



Indian Bistro & Grill
Mangrove

Spiced Grills &
Indian Curries

Starters From The Grill

A totally new concept in Mansfield, classic Tandoori grills offered along side our unique speciali

Grilled Beef Salad £5.50

Strips of grilled beef and and crispy salad infused with a warm tangy chilli dressing.

Flamed Grilled Chicken £4.00

1/4 flame grilled chicken basted with our speciality spicy marinade - an absolute must have!

Spicy Buffalo Wings 4 pieces £4.00

Flame chicken grilled wings coated in our hot 'n spicy chilli sauce, served with a lightly spiced yogurt dipping sauce.

Lamb Chops £5.50

Juicy lamb chop tenderised in a delicate marinated and flame grilled to perfection. Served sizzling with spicy home made pickled onions.

Chicken Tikka (D) £3.75

Classic Tandoor grilled premium chicken fillets.

Haryali Tikka (D) £3.95

Succulent pieces of chicken breast marinated in an exotic blend of fresh mint, fresh coriander, green chillies and yogurt.

Gosht Ka Sula (D) (Lamb Tikka Fillets) Served Medium or Hot £4.95

Marinated lamb fillets grilled in the Tandoor. Served sizzling with spicy home made pickled onions

Sheek Kebab (D) £3.75

Spiced minced lamb marbled with Paneer cheese cooked by grilling in the Tandoor

Pantara (D) £4.45

Nice 'n' spicy kebab rolls, with fresh chilli and coriander.

Paneer Shashlick Skewer (D) £5.25

Cubes of grilled Lamb Tikka, Chicken Tikka, Onions, Peppers and deep fried Paneer (Indian cheese) Presented on a skewer drizzled with a sweet chilli dressing.

Sampler Platter Can't decide? Go for the sampler & taste all on offer ^{per person} £5.95

Flamed grilled Chicken, Spicy Buffalo Wing, Haryali Tikka, Sheek Kebab, and Lamb Tikka Fillet

Classic Indian Starters

All starters served with Crispy Iceberg Salad, lemon wedge and spicy Green Chutney.

Onion Bhaji (V) (D) £2.95

Aachari Paneer Tikka (V) (D) £3.95

Paneer (Indian cheese) stuffed with pickling spices, grilled in the Tandoor.

Samosa (V) (D) (G) 2 pieces Meat or Veg £2.95

Chicken Chaat on Puree (G) served on a puree - deep fried chapatti £3.95

Diced chicken simmered in a tangy chaat massala sauce.

Hot Meat (G) served on a puree - deep fried chapatti £4.45

Lamb cubes marinated in pickling spices, tossed in hot pungent spices and fresh green chilli.

King Prawn Puree (G) served on a puree - deep fried chapatti £5.95

King Prawns Tossed in a blend of medium herbs & spices with our speciality onion massala sauce.

Reshni Jinga £5.95

Garlic King Prawns - Tandoor grilled King Prawns laced with a garlic butter.

Jinga Mossa £5.95

Deep fried King Prawns in a fluffy tantalising spicy batter

Fish Amritsari £4.95

White fish dusted with chilli and turmeric, coated with a gram flower batter and deep fried.

Simla Mirch £5.95

Hot - Grilled Pepper with a spicy filling of king prawn and chicken with fresh chillies and onion massala

(V) Vegetarian (D) Contains Dairy Produce (G) Contains Gluten / Wheat Produce (N) Nut Allergies - [Please Discuss](#)

Speciality Spiced Grill's

A totally new concept in Mansfield, classic Tandoori grills offered along side our unique speciality Flame Grills of premium quality Beef Steak, Chicken, Lamb & Fish

Flame Grilled Mains

Flamed Grilled Chicken £11.95

½ chicken served complete with house fries, fresh salad and and a creamy gravy sauce

Sirloin Steak £14.95

Rubbed with our special spice blend and grilled to perfection. Served with the option of:

Massala Fries or New Potatoes and Spicy Onion Gravy or Creamy Mushroom Sauce

Rib Eye Steak £14.95

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 Sizzler £14.95

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 £12.95

Fillet of salmon marinated with roasted caraway seeds, red chilli, turmeric, lemon juice, olive gently grilled. Served with Spicy New Potatoes and a tangy creamy massala sauce

Classic Tandoori Grilled Main Meals

Served with crispy side salad & Mint Yegurt Raita

Tandoori Chicken (D) £7.25

½ Tandoori marinated grill chicken.

