

## Vegetable Side Dishes

All vegetable dishes are cooked with fresh herbs and spices.

- 5. **Mixed Vegetable Curry** ..... £2.95  
Mixed vegetables.
- 6. **Aloo Gobi** Potatoes & cauliflower ..... £3.25
- 7. **Sag Aloo** Spinach & potatoes ..... £3.25
- 8. **Bombay Aloo** Spicy potatoes ..... £2.95
- 9. **Tarka Dall** ..... £2.95  
Mixed lentils cooked with garlic & clarified butter.
- 10. **Dall Sag** Lentils cooked with spinach ..... £2.95
- 11. **Sag Bhaji** ..... £2.95  
Spinach fried with garlic, onion, fresh herbs & clarified butter.
- 12. **Bhindi Bhaji** Okra ..... £2.95
- 13. **Mushroom Bhaji** ..... £2.95  
Mushroom cooked in fresh herbs & spices
- 14. **Sag Paneer** ..... £3.25  
Spinach & cheese cooked in mild coconut milk & fresh cream.
- 15. **Chana Mushroom** ..... £2.95  
Chick peas & mushroom
- 16. **Brinjal Bhaji** ..... £2.95  
Aubergines cooked with clarified butter

## Accompaniments

- 17. **Pilau Rice** ..... £1.95  
Cooked with clarified butter.
- 18. **Rice Boiled** ..... £1.85
- 19. **Special Fried Rice** ..... £2.55  
Cooked with egg & peas
- 20. **Keema Rice** ..... £2.55  
Cooked with minced lamb
- 21. **Mushroom Rice** ..... £2.55
- 22. **Coconut Rice** ..... £2.55

## Free Home Delivery

On orders over £12

## 10% Discount

On collection orders over £10

Full Licence & All Conditional

Outside parties also catered for any special occasion, please call for details.  
If there is any dish you like but not on the menu, our chef will gladly make it to your taste.



All major credit cards accepted

## Opening Hours:

7 days a week

(Including Bank holidays)

Mon- Fri: 5.30- 11.30pm

Sat & Sun: 12- 2.30pm & 5.30- 11.30pm

### Please note:

Please inform us if you are allergic to any ingredients or nuts.

The management reserve the right to refuse service without stating any reason.

- 93. **Nan** leavened bread baked in the clay oven ..... £1.80
- 94. **Garlic Nan** stuffed with garlic ..... £1.95
- 95. **Keema Nan** stuffed with minced meat ..... £1.95
- 96. **Paneer Nan** stuffed with cheese ..... £1.95
- 97. **Pesh-wari Nan** ..... £1.95  
Stuffed with coconut & sultana
- 98. **Puri** soft thin bread, deep fried ..... £1.55
- 99. **Stuffed paratha** ..... £1.95  
Fried bread stuffed with mixed vegetables.
- 100. **Plain Paratha** ..... £1.80
- 101. **Chapatti** thin soft bread ..... £1.55
- 102. **Raitha** Yoghurt with cucumber or onion ..... £1.50
- 103. **Papadum or Spiced Papadum** (each) ..... £0.60
- 104. **Chutney & Pickles** (per portion) ..... £0.60

## English Dishes

- 105. **Chips** ..... £1.75
- 106. **French Fried Chicken** (with chips) ..... £5.95
- 107. **Roast Chicken Omelette** ..... £5.95  
(with Chips)
- 108. **Mushroom Omelette** (with chips) ... £4.95

## Set Meal for Two

Starter: 2 Papadum,

Chicken Tikka & Samosa

Main Course: Chicken Tikka Massala  
& Korai Gosht

Side Dish: Sag Aloo, Mushroom Bhaji,  
Special Fried Rice & Naan Bread

Tea or Coffee

**£22.95**

www.ruisliplife.co.uk

# BENGAL Spice

bangladeshi & indian restaurant



4 stars hygiene rating awarded by the London Borough of Hillingdon

**T: 01895 633 697**

**T&F: 01895 673 569**

294 West End Road, Ruislip Gardens, Middlesex, HA4 6LS

## Starters

www.ruisliplife.co.uk

## Traditional Favorite Dishes

## Seafood

- Assortment** ..... £4.95  
A mixture of meat or vegetable samosa, chicken & lamb tikka, sheek kebab & vegetable pakora.
- Onion Bhaji** (4 per portion) ..... £2.50  
Onions and other vegetables mixed with herbs lightly spiced & deep fried.
- Vegetable/ Meat or**  
**Chicken Samosa** (2 per portion) ..... £2.25  
Lightly spiced vegetable or meat or chicken deep fried in a crispy pastry coating.
- Salmon Samosa** (2 per portion) ..... £3.55  
Salmon mixed with onions and peas, then deep fried in a crispy pastry coating.
- Prawn Puree** ..... £3.95  
Prawns cooked in medium hot spices to authentic Indian taste, and served with a puree bread.
- Chicken Tikka** ..... £3.25

