

# Starters

- |   |              |   |              |
|---|--------------|---|--------------|
| <b>Onion Bhaji (V) (E)</b>  | <b>£2.95</b> | <b>Pantara (D) (G) Her</b>  | <b>£4.50</b> |
| <b>Veg Samesa (V) (E) (D) (G)</b>   | <b>£2.95</b> | Spicy Sheek Kebab rolls, with fresh chilli and coriander.   |              |
| <b>Meat Samesa (V) (E) (D) (G)</b>  | <b>£2.95</b> | <b>Haryali Tikka (D)</b>  | <b>£4.25</b> |
| <b>Chicken Chaat Puree (G)</b>  | <b>£4.50</b> | Alternative Chicken Tikka marinated in an earthy blend of fresh mint, fresh coriander, green chillies, garlic & yogurt. |              |
| <b>Her Meat Puree (G)</b>   | <b>£4.50</b> | <b>Lamb Chops (D)</b>   | <b>£4.95</b> |
| Diced chicken simmered in a tangy chaat massala sauce.  |              | Juicy lamb chops tenderised in a delicate marinade and flame grilled to perfection.                                     |              |
| <b>King Prawn Puree (C/F) (G)</b>   | <b>£5.95</b> | <b>Gesht Ka Sula (D) Her</b>  | <b>£4.95</b> |
| King Prawns tossed in a blend of medium herbs & spices with our speciality onion massala sauce. |              | Filletts of lamb marinated in a spicy infusion of crushed red chilli, mustard oil, and yogurt.                          |              |
| <b>Tandeceri Chicken (D)</b>  | <b>£3.75</b> | <b>Paneer Shashlick Skewer (D)</b>  | <b>£5.50</b> |
| Classic Tandoor grilled on the bone chicken.  |              | Skewer of grilled Paneer with Chicken Tikka, Onions & Peppers, served with a sweet chilli dressing.                     |              |
| <b>Chicken Tikka (D)</b>  | <b>£3.75</b> | <b>Achari Paneer Tikka (V) (D)</b>  | <b>£4.00</b> |
| Classic Tandoor grilled chicken breast pieces.  |              | Indian cheese stuffed with pickling spices gently grilled to perfection in the Tandoor.                                 |              |
| <b>Lamb Tikka (D)</b>   | <b>£3.95</b> | <b>Flamed Grilled Chicken (G)</b>   | <b>£3.95</b> |
| Classic Tandoor grilled filletts of lamb.   |              | Basted with our speciality spicy marinade.  |              |
| <b>Sheek Kebab (D)</b>  | <b>£3.75</b> | <b>Spicy Buffalo Wings (G)</b>  | <b>£3.50</b> |
| Spiced minced lamb marbled with Paneer cheese cooked by grilling in the Tandoor                 |              | Chicken wings coated in our hot 'n' spicy chilli sauce.   |              |
| <b>Mixed Kebab (D)</b>  | <b>£4.95</b> |   |              |
| Classic combo of Chicken Tikka, Lamb Tikka & Sheek Kebab & Onion Bhaji                          |              |   |              |

# Biryani

A savoury rice dish using super kernel Basmati rice. Cooked with browned onion juicy sultanas and blend of fresh herbs and spices. Served complete with a medium curry sauce, Cumin Raitha and Cashumber (Carrot & Cucumber salad with chaat massala dressing).