Chicken Tikka (D) £7.25

Premium fillets of breast chicken.

Haryali Tikka (D) - a delightful earthy fresh taste £7.95

Marinated in our speciality green massala - a blend of fresh mint, fresh coriander, green chilies and yogurt.

Shashlick (D) Chicken Shashlick £8.25 Lamb Shashlick £8.95

A classic Tandoor grill combination of lamb or chicken with chunky cuts of tomatoes, green peppers, and onions.

Tandoori Mixed Grill (D) £12.95

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 £11.95

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Speciality Curries

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

Peppered Shashlick Massala (D)

Medium or Hot with Fresh Green Chillies - Served complete with Pilau Rice A choice of Chicken, Lamb, or King Prawns 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.

Chicken £10.95

Lamb £11.95

King Prawn £13.95

Peshi Moughlai Kerma (N) (D) Mild Chicken £8.45 or Lamb £9.45

An unforgettable twist on the classic Korma. Cooked with ground pistachio, butter, coconut, a hint of Tandoori spice & fresh cream, topped with coarse ground roasted pistachio.

Lababdar (D) Mild-Medium, Butter Massala Chicken £8.45 or Lamb £9.45

Chicken Tikka or tender Lamb cooked in a mellow buttery sauce with finely chopped onion and tomatoes.

Hydrabadi Chicken (D) (N) Mild - Medium £8.45

A very popular choice! Chicken pieces dressed in a coconut and pureed spicy peel tomato sauce with browned onion - finished off with medium ground whole spice and a touch of fresh cream to yield a thick spicy delectable sauce.

Roshni Chilli Mureg Her 'n' Spicy Garlic Chilli Chicken £8.45

Medium option on Request. Sliced chicken breast tossed with garlic puree & fresh green chilli with onion massala, simmered to yield a perfect tantalising chilli 'n' garlic infused sauce.

Mureg Bhuna Annaresh Medium £8.45

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

Mureg Khumbi Medium £8.95

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

Lal Maas Her 'n' Spicy with Rice Dumplings - Very Popular £9.95

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

Dall Mangsha Medium or Hot, Served plated with Pilau Rice £12.95

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

Lamb Pasanda (N) (D) Mild, Served plated with Pilau Rice £12.95

Mild - Served complete on a bed of Pilau Rice. Lamb fillets tenderised in a warm ground whole spice marinade cooked by grilling the simmered off in a creamy mild almond sauce.

Balti Methi (D) Medium £8.45

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

Peppered Lamb Balti Medium £9.45

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

Mixed Grill Balti (D) Medium £9.95

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

Malabari Prawn (N) (D) Mild - Medium, Served plated with Lemcn Rice £13.95

King Prawns infused in an unique sauce with ground mustard, fennel seeds, coconut milk and fresh curry leaves.

Roshni Jinga Jool Medium, Served plated with Lemcn Rice £13.95

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

Maachili Jool Medium or Hot, Served plated with Lemcn Rice £13.95

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

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Curry Classics

Classic curries well known and featured in Indian restaurant menus the country over

Tikka Massala (N) (D)

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

Chicken Tikka Massala	£8.90
Lamb Tikka Massala	£9.50
King Prawn Massala	£12.50
Mixed Veg Massala	£6.50
Chicken Mirch (Chilli) Massala	£8.90
Lamb Mirch (Chilli) Massala	£9.50

Karahi Medium

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

Karahi Mereg (chicken)	£8.90
Karahi Gesth (lamb)	£9.50
Karahi King Prawn	£12.50
Mixed Veg or Paneer	£6.50
Dhaka Karahi (hot - chicken)	£9.90

Cooked with finely chopped chillies, peppers and lemon rind - a spicy pungent infusion for a stronger palate.

Jalfrazi (N) (D) Madras Hot

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

Chicken Jalfrazi	£8.90
Lamb Jalfrazi	£9.50
King Prawn Jalfrazi	£12.50
Mixed Veg or Paneer	£6.50

Lal Kalia Madras Hot

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

Chicken Lal Kalia	£8.90
Lamb Lal Kalia	£9.50
King Prawn Lal Kalia	£12.50
Mixed Veg or Paneer	£6.50

Traditional Favourites

Bhuna Medium

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

Dupiaza Medium

cooked with chunks of fried onions.

