

DANSAK DISHES

Dishes are cooked fairly dry as sauce will be soaked up by the lentils, with spices & lemon juice. Fairly hot, sweet & sour.

| | |
|----------------------------|-------|
| Chicken Dansak | 9.00 |
| Large Chicken Dansak | 10.50 |
| Chicken Tikka Dansak | 9.50 |
| Large Lamb Dansak | 11.00 |
| Lamb Dansak | 9.50 |
| Lamb Tikka Dansak | 10.00 |
| Prawn Dansak | 9.00 |
| King Prawn Dansak | 10.00 |

PATIA DISHES

Cooked in medium to fairly dry sauce, with strong spices, green peppers & extra onions. Fairly hot, sweet & sour taste.

| | |
|----------------------------|-------|
| Chicken Pathia | 9.00 |
| Large Chicken Pathia | 10.50 |
| Chicken Tikka Pathia | 9.50 |
| Large Lamb Pathia | 11.00 |
| Lamb Pathia | 9.50 |
| Lamb Tikka Pathia | 10.00 |
| Prawn Pathia | 9.00 |
| King Prawn Pathia | 10.00 |

VEGETARIAN SPECIALITIES (V)

All these dishes are suitable for vegetarians & are served as main dishes. Medium hot unless otherwise stated. Please note: other dishes can also be cooked to a vegetarian requirement

Vegetable Peshwari (spicy cooked with coconut & capsicum) . 7.50

Vegetable Jalfryzie (fresh green chillies) 7.50

Vegetable Dansak (cooked in lentils) 7.50

Vegetable Mossola (mild/med in special tikka sauce) 7.50

Vegetable Rogan Josh (medium with fresh tomatoes) 7.50

Vegetable Korma (mild & sweet with coconut & milk) ... 7.50

Vegetable Garlic Bhuna (medium with strong garlic) 7.50

Vegetable Sylheti (with Shatkora Indian lime) 7.50

Vegetable Curry Main dish (mixed veggies) 7.50

Vegetable Paneer (medium cooked with Paneer Cheese) .. 7.50

Vegetable Biryani (served with a Vegetable Curry) 9.00

Vegetable Balti (served with a Plain Naan Bread) 9.00



RICE DISHES

| | |
|----------------------------|------|
| Boiled Rice (v) | 3.50 |
| Pilau Rice | 3.90 |
| Large Pilau Rice | 5.00 |
| Keema Rice | 4.70 |
| Chicken Tikka Rice | 4.70 |
| Chicken Fried Rice | 4.10 |
| Coconut Rice | 4.10 |
| Mushroom Rice | 4.10 |
| Special Fried Rice | 4.10 |
| Egg Fried Rice | 4.00 |
| Vegetable Rice | 4.00 |
| Garlic Rice | 4.00 |
| Lemon Rice | 4.00 |
| Onion Fried Rice (v) | 4.00 |

BREADS & SUNDRIES

| | |
|-----------------------------|------|
| Plain Naan Bread | 3.00 |
| Garlic & Coriander Naan ... | 3.50 |
| Hot & Spicy Naan | 3.50 |
| Peshwari Naan | 4.00 |
| Chicken Tikka Naan | 4.00 |
| Keema Naan | 4.00 |
| Vegetable Stuffed Naan | 4.00 |
| Cheese Naan | 4.00 |
| Chips (v) (fries) | 3.00 |
| Poratha (v) | 2.80 |
| Tandoori Roti (v) | 2.80 |
| Chapatti (v) | 90p |
| Raitha (yoghurt) | 1.50 |
| Green Salad (v) | 1.50 |

INDIAN SWEET DESSERTS (only just £4.00 each)

| |
|---|
| Pineapple Fritta - |
| Kulfi Ice Creams - (Mango or Pistachio flavour - pls. check availability) |

SOFT DRINKS

| | |
|---|-------|
| * All original Coke or Diet Coke drink cans | £1.00 |
| * All bottled Coke or Diet Coca Cola drinks | £3.00 |

SIDE DISHES (V)

