



Bengal Tandoori

Restaurante Indiano



Namaste!

ENTRADAS/STARTERS

1. CHAMUÇA DE LEGUMES Vegetable samosa	1.99€
2. CHAMUÇA DE CARNE Meat samosa	1.99€
3. ONION BHAJI Pastéis de cebola/ Onion pastries	4.25€
4. PANEER PAKORA Pastéis de queijo indiano/ Indian cheese pastries	5.25€
5. CHICKEN PAKORA Pastéis de frango/ Chicken pastries	5.75€
6. PRAWN PAKORA Pastéis de camarão/ Shrimp pastries	7.95€
7. PAKORA MIX Misto de pastéis vegetarianos/ Mix of vegetarian pastries	8.95€
8. BENGAN PAKORA Pastéis de beringela/ Eggplant pastries	6.95€
9. MANCHURIAN VEG Bolas de legumes fritas crocantes com molho/ Crispy fried veg balls with sauce	7.95€
10. MANCHURIAN NON VEG Bolas de carne fritas crocantes com molho/ Crispy fried meat balls with sauce	8.95€
11. PRAWN PURI Pão indiano frito com camarão/ Fried indian bread with shrimp	8.95€
12. PAPADUM Pão fino de lentilhas fritas/ Thin bread of fried lentils	1.25€
13. MASALA PAPADUM Pão fino com cebola, tomate e coentros/ Thin bread with onions, tomato and coriander	2.25€
14. ONION RINGS Cebola frita/ Fried onions	3.75€
15. CHICKEN TIKKA Cubos de frango marinados em iogurte e especiarias suaves/ Marinated chicken pieces in yoghurt and soft spices	8.95€
16. MURGH MALAI TIKKA Cubos de frango grelhados numa marinada cremosa com iogurte, queijo, gengibre e alho/ Chicken pieces grilled in a creamy marinade with yoghurt, cheese, ginger and garlic	8.95€
17. SHEEKH KEBAB Espetada de borrego picado com coentros e grelhado/ Minced grilled lamb with coriander	9.75€

SOPAS/SOUPS

18. VEG SOUP

5.00€

Sopa de vegetais/ Vegetable soup

19. CHICKEN SOUP

5.00€

Sopa de frango/ Chicken soup

20. DAAL SOUP

5.00€

Sopa de lentilhas/ Lentil soup

PRATOS DE TANDOORI

21. TANDOORI CHICKEN

13.95€

Perna de frango grelhada com iogurte, gengibre e especiarias/ Grilled chicken leg with yoghurt, ginger and spices

22. MIXED TANDOORI

23.95€

Sortido de chicken tandoori, chicken tikka, sheekh kebab e lamb tikka/ Mix of chicken tandoori, chicken tikka, sheekh kebab and lamb tikka

23. CHICKEN TIKKA

15.95€

Cubos de frango marinados em iogurte e especiarias suaves/ Marinated chicken pieces in yoghurt and soft spices

24. MURGH MALAI TIKKA

15.95€

Cubos de frango grelhados numa marinada cremosa com iogurte, queijo, gengibre e alho/ Chicken pieces grilled in a creamy marinade with yoghurt, cheese, ginger and garlic

25. LAMB TIKKA

17.50€

Cubos de borrego marinados em iogurte, gengibre, alho e ervas/ Marinated lamb pieces in yoghurt, ginger, garlic and herbs

26. GAMBAS TANDOORI

27.70€

Camarão gigante marinado em iogurte e especiarias suaves/ Marinated king prawn in yoghurt and soft spices

27. SHEEKH KEBAB

17.50€

Espetada de borrego picado com coentros e grelhado/ Minced grilled lamb with coriander

PRATOS DE BORREGO/LAMB

28. LAMB CURRY

Caril de borrego/ Lamb curry

14.95€

29. LAMB DHANSAK

Caril de borrego com molho de lentilhas e especiarias/ Lamb curry with lentil sauce and spices

16.95€

30. LAMB BHINDI

Quiabos com borrego/ Okra with lamb

17.95€

31. LAMB JALFRESHI

Borrego num molho espesso de tomate e cebola com cenoura, pimento verde, gengibre e alho (pouco picante)/ Lamb in a thick tomato and onion sauce with carrot, green pepper, ginger and garlic (soft hot)

