

PANAS

By Sujan Katuwal MBE

STARTERS

| | Starter |
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| Scallops in Shell (Mu) | 11.95 |
| Griddled scallops in ginger herb sauce. | |
| Drunken King Prawns (S, C) | 12.95 |
| King prawns sautéed with garlic, green chilli, peppers, onions, soy sauce, and a splash of brandy. | |
| Crab Cake (C, G) | 11.95 |
| Slow griddled pure crab meat, ginger, lime, green chillies, black pepper served with homemade salsa. | |
| Sadeko Duck (M) | 11.95 |
| Shredded duck tossed with mustard oil, fresh herbs, chilli, and spices, full of flavour and served room temperature. | |
| Momo (Steam/Chilli) (Se, G, S) | 9.95 |
| Traditional Nepalese dumplings (vegetable/chicken), either delicately steamed with house chutney or wok-tossed with garlic, chilli, and peppers. | |
| Beetroot Bom-Bom (VG) | 8.95 |
| Crispy beetroot dumplings coated in tapioca pearls, paired with green apple chutney. | |
| Delhi Wali Chat (V, D) | 8.95 |
| Trendy sweet potatoes, chickpeas, refreshing yogurt, mint, fresh pomegranate and tamarind chutney. | |
| Onion and Kale Bhaji (E) | 8.95 |
| Golden-fried fritters served with tangy tamarind chutney. | |
| Punjabi Samosa (VG) | 8.95 |
| Crisp pastry filled with spiced potatoes and peas, served with tangy tamarind chutney. | |
| Pani Puri (D, G) | 7.95 |
| Crispy golden semolina shell filled with spiced potatoes and chickpeas, served with tangy refreshing water set on the bed of black lentil. | |

PANAS TANDOOR

| | Starter | Main |
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| Panas Grill Platter (D, M, C) | 21.95 | |
| Malai tikka, doctor chicken tikka, lime & coriander tikka, Seekh Kebab, lamb chops and king prawns. | | |
| Tandoori Duck (M, D) | 19.95 | |
| Tandoori duck, served over caramelised sweet potato cubes, balancing rich smokiness with subtle sweetness. | | |
| Tandoori Salmon (F, M, D) | 10.95 | 19.95 |
| Fennel spiced salmon fillet, marinated in yogurt, ginger, garlic, lemon and aromatic spices. | | |
| Tandoori King Prawn (M, D, C) | 19.95 | |
| Prawns marinated with special tandoor spices, served with home made mint chutney. | | |
| Smoky Lamb chops (M, D) | 12.95 | 23.95 |
| Kent-produced baby lamb chops marinated in aromatic chef's spices, served with garlic yoghurt chutney. | | |
| Venison Seekh Kebab (D) | 9.95 | 16.95 |
| Venison skewers aromatically spiced with onion, ginger, mint, coriander, garam masala paired with mint chutney. | | |
| Trio Chicken Tikka (M, D) | 9.95 | 17.95 |
| A selection of doctor chicken tikka, lime & coriander tikka, and malai tikka. | | |
| Malai Tikka (M, D) | 9.95 | 15.95 |
| Creamy yogurt marinated boneless chicken, mild and gently grilled. | | |
| Lime & Coriander Tikka (M, D) | 9.95 | 15.95 |
| Chargrilled boneless pieces of chicken marinated in lime, coriander, and yoghurt, light, aromatic, and delicately smoky. | | |
| Doctor Chicken Tikka (M, D) | 9.95 | 15.95 |
| Boneless pieces of marinated chicken, grilled in clay oven, served with mint chutney. | | |
| Achari Paneer Tikka (M, D) | 8.95 | 14.95 |
| Pickle-spiced homemade cottage cheese with mint and beetroot sauce. | | |

• • • DELICACY OF NEPAL • • •

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| Mum's Chicken Curry | 15.95 |
| A traditional home made Nepalese chicken curry filled with mum's love and warmth. | |
| Naga Duck Masala | 17.95 |
| Tender duck in a rich masala with fiery naga chilli, balanced with a touch of honey. | |
| Jimbu Chicken | 15.95 |
| Chicken breast cooked with Himalayan jimbu spices. | |
| Lamb Bhutuwa | 16.95 |
| Tender lamb cooked with Nepalese herbs, smoked garlic, onions, tomatoes, and spring onions. | |
| Lasuni Kukhura Khursani | 15.95 |
| Fiery chicken with garlic, green chillies, onions, and peppers. | |
| Masu Farsi | 16.95 |
| Tender lamb cooked with sweet pumpkin in savoury, flavourful nepalese spices. | |
| Jhaneko Masu (M, D) | 23.95 |
| Tandoor grilled lamb strips tossed with spring onions, chillies, mustard oil, and fenugreek, served with mushroom rice, dal makhani, salad and Nepali Hog Plum. (Served room temperature) | |
| Duck Choilaa (M, D) | 24.95 |
| Tandoor grilled duck strips tossed with spring onions, chillies, mustard oil, fenugreek and chef's special spice sauce, served with mushroom rice, dal makhani, salad and Nepali Hog Plum. (Served room temperature) | |

