



## Explore Tarana

Here you can explore the stylish, warm and friendly settings we have created to pleasure our guests. Now experience for yourself the exceptional and unique quality we offer by visiting Tarana Restaurant.

Our philosophy is simple. It is to transform our passion for indian food into a totally enjoyable dining experience for our guests. This is achieved by offering a wonderful variety of authentic dishes, presented by attentive staff in a warm and friendly high quality setting.

01342 716 363 | 01342 716 181

## Starters

<b>Onion Bhaji</b> (served with salad)	2.95
<b>Samosa</b> (meat or veg)	2.95
<b>Fish Cake</b>	3.95
Spicy minced fish patties, mixed with homemade spice served with cucumber sauce.	
<b>Prawn Cocktail</b>	3.95
<b>Prawn Puree</b>	3.75
<b>Chicken Tikka</b>	3.75
<b>Lamb Tikka</b>	3.75
<b>Tandoori Chicken</b>	3.75
<b>Sheek Kebab</b>	3.75
<b>Chicken Chat</b>	3.75
<b>Chicken Tikka Garlic</b>	3.95
<b>King Prawn Puree</b>	5.50
<b>Tarana Mixed Platter</b> (samosa, onion bhaji, chicken tikka & sheek kebab)	5.75
<b>King Prawn Butterfly</b>	5.50

## Tandoori Dishes

Tandoori dishes are firstly marinated in spices and then grilled on charcoal in a clay oven (known as the tandoor) each meal is served with green salad and mint yoghurt sauce.

<b>Chicken Tikka</b>	6.50
<b>Lamb Tikka</b>	6.50
<b>Duck Tikka</b>	6.95
<b>Tandoori Chicken</b>	6.50
<b>Garlic Chicken Tikka</b>	6.75
<b>Garlic Lamb Tikka</b>	6.75
<b>Chicken or Lamb Tikka Shaslick</b>	7.50
<b>Tandoori King Prawn</b>	9.95
<b>Tarana Tandoori Mixed Grill</b>	9.95

The ultimate tandoori experience, treat yourself to the entire platter of delicious meats. Includes chicken tikka, sheek kebab, tandoori chicken and nan bread, served with salad and mint sauce.

## Massala Dishes

Prepared in special flavoured sauce with coconut, almond, fresh spices and cream.

<b>Chicken Tikka Massala</b>	6.75
<b>Lamb Tikka Massala</b>	6.75
<b>Duck Tikka Massala</b>	7.25
<b>Tandoori Chicken Massala</b>	6.75
<b>Garlic Chicken Tikka Massala</b>	6.95
<b>Chicken Tikka Chilli Massala</b>	6.95
<b>Prawn Massala</b>	6.85
<b>Tandoori King Prawn Massala</b>	9.95
<b>Vegetable Massala</b>	5.75

## Balti Dishes

Cooked with sliced onions, green peppers, herbs & spice, blended in to a rich curry with our special paste.

<b>Balti Chicken or Lamb</b>	6.75
<b>Balti Prawn</b>	6.85
<b>Balti King Prawn</b>	9.95
<b>Balti Vegetable</b>	5.75
<b>Balti Tikka Chicken or Lamb</b>	7.75
<b>Balti Chicken Tikka Massala</b>	7.85
<b>Balti Chicken Tikka Bhuna</b>	7.75
<b>Balti Duck Tikka Massala</b>	7.75

## Chef Special

**Murghi Garlic Chilli** **Highly recommended by the chef** 7.50

Tender pieces of chicken breast stuffed with minced lamb cooked in fresh green chilli, garlic & tomato, producing an aromatic mouth watering dish, fairly hot.

**Chicken Village** **Chef's 2002 award winning dish** 7.50

Cubed chicken pieces marinated over night in spice, then grilled in the tandoor then re-cooked with mince lamb in a thick fragrant sauce of green chilli, fresh ginger, garlic & herbs, fairly hot.

**Zafrani** 7.50

Your choice of Chicken, Lamb or Prawns cooked with tamarind, garlic, ginger and fresh herbs and spices in a medium thick sauce, fairly hot.

**Rashuni Chicken Chilli** 7.50

Cubes of chicken cooked in tandoor and then prepared with fresh garlic, green chilli, herbs and garnished with coriander, fairly hot.

**Murghi Massala** 7.50

Minced lamb encased in tender pieces of chicken then prepared in our massala sauce with coconut, fresh cream & almonds, mild.