17.95€

32. LAMB KARAH

Borrego num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Lamb in a sauce made with fresh spices tomato, onions, green pepper, ginger and garlic

16.95€

33. LAMB KURMA

Borrego num molho de natas, coco, amêndoas e caju (sabor adocicado)/ Lamb in a cream sauce of coconut, almonds and cashews (sweet flavor)

15.95€

34. LAMB MADRAS

Borrego cozinhado com molho de tomate, coco e limão (picante mediano)/ Lamb cooked in a tomato, coconut and lemon sauce (medium hot)

15.95€

35. LAMB MANGO

Borrego num molho cremoso de manga (sabor adocicado)/ Lamb in a creamy mango sauce (sweet flavor)

15.95€

36. LAMB MUSHROOM

Borrego cozinhado com cogumelos num molho de tomate, gengibre e alho/ Lamb cooked with mushrooms in a tomato, ginger and garlic sauce

16.95€

37. LAMB ROGEN JOST

Borrego cozinhado num molho de tomate, gengibre e alho (pouquíssimo picante)/ Lamb cooked in a tomato, ginger and garlic sauce (very soft hot)

16.95€

38. LAMB SPINACH

Borrego cozinhado com espinafres e aromatizado com ervas/ Lamb cooked with spinach and flavored with herbs

16.95€

39. LAMB TIKKA MASALA

Cubos de borrego grelhado com especiarias, servindo-se com molho de tomate, amêndoas e natas (sabor adocicado)/ Grilled lamb pieces with spices and served with cream tomato and almond sauce (sweet flavor)

16.95€

40. LAMB VINDALOO

Prato tradicional de Goa de batata e borrego em molho de tomate (muito picante)/ Traditional Goan dish of potatoes and lamb in a tomato sauce (very hot)

15.95€

PRATOS DE CAMARÃO/PRAWN

41. PRAWN CURRY

15.95€

Caril de camarão/ Prawn curry

42. PRAWN DHANSAK

16.95€

Caril de camarão com molho de lentilhas e especiarias/ Prawn curry with lentil sauce and spices

43. PRAWN KARAH

16.95€

Camarão num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Prawn in a sauce made with fresh spices with tomato, onions, green pepper, ginger and garlic

44. PRAWN CHILLY

16.95€

Camarão num molho de soja preta e pimenta doce com tomate, cebola, pimento, gengibre e alho (pouco picante)/ Prawn in black soy and sweet chilly sauce with tomato, onion, pepper, ginger and garlic (soft Hot)

45. PRAWN KURMA

16.95€

Camarão num molho de natas, coco, amêndoas e caju (sabor adocicado)/ Prawn in a cream sauce of coconut, almonds and cashews (sweet flavor)

46. PRAWN MADRAS

16.95€

Camarão cozinhado com molho de tomate, coco e limão (picante mediano)/ Prawn cooked in a tomato, coconut and lemon sauce (medium hot)

47. PRAWN MANGO

16.95€

Camarão num molho cremoso de manga (sabor adocicado)/ Prawn in a creamy mango sauce (sweet flavor)

48. PRAWN MUSHROOM

16.95€

Camarão cozinhado com cogumelos num molho de tomate, gengibre e alho/ Prawn cooked with mushrooms in a tomato, ginger and garlic sauce

49. PRAWN SPINACH

16.95€

Camarão cozinhado com espinafres e aromatizado com ervas/ Prawn cooked with spinach and flavored with herbs

50. PRAWN TANDOORI MASALA

16.95€

Camarão temperado com especiarias, servindo-se com molho de tomate, amêndoas e natas (sabor adocicado)/ Grilled prawn pieces with spices and served with cream tomato almond sauce (sweet flavor)

51. PRAWN VINDALOO

16.95€

Prato tradicional de Goa de batata e camarão em molho de tomate (muito picante)/ Traditional Goan dish of potatoes and prawn in a tomato sauce (very hot)

PRATOS DE FRANGO/CHICKEN

52. CHICKEN CURRY

12.95€

Caril de frango/ Chicken curry

53. CHICKEN DHANSAK

12.95€

Caril de frango com molho de lentilhas e especiarias/ Chicken curry with lentil sauce and spices