Regen 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.

Traditional Favourites are available in following options

Chicken	£8.00
Lamb	£8.50
Prawn	£8.50
King Prawn	£11.00
Mixed Vegetable or Paneer (V) (D)	£6.50

Biriyani (N) (D)

A layered rice preparation using super kernel Basmati rice. Cooked with a blend of warm whole spices, juicy sultanas Garnished with a hard boiled egg, served complete with a medium curry sauce, cool refreshing raitha and Cachumber salad (carrot and cucumber julienne with a sprinkling of Chaat Massala).

Chicken Biriyani	£9.90
Lamb Biriyani	£10.90
Seafood Prawn Biriyani	£12.90
Medley of King Prawns, Shrimps and White Fish	
House Special Biriyani	£12.90
Mixture of Chicken, Lamb & Shrimps - topped with a plain omelette	
Vegetable Biriyani (V)	£7.90

Vegetable Side Dishes

Can be taken as a main course £6.50

Vegetable Curry	£3.95	Saag Bhaji	£3.95
Niramish spiced mixed vegetable bhaji	£3.95	Spinach, garlic and onions	
Nyrkel Ramee (N) (D)	£3.95	Saag Aloo Spinach and potato	£3.95
Sweet-n-spicy green beans & coconut		Saag Paneer (D)	£3.95
Bombay Aloo Lightly spiced potatoes	£3.95	Spinach and Indian Cheese	
Aloo Gobi Potato and cauliflower	£3.95	Tarka Dali	£3.95
Mushroom Bhaji	£3.95	Lentils with fried garlic topping	
Cauliflower Bhaji	£3.95	Channa Massala Spicy chick peas	£3.95
Bindi Bhaji Sautéed & lightly spiced okra	£3.95	Matar Paneer (D)	£3.95
Brinjal Bhaji	£3.95	Peas with Indian cheese	
Aubergine with onion masala			

Roti Breads (V) (G) (D) Nan Breads (D) (G)

Cooked in the Tandoori Oven

Chapati	£1.00	Plain Nan (V)	£2.25
Unleavened Bread Cooked on a cast Iron Skillet		Peshwari Nan (N) (D)	£3.25
Tandoori Roti	£2.00	Sweet Nan stuffed with paste of nuts & raisins - drizzled with honey	
Chapati bread cooked in the Tandoor		Keema Nan	£3.25
Laccha Paratha	£3.20	stuffed with spiced mince lamb	
A traditional layered buttery bread cooked in the Tandoor		Garlic & Coriander Nan (V)	£2.95
Stuffed Paratha	£3.30	Garlic & Chilli Nan (V)	£3.25
Thick buttered (ghee) unleavened bread with Vegetable filling Cooked on a cast Iron Skillet		Garlic & Cheese Nan (V)	£3.25

Rice

Boiled Rice (V)	£2.25
Plain boiled long grain rice	
Pilau Rice (V)	£2.95
Premium Basmati rice cooked with aromatic whole spices & ghee.	
Special Fried Rice (V) (D)	£3.25
Pilau rice stir fried with onion, egg and peas with a pinch of turmeric.	
Egg Fried Rice (V) (D)	£3.25
Pilau rice stir fried egg and onion.	
Mushroom Rice (V)	£3.25
Pilau rice stir fried with mushrooms and onion.	
Keema Rice	£3.25
Pilau rice stir fried with spiced mince lamb	
Lemon Rice (V)	£3.25
Great accompaniment with fish	
Fruit Rice (V)	£3.25
Pilau rice stir fried with dried fruits	
A great accompaniment with mild dishes	

Sundries (V)

Chips	£2.25
Massala Fries	£2.95
Cucumber or Onion Raittha (D)	£1.50
Plain or Spicy Pappadum	£0.80
Pickles Tray (per head)	£0.80
Lime Pickle	£1.00
Chilli & Ginger Pickle	£1.00
Bombay Duck deep fried salted fish	£1.00

(V) Suitable for Vegetarians

(D) Contains Dairy Produce

(G) Contains Wheat Produce

(N) Nut Allergies - Please Discuss

Artwork by: Runu Ahad (Aug 2013)

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T/A Mangrove Indian Bistre & Grill