

# Marina

Grill ● Restaurant

AUTHENTIC INDIAN RESTAURANT

*Not just good... it's exceptionally good*

## TAKEAWAY MENU



### LUNCH SPECIAL £13.95

FROM MONDAY TO THURSDAY (12:30PM TO 2:30PM)

Any one main dish with Rice or Nan or chips

(Select from the ala carte menu)

Excluding Sea Food and lamb chop

### HOME DELIVERY

ON ORDER OVER £30

### FREE COKE

ON ORDER OVER £40 COLLECTION ONLY

Unit 4A, Excel Marina  
Westerngateway, London E16 1AT

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**0207 476 4085**

[www.restaurantmarina.co.uk](http://www.restaurantmarina.co.uk)  
[info.restaurantmarina.co.uk](mailto:info.restaurantmarina.co.uk)



### VEGETABLE DISHES MAIN & SIDE

66.	VEGETABLE BHAJI	£7.95
	Mixed fresh vegetables cooked to a medium dry finish.	
67.	BOMBAY ALOO	£7.95
	A potato dish made in medium spices.	
68.	BRINJAL BHAJI	£7.95
	Gently fried slices of fresh aubergine in medium spices.	
69.	ALOO GOBI	£7.95
	A potato dish cooked with fresh cauliflower.	
70.	CAULIFLOWER BHAJI	£7.95
	MEDIUM COOKED WITH CAULIFLOWER.	
71.	SAAG ALOO	£7.95
	Delicately prepared pieces of potato cooked with fresh spinach with medium spices -	
72.	BHINDI BHAJI	£7.95
	Fried ladies fingers of okra in medium spices.	
73.	TARKA DAL	£7.95
	Cooked lentils given their distinctive flavour whilst fried in onions, garlic and spice	
74.	CHANNA BHAJI	£7.95
	A delicious medium dish made of chickpeas.	
75.	SAAG BHAJI	£7.95
	Fresh spinach cooked with spices garlic & onion	
76.	MUSHROOM BHAJI	£7.95
	Fresh mushroom fried in a subtle blend of spice.	
77.	SAAG PANEER	£7.95
	Fresh spinach with cheese.	
78.	MATAR PANEER	£7.95

### BIRYANI SPECIAL

79.	LAMB BIRYANI	£9.95
80.	CHICKEN BIRYANI	£9.95
81.	KING PRAWN BIRYANI	£12.95
82.	VEGETABLE BIRYANI	£8.50
83.	CHEF SPECIAL BIRYANI	£12.95

### SALAD

84.	ROASTED CHICKEN SALAD	£6.95
85.	SALMON SALAD	£7.95
86.	TUNA SALAD	£6.95
87.	GREEN SALAD	£3.95

### RICE

88.	PLAIN RICE	£2.25
89.	BASMATI RICE / PILAO RICE	£2.50
90.	MUSHROOM RICE	£3.25
91.	EGG RICE	£3.25
92.	SPECIAL RICE	£3.95
93.	COCONUT RICE	£3.25
94.	LEMON RICE	£3.25
95.	VEGETABLE RICE	£3.25
96.	KEEMA RICE	£3.95

### SUNDRIES

97.	NAAN	£2.00	102.	STUFFED PARATHA	£2.50
98.	KEEMA NAAN	£2.50	103.	CHAPATI	£1.50
99.	GARLIC NAAN	£2.50	104.	PAPADOM	£0.50
100.	PESHWARI NAAN	£2.50	105.	PICKLES TRAY	£1.50
101.	PARATA	£2.50	106.	CHIPS	£2.95

### BANQUETING NIGHT (EATING ONLY) (3 COURSE MEAL) MONDAY TO THURSDAY

#### SET MEAL FOR 1 PERSONS

SET MEAL FOR 1 PERSON £17.95  
1. ONE STARTER, ONE MAIN DISH, ONE SIDE DISH  
Select yourself from the menu excluding sea food & lamb chop.

