

## LIGHT FARES / STARTER

1. SAMOSA £2.50
2. ONION BHAJI £2.50
3. PRAWN COCKTAIL £2.50
4. ALOO CHAT £2.75
5. GARLIC MUSHROOM £2.75
6. CHICKEN CHAT £2.75
7. CHICKEN OR LAMB TIKKA £2.75
8. TANDOORI CHICKEN £2.75
9. SHEEK OR SHAMI KEBAB £2.75
10. CHICKEN PAKORA £2.75
11. PRAWN PUREE £2.75
12. KING PRAWN BUTTERFLY £3.95
13. KING PRAWN BHAJI £4.25
14. CHICKEN SATTAY £3.50  
*Spring breast of chicken with touch of garam masala, deep fried with onion, served on skewer*
15. STUFFED PEPPER £3.50  
*mild spiced chicken or lamb or vegetable*
16. FOREST MIXED KEBAB for two person £6.95
17. CHICKEN BAHAR £3.50  
*Tender chicken deeply marinated in herbs & spice, shallow fried in butter*
18. KEBAB ROLL £3.50
19. PONIR SHASHLICK (V) £3.50
20. TANDOORI DUCK £3.95
21. DUCK PUREE CHAT MASALA £4.25

## TANDOORI

Served with green salad

22. CHICKEN TIKKA £5.75
23. LAMB TIKKA £5.75
24. TANDOORI CHICKEN £5.75
25. TANDOORI DUCK £8.75  
*Marinated breast of duck barbecued in clay oven*
26. SHASHLICK LAMB OR CHICKEN £6.50  
*Specially selected pieces of lamb or chicken cooked in tandoori with onions peppers and tomatoes*
27. FOREST SIZZLER £8.95  
*Tandoori chicken, lamb tikka, chicken tikka, king prawn sheek kebab and nan bread*
28. CHICKEN SATTAY £6.95  
*Spring breast of chicken with touch of garam masala & deep fried with onion, served on a skewer*
29. TANDOORI FISH £6.95  
*Specially selected rainbow trout marinated and cooked in clay oven*
30. TANDOORI KING PRAWN £9.95  
*Selected large king size king prawn marinated and cooked in a clay oven*
31. DUCK MUSHROOM BHUNA SHASHLICK £8.95  
*Barbecued duck and mushroom spiced up in frying pan*
32. PONIR SHASHLICK (V) £6.95  
*A special cheese barbecued in tandoori oven with tomato and green pepper*

## BALTI

Served with Nan bread, cooked with freshly blended spices, onions, green peppers, tomatoes and tamarind

33. MUSHROOM BALTI £6.75
34. VEGETABLE BALTI £6.75
35. CHICKEN OR LAMB BALTI £6.95
36. PRAWN BALTI £7.25
37. KING PRAWN BALTI £10.95
38. TANDOORI CHICKEN BHUNA BALTI £7.50
39. CHICKEN TIKKA BALTI £7.50
40. FOREST SPECIAL JUL BALTI £8.75
41. DUCK JUL BHUNA BALTI £8.75

## FOREST SPECIAL

42. CHICKEN OR LAMB PASSANDA (MILD) £6.25  
*Barbecued tikka chicken cooked with cashew nuts, pistachio and single cream*
43. CHICKEN RED CHILLI SUKA (HOT) £7.50  
*Cooked with own recipe in sweet and red dry bullet chilli*
44. CHICKN TIKKA MASALA £6.25  
*Barbecued chicken cooked with almond powder, sultana and cream (mild)*
45. KORAH (LAMB OR CHICKEN) £6.25  
*Barbecued selected lamb or chicken cooked with onions, pepper, ground spices and other Indian herbs (spicy but not hot)*
46. CHICKEN JALFREZI £6.25  
*Barbecued tikka chicken with green peppers, green chillies and other Indian spices (just hot)*
47. MURUG NAWABI £7.50  
*Marinated succulent chicken cooked with Indian herbs and spices with mushrooms, onions and tomatoes, served coated with brandy (medium)*
48. CHICKEN OR LAMB LAZIZ £7.50  
*Tender spring pieces of chicken or lamb marinated with ginger, garlic herbs, served on a sizzler (just spicy)*
49. CHICKN TIKKA BHUNA £6.25  
*Succulent chicken tikka cooked with thick sauce, tomato and special mixed masala (medium)*
50. TANDOORI KING PRAWN MASALA £9.95  
*Barbecued king prawn cooked in a clay oven, a very special dish (mild)*
51. TANDOORI CHEF SPECIAL £8.95  
*Combination of all tandoori cooked with a special sauce (medium)*
52. SEENA NARINGI £7.50  
*Fresh chicken breast cooked with charmagaz and fresh green herbs (medium)*
53. BENGAL JALFREZI £8.95  
*Combination of lamb and chicken with green chilli and green peppers (touch of hot)*
54. CHILLI CHICKEN TIKKA MASALA £6.25  
*Chicken cooked with green chillies & graining various herbs (hot & green colour)*

