

## SMALL PLATES ■■■

<b>Papadoms</b> GV.....	0.80
<b>Okra Fries</b> GV.....	6.40
<i>Lady fingers seasoned with a hot spice mix.</i>	
<b>Kolkata Wings (7)</b> G.....	6.40
<i>Spicy grilled chicken wings in a spicy garlic and mango marinade.</i>	
<b>Samosa (2)</b> V.....	3.90
<i>Vegetable/Meat - Filo pastry filled with vegetables or spicy minced meat.</i>	
<b>Paneer Amritsari Tikka</b> V.....	4.40
<i>Handmade paneer cubes marinated in tandoori spices &amp; lime juice.</i>	
<b>Chot Poti</b> V.....	5.90
<i>Traditional Bengali snack made with chickpeas, tamarind &amp; finely chopped eggs. Spicy, sour &amp; hot in taste.</i>	
<b>Kesari Malay Tikka</b> 'Sweet as a nut' ..	4.95
<i>Chicken tikka South Indian style, this dish is a delicacy marinated in sweet herbs &amp; almond.</i>	
<b>Lentil Fritters</b> V.....	3.90
<i>Traditional Southern Indian starter made with split beans, ginger &amp; coriander.</i>	
<b>King Prawn Puri</b> .....	7.95
<i>Flaky wholemeal flatbread with king prawns in a garlic &amp; onion sauce.</i>	
<b>Tandoori Lamb Chops</b> G.....	6.90
<i>Marinated overnight in lime juice, warm dark spices, ginger &amp; garlic.</i>	
<b>Nehar's Delight</b> V.....	3.90
<i>Fried dough parcels with a rich, roasted coconut filling, lovingly prepared by our mother in law!</i>	
<b>Dynamite Chaat</b> V.....	£5.90
<i>Potato patties covered with cool yoghurt, pomegranate, spicy sauce, tamarind drizzle and green chutney.</i>	
<b>Firecracker King Prawns</b> .....	£7.95
<i>Crispy king prawns smothered in a creamy spicy sauce.</i>	

🔥 Hot	V Vegetarian
🔥🔥 Very Hot	G Gluten Free
🔥🔥🔥 Extremely Hot	M Mild

### Food allergies and intolerances

If you have an allergy that could harm your health, or have religious requirements (such as Halal or Kosher), please speak to a member of staff before placing your order.

\*\*Although your meal is prepared with care, due to handling of allergens in our kitchen we cannot guarantee it will be allergen free, even after ingredients have been removed after request

## TANDOORI & GRILLS ■■■

<b>Chicken Tikka</b> G.....	9.60
<i>Marinated in yoghurt herbs &amp; spices.</i>	
<b>Chicken Shaslic</b> G.....	10.90
<i>Freshly marinated in ground aromatic herbs &amp; spices then barbecued with onions, peppers &amp; tomatoes.</i>	
<b>Paneer &amp; Aubergine Shaslic</b> GV.....	11.40
<i>Handmade paneer mixed with a selection of peppers, onions, tomatoes &amp; aubergine all grilled in the tandoori oven to bring out their natural sweet flavours.</i>	
<b>Tandoori Mixed Grill</b> G.....	13.80
<i>Chef's selection of tandoori chicken, chicken tikka, lamb chop, seekh kebab &amp; king prawn.</i>	
<b>Tandoori King Prawn</b> G.....	13.80
<i>Whole tiger prawns marinated in spices, grilled in the clay oven.</i>	
<b>Tandoori Salmon Cutlets</b> G.....	13.95
<i>Salmon marinated in fresh herbs &amp; lightly spiced barbecued in our tandoori.</i>	
<b>Hariyali Chilli Chicken Tikka</b> G 🔥 🔥 🔥	10.80
<i>Chicken breasts smothered with blended paste of fresh green chilli, spring onion, garlic, ginger &amp; coriander... Hot!</i>	
<b>Bombay Lamb Chops</b> G.....	12.90
<i>Tenderised lamb chops, mixed with tandoori spices, served with peppers &amp; onions.</i>	

## RUBY MURRAY ■■■

<b>Chicken/Lamb/Paneer Tikka Masala</b> MG.....	9.80
<i>Our tikka masala is made with the traditional ingredients infused in our chef's own spices including almonds, turmeric, mango, coconut &amp; cream. Works well with a peshwari naan.</i>	
<b>Garlic Chilli Lamb</b> G 🔥 🔥 🔥.....	10.90
<i>Cutlets of tender lamb cooked slowly in its own juices with caramelised onions, ripened tomatoes, cloves of garlic, spiced with ground coriander, green chillies &amp; caraway.</i>	
<b>South Indian Chicken/Lamb</b> G 🔥 🔥.....	10.90
<i>Southern Indian spicy coconut dish with caramelised onions, mustard, saffron and curry leaves.</i>	
<b>Madhubala</b> GM.....	10.90
<i>Chicken tikka in a coconut flavoured sauce with freshly ripened mango, honey &amp; yoghurt.</i>	
<b>Palak Nawabi Chicken</b> GM 🔥.....	10.90
<i>Chicken with spinach, mustard seeds, garlic &amp; ginger in a rich sauce.</i>	
<b>Manchurian Chicken or Lamb</b> G 🔥.....	10.90
<i>Ginger &amp; garlic based dish, with aubergine, chickpeas &amp; ground spices.</i>	

