

## Tradition, Style & Quality

Our recipes have been handed down through the generations and we're constantly trying to improve them whilst retaining the traditional qualities and flavours. Naturally, we only use fresh chicken or lamb and the spices are mixed separately so they retain their individual flavour.

We take great pride in the Quality and freshness of our food. The Chef will be delighted to cook your favourite dish. Please do not hesitate to ask the staff.

## Starters

CHICKEN or LAMB TIKKA .....	£3.95
MALAYA TIKKA *(A).....	£5.25
Chicken cooked with almonds, coconut cream and single cream.	
TANDOORI CHICKEN (1/4) .....	£3.95
CHICKEN CHAAT .....	£3.95
CHICKEN PAKORA *(A).....	£4.95
Sliced chicken marinated with spice and herbs. Coated with bread crumbs and deep fried.	
NAZ PURI .....	£4.95
Chicken tikka cooked with tomato ketchup, onions, green peppers, coriander, spring onions and medium spices. Served in a roll.	
RESHMI or SHAMI or SHEEK KEBAB *(A).....	£3.75
LAMB CHOP .....	£5.95
FISH KEBAB .....	£6.50
MIX STARTERS *(A).....	£6.95
Chicken tikka, lamb tikka, sheek kebab, meat samosa and onion bhaji.	
GARLIC KING PRAWN .....	£6.50
KING PRAWN BUTTERFLY or PURI *(A).....	£6.50
PRAWN COCKTAIL .....	£3.50
PRAWN PURI .....	£4.25
ALOO CHAAT .....	£3.50
GARLIC MUSHROOM .....	£3.75
SAMOSAS .....	£2.95
Meat or vegetable.	
ONION BHAJI *(A).....	£2.95

## Tandoori Dishes

*These dishes are grilled on skewers on a charcoal fire in a specially designed clay oven. The Meat having previously been marinated in our own special mixtures and garnished with salad. Tandoori dishes are among the outstanding delicacies of India.*

TANDOORI CHICKEN (Half) .....	£7.50
PANEER TIKKA .....	£6.95
CHICKEN TIKKA or LAMB TIKKA .....	£7.50
SHASLICK CHICKEN .....	£8.95
SHAHI CHICKEN TIKKA .....	£8.95
Marinated in fresh herbs, grilled mushrooms, capsicum, onion and sparkling apple juice.	
TANDOORI MIXED GRILL .....	£12.95
Tandoori chicken, chicken tikka, lamb tikka, sheek kebab, nan.	
TANDOORI KING PRAWNS .....	£12.95
CHICKEN or LAMB JAFRANI .....	£8.95
Marinated in mixture and herbs. Served with grilled tomato, onion, capsicum and Rasal Sauce.	
TANDOORI KING PRAWN GARLIC .....	£13.95
TANDOORI KING PRAWN SHASLICK .....	£13.95

## Balti Dishes

*The Balti is rounded dish like wok. Whole spices are roasted and ground to create the most aromatic spice mixture. All dishes are medium, but can be served madras or vindaloo hot. All Balti dishes served with a Nan.*

BALTI CHICKEN or LAMB .....	£8.95
BALTI CHICKEN or LAMB DUPIAZA .....	£8.95
BALTI PRAWNS .....	£8.95
BALTI TIKKA CHICKEN or LAMB .....	£9.95
BALTI HASH TIKKA or DUPIAZA .....	£9.95
BALTI KING PRAWNS .....	£13.95
BALTI MIXED VEGETABLES .....	£7.95
BALTI CHICKEN TIKKA MASSALA (NEW) *(A) .....	£11.50

## “Rasal” Specialities

'RASAL' SPECIAL CHICKEN (Mild) *(A) .....	£8.50
Pieces of spring chicken cooked in special sauce with exotic fruits.	
ZUZU CHICKEN (Mild to medium) *(A).....	£8.50
Slightly spiced, marinated in yoghurt, cooked with fried onions, capsicum and mushroom.	
CHICKEN TIKKA MASSALA (Mild) *(A).....	£8.50
Barbecued chicken cooked in special sauce, fresh cream and almonds.	
LAMB TIKKA MASSALA (Mild) *(A).....	£8.50
Lamb grilled, tossed in butter, cultured yoghurt, fresh cream and mild spice with exotic sauce.	
TANDOORI CHICKEN MASSALA (Mild) *(A) .....	£8.50
Barbecued spring chicken cooked in creamy sauce with almonds nuts.	