55. FOREST MURGI MASALA £7.50  
*Chicken cooked with bangle king fruit shatkora (medium)*
56. CHICKEN /LAMB PALAK £6.25  
*Cooked with fresh spinach (spicy and medium)*
57. FOREST SPECIAL CHICKEN OR LAMB PALAK £7.50  
*Cooked with mince meat medium spices & herbs*
58. MURUG MORICHA £7.50  
*Selected diced chicken cooked with honey, mango, green chillies with chef special spices, sweet and hot*
59. CHICKEN/ LAMB REZZALA (fairly hot) £7.50  
*Diced pieces of chicken lightly deep oil fried in pan (spicy and hot)*
60. PONIR MASALA (V) £6.95  
*Special cheese barbecued in tandoori oven cooked with cream (mild/medium/hot)*
61. KING PRAWN TUFAN (hot and spicy) £9.95  
*Lots of fresh herbs and garam masala cooked with tandoori spice*
62. GARLIC CHICKEN AND LAMB £6.25
63. VEGETABLE NABRANGI (V) £6.25  
*Succulent aubergine chunk tosses in a crop flour and batter and garnished with an assortment of peppers and delicates*

## BIRIANI

A complete course in itself, rich with garnishes of individual item served with separate dish of vegetable curry

64. CHICKEN OR LAMB BIRIANI £7.25
65. PRAWN BIRIANI £7.25
66. KING PRAWN BIRIANI £10.50
67. MUSHROOM BIRIANI £6.95
68. VEGETABLE BIRIANI £6.95
69. CHICKEN TIKKA BIRIANI £6.95
70. FOREST SPECIAL BIRIANI £7.95
71. DUCK MASALA BIRIANI (medium hot) £8.50

## SEA FOOD

72. PRAWN CURRY £5.25
73. PRAWN MADRAS/ VINDALOO £5.25
74. PRAWN BHUNA £5.75
75. SAG PRAWN £5.50
76. PRAWN KORMA £5.75
77. PRAWN PATHIA £5.50
78. KING PRAWN DUPIAZA £9.25
79. KING PRAWN BHUNA £9.25
80. KING PRAWN ROGON £9.25
81. KING PRAWN KORMA £9.25

## MAIN DISHES

82. CHICKEN OR LAMB CURRY (medium) £4.95
83. CHICKEN OR LAMB MADRAS £4.95  
*Cooked with rich gravy (fairly hot)*
84. CHICKEN OR LAMB VINDALOO £4.95  
*Strongly flavoured with spices in a rich gravy and potatoes (very hot)*
85. CHICKEN OR LAMB BHUNA £5.25  
*Thick sauce cooked with fresh spices (medium)*
86. CHICKEN OR LAMB ROGON £4.95  
*Tomato base garnished with sliced tomatoes*
87. CHICKEN OR LAMB DUPIAZA £4.95
88. CHICKEN OR LAMB KORMA £5.25  
*Cooked in coconut cream and coconut powder (very mild)*
89. CHICKEN OR LAMB PATHIA £5.25  
*Slightly spiced sauce cooked with sweet, sour and hot*
90. CHICKEN OR LAMB MUSHROOM £4.95  
*Cooked with button mushroom (medium)*
91. CHICKEN OR LAMB DANSAK £4.95  
*Cooked with lentils in a sweet sour and hot sauce*
92. CHICKEN OR LAMB SALLON SPECIAL £5.75  
*Hot and spicy coconut flavour cooked in coconut cream (hot)*

## DUCK SPECIAL DISH

93. DUCK TIKKA BHUNA £7.75  
*Barbecued duck cooked with tomatoes and mixed masala (medium)*
94. DUCK TIKKA MASALA £7.75  
*Barbecued duck cooked with almond powder, sultanas, cream and with mild spices (mild)*
95. DUCK TIKKA PASANDA £7.75  
*Barbecued tikka duck cooked with cashew nuts, pistachio and single cream with special spices (very mild)*
96. DUCK NAWABI £8.95  
*Marinated succulent duck cooked with Indian herbs and spices with mushroom, onions, and tomatoes, served with brandy*
97. DUCK LAZIZ £8.95  
*Tender spring pieces of duck marinated with ginger, garlic and herbs serve on a sizzler*
98. DUCK JUL MASALA £8.95  
*Barbecued duck cooked with special spices and herbs mixed with green chillies, green pepper, single cream almond powder and garam masala*
99. FOREST DUCK MASALA £8.95  
*Duck cooked with bangle king fruit shatkora*