All dishes suitable for vegetarians

| | |
|---|------|
| Curry Sauce (medium) | 2.50 |
| Madras Sauce (spicy) | 2.60 |
| Korma Sauce (creamy & mild) | 3.50 |
| Dansak Sauce (spicy with lentils) | 3.50 |
| Mossola Sauce (mild & light spice) | 3.50 |
| Vegetable Curry (mixed veggies) | 4.00 |
| Mushroom Bhaji | 4.00 |
| Bhindi Bhaji (ladies fingers/okra) | 4.00 |
| Brinjal Bhaji (eggplant/aubergine) | 4.00 |
| Sag Bhaji (spinach) | 4.00 |
| Sag Cheese (spinach, grated cheese) | 4.00 |
| Sag Paneer (spinach & paneer) | 4.00 |
| Chana Cheese (chick pea & cheese) | 4.00 |
| Chana Paneer (chick pea & paneer) | 4.00 |
| Chana Mossola (spicy chick pea) | 4.00 |
| Chana Aloo (chick peas & potatoes) | 4.00 |
| Cauliflower Bhaji | 4.00 |
| Bombay Aloo (spicy potatoes) | 4.00 |
| Sag Aloo (spinach & potatoes) | 4.00 |
| Aloo Gobi (potatoes & cauliflower) | 4.00 |
| Tarka Dal (lentils with fired garlic) | 3.80 |
| Dal (lentils in thick consistency) | 3.70 |

SET MEAL FOR TWO (PRICE £28)

Appetisers:

2x Plain Papadum

Starter:

Onion Bhaji

(1/2 portion)
(served with a mint sauce)

Main dish:

Chicken Korma & Chicken Madras

Side dish:

Bombay Potatoes

Sundry:

Pilau Rice

Bread:

Peshwari Naan



Set Meals exclude any other offer or discounts. Any changes can incur a charge of £1 or more per item/dish. King Prawn excluded.

VEGGIE SET MEAL £12

Vegetarian Set Meal

Appetisers:

Plain Papadum

Starter: **Vegetable Somosa**

(served with a mint sauce)

Main: **Vegetable Mossola**

Sundry: **Boiled Rice**

NORMAL SET MEAL - £15

General Set Meal

Appetisers:

Plain Papadum

Starter: **Meat Somosa**

(served with a mint sauce)

Main: **Chicken Bhuna**

Sundry: **Pilau Rice**

ENGLISH DISHES - £7

Golden Chicken Nuggets & Chips

10 pieces in a portion with fries

Plain Omelette & Chip

available in mushroom or chicken

10 pieces served with fries

Fried Chicken & Chips

10 pieces with a portion of fries

HEALTHY OPTION & KIDS MEAL for just £10 (Ideal for Weight Watchers & Kids)

1x Plain Papadum

1x Chicken Tikka (Main Meal)

(served with salad & mint sauce)

1x Chapatti Bread

1x Can Diet Coke

"We continually get new customers from customer recommendations, so try us & see for yourself. We have good reviews & told that we offer excellent support & friendly service. We don't compare ourselves with other caterers as we don't compromise on quality, we believe a good Indian takes time to cook & prepare so we don't try to rush or take shortcuts. Bear with us as we cook your food to order from scratch. For delivery orders we do say allow at least 45 minutes." Ali, Manager

Bay of Bengal

Est. since 2009

Your Local Indian & Bengali Takeaway Cuisine

'Try the Bengal for Real Freshly Cooked Good Quality & Authentic Food at an Affordable Price'

324 Nacton Road, Ipswich, Suffolk, IP3 9NA

Tel. (01473)727222

Alternative if busy: 07557907725

(Please note: We won't answer if your number is privately withheld)

Web address: www.BayofBengalTakeaway.co.uk

*Visit Website for our Menu, Online Ordering, Latest Offers & more...

Opening Time: 5pm to 10pm

Open: 6 Days a week & Closed: Every Tuesdays

Free Home Delivery in Ipswich on orders over £15

We don't accept Cheques

Card payment accepted on collection only!