**Butter Chicken** 7.50

Thinly sliced off the bone tandoori chicken pieces is lavishly cooked in a buttery sauce with almonds, coconut and fresh cream, mild.

**Badami Chicken** 7.50

Chicken in a specially prepared peanut butter sauce with mild spices, cream & almond, mild.

**Bengal Chicken or Lamb** 7.50

Chicken tikka or lamb cooked in our unique sauce with sliced onions, peppers & tomatoes, fairly hot.

**Korai King Prawn** (sizzling dish) 10.95

Medium-hot sauce with chopped onions, tomato & green peppers.

**Sylhet Chicken or Lamb** 7.50

Spicy tomato puree rich sauce, fairly hot.

**Passanda Chicken or Lamb** 7.50

Cooked in a distinctive sauce with almond, coconut & fresh cream, mild.

**Naga Chicken or Lamb** **Chef's recommendation for the authentic experience** 7.50

Chicken or lamb tikka prepared with green chilli sauce which is marinated for 3 days producing a mouth watering dish, served with onions & coriander, hot.

**Hatkora Chicken or Lamb** **Village cooking** 7.50

An absolute bangladeshi classic, chicken or lamb pieces cooked in a medium sauce and infused with slices of hatkora (calamansi) which gives this dish an aromatic sour flavour, fairly hot.

**Bengal Fish** 8.95

Diced cubes of tender fresh water fish coated in aromatic spices and cooked with ginger, tomatoes, generating a traditional, homemade dish, medium.

**Duck Khorai** 7.75

Duck cooked in a authentic medium to spicy thick sauce with onion, green peppers, ginger & garlic.

**Achari Chicken** **Chef's 2003 award winning dish** 7.50

Breast chicken cooked with chef's own spices and fresh herbs in a medium thick sauce.

## Special Dishes

Marinated in spice & herbs and then grilled in the tandoori. This dish is cooked in a medium hot sauce with chopped onions & green peppers. Korai is medium strength and jalfrezi is fairly hot.

**Korai Chicken** 6.75

**Korai Lamb** 6.75

**Chicken Jalfrezi** 6.75

**Lamb Jalfrezi** 6.75



## Korma Dishes

Traditionally mild but rich in texture it is prepared by mixing coconut and fresh cream and blended with nuts, which are then fragrantly spiced with saffron and aromatic spiced to produce its flavour (mild & creamy)

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

**Mixed Vegetable** 4.75

## Biriani Dishes

Has a distinctive spiced flavour, prepared with basmati rice & served with a tasty vegetable curry

**Chicken or Lamb Biriani** 7.75

**Prawn Biriani** 7.75

**King Prawn Biriani** 9.75

**Chicken/Lamb Tikka Biriani** 8.75

**Tandoori Chicken Biriani** 8.75

**Vegetable/Mushroom Biriani** 6.75

**Chicken Tikka Chilli Biriani** 8.75

**Tarana Special Biriani** 8.95

(chicken, meat, prawn & mixed vegetables)

## Curry Dishes

A subtle and delicate blend of spices that transforms meat, fish and vegetable dishes in to a special meal

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

**Mixed Vegetable** 4.75

## Madras Dishes

A highly spiced curry, fairly hot dish for more discerning palate. (fairly hot)

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

**Mixed Vegetable** 4.75

## Vindaloo Dishes

A fiery speciality of central and south-western India. (very hot)

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

## Ceylon Dishes

Cooked with coconut, lemon juice & chilli, resulting in an exotic sweet & sour partnership

**Chicken or Lamb** 5.95

**Prawn** 5.95

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.95

## Bhoona Dishes

Sliced onion, green pepper & fresh pan fried tomatoes, a medium strength

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

**Mixed Vegetable** 4.75

## Rogan Dishes

An aromatic spice blend, served with fresh tomato, green pepper, onion & garnished with coriander

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

## Dupiaza Dishes

A medium strength curry, containing a greater use of diced onions and green pepper. Briskly fried with selected spices and fresh coriander

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

## Kashmir Dishes

A mild sweet dish, cooked with spices and sweet fruits, almond, coconut, banana, lychees & fresh cream

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

## Malaya Dishes

A mild sweet dish, cooked with spices and sweet fruits, almond, coconut, pineapple & fresh cream

**Chicken or Lamb** 5.75

**Prawn** 5.75

**King Prawn** 8.95

**Chicken or Lamb Tikka** 6.75

## Dansak Dishes

Originates from persia, highly spiced, hot, sweet & sour dish cooked with lentils