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|------------------------------|--------------|--|---------------|
| <b>Chicken Biryani (E)</b>   | <b>£8.95</b> | <b>Seafood Biryani</b>   | <b>£12.95</b> |
| <b>Lamb Biryani (E)</b>      | <b>£9.95</b> | King Prawns, shrimps and chunks of white fish                      |               |
| <b>Vegetable Biryani (V)</b> | <b>£7.95</b> | <b>House Special Biryani (E)</b>                                   | <b>£12.95</b> |
|                              |              | Mixture of Chicken, Lamb & Shrimps - topped with a plain omelette. |               |

# Vegetable Sides (V)

Can be taken as a vegetarian main course £5.95

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|---------------------------|--------------|------------------------------------|--------------|
| <b>Bombay Aloo</b>        | <b>£3.50</b> | <b>Niramish</b>                    | <b>£3.50</b> |
| Lightly spiced potatoes   |              | Spiced mixed vegetable bhaji       |              |
| <b>Saag Bhaji</b>         | <b>£3.50</b> | <b>Bindi Bhaji</b>                 | <b>£3.50</b> |
| Spinach, garlic and onion |              | Sautéed & lightly spiced okra      |              |
| <b>Saag Aloo</b>          | <b>£3.50</b> | <b>Brinjal Bhaji</b>               | <b>£3.50</b> |
| Spinach and potatoes      |              | Sautéed & lightly spiced Aubergine |              |
| <b>Saag Paneer (D)</b>    | <b>£3.50</b> | <b>Tarka Dall</b>                  | <b>£3.50</b> |
| Spinach & Indian cheese   |              | Lentils with fried garlic topping  |              |
| <b>Aloo Gebi</b>          | <b>£3.50</b> | <b>Channa Massala</b>              | <b>£3.50</b> |
| Potato and cauliflower    |              | Spicy chick peas                   |              |
| <b>Mushroom Bhaji</b>     | <b>£3.50</b> | <b>Mattar Paneer (D)</b>           | <b>£3.50</b> |
| Vegetable Curry           |              | Peas with Indian cheese            |              |



**Mangrove** Indian Bistro & Grill  
Spiced Grills & Indian Curries

# Take Away Menu



## Great Autumn Offers

# Free Onion Bhaji On All Takeaway Orders

Mon- Thurs Only, Delivery or Collection, Minimum Spend £20  
Simply state Onion Bhaji Offer each time you order  
**EXPIRY: 28-DEC-2017**

# Restaurant Dining Offer 20% Off Starters & Mains

See Offer Overleaf

## Opening Times:

Sun 5.30pm to 10pm, Mon-Thu 5.30pm to 10.30pm  
Fri & Sat 5.30pm to 11pm

		<b>01623 629 293</b>	
	<a href="http://www.mangrovebistroandgrill.co.uk">www.mangrovebistroandgrill.co.uk</a>		
	5 Dame Flogan Street, Mansfield Notts. NG18 1DJ		

# Tandoori & Flame Grills Mains

We have developed a spicy flame grill menu alongside the well known classic Tandoori grills. (Our range of flame grills is more extensive in our restaurant menu with offerings of Steak and Fish.)



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|--|------------------------|
| <b>Flame Grilled Chicken (G) (M)</b>   |                        |
| Fusion style roast Chicken finished by flame grilling with a spicy tangy baste. Served complete with Massala fries & Mediterranean style salad with feta cheese, olives, pickled chilli & balsamic dressing. |                        |
| <b>Half Chicken</b>  | <b>2 Pieces £8.95</b>  |
| <b>or Full Chicken</b>   | <b>4 Pieces £13.95</b> |

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|--|---|
| <b>Shashlick (D)</b>   | With chunky cuts of tomatoes, green peppers, & Onions |
| <b>Chicken Shashlick</b>   | <b>£8.95</b>  |
| <b>Lamb Shashlick</b>  | <b>£9.95</b>  |
| <b>Haryali Tikka (D)</b>   | <b>£7.95</b>  |
| Marinated with a blend of fresh mint, fresh coriander, green chillies garlic & yogurt which lends a delightful earthy fresh taste. |   |

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| <b>Gesht Ka Sula (D)</b>   | <b>£9.95</b> |
| Hot Lamb Filletts Filletts of lamb marinated in a spicy infusion of crushed red chilli, mustard oil, and yogurt. Flame grilled to perfection and served on a bed of fried onion and home made pickled onion. |              |
| <b>Tandeceri Chicken (D)</b>   | <b>£6.95</b> |
| <b>Chicken Tikka (D)</b>   | <b>£6.95</b> |
| <b>Lamb Tikka (D)</b>  | <b>£7.95</b> |