BUTTER CHICKEN (Mild) *(A).....	£8.95
Barbecued chicken tossed in butter with cultured yoghurt, fresh cream and then cooked in exotic sauce.	
CHICKEN PASANDA (Mild) *(A).....	£8.50
Tender chicken fillets marinated in fresh spices and fresh cream. Then cooked in exotic sauce.	
LAMB BADAM PASANDA (Mild) *(A).....	£8.50
Tender lamb fillets marinated in fresh spices and fresh cream then cooked in exotic sauce.	
JHINGA DELIGHT (Mild) *(A).....	£13.95
Barbecued king prawn cooked in butter and fresh cream. Served in an exotic sauce.	
TANDOORI KING PRAWN MASSALA (Mild) *(A).....	£13.95
Marinated king prawns cooked in special sauce with almond nuts.	
KARAHY CHICKEN (Medium or Hot) .....	£8.50
Chicken pieces marinated in special spices, cooked in thick sauce with herbs, tomatoes, onions, capsicum, served from iron wok.	
KARAHY GOSHT (Medium or Hot) .....	£8.50
Thin lamb pieces marinated in fresh spices, cooked in medium dry sauce with herbs, tomatoes, onions, capsicum, served from iron wok.	
KARAHY KING PRAWN (Medium or Hot) .....	£13.95
King prawns cooked in fresh spices in medium dry sauce with herbs, tomatoes, onions and green peppers. Served from iron wok.	
ACCHAR CHICKEN (Medium) .....	£8.50
Chicken pieces cooked in special tangy sauce, medium spicy.	
JEERA CHICKEN (Medium) .....	£8.50
Pieces of chicken cooked with medium spice with roasted whole cardamom seeds.	
MURGH MASSALA (Medium) *(A).....	£8.95
Pieces of chicken mixed with mince lamb, variety of spices, cooked in dry sauce with hard boiled egg, salad dressing.	
CHICKEN TIKKA or LAMB TIKKA JALFREZI (Hot) .....	£8.95
Boneless barbecued chicken / lamb cooked in selected spices with fresh green chillies and green peppers. Served on iron wok.	
KING PRAWN JALFREZI (Hot) .....	£13.95
Barbecued king prawns cooked with selected spices, fresh green chillies and green peppers, served on iron wok.	
CHICKEN TIKKA CHILLI MASSALA (Hot) .....	£8.50
Chicken tikka pieces cooked in thick sauce with fresh green chilli.	
GARLIC CHICKEN or LAMB (Medium) .....	£8.50
Chicken or lamb cooked with freshly made ground spice and garlic.	
NAZ SPECIAL (Medium) .....	£8.95
Barbecued chicken cooked with mixed peppers, onions and special Chef's sauce.	
IMAD SPECIAL (Medium) .....	£8.95
Barbecued chicken cooked with garlic, ginger, mango chutney, tomato ketchup, chilli, coriander, green peppers, to create a medium sweet flavour.	
SHATKORA CHICKEN or LAMB (Medium) .....	£8.95
Barbecued chicken or lamb cooked with herbs, spices and bitter lemon.	