#### SET MEAL FOR 2 PERSONS

2. TWO STARTER, TWO MAIN DISH, TWO SIDE DISH £33.95  
Select yourself from the menu excluding sea food & lamb chop

### Opening Hours

7 Days a Week

SATURDAY - THURSDAY 12pm - 11:00pm

FRIDAY 3:00pm to 11:30pm

All major credits and debit cards accepted





## STARTERS

1. **ONION BHAJI**  
Deep fried mixture of onion puree & gram flavour paste £3.50
2. **SAMOSA (MEAT /VEG/CHICKEN)**  
Triangular shaped pastry filled with medium spiced lamb/ veg / chicken. £3.95
3. **SHEEK KEBAB**  
Charcoal grilled minced lamb mixed with herbs & spices £4.95
4. **SHAMI KABAB**  
Finely minced steak fried with herbs & spices £4.95
5. **CHICKEN TIKKA**  
Tender pieces of chicken or lamb marinated in yoghurt with spices and baked in the tandoori £4.95
6. **TANDOORI CHICKEN**  
Quarter spring chicken marinated in herbs and tandoori grill. £4.25
7. **CHICKEN CHAAT**  
Lightly spiced with a tangy sauce. £4.95
8. **CHICKEN CHANDAN**  
Lightly spiced pieces of spring chicken with fresh coriander green chilli, mint, garlic and black paper. £4.95
9. **PRAWN PUREE**  
Medium spiced deep fried homemade bread smothered in delicious spicy, tangy prawns. £5.95
10. **KING PRAWN BUTTERFLY**  
Delicately cooked with light spices and fried with breadcrumbs. £5.95
11. **CHICKEN WINGS** £4.50
12. **SPRING ROLL** £3.50
13. **ONION RINGS** £3.50
14. **SALMON TIKKA** £5.95
15. **TANDOORI LAMB CHOP** £5.95

## CHARCOAL GRILL/TANDOORI DISHS (MAIN)

16. **TANDOORI CHICKEN** Half Chicken £7.50 Full Chicken £12.95  
Tender chicken marinated & spiced and cooked in the tandoori
17. **CHICKEN TIKKA** £8.35  
Tender pieces of chicken marinated in yoghurt with spices and baked in tandoori oven.
18. **CHICKEN SHASHLICK** £8.95  
Chicken tikka barbecued with freshly grilled onions, capsicum and tomatoes
19. **CHICKEN CHANDAN** £8.95  
Lightly spiced pieces of spring chicken with fresh coriander, green chilli, mint, garlic and black pepper cooked in the tandoori
20. **GARLIC CHICKEN TIKKA** £8.95  
Tender chicken backed in tandoori and then cooked with fresh garlic, onion and green pepper. £8.50
21. **PANEER SHASHLICK** £13.95  
Homemade cheese (panner) infused with herbs & spices, with garlic yoghurt & tandoori massala skewered
22. **TANDOORI MIXED GRILL** £11.95  
Chicken tikka, lamb Chop, tandoori chicken, sheek kebab.
23. **SALMON TIKKA GRILL 4 PIECES** £12.95  
Marinated fillet of salmon lightly spiced, gently grilled on tandoori clay oven.
24. **TANDOORI KING PRAWN** £11.95  
King prawn marinated with herbs & spices, barbecued with onions
25. **RUPCHANDA TANDOORI** £12.95  
Large rupchanda fish on a bowl. White bangladeshi fresh fish marinated in medium spices and cooked in the tandoori charcoal oven.
26. **WHOLE SEA BASS FISH GRILL (ON THE BONE)** £11.95
27. **TANDOORI LAMB CHOP (4 PIECES)**

## CHEF'S RECOMMENDATIONS

28. **CHICKEN TIKKA MASSALA** £8.95  
Kashmir your choice- spring chicken marinated in yogurt, herbs and spices, barbecued in the tandoori and enriches with an exotic massala sauce.
29. **CHICKEN TIKKA LABABDAR** £8.95  
Northern india mild delicately spiced sauce made with roasted cashew nut and fennel seed. Mixed with a home made spiced butter sauce, cream and peeled tomatoes.
30. **REZALA LAMB OR CHICKEN** £8.95  
This slightly hot dish is specially prepared in yogurt and almond flavored sauce with a touch of herbs.
31. **MUGHLAI CHICKEN** £8.95  
Moghat tender pieces of spring chicken flavoured with egg, ginger, garlic, and exotic massala, shallow fried then added to a special home prepared sauce made of yoghurt, coconut, poppy seeds and sultana. Garnished with roasted cashews, a very mild dish.
32. **TANDOORI KING PRAWN MASSALA** £12.95  
Barbecued king prawn diced and cooked in very rich massala sauce with herbs and spices, garnished with cream and almond.
33. **BUTTER CHICKEN** £8.95  
Boneless tandoori chicken barbecued cooked with almond, coconut and a touch of cream, garnished with butter.
34. **JEERA CHICKEN** £8.95  
Tender chicken cooked in cumin seeds.
35. **KARAH CHICKEN OR LAMB** £8.95  
Cooked with slice of onion and capsicum flavoured with garlic, ginger and a selection of spices.
36. **SHATKORA CHICKEN OR LAMB** £8.95  
Cooked with banlga lemon in a saucy dish.
37. **CHICKEN CHILLI MASSALA** £8.95  
Chicken cooked with pickled chilies, ginger and garnished with fresh coriander.
38. **LAL GOSHT** £8.95  
Lamb cooked with hot spices & crushed red chilies.
39. **GARLIC CHILLI CHICKEN** £8.95  
Fairly hot chicken tikka with fresh garlic and green chilli.