<b>Lahori Korai Chicken or Lamb</b> 🔥 🔥.....	11.40
<i>Traditional Pakistani dish with red peppers, onions, chickpeas, soya sauce &amp; minced meat.</i>	
<b>Lamb Methwala</b> 🔥.....	10.90
<i>A favourite Pakistani dish with cloves of garlic, ginger &amp; fenugreek in a medium sauce.</i>	
<b>Anokha King Prawns</b> G 🔥.....	13.95
<i>Jumbo King prawns treated with lime and turmeric, tossed in an onion and fennel masala, tempered with fenugreek and kefir lime leaves.</i>	
<b>Salmon Ajwain</b> G 🔥.....	13.95
<i>Pan fried fillets of salmon simmered in traditional Bengali garlic &amp; coriander scented broth with Ajwain seeds &amp; peppers. Ajwain is a similar flavour to caraway, but slightly more bitter.</i>	
<b>Black Pepper King Prawn</b> G 🔥 🔥.....	12.90
<i>Cooked with onion rings, bell peppers &amp; garnished with black pepper.</i>	
<b>Podina Gosht</b> 🔥.....	10.90
<i>Lamb cooked in a tantalising sauce with fresh mint, coriander, tomatoes, garlic, ginger &amp; onions then simmered to perfection.</i>	
<b>Imperial Passanda</b> (Contains peanuts) ...	10.40
<i>Chicken or Lamb a sweet creamy dish cooked with sliced almond, sultana and cashew nuts. This famous dish was served in the courts of the Mughal Emperors and is still very popular today.</i>	
<b>Sikandari Raan</b>	
<b>'Alexander the Great's Lamb'</b> G 🔥 🔥.....	12.95
<i>Shank of lamb in Kashmiri chilli, ground coriander, yoghurt &amp; garam masala, lightly smoked.</i>	
<b>Beef Kali Bhuna</b> G 🔥 🔥.....	10.90
<i>Traditional Bangladeshi home cooked curry. Beef cooked on the bone with black cardamom scented cashew nut gravy, with a thick sauce.</i>	
<b>Sylheti Beef Pumpkin</b> G 🔥.....	10.90
<i>Homestyle beef cooked on the bone with garam masala, caramelised onion in a smoked braising juice spiced with nutmeg &amp; cardamom.</i>	
<b>Tandoori King Prawn Nawabi</b> GM....	13.95
<i>Cooked in a soft coconut creamy sauce, glazed with melted cheese.</i>	
<b>Sona Hariyali Chicken or Lamb</b> G 🔥 🔥.....	11.40
<i>Spicy hot dish cooked with olives and fresh garlic.</i>	
<b>Shaihi Bhuna</b> 🔥.....	11.40
<i>Chicken or Lamb Cooked with fresh green chillies, garlic and mushrooms. Medium Strength.</i>	
<b>Gunpowder</b> G 🔥.....	13.95
<i>Succulent chicken, lamb and sheekh kebab, cooked in an urban style sauce. Spiced with garam masala.</i>	
<b>Gurkha's Revenge</b> 🔥 🔥 🔥.....	12.95
<i>Hottest dish on our menu. Delicious combination of spices, blended to perfection with different varieties of chillies. Robust, hot and flavoursome.</i>	

## SIDES ■■■

<b>Bombay Aloo/Sag</b> MVG.....	4.40
<i>Aloo/Aloo Gobi</i>	
<b>Chana Malay</b> MVG (Contains peanuts).....	4.40
<i>Creamy chickpeas topped off with cheddar cheese and almond.</i>	
<b>Punjabi Pumpkin Bhaji</b> MVG.....	4.40
<b>Desi Aloo Borta</b> VG 🔥 🔥.....	4.40
<i>Mashed potatoes mixed in with spring onion, mustard seeds, green chillies &amp; coriander.</i>	
<b>Bhindi Bhaji</b> MVG.....	4.40
<i>Okra is known as 'ladies' fingers'.</i>	
<b>Brinjal Bhaji</b> .....	4.40
<i>Aubergine.</i>	
<b>Garlic Mushroom Bhaji</b> MVG.....	4.40
<b>Sona Special Garlic &amp; Pickle Dall</b> .....	4.40
<b>Madras Samba</b> VG 🔥 🔥 🔥.....	4.40
<i>Daal-based vegetable stew - a classic Indian side dish.</i>	
<b>Sag Paneer</b> MVG.....	4.40
<b>Cauliflower Bhaji</b> MVG.....	4.40
<b>Onion Bhaji</b> .....	3.80