• • • MAIN COURSE • • •

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| Seafood Platter (Chef's Signature Dish) (Mu, M, D, F, C) | 23.95 | 39.95 |
| Combination of wild prawns, seabass fillet, king scallop and tandoori salmon. | | |
| Monkfish Meen Moilee (F, D, G) | 24.95 | |
| Baby monkfish fillet cooked in South Indian coconut curry, served with mushroom rice. | | |
| Chargrilled Fillet of Seabass (F, M, D) | 24.95 | |
| Chargrilled fillet of seabass, served on a bed of green beans fogath, finished with a delicate Nepali Style sauce. | | |
| Goan fish Curry (COD Fish) (F, M, G) | 22.95 | |
| Marinated cod fillet cooked in a rich coconut cream sauce, infused with aromatic spices and finished with tempering of cumin, mustard seeds, curry leaves, and tamarind. | | |
| Fish Curry (F, M, D) | 21.95 | |
| Succulent salmon cooked in a rich coastal spice blend with coconut and gentle heat fresh, flavourful, and deeply comforting. | | |
| Kerala Chicken Curry (D, M) | 15.95 | |
| Fragrant chicken curry with black pepper and coconut masala, and tempered with curry leaves and mustard seeds. | | |
| Chicken Tikka Masala (D) | 15.95 | |
| North Indian chicken curry simmered in a butter, creamy tomato gravy. | | |

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| Chicken Korma (D) | 15.95 |
| Chicken breast cooked in velvety coconut sauce. | |
| Hariyali Chicken (D) | 15.95 |
| Lime and coriander tikka cooked in hariyali sauce(mint,coriander and curry leaf), and finished with cream. | |
| Chicken Jailasmar (D) | 15.95 |
| Tender chicken cooked in a rich, aromatic rajasthani yogurt based gravy, aromatic, earthy and gently spiced (creamy and hot). | |
| Keema Mutter | 16.95 |
| Venison minced meat with peas in a rich, aromatic gravy, hearty and flavourful. | |
| Sag Ghost (D) | 16.95 |
| Tender lamb cooked with spiced spinach, rich, earthy, and comforting. | |
| Kashmiri Lamb Rogan Josh | 16.95 |
| Tender lamb slow-cooked in a rich Kashmiri gravy with aromatic spices, curry leaves, and for a silky, melt-in-the-mouth experience. | |
| Panas Lamb Shank | 24.95 |
| Slow-cooked baby lamb shank infused with rich spices and a flavourful broth, served with mushroom rice. | |
| Lamb / Chicken / Vegetable Biryani (D) | 18.95 /17.95 /16.95 |
| Saffron-infused basmati rice layered with spices, and caramelised onions, served with Biryani Sauce. | |

VEGETARIAN MAIN COURSE

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| MBE Signature Vegetables (D) | 14.95 |
| Sauteed asparagus, oyster mushrooms, paneer and garlic cooked in homestyle onion and tomatoes. | |
| Beetroot Kofta (D) | 13.95 |
| Beetroot dumplings in a spiced, creamy gravy. | |
| Paneer Tikka Lababdar (D) | 14.95 |
| Cottage cheese in a creamy tomato sauce with delicate spices. | |
| Kadai Paneer (D) | 14.95 |
| Cottage cheese stir fried with peppers, onions, and garlic in a tangy tomato base. | |
| Jogi Tarkari (VG) | 13.95 |
| Mixed vegetables cooked with aromatic Nepalese spices. | |
| Dal Makhani (D) | 13.95 |
| Slow-cooked creamy black lentils, spiced with Himalayan spices. | |
| Nepali Pumpkin Curry (M) (VG) | 13.95 |
| Slow-cooked pumpkin in Nepali spiced and Herbs. | |

VEGETABLE SIDES

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| Corn Saag (D) | 8.95 |
| Spinach and sweet corn sauteed with red chillies and garlic. | |

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| Saag Paneer / Aloo (D) | 8.95 |
| Spinach sautéed with garlic, whole red chillies, and coriander, with your choice of vegetable. | |
| Green Bean Foogath (VG) | 8.95 |
| Green beans stir-fried with mustard seeds, curry leaves, and coconut. | |
| Chana Masala (VG) | 8.95 |
| Tangy chickpea curry cooked Amritsari style. | |
| Amilo Piro Brinjal (VG) | 8.95 |
| Aubergine cooked with tamarind, onions, and Nepalese spices. | |
| Bombay Aloo (VG) | 8.95 |
| Potatoes sautéed with cumin, mustard, tomatoes, and onion masala for a bold, flavourful side. | |
| Tarka Dal (VG) | 8.95 |
| Combination of 3 lentils tempered with garlic, cumin, and red chillies. | |
| Panch Phuran Bhindi (M) (VG) | 8.95 |
| Fresh okra tossed in a fragrant blend of Indian spices. | |

RICE, NAAN AND CONDIMENTS

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| Steam Rice (VG) | 5.25 |
| Pilau Rice | 5.95 |
| Lemon Rice | 5.95 |
| Mushroom Rice | 6.25 |
| Coconut Rice | 6.25 |
| Egg Fried Rice (E) | 6.25 |
| Plain Naan (E, G, D) | 5.50 |
| Garlic Naan (E, G, D) | 6.25 |
| Peshwari Naan. (E, G, D) | 6.25 |
| Cheese Chilli Naan (E, G, D) | 6.25 |
| Venison Keema Naan (E, G, D) | 6.50 |
| Lacchha Paratha (D, G) | 6.25 |
| Multi Grain Tandoori Roti (VG, G) | 5.50 |
| Bread Basket (E, G, D) | 11.95 |
| An assortment of Baby Garlic naan, Plain naan and Lacchha paratha. | |
| Boondi Raita | 3.95 |
| Papadums | 1.00 |
| Chutney Tray | 3.95 |
| Includes Mango chutney, Carrot chutney (M), Pineapple chutney, and Mixed Berry chutney. | |
| With every order of chutney tray, please let us know if you fancy complimentary servings of Mint chutney, Mixed pickle and Onion salad! | |

A discretionary service charge of 12.5% will be added to your bill.

Please speak to your server regarding any allergy concerns. Whilst every effort is made, we cannot guarantee that each dish is free from traces of allergens, including peanuts.