- Lamb Tikka** ..... £3.25
- Sheek Kebab** ..... £3.25
- Shammi or Reshmi Kebab** ..... £3.25
- Chicken Amrashwari** ..... £3.25  
(Chicken Pakora)  
Tender grilled chicken marinated in an egg based batter and deep fried.
- Bata Chop** ..... £3.95  
Delicious patties made from minced lamb, potatoes & deep fried.
- King Prawn Butterfly** ..... £4.95  
Succulent king prawn mixed in golden batter and breadcrumbs, fried to a rich golden colour.
- Mix Samosa** (one of each) ..... £4.95  
A mixture of chicken, meat, vegetable and salmon samosa.

- Chicken Tikka Masala** ..... £6.95  
Diced pieces of chicken grilled and cooked in a special mild masala sauce.
- Butter Chicken** ..... £6.95  
Grilled chicken cooked in butter with a creamy thick sauce with cashew nut powder.
- Chicken or Lamb Pasanda** ..... £6.95  
Pieces of grilled chicken or lamb cooked in a mild creamy thick sauce with mixed ground nuts.
- Chicken or Lamb Tikka Jhalpiaza** £6.95  
Grilled chicken or lamb cooked with fresh green chillies, onions, green peppers, ginger & garlic.
- Chicken or Lamb Korai** ..... £6.25  
Succulent pieces of spring chicken or lamb cooked with green peppers, onion & ginger.
- Chicken or Lamb Curry** ..... £4.55  
Medium spiced dish cooked with spring chicken or lamb.
- Chicken or Lamb Madras** ..... £4.55  
Spring chicken or lamb cooked in a medium to hot sauce.
- Chicken or Lamb Vindaloo** ..... £4.75  
Spring chicken or lamb cooked in a thick spicy hot sauce with potatoes.
- Chicken or Lamb Dansak** ..... £4.95  
Spring chicken or lamb cooked with lentils in a spicy sweet & sour sauce.
- Chicken or Lamb Korma** ..... £4.95  
Spring chicken or lamb served with finely crushed coconut and fresh cream.
- Chicken or Lamb Sag** ..... £4.95  
Spring chicken or lamb prepared with spinach.
- Chicken or Lamb Rogan** ..... £4.95  
Spring chicken or lamb cooked in a thick medium hot sauce with tomatoes.
- Chicken or Lamb Bhoona** ..... £4.95  
Spring chicken or lamb cooked in a thick medium hot sauce.
- Chicken Dupiaza** ..... £5.95

- Mas Bhuna** (Bangladeshi Fish) ..... £8.95
- Prawn Curry** ..... £6.95  
Prawns prepared in medium hot spices.
- Prawn Dansak** ..... £6.95  
Prawns cooked with lentils in a spicy, sweet & sour sauce.
- Prawn Sag** ..... £6.95  
Prawns prepared with spinach.
- Prawn Pathia** ..... £6.95  
Prawns cooked in fairly hot spices with a slight sweet taste.
- Prawn Bhoona** ..... £6.95  
Prawns cooked in a thick medium to hot sauce.
- Prawn Korma** ..... £6.95  
Prawns served with finely crushed coconut and fresh cream.
- Tandoori King Prawn Masala** £10.95  
Grilled king prawns cooked in a mild masala sauce.
- Tandoori King Prawn Jhalpiaza** £10.95  
Kind prawns cooked with fresh green chillies, onions, green peppers, ginger & garlic.
- King Prawn Dansak** ..... £10.95  
King prawns cooked with lentils in a spicy, sweet & sour sauce.
- King Prawn Bhoona** ..... £10.95  
King prawns cooked in a thick medium to hot sauce.
- King Prawn Sag** ..... £10.95  
King prawns prepared with spinach.