## BALTI DISHES

- Normal balti dishes cooked like panjabi cuisine, cooked onion & tomatoes, flavoured with green peppers.
40. **HOUSE SPECIAL BALTI** £10.50  
Chicken tikka cooked with minced meat and egg in balti thick sauce.
  41. **CHICKEN TIKKA BALTI** £8.50
  42. **LAMB BALTI** £8.50
  43. **KING PRAWN BALTI** £12.95
  44. **CHICKEN KORAI BALTI** £8.50
  45. **FISH CHILLI BALTI** £8.50
  46. **PRAWN BALTI** 10.50
  47. **VEGETABLE BALTI** £7.95







## SEAFOOD

48.	<b>TILAPIA FISH CHILLI MASALA</b> Cooked In Hot Spices With Fresh Chillies In Thick Sauce.	£9.50
49.	<b>TILAPIA FISH JALFREZI</b> A thick curry sauce made with a variety of fresh spices, onion, Fresh green chilli & peepers	£9.50
50.	<b>TILAPIA FISH BHUNA</b> Cooked with onion and tomato in thick sauce.	£9.50
51.	<b>TILAPIA FISH TARKARI</b> Medium hot, well cooked curries with couliflower. Thick gravy and fresh corinder.	£12.95
52.	<b>SALMON JALFREZI</b> A thick curry sauce made with a variety of fresh spices, onion, fresh green chillies & peppers.	£12.95
53.	<b>KING PRAWN JALFREZI</b>	£12.95
54.	<b>KING PRAWN DOPIAZA</b>	£12.95

## NAGA MIRCHI DISH

Naga mirchi new exciting traditional bangladeshi chilli cooked with natural strong spices, giving all the flavour of home cooking recommended for hot curry lovers.

55.	<b>CHICKEN NAGA MIRCHI</b>	£8.50
56.	<b>LAMB NAGA MIRCHI</b>	£8.50
57.	<b>PRAWN NAGA MIRCHI</b>	£10.50
58.	<b>KING PRAWN NAGA MIRCHI</b>	£12.95
59.	<b>VEGETABLE NAGA MIRCHI</b>	£7.95

## TRADITIONAL DISH

60.	<b>KORMA</b> A mild dish cooked with almond, coconuts and fresh cream Chicken/ meat/ prawn/ vegetable/ chicken tikka/ lamb/ madras or vindaloo.	£8.95
61.	<b>VINDALOO</b> A FAIRLY HOT SAUCE DERIVED FROM ONION AND CHILLIES (VINDALOO IS VERY HOT) Chicken meat/prawn/ vegetable/ chicken tikka	£8.95
62.	<b>BHUNA</b> BHUNA DISHES ARE VERY SPICY BUT MEDIUM AND WELL COOKED WITH THICK GRAVY Chicken/ meat/ prawn/ chicken tikka.	£8.95
63.	<b>ROGHAN JOSH DISH</b> ROGHAN JOSH DISHES ARE MEDIUM HOT, FRIED TOMATO AND CAPSICUM Chicken/ meat/ prawn/ chicken tikka	£8.95
64.	<b>DHANSHAK</b> DHANSHAK DISHES ARE SPICED, COOKED WITH LENTIL, SLIGHTLY HOT, SWEET AND SOUR Chicken/ meat/ prawn/ vegetable/ chicken tikka	£8.95
65.	<b>SAAG</b> MEDIUM HOT, WELL COOKED CURRIES WITH SPINACH & THICK GRAVY CHICKEN/ MEAT/ PRAWN/ KING PRAWN/ VEGETABLE/ CHICKEN TIKKA	£8.95