



SIDE DISHES

(Served with main dishes only)

Mushroom Bhaji	Dry curry of fresh mushroom	£3.85
Mixed Vegetable Bhaji		£3.85
Bindi Bhaji	Dry curry of fresh okra	£3.85
Aloo Methi	Spiced potatoes cooked with methi	£3.85
Bombay Aloo	Dry curry of potatoes, slightly hot	£3.85
Sag Aloo	Dry curry of fresh spinach and potatoes	£3.85
Sag Bhaji	Dry curry of fresh spinach	£3.85
Cauliflower Bhaji	Dry curry of fresh cauliflowers	£3.85
Aloo Gobi	Dry curry of potatoes and fresh cauliflowers	£3.85
Tarka Dal	Lentil curry fried with garlic	£3.85
Peas Paneer	Dry curry of peas paneerlightly spiced (G)	£3.85
Sag Paneer (G)		£3.85
Chana Bhaji		£3.85

RICE

Mixed Vegetable Pilau	£3.20
Mushroom Pilau	£3.20
Keema Pilau	£3.20
Special Fried Rice(D)	£3.20
Egg Fried Rice(D)	£3.20
Onion Fried Rice	£3.20
Lemon Rice	£3.20
Garlic Rice	£3.20
Pilau Rice (basmati)	£3.00
Plain Rice	£2.80
Chips	£2.20

NAN BREADS All Nan Breads (B, D, G, N)

Nan	£3.00
Garlic Nan	£3.20
Keema Nan (Mincemeat)	£3.20
Peshwari Nan (Sweet) (J, K)	£3.20
Cheese Nan	£3.20
Cheese & Garlic Nan	£3.20

SUNDRIES

Chapati	£1.20
Puree	£0.90
Papadom	£0.90
Masala Papadom	£0.70
Raita (Cucumber or Onion)(G)	£1.20
Chutney Each (G, J, K)	
(onion, mango, mint sauce, imili, pickle)	£0.70



STARTERS

Mixed Starter (for three) (B, D, G, I, J, K)	£10.95
Combination of seek kebabs, chicken tikka, lamb tikka, chicken pakora, onion bhaji, onions & peppers.	
Mixed Starter (for two) (B, D, G, I, J, K)	£7.95
Combination of seek kebabs, chicken tikka, lamb tikka, chicken pakora, onion bhaji, onions & peppers.	
Mixed Kebab (D, G, I, J, K)	£4.50
Onion bhaji, shami kebab & seek kebab.	
Samosa (meat or vegetable) (B)	£2.50
Shami Kebab (G, I, J, K)	£3.50
Reshmi Kebab (D, G, I, J, K)	£3.50
Mushroom Puree	£3.50
Prawn Puree (B, C, G, I, J, K)	£3.50
Chicken Tikka Puree (B, G, I, J, K)	£3.95
Garlic Chicken	£3.95
Onion Bhajee (D, K)	£3.20
King Prawn Bhajee (B, C, G, I, J, K)	£5.95
King Prawn Butterfly (B, C, G, I, J, K)	£5.95
Chicken Chat	£3.50
Chicken Pakora (B)	£3.85
Garlic Mushrooms	£3.50

GRILL / TANDOORI (STARTERS)

All Below dishes (B, C, G, I, J, K)

Tandoori Chicken	£4.30
Chicken Tikka / Lamb Tikka	£3.85 / £4.50
Sheek Kebab	£4.00
Tandoori Mixed Grill	£5.20
Tandoori Fish (off the bone)	£4.50
Tandoori King Prawn	£6.20
Tandoori Lamb Chops	£5.95

TANDOORI SPECIALTIES (MAIN)

The following dishes are served with salad and vegetable sauce (rice not included) Mild or Hot on request.