54. CHICKEN CHANA

12.95€

Caril de frango com grão/ Chicken curry with chickpeas

55. CHICKEN JALFRESHJI

14.95€

Frango num molho espesso de tomate e cebola com cenoura, pimento verde, gengibre e alho (pouco picante)/ Chicken in a thick tomato and onion sauce with carrot, green pepper, ginger and garlic (soft hot)

56. CHICKEN CHILLY

13.95€

Frango num molho de soja preta e pimenta doce com tomate, cebola, pimento, gengibre e alho (pouco picante)/ Chicken in black soy and sweet chilly sauce with tomato, onion, pepper, ginger and garlic (soft Hot)

57. CHICKEN KARAHI

13.95€

Frango num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Chicken in a sauce made with fresh spices with tomato, onions, green pepper, ginger and garlic

58. CHICKEN KASMIR

12.95€

Frango com frutos secos num molho de natas/ Chicken with dried fruits in a cream sauce

59. CHICKEN KURMA

12.95€

Frango num molho de natas, coco, amêndoas e caju (sabor adocicado)/ Chicken in a cream sauce of coconut almonds and cashews (sweet flavor)

60. CHICKEN MADRAS

12.95€

Frango cozinhado com molho de tomate, coco e limão (picante mediano)/ Chicken cooked in a tomato, coconut and lemon sauce (medium hot)

61. CHICKEN MANGO

12.95€

Frango num molho cremoso de manga (sabor adocicado)/ Chicken in a creamy mango sauce (sweet flavor)

62. CHICKEN MUSHROOM

12.95€

Frango cozinhado com cogumelos num molho de tomate, gengibre e alho/ Chicken cooked with mushrooms in a tomato, ginger and garlic sauce

63. CHICKEN SPINACH

12.95€

Frango cozinhado com espinafres e aromatizado com ervas/ Chicken cooked with spinach and flavored with herbs

64. CHICKEN TIKKA MASALA

13.95€

Cubos de frango grelhado com especiarias, servindo-se com molho de tomate, amêndoas e natas (sabor adocicado)/ Grilled chicken pieces with spices and served with cream tomato and almond sauce (sweet flavor)

65. CHICKEN VINDALOO

12.95€

Prato tradicional de Goa de batata e frango em molho de tomate (muito picante)/ Traditional Goan dish of potatoes and chicken in a tomato sauce (very hot)

66. BUTTER CHICKEN

12.95€

Caril de frango com natas/ Chicken curry in a cream sauce

67. XACUTI CHICKEN

12.95€

Caril de frango com leite de coco (sabor adocicado)/ Chicken curry with coconut milk (sweet flavor)

PRATOS DE VITELA/BEEF

68. BEEF CURRY

12.95€

Caril de vitela/ Beef curry

69. BEEF ALOO GOST

13.95€

Caril de vitela com batata/ Beef curry with potatoes

70. BEEF MASALA

13.95€

Cubos de vitela grelhado com especiarias, servindo-se com molho de tomate, amêndoas e natas (sabor adocicado)/ Grilled beef pieces with spices and served with cream tomato and almond sauce (sweet flavor)

71. BEEF MUSHROOM

13.95€

Vitela cozinhada com cogumelos num molho de tomate, gengibre e alho/ Beef cooked with mushrooms in a tomato, ginger and garlic sauce

72. BEEF SPINACH

13.95€

Vitela cozinhada com espinafres e aromatizado com ervas/ Beef cooked with spinach and flavored with herbs

73. BEEF MADRAS

13.95€

Vitela cozinhada com molho de tomate, coco e limão (picante mediano)/ Beef cooked in a tomato, coconut and lemon sauce (medium hot)

74. BEEF VINDALOO

13.95€

Prato tradicional de Goa de batata e vitela em molho de tomate (muito picante)/ Traditional Goan dish of potatoes and beef in a tomato sauce (very hot)