<b>Chicken or Lamb</b>	<b>5.75</b>
<b>Prawn</b>	<b>5.75</b>
<b>King Prawn</b>	<b>8.95</b>
<b>Chicken or Lamb Tikka</b>	<b>6.75</b>

## Pathia Dishes

Sweet, sour & hot with sliced onions, coconut & lemon juice

<b>Chicken or Lamb</b>	<b>5.75</b>
<b>Prawn</b>	<b>5.75</b>
<b>King Prawn</b>	<b>8.95</b>
<b>Chicken or Lamb Tikka</b>	<b>6.75</b>

## Vegetable Side Dishes

Cooked with sliced onions, green peppers & garnished with fresh coriander

<b>Vegetable Bhaji</b>	<b>2.85</b>
<b>Bombay Aloo</b>	<b>2.85</b>
<b>Mushroom Bhaji</b>	<b>2.85</b>
<b>Brinjal Bhaji</b> (aubergine)	<b>2.85</b>
<b>Aloo Gobi</b> (potato & cauliflower)	<b>2.95</b>
<b>Saag Aloo</b> (spinach & potato)	<b>2.95</b>
<b>Saag Bhaji</b> (spinach)	<b>2.85</b>
<b>Tarka Dall</b> (lentils)	<b>2.85</b>
<b>Mushroom Saag</b>	<b>2.95</b>
<b>Bhindi Bhaji</b> (okra)	<b>2.85</b>
<b>Chana Bhaji</b> (chickpeas)	<b>2.85</b>
<b>Dall Saag</b> (lentils & spinach)	<b>2.95</b>
<b>Cauliflower Bhaji</b>	<b>2.85</b>
<b>Saag Cream</b> (mild)	<b>2.85</b>
<b>Motter Paneer</b> (cheese, peas & cream)	<b>2.95</b>
<b>Chana Saag</b> (chick peas & spinach)	<b>2.95</b>
<b>Garlic Potato</b> (fairly hot)	<b>2.95</b>
<b>Saag Paneer</b> (spinach & cheese)	<b>2.95</b>

## Sundries

<b>Plain Rice</b>	<b>2.10</b>
<b>Pilau Rice</b>	<b>2.30</b>
<b>Egg Fried Rice</b>	<b>2.75</b>
<b>Lemon Rice</b>	<b>2.75</b>
<b>Coconut Rice</b>	<b>2.75</b>
<b>Special Rice</b>	<b>2.75</b>
<b>Mushroom Rice</b>	<b>2.75</b>
<b>Porotha</b>	<b>2.10</b>
<b>Stuffed Porotha</b> (vegetable)	<b>2.20</b>
<b>Chips</b>	<b>2.10</b>
<b>Chapati</b>	<b>0.95</b>
<b>Plain Papadom</b>	<b>0.50</b>
<b>Spiced Papadom</b>	<b>0.50</b>
<b>Onion or Cucumber Raitha</b> (natural yoghurt)	<b>1.25</b>
<b>Lime Pickle</b>	<b>0.50</b>
<b>Mango Chutney or Onion Salad</b>	<b>0.50</b>
<b>Coconut Powder or Mint Sauce</b>	<b>0.50</b>
<b>Red Onion Sauce</b>	<b>0.50</b>

## Tandoori Breads

<b>Nan</b>	<b>2.10</b>
<b>Keema Nan</b> (minced lamb)	<b>2.20</b>
<b>Peshwari Nan</b> (nuts & raisin)	<b>2.20</b>
<b>Garlic Nan</b>	<b>2.20</b>
<b>Kulcha Nan</b> (with vegetables)	<b>2.20</b>



## Sunday Buffet

A variety of starters is served at your table, followed by a buffet spread offering a great selection of delicacies.

Lunch: Adult - £9.95 | Children - £5.95  
Evening: Adult - £11.95 | Children - £6.95

## Tarana Dance Show Every Wednesday Night

So when your planning a special night out, come and join us at TARANA and sample some of the best of our Cultural Dance Heritage, whilst enjoying a selection of set menus Starting at £18.50 per person.



**tarana**   
taste the exotic

indian restaurant and take-away

## Tarana

(formerly the Turners Pub)  
Selsfield Road, Turners Hill  
Crawley, West Sussex RH10 4PP

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## Opening Hours:

Sun-Thurs: Lunch: 12.00-2.00pm | Dinner: 5.30-11.00pm  
Fri & Sat: Lunch: 12.00-2.00pm | Dinner: 5.30-11.30pm