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|--|---------------|
| <b>Tandeceri King Prawns</b>   | <b>£11.95</b> |
| <b>Tandeceri Mixed Grill (D) (G)</b>   | <b>£13.95</b> |
| Generous mixture of Tandoori Chicken, Sheek Kebab, Lamb Tikka, Chicken Tikka, Haryali Tikka, and Tandoori King Prawn. Served with a medium curry sauce and plain Nan - a complete feast! |               |

# Rice (V) (D)

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| <b>Boiled Rice</b>                                  | <b>£2.25</b> |
| <b>Pilau Rice</b>                                   | <b>£2.45</b> |
| Basmati rice with aromatic whole spices & veg ghee. |              |
| <b>Egg Fried Rice</b>                               | <b>£2.95</b> |
| <b>Mushroom Pilau Rice</b>                          | <b>£2.95</b> |
| <b>Special Fried Rice</b>                           | <b>£2.95</b> |
| With egg, peas, sultanas & a pinch of turmeric.     |              |
| <b>Keema Rice</b>                                   | <b>£2.95</b> |
| spiced minced lamb                                  |              |
| <b>Garlic or Garlic Chilli Rice</b>                 | <b>£2.95</b> |
| <b>Lemon Rice</b>                                   | <b>£2.95</b> |
| <b>Fruit Rice</b>                                   | <b>£2.95</b> |
| <b>Veg Rice</b>                                     | <b>£2.95</b> |

# Roti's (G) Unleavened Bread

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| <b>Chapati</b>   | <b>£1.10</b> |
| Thin unleavened bread cooked on a cast iron skillet      |              |
| <b>Tandeceri Roti</b>                                    | <b>£1.95</b> |
| Thicker Chapatti bread cooked in the Tandoor             |              |
| <b>Laccha Paratha (D)</b>                                | <b>£2.95</b> |
| A traditional layered buttery bread                      |              |
| <b>Stuffed Paratha (D)</b>                               | <b>£2.95</b> |
| Buttered unleavened bread stuffed with mashed mixed veg. |              |

# Nan Breads (G) (D) (N)

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|--|--------------|
| Cooked in the Tandoori Oven  |              |
| <b>Plain Nan</b>   | <b>£2.25</b> |
| <b>Peshwari Nan (S) (D) (N)</b>  | <b>£2.75</b> |
| Sweet nan stuffed sweet paste of nuts & raisins. Finished with sesame seeds & honey drizzle. |              |
| <b>Keema Nan</b>   | <b>£2.75</b> |
| With spiced minced lamb  |              |
| <b>Garlic &amp; Coriander Nan</b>  | <b>£2.50</b> |
| <b>Garlic &amp; Chilli Nan</b>   | <b>£2.75</b> |
| <b>Garlic &amp; Cheese Nan</b>   | <b>£2.95</b> |
| <b>Plain Cheese Nan</b>  | <b>£2.95</b> |

# Sundries

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|---|--------------------------|
| <b>Chips</b>  | <b>£1.95</b>             |
| <b>Massala Fries</b>  | <b>£2.75</b>             |
| Spicy chips with Chaat Massala & fresh coriander seasoning. |                          |
| <b>Plain Pappadum</b>                                       | <b>£0.60</b>             |
| <b>Spicy Pappadum</b>                                       | <b>£0.60</b>             |
| <b>Pickle Tray (4 items)</b>                                | <b>£2.00 Large £4.00</b> |
| <b>Lime or Chilli &amp; Ginger Pickle</b>                   | <b>£0.70</b>             |
| <b>Bombay Duck (Dried salted fish filletts)</b>             | <b>£1.00</b>             |

Welcome to Mangrove Indian Bistro & Grill, Mansfield's newest and most innovative Indian Restaurant. The style, décor, and ambience of our restaurant is like no other in the area, providing the perfect setting to meet and relax with friends or business colleagues over Dinner.