## SIDE DISH

100. SHOBJI BHAJI <i>vegetable</i>	£2.90
101. SAG ALOO <i>spinach and potatoes</i>	£2.90
102. ALOO GOBI <i>potatoes and cauliflower</i>	£2.90
103. SAG BHAJI <i>spinach</i>	£2.90
104. BRINJOL BHAJI <i>fresh aubergine</i>	£2.90
105. MOTOR PONIR <i>cheese and peas</i>	£2.90
106. CAULIFLOWER BHAJI <i>medium</i>	£2.90
107. BRITISH ALOO <i>Jersey potatoes cooked Indian style</i>	£2.90
108. CHANA MASALA <i>chick peas</i>	£2.90
109. MUSHROOM BHAJI <i>medium</i>	£2.90
110. TARKA DALL <i>lentils with garlic</i>	£2.90
111. DALL MASALA <i>lentils with special spices</i>	£2.90
112. SAG PONIR <i>cheese and spinach</i>	£2.90
113. BINDI BHAJI <i>fresh okra</i>	£2.90
114. SAG DALL <i>lentils with spinach</i>	£2.90
115. SAG CHANA MASALA <i>spinach and chickpeas</i>	£2.90
116. VEGETABLE KORMA <i>very mild</i>	£3.50
117. PONIR KORMA	£3.50

## BANGLADESHI FISH DISHES

Specially selected Bengali fish cooked with chef's secret recipes, medium hot

118. FOREST FISH MASALA	£7.50
119. FISH JALFREZI	£7.50
120. FISH DUPIAZA	£7.50
121. FISH RUPCHANDA	£7.95

## SUNDRIES

122. PAPADOM	£0.60
123. CHUTNEY TRAY <i>(PER PERSON)</i>	£0.60
124. YOGHURT	£1.50
125. CHIPS	£1.75
126. GREEN SALAD	£1.95

## RICE & BREAD

127. PLAIN RICE BOILED	£1.90
128. PILAU RICE BASMATI	£1.95
129. CHANA RICE <i>(chick peas)</i>	£2.65
130. GARLIC RICE	£2.65
131. LEMON RICE	£2.65
132. MUSHROOM RICE	£2.65
133. VEGETABLE RICE	£2.65
134. KEMA RICE <i>lamb minced meat (achnie)</i>	£2.95
135. SPECIAL FRIED RICE <i>Fried with egg and peas</i>	£2.65
136. PESHWARI RICE <i>Almond and coconut powder</i>	£2.75

137. NAN	£1.90
138. KEEMA NAN <i>minced meat</i>	£2.20
139. PESHWARI NAN <i>Sweet nan with almonds and cashew nut</i>	£2.40
140. GARLIC NAN	£2.20
141. STUFFED NAN <i>Stuffed with potato and vegetable</i>	£2.20
142. CHILLI NAN	£2.20
143. PARATHA	£2.20
144. STUFFED PARATHA <i>stuffed with potato and vegetable</i>	£2.40
145. CHAPATI	£1.60
146. TANDOORI ROTI	£1.95

## SET MEAL

147. FOR TWO PERSON £26.95

### STARTER

CHICKEN SATTAY, VEGETABLE SAMOSA

### MAIN COURSE

CHICKEN MAKHANI, FOREST SPECIAL CHICKEN

### SIDE DISH

MUSHROOM BHAJI, ALOO GOBI

PILAU RICE, NAN AND MANGO KULFI

## THALI

148. MEAT THALI £10.50

Please do not request any item to be changed  
CHEEK KEBAB, TANDOORI CHICKEN, LAMB BHUNA,  
CHICKEN TIKKA ROGON, RAITA, RICE AND NAN

149. VEGETABLE THALI £9.95

Please do not request any item to be changed  
DRY VEGETABLE, MUSHROOM BHAJI, SAG ALOO,  
TARKA DALL, ONION BHAJI, RICE, NAN AND RAITA

150. BANQUET NIGHT £9.95

Every Tuesday night

1 STARTER, 1 MAIN DISH ONLY

1 SIDE DISH, RICE OR NAN

(choose main dish from 82 – 92)

From £2.50 extra for any other dish

Adult / Child

151. SUNDAY BUFFET £7.95/5.00

Eat as much as you like from a choice of

13 to 14 dish and many more

every Sunday from 12.00 noon – 5pm

## Open 7 days a week

12noon - 2.30pm & 6.00pm - 11.30pm

If there is any dish to your liking which is not printed on the menu, kindly enquire from the manager. If it is possible within the time available, we will be happy to prepare for you



# forest of India

Exclusive Indian Cuisine

restaurant & takeaway

Wine & Cocktail Bar

Award  
winner  
2007 - 2008



[www.forestofindia.co.uk](http://www.forestofindia.co.uk)

## FREE HOME DELIVERY

over £12.00

## 10% DISCOUNT

on collection over £12.00



39-41 high street, abbots langley, herts

01923 270077 / 270070