## CLASSICS ■■■

### STEP ONE: Your choice of...

<b>Paneer Tikka</b> .....	9.90
<b>Chicken</b> .....	9.50
<b>Chicken Tikka</b> .....	9.80
<b>King Prawn</b> .....	10.90
<b>Lamb</b> .....	9.90
<b>Tandoori King Prawn</b> .....	12.90
<b>Vegetable</b> .....	9.25

### STEP TWO: Choose your curry...

<b>Korma</b> MG	<b>Pathia</b> 🔥 🔥
<b>Bhuna</b> G 🔥	<b>Rogan Josh</b> G 🔥
<b>Madras</b> G 🔥 🔥	<b>Jalfrezi</b> G 🔥 🔥
<b>Vindaloo</b> G 🔥 🔥 🔥	<b>Butter</b> GM
<b>Dansak</b> 🔥 🔥	<b>Balti</b> G
<b>Dopiaza</b> 🔥	

## BIRYANI

Your choice of meat stir-fried with wholesome vegetables, basmati rice, aromatic spices & butter together with tomatoes, onion & garlic. Served with vegetable curry or try a daal instead as a more traditional accompaniment

Chicken Tikka GM	11.40
King Prawn GM	12.40
Lamb GM	11.40
Vegetable GM	11.40
Sona Special Biryani GM	12.40

Saffron rice mixed with chicken, lamb & spinach topped off with a hard boiled egg.

## RICE

Steamed Rice G	3.20
Pilau Rice G	3.20
Mushroom & Tamarind Rice G	3.95

Basmati rice cooked with a selection of gourmet mushrooms. Spiced with caramelised onion, tamarind & turmeric

Garlic & Onion Rice G	3.95
Coconut & Mango Rice G	3.95
Chicken & Pineapple Rice G	3.95

## BREADS

Plain Naan	3.40
Garlic & Coriander Naan	3.80
Peshwari Naan	3.80

Layered with cashew nut, coconut, raisin & almonds

Naga Garlic Naan	3.80
Keema Naan	3.80
Sona Naan	3.80

Crushed ginger chef's own spices and lashings of honey.

Cheese & Red Onion Naan	3.80
Wholemeal Chapati	1.70
Butter Chapati	1.70

## VEGAN, VEGETARIAN & SALADS

**Spice Kitchen Salad GV** .....5.95  
Traditional Bangladeshi salad, made with shallots, lettuce, finely chopped cucumber, peppers & tomato tossed together with a tangy Bengali dressing.

**Ultimate Healthy Takeaway** .....11.90  
Add the following to compliment your salad (served with a wholemeal chappati)

Chicken Tikka  
Salmon Tikka (£3 surcharge)  
Tandoori Chicken  
Paneer Tikka

**Vegan Tikka Masala GM** .....9.30  
Our tikka masala is made with the traditional ingredients infused in our chef's own spices including almonds, turmeric, mango, coconut milk

**Vegan Manchurian GM** .....9.60  
Ginger & garlic based dish, with aubergine, chickpeas & ground spices.

**Spice Kitchen Vegan Exclusive G \** ...9.95  
Blend of spices mixed in with lentil fritters, garnished with spring onion, peppers & tomatoes finished off with a touch of masala sauce giving it a sweet taste.

**Garlic Chilli, Broccoli & Aubergine G \** .....9.95

**Goan Chilli Paneer \** .....9.95  
Paneer tikka in Goan style sweet chilli sauce

**Konkan Paneer G** .....10.95  
Tender batter coated Paneer simmered in a garlic, tomato and thinly cut fresh mint.

## EXTRAS

Chips	3.10
Mint Sauce	0.80
Mango Chutney	0.80
Mixed Pickle	0.80
Onion Salad	0.80
Tamarind Red Chutney	0.80

Hot  
Very Hot  
Extremely Hot

Vegetarian  
Gluten Free  
Mild

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## HOW TO FIND US...



# SONA

BISTRO ♦ TAKEAWAY ♦ DELIVERY

35 High Street, Buntingford, Hertfordshire, SG9 9AD



## 01763 662909



# SONA

BISTRO ♦ TAKEAWAY ♦ DELIVERY



Pre orders are now being taken for the following days

## CHRISTMAS EVE

12:00pm

OPEN BOXING DAY AS NORMAL

## NEW YEARS EVE

from 12:00pm

### CHRISTMAS OPENING HOURS

12pm - 10pm Everyday

24th December - 4th January

WE ARE OPEN CHRISTMAS DAY FROM 3PM - 9PM



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### NORMAL OPENING HOURS

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