

# OUR DISHES ARE MADE FOR SHARING

## BEHTAREEN

### THE INDIAN FOOD COMPANY

so pick a few and enjoy....



## STREET FEASTS

### Any dish £5

**Samosa Chaat (V)**  
Foodcart fresh - A samosa pulled apart and laced with mint chutney and tamarind chutney. You'll find it on any street in India, and here at Behtareen. Served hot or cold

**Papri Chaat (V)**  
Papri chaat comes as crisp dough wafers, served with potatoes, chickpeas, coriander, yogurt and tamarind chutney. Sprinkled with masala powder and crunchy chickpea noodles. Served cold

**Chana Chaat (V)**  
Great when monsoon season kicks in or indeed at any-time! A spicy mix of chickpeas, potatoes, yogurt and tamarind chutney. Served hot or cold

**Dahi Puri Chaat (V)**  
Light hollow pastry balls - cracked open then filled with diced potatoes and chickpeas. Topped with a layer of yogurt and homemade chutneys then sprinkled with crunchy chickpea noodles. Served cold

**Proper Pani Puri (V)**  
A fun dish, each piece eaten with your fingers and small enough to fit and melt in your mouth - light hollow pastry balls, filled with potato, onions and chickpeas. Served cold with a delicious pani (lightly spiced sauce)

**Aloo Tikki Chana (V)**  
A North Indian snack you will find on any self-respecting hawker's street cart. Potato and vegetable patty, fried with an egg coating, surrounded by chana masala (chickpeas) and covered with yogurt and tamarind sauce. Hot (and spicy)

**Bhel Puri (V)**  
Puffed rice mixed with diced potatoes, onions, coriander and served with sweet and tangy chutneys. Chowpatty Beach in Bombay is a great place to pick one of these up, but we're closer! Served cold

**Behtareen Biryani**  
Our family biryani recipe. A choice of spicy chicken, vegetable or lamb. Served hot

## DESI BREAKFAST CLUB Just £8

Served from 10am-1pm Saturday and Sunday.  
Please call to pre-book.

Join us for a family breakfast - a couple of puris, with chana masala (chickpeas) and halva (sweet semolina). Served with a hot drink

## DESI CREAM TEA

### Just £12.50

Served from 1pm -6pm Saturday and Sunday. Please call to pre-book.

Samosa, Pakoora, Chicken or Paneer Tikka sandwich, Homemade cookie, Scone, Clotted cream, Jam, Pot of tea

STREET FACT In Hindi, "chaat" means a street food snack, but also the word "lick"

STREET FACT Samosas were a popular dish among the Indian nobility in the 12th century..... and now loved world-wide. The king of snacks!

## STREET CUTS Any dish £4

Served hot with tomatoes, onions and homemade chutney

**Lamb or Chicken Seekh Kebab**  
A family favourite - freshly minced lamb or chicken kebabs mixed with spices, shaped then barbequed to perfection

**Chicken Tikka**  
Loved from Lucknow to London, pieces of barbequed, succulent boneless chicken in a traditional red spicy marinade

**Hari Boti**  
Pieces of barbequed, succulent boneless chicken marinated in mint and spicy green marinade

**Malai Boti**  
Pieces of barbequed, succulent boneless chicken marinated in delicious mildly spiced cream and yogurt

**Paneer Tikka (V)**  
Cubes of barbequed soft cheese in a traditional red spicy marinade. Dating back to ancient India, paneer remains the most common type of cheese used in traditional South Asian cuisine

(PS The chef likes Paneer so much, there may be a piece missing. Apologies!)

## STREET EATS

### Any dish £3

Served hot with tomatoes, onions and homemade chutney

**Vegetable Samosa (V)**  
A taste of street life: a triangular fried pastry stuffed with diced and spiced potatoes

**Meat Samosa**  
Triangular fried pastry filled with mince and aromatic spices

**Aloo Tikki (V)**  
Ready to go - potato and vegetable patty, fried with an egg coating

**Pakoora Punjabi (V)**  
Potato and onion fritters : mixed in a chickpea batter, then deep fried

## STREET MEALS Any dish £8

**Behtareen House Curries**

Choose from:

Vegetable Jalfrezi (medium) Chicken Korma (mild)  
Chicken Jalfrezi (medium) Chicken Tikka Masala (medium)  
Chicken Achaari (hot) Lamb Achaari (hot) - £9

Served with paratha or rice. Choose your own heat level by adding finely sliced fresh green chillies

**Behtareen Biryani**  
Our family biryani recipe served as a filling main course. A choice of spicy chicken, vegetable or lamb (£9)

**Behtareen Omelette Breakfast**  
Indian omelette with onions, tomatoes, green chillies and coriander, served with a Paratha. Also includes any hot drink. Available all day

## STREET SIDES

**Saag Aloo (V) £5**  
Potatoes cooked in aromatic spiced spinach puree

**Vegetable Jalfrezi (V) £5**  
Mixed vegetables cooked with sliced onions in a tomato based gravy

**Chana Masala (V) £5**  
Boiled chickpeas cooked in a traditional onion and tomato gravy

**Special Biryani Rice £5**  
Luxuriously spiced fragrant basmati rice, fried in onions. A Behtareen classic

**Raita £3**  
Chopped cucumber, onion and ground cumin in yoghurt

**Plain Paratha £2**  
Originally hailing from the streets of Punjab - traditional Indian bread made from wheat flour dough

## DRINKS

**Lassi £2.50**  
Cold, refreshing and healthy - low fat yoghurt, and milk. Choose from mango, sweet or salty flavour

**Dhamaka £2.50**  
Lemonade drink with a touch of salt and spices

**Americano £1.95**

**Single Espresso £1.95**

**Double Espresso £2.25**

**Cappuccino £2.25**

**Latte £2.25**

**Pot of Tea £1.95**

**Chai Latte £2.40**

**Desi Chai £2.40**

**Masala Chai £2.40**

**Hot Chocolate £2.25**

**Orange Juice £2.50**

**Apple Juice £2.50**

**Coke / Diet Coke / Sprite £2.50**



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Behtareenfood Behtareenfood www.behtareen.co.uk

Allergy Advice: Our food may contain dairy products and nuts. Our staff will be happy to advise.