

STARTERS



Served with mint sauce and salad

King Prawn Puri	£5.95
Chicken Chat Puri	£3.95
Sheek Kebab (mince meat) Medium spiced and skewered in a clay oven	£3.95
Chicken Wings 4 pieces	£3.50
Chicken Tikka (off the bone) Marinated, spiced and grilled in a clay oven	£3.95
Samosa 2 pieces Triangular shaped pastry filled with spicy minced meat or vegetables	£2.95
Onion Bhaji 2 pieces Sliced onions in a spicy batter, deep fried	£2.95
Aloo Chat Puri	£3.95
Chilli Paneer Indian cheese	£4.50
Lamb Tikka (off the bone) Marinated spiced and grilled in a clay oven	£4.50
Tandoori Chicken (on the bone) Spiced chicken marinated in herbs, spices and cooked in a clay oven	£3.95
Lamb Chops 3 pieces	£7.00
Bhuna Prawn on Puree	£4.50
Mixed Kebab	£4.50
Liver and Kidney	£4.50
Soup Chicken or Lentil	£3.50

TANDOORI MAIN SIZZLING DISHES



All Tandoori dishes are served with salad and grilled in a clay oven and marinated in yoghurt with mild herbs and spices

Paneer, Chicken or Gobi Manchorian	£12.00
Lahore Lamb Chops 5 pieces	£14.95
Chicken Tikka (off the bone) Tender chicken marinated in spices, grilled in a clay oven	£10.00
Tandoori Chicken (on the bone) Tender chicken marinated with herbs and spices, grilled in a clay oven	£10.00
Lamb Tikka Tender lamb marinated in spices, grilled in a clay oven	£11.00
Chicken Shaslick Chicken pieces flavoured with special spices, cooked with onion, capsicum and tomatoes	£11.00
Tandoori Mix Grill Pieces of Tandoori chicken, chicken tikka, lamb tikka and sheek kebab, served with salad	£14.95
King Prawn Tikka Mildly spiced king prawn, grilled in a clay oven	£14.95
Fish Tikka Fish marinated in spices, grilled in a clay oven	£13.00
Sheek Kebab (mince meat) 5 pieces Medium spiced and skewered in a clay oven	£11.00
Chilli Paneer Deep fried indian cheese with green capsicum, chillies, onion and garlic	£11.00

CURRY



Curry, meaning spicy sauce, is used to refer to any number of hot or spicy based dishes, we have used a few selections of curries with different taste



Vegetable	£7.95	Chicken Tikka	£11.00
Chicken	£9.50	Prawn	£11.00
Lamb	£11.00	King Prawn	£14.95

Curry

A sauce of medium consistency, with a range of spices giving a standard flavour

Korma ☺

A delicate preparation of yoghurt, cream and spices, producing a very mild and sweet creamy sauce

Do-Piaza 🍴

Diced pieces of onion spiced to produce a taste that is of medium strength

Bhuna 🍴

A garnished dish with onion, garlic, tomato and selected spices

Roughan Josh 🍴

A special preparation with garlic, tomato, chilli and selected spices

Pathia 🍴

Garlic, onion, tomato puree, red chilli, sugar and lemon. A hot, sweet and sour taste

Madras 🍴🍴

Most popular dish of South Indian origin. A rich, fairly hot taste prepared extensively with garlic, chilli and tomato puree

Vindaloo 🍴🍴🍴

South Indian dish known for its fiery, fabulously rich, hot taste. Served with potatoes with lemon, ginger and red chillies being a few of the spices added. Only suitable for people with a strong constitution

Ceylon 🍴🍴

Coconut, black pepper, lemon, spices, sugar and milk. A hot, sweet and sour taste

Dhansak 🍴🍴

A combination of spices with lentils, garlic, lemon and sugar, producing a hot, sweet and sour taste

Palak 🍴

Spinach prepared with garlic, tomato and onion. Producing a rich, medium hot and fairly dry texture

mild/creamy ☺ medium hot 🍴 hot 🍴🍴 very hot 🍴🍴🍴

BIRIANI



Originating from Central Asia, these rich, very aromatic mild dishes made of special saffron rice, spiced ghee and served with mixed vegetable curry.



Vegetable	£8.95	Lahore Special	£11.00
Mushroom	£8.95	Mixed Biriani	
Chicken	£10.95		
Lamb	£11.00	King Prawn	£14.95
Prawn	£11.00	Chicken Fried Rice	£9.95
Chicken Tikka	£11.00	Paneer Tikka Biryani	£10.95

AUTHENTIC LAHORE DISHES



All dishes are individually prepared with fresh ingredients with a blended mixture of authentic herbs and delicious spices

Chicken, Lamb or Prawn Balti		£12.50
Rara Gosht		£12.50
Ginger Chicken		£12.50
Aloo or Mattar Keema		£12.50
Bhindi Gosht		£12.50
Chana Gosht		£12.50
Paneer Special / Butter Mossala		£12.50
Tiger Ginger Mughal King Prawn or Lasuni Chicken or Lamb		£15.95