For allergy query pls check with our staff

Our 15th Anniversary 2024 *Edition

20% off (min. Spend £20 on cash paid orders only)
Ask instore. Excludes Set Meals

What you can expect from us:

*No half-price gimmicks & hidden rip off prices. Our price is reasonable, feel free to compare prices to others

*Deliveries are FREE as we don't charge for delivery

*We have our own delivery drivers they are local, reliable, friendly, polite & have courtesy

*Serve good portion sizes & don't undercut like others

*Only use fresh ingredients & spices cooked to order as we don't stockpile food like many busy places do

www.bayofbengaltakeaway.co.uk

Please note: Management reserves the right to refuse anybody without giving reason - Allergy Watch. Some of these dishes may contain nuts &/or other allergic ingredients, so please check with staff

*** Why not try our food as part of your balanced diet to help boost your immune system all year round ***

STARTERS (appetisers)

| | |
|--|------|
| Papadum (Plain or Spicy Mossola) (v)..... (each) | 1.00 |
| Chicken Tikka Pakora or Aloo Pakora (potatoes) | 4.40 |
| Onion Bhaji (v) (½ portion or 4 balls in a full portion) | 4.40 |
| Chicken or Lamb Tikka | 4.40 |
| Meat / Chicken or Vegetable Somosa | 3.50 |
| Prawn Cocktail | 3.50 |
| Chicken Tikka or Prawn Puree | 4.50 |
| King Prawn Puree | 5.00 |
| King Prawn Butterfly | 5.00 |
| Sheek / Shami or Reshmi Kebab | 4.50 |
| Chicken Tikka or Veggie Chaat (v) (with tamarind sauce) | 4.50 |
| Tandoori Chicken (¼ piece chicken) | 4.40 |
| Mixed Tikka Starter (chicken tikka & lamb tikka) | 4.50 |
| Mixed Kebab (sheek kebab, chicken tikka & lamb tikka) ... | 5.00 |
| Chicken Tikka /Sheek Kebab or Veggie Wrap Roll in Naan bread | 5.50 |
| Dal Soup (v) (lentils) | 3.50 |
| Garlic Mushrooms (v) (fresh mushrooms & fried onions) | 4.00 |
| Mulligatawny Soup (v) (lentils in a special curry sauce) | 4.00 |
| Chips with Curry Sauce (v) (medium & tasty sauce) | 4.00 |



HOUSE SPECIALITIES

Dishes are medium to hot, freshly cooked in a thick sauce with herbs. All dishes vary so do ask a member of staff or our website

| | | | | |
|-------------------------------------|-------|---|------------|-------|
| Chicken Tikka Mossola (mild) | 9.50 | - | Lamb Tikka | 9.70 |
| Large Chicken Tikka Mossola | 11.50 | - | Lamb Tikka | 12.00 |
| Tandoori King Prawn Mossola | 11.50 | - | Prawn Moss | 10.00 |
| Butter Chicken Tikka (mild) | 9.50 | - | Lamb Tikka | 9.70 |
| Chicken Tikka Makani (mild) | 9.50 | - | Lamb Tikka | 9.70 |
| Chicken Tikka Passanda (mild) | 9.50 | - | Lamb Tikka | 9.70 |
| Chicken Tikka Peshwari (spicy) | 9.50 | - | Lamb Tikka | 9.70 |
| Chicken Tikka Bakara (medium) | 9.50 | - | Lamb Tikka | 9.70 |
| Chicken Tikka Garlic Bhuna (med) | 9.50 | - | Lamb Tikka | 9.70 |
| Chicken Tikka Achari (little spicy) | 9.50 | - | Lamb Tikka | 9.70 |

TANDOORI SPECIALITIES (Healthier choice)

These dishes are dry, first marinated in herbs, spices & a special tikka sauce then placed on skewers & grilled in a tandoori oven, with fried onions & served with salad & a tub of mint sauce

| | | | | |
|--|-------|---|---------------------|-------|
| Chicken Tikka (Main dish) | 8.50 | - | Lamb Tikka (Main) | 8.80 |
| Tandoori Chicken (Half) on the bone | 8.70 | | | |
| Tandoori Mixed Grill (served with a Plain Naan Bread) .. | 11.50 | | | |
| Tandoori King Prawn (Main dish) | 11.00 | | | |
| Mixed Tikka Shaslick (chicken tikka & lamb tikka) | 10.30 | | | |
| Chicken Tikka Shaslick | 10.00 | - | Lamb Tikka Shaslick | 10.50 |
| ½ Tandoori Chicken Shaslick (on the bone) | 10.00 | | | |

We Use ONLY the Finest of Fresh & Raw Ingredients in Our Cooking



*** All Pickles & Sauces: just £1.50 each ***

Mint Sauce; Red Sauce; Onion Salad; Mango Chutney; Lime Pickle; Mixed Pickle



The Healthy Chef's Guide:

(v) Food Suitable for vegetarians

♥ Healthy Alternative Range

☆ For Allergy Enquiries (please ask staff)



CHEF'S SPECIALITIES (at just £10.50)

Chicken or Lamb Tikka Banaroshi (very mild)
cooked with coconut, fresh cream & pineapple – mild & fruity taste sensation

Chicken Hot Bowl (very hot)
chicken tikka cooked with olive oil, yogurt, fresh garlic & naga chilli

Chicken Mild Bowl (mild)
chicken tikka cooked with olive oil, yogurt, garlic & fresh cream

Chicken or Lamb Dillkush (medium/hot)
cooked in a chef special medium sauce, tangy with tomatoes & onions

Chicken or Lamb Tikka Rongela (medium)
fresh garlic, ginger, green pepper & tomatoes cooked with pieces of tikka with Keema & decorated with a fried egg net

Bengal Special Curry (Chicken & Lamb Tikka) – (medium)
special dish, both chicken tikka & lamb tikka cooked with vegetable, fresh garlic, onions & tomatoes

Chicken or Lamb Tikka Chotpoti (very hot)
fresh green chillies, naga, fried onions, green pepper & tomatoes

Chicken or Lamb Tikka Sylheti (medium)
with onion, green pepper & Sylheti style pickle in a medium sauce.

Chicken or Lamb Tikka Silsila (medium/mild)
special tandoori shaslick dish, cooked in a creamy mild sauce

Chicken or Lamb Tikka Paneer (medium)
chopped poultry/meat cooked with real traditional Paneer Cheese.

Chicken Nobabbi (mild/sweet)
chicken tikka cooked with olive oil, fried garlic, coconut, fresh cream

Chicken or Lamb Tikka Maadobi (mild/sweet)
creamy dish, cooked with coconut & fresh cream

Murgi Mossola (medium)
cooked with strips of tandoori chicken peeled off the bone, cooked with spiced mince meat in a very special sauce with onions & tomatoes



We have the Finest Chef's in the County



BIRYANI DISHES

Cooked in basmati rice with herbs & light spices. Served with a vegetable curry side dish unless otherwise stated.

| | |
|---|-------|
| Chicken or Lamb Biryani | 10.00 |
| Chicken or Lamb Tikka Biryani | 10.50 |
| Spicy Chicken or Lamb Biryani (hot) | 11.00 |
| Sweet Chicken or Lamb Tikka Biryani | |
| (this dish is served with a separate mild & sweet sauce) . | 10.50 |
| Prawn Biryani | 10.00 |
| King Prawn Biryani | 11.00 |
| Mixed Tikka Biryani (chicken tikka & lamb tikka) | 11.00 |
| Bengal Special Biryani (prawns, chicken tikka & lamb tikka) | 11.50 |

BALTI DISHES

These are cooked with herbs & spices, green peppers, onions in a thick sauce with tamarind. All served with a Plain Naan bread

| | |
|---|-------|
| Chicken or Lamb Balti | 10.50 |
| Chicken or Lamb Tikka Balti | 10.90 |
| Chicken & Mushroom Balti (medium) | 10.90 |
| Prawn Balti | 11.00 |
| King Prawn Balti | 12.50 |
| Chicken or Lamb Tikka Sylheti Balti (medium) | 10.90 |
| Chicken or Lamb Tikka Mossola Balti | 10.90 |
| Chicken or Lamb Tikka Rogan Balti | 10.90 |
| Chicken or Lamb Tikka Chilli Balti (very hot) | 10.90 |
| Chicken or Lamb Tikka Jalfrezi Balti (hot) | 10.90 |
| Chicken or Lamb Tikka Naga Balti (hot, hot) | 10.90 |
| Mixed Tikka Balti (Chicken & Lamb Tikka) | 11.50 |



MILD DISHES

These dishes are the mildest dishes on the menu. Very rich in flavour, most are prepared with fresh cream & mild spices in a creamy texture. Suitable for most beginners.