## New “Rasal” Specialities

RASAL SPECIAL KARAHY (Medium hot) .....	£10.50
Barbecued chicken or lamb marinated in fresh spices, cooked with minced lamb in a thick exotic sauce garnished with herbs, tomatoes, onions and green peppers.	
CHINGRI JULL (Medium) .....	£13.95
Delicately spiced king prawn with shell, served medium spiced with tomato and onion sauce. Highly recommended.	
SHAB'S SPECIAL (Hot) .....	£8.95
Grilled chicken cooked with green peppers, onions, green chillies in Rasal special spicy sauce.	
RAAN MUSSALLAM (Medium) .....	£10.50
Roasted leg of lamb marinated in Indian spices then cooked over a gentle flame in rich, onions, coriander and flavoured with Rasal special sauce.	
SIZZLING ACCHARI (Fairly hot) .....	£9.95
Barbecued chicken or lamb cooked with garlic, ginger, mango chutney, coriander, mint sauce, lime pickle and mustard oil.	
BENGAL ROAST CHICKEN (Medium) .....	£8.95
Whole breast of chicken fried over a slow fire, then cooked with yoghurt, lots of onions and fresh herbs of Bengal.	
PISTACHIO CHICKEN (Hot) .....	£8.95
Barbecued chicken cooked with garlic, chilli, pickle, coriander and spring onion.	
FAZ SPECIAL (Medium) (NEW) .....	£8.95
Barbecue chicken cooked with tamarind sauce and spinach.	
CHICKEN BEMISAL (Hot) .....	£8.95
Tender pieces of chicken marinated with spices, yoghurt then baked in clay oven. Cooked with green chillies in a hot , sweet and sour sauce.	
CHICKEN OR LAMB NAAGA (Hot) .....	£8.95
Cooked with Bangladeshi naaga chillies.	
LAMB CHERRINAR (Medium) *(A).....	£8.95
Tender strips of lamb stir fried with fresh and dry herbs, fenugreek, coriander, mustard seeds, curry leaves and garnished with fresh coconut.	
PESHWARI CHICKEN (NEW) .....	£9.50
Cooked with Rasal special sauce and dressed with lemon.	

## Old Favourites

*All chicken dishes are served breast meat.*

	Chicken	Lamb	Prawn	King Prawn
CURRY .....	£5.95	£5.95	£6.95	£9.95
(Medium)				
MADRAS .....	£6.50	£6.50	£7.50	£10.50
(Fairly hot)				
CEYLON *(A).....	£6.95	£6.95	£7.50	£10.95
(Fairly hot with coconut)				
VINDALOO .....	£6.95	£6.95	£7.50	£10.95
(Very hot)				

	Chicken	Lamb	Prawn	King Prawn
KORMA *(A) (Very mild)	£6.95	£6.95	£7.50	£10.95
BHUNA (Medium)	£6.95	£6.95	£7.50	£10.95
DUPIAZA (Medium with onions)	£6.95	£6.95	£7.50	£10.95
SAG (Medium with spinach)	£6.95	£6.95	£7.50	£10.95
MALAYA (Mild with pineapple)	£6.95	£6.95	£7.50	£10.95
KASHMIR *(A) (Mild with fruits)	£6.95	£6.95	£7.50	£10.95
ROGON (Medium with fried tomatoes)	£6.95	£6.95	£7.50	£10.95
CHILLI MASSALA (Very hot)	£6.95	£6.95	£7.50	£10.95
DANSAK (Sweet, sour and hot with lentils. Served with pilau rice)	£9.95	£9.95	£10.50	£13.95
PATHIA (Sweet, sour and hot. Served with pilau rice)	£9.95	£9.95	£10.50	£13.95

## Hash Dishes

*Duck*

HASH TIKKA	£8.50
HASH TIKKA MASSALA (Mild) *(A)	£9.95
HASH KARAHI (Medium or Hot)	£9.95
HASH SHASHLICK (Barbecued)	£9.95
HASH JALFREZI (Hot)	£9.95