## Sizzling Tandoor

(Grilled in clay oven)

- Paneer Shaslik** ..... £7.95  
Diced pieces of cheese, green peppers, tomatoes & onions marinated in yoghurt, lightly spiced & grilled in clay oven.
- Vegetable Shaslik** ..... £6.95  
Grilled pieces of cheese, cauliflower, potatoes, green peppers, tomatoes & onions, marinated in yoghurt & lightly spiced.
- Chicken Shaslik** ..... £7.95  
Spring chicken, green peppers, tomatoes & onions marinated in yoghurt, medium spiced & grilled in clay oven.
- Duck Shaslik** ..... £8.95  
Breast of Barbary Duck marinated in yoghurt with fresh herbs & medium spices, grilled with green peppers, tomatoes & onions.
- Tandoori King Prawn Shaslik** £10.95  
King prawns marinated in fresh green herbs & spices, grilled with green peppers, tomatoes & onions.
- Tandoori Trout** ..... £6.95  
Trout garnished with ginger, garlic & garam masala, then grilled in clay oven.
- Tandoori King Prawn** ..... £10.95  
King prawns marinated in mild spices & grilled in clay oven
- Chicken Tikka** ..... £5.95  
Spring chicken lightly spiced & grilled in clay oven.
- Lamb Tikka** ..... £5.95  
Diced lamb marinated in light spices and grilled over flammable charcoal.
- Tandoori Mixed Grill** ..... £10.95  
(Served with nan)  
Mixed tandoori comes with the following items:  
Tandoori chicken, lamb tikka, chicken tikka tandoori king prawn & nan bread.
- Tandoori Chicken** half £5.55 full £8.95

## Bengal Spice Finest Selections

Finest selection cooked fresh to order, offering you a variety of traditional and Westernised dishes.

- Green Massala** (Chicken/ Lamb) ..... £7.95  
Chicken cooked with very fresh herbs and green spices in a medium thick sauce.
- Bengal Spice Exotica** ..... £9.95  
Mix of chicken, meat, prawn and king prawn, cooked in a creamy sauce & honey.
- Chicken Chilli Masala** ..... £7.95  
Spring chicken cooked in a thick hot sauce with slices of green chillies.
- Chicken Hydrabadi** ..... £7.95  
Chicken grilled in oven, cooked in green herbs and exotic spices.
- Chicken Bengal** ..... £7.95  
Off-the-bone tandoori chicken cooked in medium to hot spices.
- Bengal Duck Special** ..... £8.95  
Medium-hot spiced dish prepared in our own recipe.
- Chicken or Lamb Satkora** ..... £7.95  
Cooked with tropical citric fruits from Sylhet.
- Achari Gusth** ..... £7.95  
Hydrabadi style spring lamb cooked in green chillies, fennel, mustard seed, fresh herbs and spices.
- Gandari-e-Maharaj** ..... £7.95  
Succulent pieces of chicken or lamb prepared with pistachio nut, fresh mint & fresh cream, blended to create a mild & exotic taste.

## Balti Dishes

(Served with nan)

- Chicken Balti** ..... £7.95  
Spring chicken cooked in medium hot tamarind sauce with a sweet & sour taste.
- Lamb Balti** ..... £7.95  
Spring lamb cooked in fresh herbs & mustard seeds, with medium hot spices.
- Duck Balti** ..... £8.95  
Breast of Barbary duck cooked in fresh herbs & mustard seeds, with medium hot spices.
- Prawn Balti** ..... £6.95  
Prawns cooked in ginger & garlic in a special medium hot sauce.
- King Prawn Balti** ..... £11.95  
King Prawns cooked in chefs own special medium hot sauce.
- Vegetable Balti** ..... £5.95  
Mixed vegetables cooked in a special coriander & tamarind sauce.

## Biryani Dishes

- Chicken Tikka Biryani** ..... £8.95  
Saffron rice cooked with chicken tikka & served with a vegetable curry.
- Chicken Biryani** ..... £7.95  
Basmati rice cooked with spring chicken, fresh herbs & served with a vegetable curry.
- Lamb Biryani** ..... £7.95  
Lamb cooked with fresh herbs & spices, & served with a vegetable curry.
- Prawn Biryani** ..... £8.95  
Basmati rice cooked with prawns, fresh herbs & spices, and served with a vegetable curry.
- King Prawn Biryani** ..... £10.95  
Basmati rice cooked with king prawns, fresh herbs & spices and served with a vegetable curry.

## Vegetable Main Dishes

- Vegetable Jhalpiaza** ..... £4.95  
Mixed vegetables cooked with green peppers, onions & green chillies to a fairly hot taste.
- Vegetable Korma** ..... £4.95  
Mixed vegetables cooked in coconut & fresh cream.
- Vegetable Dansak** ..... £4.95  
Mixed vegetables cooked with lentils in a spicy, sweet & sour sauce.
- Vegetable Madras** ..... £4.95  
Mixed vegetables is cooked in fairly hot spice.