PRATOS DE BRIYANI



75. VEGETABLE BRIYANI	13.95€
Arroz com vegetais e especiarias/ Rice with vegetables with spices	
76. SPICY CHICKEN TIKKA BRIYANI	15.95€
Arroz com cubos de frango grelhado com especiarias (picante mediano)/ Rice with grilled chicken with spices (medium hot)	
77. BENGALI BRIYANI	19.95€
Arroz com camarão, frango e borrego com especiarias/ Rice with prawn, chicken and lamb with spices	
78. LAMB BRIYANI	17.95€
Arroz com borrego e especiarias/ Rice with lamb and spices	
79. PRAWN BRIYANI	17.95€
Arroz com camarão e especiarias/ Rice with prawn and spices	
80. CHICKEN BRIYANI	14.95€
Arroz com frango e especiarias/ Rice with chicken and spices	
81. BEEF BRIYANI	14.95€
Arroz com vitela e especiarias/ Rice with beef and spices	

ESPECIALIDADES/SPECIALITIES

82. PRAWN JALFRESHI

18.95€

Camarão num molho espesso de tomate e cebola com cenoura, pimento verde, gengibre e alho (pouco picante)/ Prawn in a thick tomato and onion sauce with carrot, green pepper, ginger and garlic (soft hot)

83. MIXED TANDOORI MASALA

21.95€

Pedaços de frango, borrego e camarão grelhado com especiarias, servindo-se com molho de tomate, amêndoas e natas (sabor adocicado)/ Grilled chicken, lamb and prawn pieces with spices and served with cream tomato and almond sauce (sweet flavor)

84. MIXED TANDOORI KARAHI

22.95€

Pedaços de frango, borrego e camarão grelhado com especiarias num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Grilled chicken, lamb and prawn pieces with spices in a sauce made with fresh spices with tomato, onions, green pepper, ginger and garlic

85. CHICKEN SHEEKH KEBAB KARAHI

16.95€

Frango num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Chicken in a sauce made with fresh spices with tomato, onions, green pepper, ginger and garlic

86. CHICKEN SHEEKH KEBAB MASALA

16.95€

Cubos de frango grelhado com especiarias, servindo-se com molho de tomate, amêndoas e natas (sabor adocicado)/ Grilled chicken pieces with spices and served with cream tomato and almond sauce (sweet flavor)

PRATOS VEGETARIANOS/ VEGETABLE

87. MALAI KOFTA

11.95€

Bolas de legumes e coco frito num molho cremoso (sabor adocicado)/ Fried balls of vegetable and coconut with a cream sauce (sweet flavor)

88. VEGETABLE KURMA

10.95€

Legumes com molho de natas, coco, amêndoas e cajú (sabor adocicado)/ Vegetables in a cream sauce of coconut, almond and cashew (sweet flavor)

89. VEGETABLE MIX

11.95€

Caril de legumes mistos/ Vegetable mix curry

90. BENGAN BHARTA

11.95€

Bringela cozida no forno com especiarias/ Eggplant cooked in a oven with spices

91. BHINDI BHAJI

13.95€

Quiabos com gengibre, cebola e especiarias/ Okra with ginger, onions and spices

92. ALOO MUTTER

11.95€

Caril de batatas com ervilhas/ Potato curry with peas

93. ALOO CHANA

11.95€

Caril de batatas com grão/ Potato curry with chickpeas

94. ALOO GOBI

11.95€

Caril de batatas com couve-flor/ Potato curry with cauliflower

95. ALOO MUSHROOM

11.95€

Caril de batatas com cogumelos/ Potato curry with mushroom

96. DAAL MAKHANI

11.95€

Caril de lentilhas com natas/ Lentil curry with a cream sauce

97. KARAH CHANA

11.95€

Grão cozido num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Cooked chickpeas in a sauce made with fresh spiced with tomato, onion, pepper, ginger and garlic

98. MATAR PANEER

13.95€

Caril de ervilhas com queijo fresco indiano/ Peas curry with fresh indian cheese

99. PALAK PANEER

13.95€

Caril de espinafres com queijo fresco indiano/ Spinach curry with fresh indian cheese

100. PANEER KARAHÍ

13.95€

Queijo fresco indiano num molho feito de especiarias frescas com tomate, cebola, pimento verde, gengibre e alho/ Fresh indian cheese in a sauce made with fresh spices tomato, onions, green pepper, ginger and garlic