| | | | | |
|--------------------------------------|-------|---|-------------------|-------|
| Chicken Korma | 8.80 | - | Lamb Korma | 9.00 |
| Large Chicken Korma | 11.00 | - | Lamb Korma | 11.20 |
| Chicken Tikka Korma | 9.50 | - | Lamb Tikka | 9.70 |
| Prawn Korma | 9.00 | | | 9.00 |
| King Prawn Korma | 10.00 | | | 10.00 |
| Honey Chicken | 9.00 | - | Honey Lamb | 9.20 |
| Chicken Malaya | 9.00 | - | Lamb Malaya | 9.20 |
| Chicken Curry (Mild) | 7.50 | - | Lamb (Mild) | 7.70 |
| Chicken Dansak (Mild) | 9.00 | - | Lamb (Mild) | 9.30 |
| Chicken Pathia (Mild) | 9.00 | - | Lamb (Mild) | 9.30 |
| Chicken Tikka Garlic (Mild) | 9.60 | - | Lamb Garlic | 9.80 |
| Chicken Balti Mild (with Naan) | 10.00 | - | Lamb (Mild) | 10.20 |

MEDIUM CURRIES

Curries are very saucy & rich in flavour, aroma & spices

| | | | | |
|---------------------------------|------|---|------------------|-------|
| Chicken Curry | 7.40 | - | Lamb | 7.60 |
| Chicken Tikka Curry | 8.00 | - | Lamb Tikka | 8.20 |
| Keema Curry (minced lamb) | 8.40 | | | 8.40 |
| Prawn Curry | 8.00 | - | King Prawn | 9.00 |
| Chicken Rogan Josh | 9.00 | - | Lamb | 9.20 |
| Chicken Tikka Rogan Josh | 9.40 | - | Lamb Tikka | 9.60 |
| Prawn Rogan | 8.60 | - | King Prawn | 9.60 |
| Chicken Tikka Korai | 9.40 | - | Lamb Tikka | 9.60 |
| Prawn Korai | 8.60 | - | King Prawn | 9.60 |
| Chicken Bhuna | 9.00 | - | Lamb | 9.20 |
| Chicken Tikka Bhuna | 9.40 | - | Lamb Tikka | 9.60 |
| Prawn Bhuna | 8.60 | - | King Prawn | 9.60 |
| Chicken Sag | 9.20 | - | Lamb | 9.40 |
| Prawn Sag | 9.00 | - | King Prawn | 10.00 |
| Chicken Dupiaza | 9.00 | - | Lamb | 9.20 |
| Chicken Tikka Dupiaza | 9.40 | - | Lamb Tikka | 9.60 |
| Prawn Dupiaza | 8.60 | - | King Prawn | 9.60 |
| Chicken Tikka Kabli Gust | 9.40 | - | Lamb Tikka | 9.60 |
| Chicken Tikka Kushbu | 9.40 | - | Lamb Tikka | 9.60 |

HOT SPICY CURRIES

| | | | | |
|--|------|---|------------------|------|
| Chicken Madras | 7.60 | - | Lamb | 7.80 |
| Chicken Tikka Madras | 8.30 | - | Lamb Tikka | 8.50 |
| Prawn Madras | 8.20 | - | King Prawn | 9.20 |
| Mixed Madras (with chicken & lamb) | 8.40 | | | 8.40 |
| Bengal Madras (with chicken, lamb & prawn) | 8.60 | | | 8.60 |
| Chicken Ceylon | 8.00 | - | Lamb | 8.20 |
| Prawn Ceylon | 8.20 | - | King Prawn | 9.20 |
| Chicken Vindaloo | 8.00 | - | Lamb | 8.20 |
| Chicken Tikka Vindaloo | 8.60 | - | Lamb Tikka | 8.80 |
| Prawn Vindaloo | 8.40 | - | King Prawn | 9.40 |
| Chicken Tindaloo | 8.40 | - | Lamb | 8.60 |
| Chicken Phall (extremely hot!) | 8.60 | - | Lamb | 8.80 |
| Chicken Tikka Jalfrezi | 9.40 | - | Lamb Tikka | 9.60 |
| Prawn Jalfrezi | 8.40 | - | King Prawn | 9.40 |
| Chicken Tikka Chilli | 9.40 | - | Lamb Tikka | 9.60 |
| Chicken Tikka Naga | 9.40 | - | Lamb Tikka | 9.60 |

*** Our Price Promise to you: Where we can will try to keep our prices competitive ***