## Fish Dishes

FISH BIRAAN	£8.95
FISH JALFREZI (Hot)	£8.95
FISH BHUNA	£8.95
FISH GARLIC	£8.95
FISH CHILLI (Hot)	£8.95
FISH KARAHI	£8.95

## Vegetarian Main Dish

PANEER TIKKA CHILLI MASSALA	£7.95
BUTTER PANEER *(A)	£7.95
VEGETARIAN DANSAK Served with pilau rice.	£8.50

VEGETARIAN JALFREZI	£7.50
VEGETARIAN KARAHI or MASSALA *(A)	£7.50
VEGETABLE KORMA *(A)	£6.50

## Biriani

*Cooked with basmati rice and served with vegetable curry.*

"RASAL" SPECIAL BIRIANI *(A) Topped with omelette.	£9.95
CHICKEN TIKKA BIRIANI	£9.50
TANDOORI CHICKEN BIRIANI	£9.50
CHICKEN or LAMB BIRIANI	£8.95
PRAWN BIRIANI	£9.95
KING PRAWN BIRIANI	£14.95
VEGETABLE BIRIANI	£7.50

## Rice Dishes

BOILED RICE	£2.75
PILAU RICE (Basmati)	£2.95
SPECIAL FRIED RICE (With egg) *(A)	£3.75
PEAS PILAU	£3.75
MUSHROOM RICE	£3.75
ORIENTAL PILAU RICE Rice cooked with spices, peas and mushrooms.	£3.75
KEEMA RICE	£3.95
COCONUT RICE *(A)	£3.95
TOBY RICE *(A) Chicken, sag, chick peas, peas, egg.	£4.25

## Vegetable Dishes

VEGETABLE CURRY	£3.75
VEGETABLE BHAJI	£3.75
MUSHROOM BHAJI	£3.75
BHINDI BHAJI (Okra)	£3.75
BRINJAL BHAJI (Aubergine)	£3.75
CAULIFLOWER BHAJI	£3.75
BOMBAY ALOO (Hot) (Potatoes)	£3.75
ALOO PEAS	£3.75
SAG ALOO	£3.75
SAG BHAJI	£3.75
ALOO GOBI	£3.75
CHANA MASSALA (Chick peas)	£3.75
LANKA POTATOES (With chillies and ginger)	£3.75
DAL (Lentils)	£3.75

TARKA DAL (Lentils with garlic)	£3.75
DAL MASSALA *(A)	£3.75
SAG DAL	£3.75
MATTAR PANEER (Home made cheese and peas) *(A)	£3.95
SAG PANEER (Home made cheese and spinach) *(A)	£3.95

## Nans

PLAIN NAN (Leavened bread cooked in Tandoor)	£2.25
PESHWARI NAN (Stuffed with almonds) *(A)	£2.95
GARLIC NAN	£2.95
CHEESE NAN	£2.95
KEEMA NAN (Stuffed with minced lamb)	£2.95
KULCHA NAN (Stuffed with vegetables)	£2.95
ROGONI NAN (With sesame seeds)	£2.95
AKBARI NAN (Stuffed with chicken tikka)	£2.95
PLAIN PARATHA	£2.95
STUFFED PARATHA (Stuffed with vegetables)	£2.95
TANDOORI ROTI	£2.00
CHAPATI (Soft thin bread)	£1.50
PURI	£1.50

## Sundries

PAPADUM	£0.65
MASSALA PAPADUM (Spicy)	£0.75
RAITA (Cucumber or onion)	£1.75
CHUTNEY	£0.60
GREEN SALAD	£1.75

### \*(A) ALLERGY AWARENESS

Few of our dishes may contain nuts or dairy products, if you suffer from an allergy, then please enquire when ordering. If there is a dish which you may like and is not listed on the menu, please enquire with a member of our staff, if possible within the time available we will be happy to prepare it for you.

Vegetable oil produced from genetically modified soya



### PAYMENT

All major credit cards are accepted.  
The Management reserves the right to refuse admission to any person.

# Rasal

*Bangladeshi and Indian Cuisine*



BCA CATERER OF THE YEAR  
HERTS & BEDS REGION

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## Take Away Menu