101. PANEER JALFRESHJI

14.95€

Queijo fresco indiano num molho espesso de tomate e cebola com cenoura, pimento verde, gengibre e alho (pouco picante)/ Fresh indian cheese in a thick tomato and onion sauce with carrot, green pepper, ginger and garlic (soft hot)

102. SAAG BHÁJI

11.95€

Caril de espinafres/ Spinach curry

103. SAAG ALOO

11.95€

Caril de espinafres com batata/ Spinach curry with potatoes

104. JEERA ALOO

11.95€

Batata com cominho e especiarias/ Potatoes with cumin and spices

105. SHAHI PANEER

13.95€

Queijo fresco indiano num molho de natas (sabor adocicado)/ Fresh indian cheese in a cream sauce (sweet flavor)

106. TARKA DAAL

11.95€

Caril de lentilhas/ Lentil curry

107. PANEER BUTTER MASALA

13.95€

Queijo fresco indiano com molho de tomate, amêndoas e natas (sabor adocicado)/ Fresh indian cheese with cream tomato and almond sauce (sweet flavor)

108. PANEER CHILLY

13.95€

Queijo fresco indiano num molho de soja preta e pimenta doce com tomate, cebola, pimento, gengibre e alho (pouco picante)/ Fresh indian cheese in black soy and sweet chilly sauce with tomato, onion, pepper, ginger and garlic (soft Hot)

109. CHANA MASALA

12.95€

Caril de grão com cebola, tomate e pimento (picante mediano)/ Chickpeas curry with tomato, onion and pepper (medium Hot)

ARROZ/RICE

110. RICE

Arroz simples/ plain rice

2.95€

111. POLAO RICE

Arroz com legumes/ rice with vegetables

3.95€

112. EGG FRIED RICE

Arroz frito com ovo/ Fried rice with egg

3.95€

113. MUSHROOM FRIED RICE

Arroz frito com ervilhas e cogumelos/ Fried rice with peas and mushrooms

4.25€

114. JEERA RICE

Arroz frito com cominho/ Fried rice with cumin

3.99€

115. COCONUT RICE

Arroz frito com coco/ Fried rice with coconut

4.25€

PÃO INDIANO/ INDIAN BREAD

116. NAAN

Famoso pão indiano feito no forno tandoori / Famous indian bread made in the tandoori oven

2.75€

117. BUTTER NAAN

Naan recheado com manteiga/ Naan stuffed with butter

3.95€

118. CHEESE NAAN

Naan recheado com queijo/ Naan stuffed with cheese

4.25€

119. GARLIC NAAN

Naan recheado com alho/ Naan stuffed with garlic

3.75€

120. GARLIC CHILLY NAAN

Naan recheado com alho e malagueta/ Naan stuffed with garlic and chilli

3.95€

121. MIX NAAN

Naan recheado com alho e queijo/ Naan stuffed with garlic and cheese

5.25€

122. KEMMA NAAN

Naan recheado com carne picada/ Naan stuffed with minced meat

5.95€

123. SWEET NAAN

Naan recheado com coco e passas/ Naan stuffed with coconut and raisins

4.75€

124. PANEER NAAN

Naan recheado com queijo fresco indiano/ Naan stuffed with fresh indian cheese

4.99€

125. ALOO KULCHA

Naan recheado com batata e cebola/ Naan stuffed with potatoes and onions

5.25€

126. PARATHA

Pão feito em camadas/ Layered bread

3.50€

127. ALOO PARATHA

Paratha com batatas/ Paratha with potatoes

4.99€

128. TANDOORI PARATHA

Paratha feito no forno tandoori/ Paratha made in a tandoori oven

3.75€

129. TANDOORI ALOO PARATHA

Paratha com batata feito no forno tandoori/ Paratha with potatoes made in a tandoori oven

4.99€

130. TANDOORI ROTI

1.99€

131. CHAPATI

1.99€

132. RAITA

2.95€

Molho de iogurte com cebola, tomate, pimento e coentros/ Yoghurt with onions, tomato, pepper and coriander



Thank you!

**IVA incluído à taxa legal em vigor.*

Este estabelecimento tem livro de reclamações.

Se tiver qualquer alergia alimentar, por favor informe-nos antes!

**Prices with VAT in force.*

This property has a complaint book.

Any food allergy, please tell us before.