat large bird. The average female of the species is a tad smaller and lighter than its male counterpart.

The Himalayan Monal spends most of its day foraging for insects, berries, shoots, and seeds. These pheasants have heavy bills which they expertly use for digging out subterranean insects and tubers from the slopes as well. Their tolerance to the snow is an added bonus to their lifestyle. The shrill curlew-like whistle of the Himalayan Monal is quite distinctive. These pheasants usually roam single or in pairs, especially during their breeding season between April and August. At other times they might also be spotted in small groups, or large conveys, while practicing communal roosting.