We offer an efficient Takeaway Service that does not compromise on quality or value for money so do try us and take advantage of our autumn offer of:

Free Onion Bhaji's Mon-Thurs Only, Delivery or Collection, Minimum Spend £20  
Simply state Onion Bhaji Offer each time you order EXPIRY: 28-DEC-2017

**Free Home  
Delivery Service**

Minimum order value £15,  
within 3 mile radius, otherwise £3 charge applies

**10% Discount  
On Collections**

Its quicker around 20-30 min's, & cheaper as we  
offer 10% Discount for your trouble



**Autumn Weekday Dining**  
**20% Off**  
**Starters & Mains**  
Dining Mon-Thur Only, Max 8 Persons  
**UNLIMITED REDEMPTIONS WITHIN EXPIRY: 28-DEC-2017**  
Save this voucher & show it to us on each visit



Please complete details below and show it to your waiter on ordering

Were you aware of Mangrove before this advert? Yes  No

Name: \_\_\_\_\_

Postcode / House No: \_\_\_\_\_ / \_\_\_\_\_

Mobile: \_\_\_\_\_ Land Line: \_\_\_\_\_

Email: \_\_\_\_\_

**Terms & Conditions**  
1. 20% Discount applies to Starters & Mains Only. Excludes Pappadums, Drinks and Desserts  
2. Each person must order one main meal for voucher to be valid  
3. Not valid on parties greater than 8 persons.  
4. Cannot be used in conjunction with another voucher of the same or with any other offer.  
5. The personal data provided shall be kept in strict confidence and will not be shared with any third parties. We will use the information to inform you of future offers via SMS or email.

# 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  
Fillets of premium Tikka chicken or lamb grilled with chunks of peppers, onions and tomatoes. Finished off by stir frying in butter & crushed black pepper then simmered in a sauce with tandoori spices. Served complete with Pilau Rice.  
**Chicken Peppered Shashlick £10.50**  
**Lamb Peppered Shashlick £11.50**



**Peshi Moughlai Kerma (D) (N) Mild**  
An unforgettable twist on the classic Korma. With ground pistachio, a hint of tandoori spice, butter, fresh cream, topped with coarse ground roasted pistachio. Option of Chicken or Lamb  
**Chicken Peshi Moughlai Kerma £7.95**  
**Lamb Peshi Moughlai Kerma £8.95**

**Lababdar (D) Butter Massala Mild-Medium**  
Cooked in a mellow buttery textured sauce with finely chopped onions and plum tomatoes. Option of Chicken or Lamb  
**Chicken Lababdar £7.95**  
**Lamb Lababdar £8.95**

**Balti Methi (D) Medium £7.95**  
Chicken Tikka cooked in our speciality Balti sauce with Kashuri Methi (dry fenugreek).

**Mereg Khumbi Medium £7.95**  
Mushroom quarters in Balti sauce with slices of crispy chicken and ginger.

**Peppered Lamb Balti £8.95**  
Medium - Tender lamb fillets in Balti sauce with chunky green pepper and fried potatoes.

**Mixed Grill Balti (D) Medium £9.45**  
Chicken, Lamb & Sheek Kebab cooked in a Bhuna style Balti sauce with chunky onions.

**Lamb Parsi (D) (N) Mild £8.95**  
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.

**Kali-Mirch (M) (C/F) Hot**  
Medium option on Request. Crushed black pepper sauce with coconut milk onions and finely chopped tomato's. Option of Chicken or King Prawn (Jinga)  
**Chicken Kali-Mirch £7.95**  
**Jinga Kali-Mirch £11.95**

**Lal Maas £8.95**  
Hot 'n' Spicy - Melt in your mouth lamb Slow cooked Lamb curry with special blend of Garram Massala, with delicious rice dumplings. Medium option on request.