CHEFS SPECIALITIES



Chicken, Lamb or Paneer Tikka Dishes

Lahore Special		£12.50
Tandoori marinated chicken or lamb cooked with a combination of masala and bhuna flavours to give a spectacular flavour, highly recommended		
Chicken or Lamb Tawa Kumbi		£12.50
Tender pieces of chicken or lamb, marinated in a yoghurt based sauce and cooked in spices to give a hint of spice and balanced flavour		
Chicken or Lamb Tikka Masala		£12.50
Diced chicken or lamb cooked in a mild, creamy sauce and flavoured with coconut and fresh cream		
Chicken or Lamb Tikka Pasanda		£12.50
A delightful moghul dish cooked with fragrant spices and fresh cream, yoghurt, cocoa powder, ground nuts and topped with fresh cream		
Chicken or Lamb or Paneer Tikka Korahi		£12.50
Diced chicken or lamb cooked with medium strength sauce, garnished with fresh tomatoes and capsicum		
Chicken, Lamb or Prawn Jalfrezi		£12.50
Chicken, lamb or prawn cooked with fresh green chillies, garlic, ginger, capsicum and onions; a fairly hot dish		
Chicken or Lamb Garlic Chilli		£12.50
Chicken or lamb tikka cooked in a thick sauce and garnished with fresh green chillies and tomatoes and capsicum; a hot dish		
Achari Lamb		£12.50
Cooked in a thick sauce, generously spiced with mango pickles		
Naga Blast		£12.50
Grilled chicken or lamb cooked with green pepper, onions and a combination of Naga chillies. This one will bring the tiger out in you!		
Belal Bhai Special		£12.50
Chicken or lamb mixed with traditional herbs and Indian spices; highly recommended		
South Indian Garlic Chilli		£12.50
Chicken with medium spices, garlic, tomatoes and fresh green chillies		
Silsa		£12.50
Chicken or lamb cooked with potatoes, mushrooms, green chillies in a thick sauce. Medium to hot taste		
Butter Chicken Lamb or Paneer		£12.50
Chicken or lamb cooked with potatoes, mushrooms, green chillies in a thick sauce. Medium to hot taste		



DISH OF THE DAY



Ali Special - Chicken, lamb or vegetable paneer
Taka Tak



£15.95

All dishes are prepared freshly to order so your patience is very much appreciated. We reserve the right to refuse any person service without explanation. If you suffer from food allergies and intolerances, please ask a member of staff who will be happy to help.

VEGETABLE SIDE DISHES



Only served with main dishes

Choly Batura (Special)		£7.50
Vegetable	Curry or Bhaji	£3.95
Mushroom	Curry or Bhaji	£3.95
Bhindi & Karala Okra cooked with spices	Curry or Bhaji	£3.95
Cauliflower	Curry or Bhaji	£3.95
Tarka Dal Lentils cooked with special spices and fried garlic		£3.95
Bringal Bhaji Aubergines		£3.95
Sag Bhaji Spinach cooked with herbs and spices		£3.95
Sag Aloo Spinach cooked with potato		£3.95
Sag Paneer Spinach cooked with Indian cheese		£4.50
Aloo Gobi Potato and cauliflower cooked in spices		£3.95
Bombay Potatoes		£3.95
Mattar Paneer Green peas and Indian cheese		£4.50
Chana Paneer Chick peas and Indian cheese		£4.50
Green Salad		£2.00

RICE & NAN

We use

Basmati Rice

Applies to
all Nans



Plain Rice	£2.60	Garlic Nan	£2.95
Pilau Rice	£2.95	Chilli Nan	£2.95
Mushroom Rice	£3.95	Paratha	£3.50
Coconut Rice	£3.95	Stuffed Paratha	£3.95
Onion Rice	£3.95	Tandoori Paratha	£3.00
Chilli Rice	£3.95	Chapati	£2.50
Egg Fried Rice	£3.95	Plain Papadom	£0.70
Keema Rice	£3.95	Spicy Papadom	£0.80
Garlic Rice	£3.95	Pickles	£0.70
Nan	£2.90	Raita Onion or Cucumber	£1.95
Peshwari Nan	£3.95	Chips	£2.95
Keema Nan	£3.95	Chutney/Pickle each	£0.70
Cheese Nan	£3.95	Mango/Mint Sauce/Chilli Sauce	

COLD DRINKS

Drinks - Cans Coca-Cola, Diet Coca-Cola, Pepsi and 7-Up £2.00

Experience the taste of Lahore



At Bournemouth Lahore, we pride ourselves on creating aromatic flavours in our food which dates back over 200 years in India and Pakistan. We aim to create the same royal presence in our restaurant just as the Maharajah Kings did as they sat down to eat their much treasured meal. We ensure excellent service and great tasting Balti dishes to bring the taste of India and Pakistan to your doorstep.

SET MEALS

Set Meal for Two

£29.95

- Starter Chicken Tikka • Onion Bhaji
- Main Course Chicken Tikka Masala • Lamb Bhuna
- Side Dish Mixed Vegetable Curry • Nan
• Pilau Rice • 2 Papadoms with relishes

Set Meal for One

- Starter Chicken Tikka • Papadoms & relishes
- Main Course Chicken Jalfrezi
- Side Dish Pilau Rice • Sag Aloo • Nan

£16.95

Outdoor catering for all occasions.

Contact us on: Tel 01202 911 040
or email bournemouthlahore@hotmail.com

Delivery Service Available - Enquire Within

ALLERGY ADVICE

Customers are advised to let our staff know if any food may cause any allergic reaction prior to ordering. If you would like to know what ingredients is in a particular dish, please ask a member of staff.