**Mureg Bhuna Annaresh £7.95**  
(D) (N) Medium The ever popular Chicken Tikka & Pineapple Bhuna cooked with aromatic herbs & spices, and succulent pineapple yielding a spicy sweet & sour taste.

**Hydrabadi (D) (N) Mild - Medium £7.95**  
A popular choice! Chicken pieces dressed in a coconut and pureed spicy peel tomato with browned onion, finished with medium ground whole spice and a touch of fresh cream to yield a thick spicy delectable sauce.

**Reshni Chilli Mureg £7.95**  
Hot 'n' Spicy Garlic Chilli Chicken - Chicken seared with garlic puree and fresh green chilli with onion massala, simmered to yield a tantalising chilli 'n' garlic infused sauce. Medium option on Request.

**Allergen Guidance:** (D) Milk / Dairy (G) Gluten (M) Mustard (E) Egg (S) Sesame (N) Nuts-Please  
Discuss (C/F) Crustaceans/Fish

# The Curry Classics

Classic curries that are featured in Indian restaurant menus the country over

**Tikka Massala (D) (N) Mild-Medium**  
Needing no intro's - the ever popular Tikka Massala. We also offer a hot option called Mirch (chilli) Massala.  
**Chicken Tikka Massala £7.95**  
**Lamb Tikka Massala £8.95**  
**King Prawn £11.95**  
**Mixed Veg or Paneer (V) (D) £6.95**  
**Chicken Mirch Massala - Hot £8.25**  
**Lamb Mirch Massala - Hot £9.25**

**Jalfrazi (D) (N) 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 chillie's.  
**Chicken Jalfrazi £7.95**  
**Lamb Jalfrazi £8.95**  
**King Prawn Jalfrazi £11.95**  
**Mixed Veg or Paneer (V) (D) £6.95**

**Karahi Medium**  
Cooked with fresh ginger and garlic, onion massala, whole roasted spices and a pinch garram massala.  
**Karahi Mereg (chicken) £7.95**  
**Karahi Gesh (lamb) £8.95**  
**Karahi King Prawn £11.95**  
**Mixed Veg or Paneer (V) (D) £6.95**

**Lal Kalia Madras (M) (D) Hot**  
Unique Bangladeshi hot & sour dish characterised using paprika & red chillies, kalongi (nigella seed), tamarind and lashings of fresh coriander.  
**Chicken Lal Kalia £7.95**  
**Lamb Lal Kalia £8.95**  
**King Prawn Lal Kalia £11.95**  
**Mixed Veg or Paneer (V) (D) £6.95**

# Traditional Favourites

Also Offered in the more Flavoursome Balti Style

**Kerma (D) (N) Mild**  
Rich creamy & sweet curry with fresh cream and desiccated coconut.  
**Bhuna Medium**  
Medium spices cooked with onions and tomatoes in a thick sauce.

**Pathia Hot**  
Sharp tasting dish, topped with tomatoes, green peppers and onions.

**Dupiaza Medium**  
With chunks of fried onions.  
**Regen Jesh Medium**  
Tomatoes and fried garlic.

**Madras Hot**  
A classic slightly tangy hot curry.  
**Ceylen (N) Hot**  
Sour hot curry with desiccated coconut.  
**Vindaloo Very Hot**  
Fiery hot curry cooked with potatoes.

**Saag Medium**  
Spinach, fried garlic and spring onions.  
**Dansak Hot**  
Sweet sour and hot curry cooked with lentils and succulent pineapple.



Options for above dishes:

**Chicken £6.75**  
**Lamb £7.45**  
**Prawn £7.45**  
**King Prawn £10.95**  
**Mixed Veg or Paneer (V) (D) £5.95**

**Traditional Style**  
**Balti Style**

**£6.75**  
**£7.75**  
**£7.45**  
**£8.45**  
**£7.45**  
**£8.45**  
**£10.95**  
**£11.95**  
**£5.95**  
**£6.95**