All Below dishes (B, C, G, I, J, K)

Half Tandoori Chicken	£7.95
Spring chicken marinated in the special yoghurt sauce, a blend of herbs and selected spices, then barbecued in the tandoor.	
Chicken Tikka / Lamb Tikka	£7.95/ £8.50
Cubes of spring chicken or lamb lightly marinated in special yoghurt sauce, a blend of herbs and selected spices, then barbecued in the tandoor.	
Tandoori Mixed Grill	£9.50
A mixture of all the above dishes.	
Tandoori Fish (off the bone)	£8.50
Marinated in special yoghurt sauce, a blend of herbs and selected spices.	
Tandoori King Prawn	£11.95
King size prawns marinated, delicately spiced and then barbecued in the tandoor.	
Chicken or Lamb Shaslik	£8.50/ £9.50
Cubes of spring chicken or lamb with green pepper, tomatoes and onion, lightly spiced with herbs, then barbecued in the tandoor.	
Tandoori Lamb Chops	£8.95
Tender lamb chops marinated in yoghurt sauce and a blend of herbs and selected spices, then barbecued in the tandoor.	
Chicken Tikka Garlic Stir Fry (M)	£8.95
Sliced chicken tikka with garlic, onions, peppers and coriander, served on a sizzler with bhuna sauce.	
Chicken or Lamb Indiana	£8.95
Marinated minced pieces of chicken or lamb specially blended with coriander, English mustard and olive oil sauce. Barbecued in the tandoor with chunky onions and capsicum.	
Mangrove Lamb Chops	£9.50
Marinated in mustard, mint and gram masala.	

ENGLISH & CONTINENTAL

Fish Fingers

Served with chips & peas

(child) £4.75 (adult) £5.80

Omelette (Chicken, Prawn or Mushroom) (C, D)

Served with chips & peas

£5.80

SET MEAL FOR 1 £13.95

2 Papadoms Onion & Mango Chutney, Mix Starter for 1, Chicken Rogan or Chicken Tikka Masala, Cauliflower Bhaji, Pilau Rice & Nan.

ALLERGEN REFER TO GUIDE

SET MEAL FOR 2 £23.95

2 Papadoms Onion & Mango Chutney, Mix Starter for two, Chicken Bhuna, Lamb Balti, Chana Bhaji, Pilau Rice & Nan.

ALLERGEN REFER TO GUIDE

SET MEAL FOR 4 £46.95

4 Papadoms Onion & Mango Chutney, Mix Starter for four, Chicken or Lamb Tikka Masala, Chicken Balti, Lamb Bhuna, Shahee Chicken Mushroom Bhaji, Saag Aloo, 2 Pilau Rice, Nan & Garlic Nan.

ALLERGEN REFER TO GUIDE

—FOOD ALLERGY AWARENESS—

PLEASE INFORM A MEMBER OF STAFF IF YOU SUFFER FROM ANY FOOD ALLERGIES OR INTOLERANCES.

(A) celery • (B) - cereals that contain gluten • (C) - crustaceans • (D)- eggs
(E)- fish (F) - lupin • (G) - milk • (H) - molluscs • (I) - mustard • (J) - nuts
(K) - peanuts (L) - sesame seeds • (M) - soya • (N) - sulphur dioxide

The management advises that food that has been prepared here may contain or have come into contact with peanuts, tree nuts, soybeans, milk, wheat, fish, or shellfish.

OPENING HOURS:

Mon - Thurs: 5.00pm till 11.00pm

Fri - Sat: 5.00pm till 11.30pm

Sun: 4.00pm till 10.30pm

(Open 6 days a week, including public holidays)



mangrove
takeaway

www.mangroverestaurant.co.uk

OUTSIDE CATERING

Having a party or function? Then think MANGROVE & let us take the stress of organising the food. We are able to cater for parties of any size. Simply contact us with your requirements and we will be happy to help you.

DELIVERY SERVICE

On orders over £15.00 with in a 1 miles radius £2.00 charge.
Over 3 miles radius £3.00 charge.

OPEN 6 DAYS TUESDAYS CLOSED

Mon - Thurs: 5.00pm till 11.00pm

Fri - Sat: 5.00pm till 11.30pm

Sun: 4.00pm till 10.30pm

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01942 811 888

1 Manchester Road | Bolton | Westhoughton BL5 3PT.



MANGROVE CHEF'S SPECIALS

All Below dishes (C, G, I, J, K, L)

Butter Chicken or Lamb (J, K)	£7.95
Mildly spiced sauce made with fragrant spices, ground almond, butter and cream.	
South Indian Garlic Chilli	£8.50
Prepared with garlic, onions, green peppers and fresh green chillies. Garnished with fresh coriander for a hot, south Indian taste.	
Balti Exotica	£9.95
Combination of chicken tikka, lamb tikka and king prawn cooked in a medium strength balli sauce with herbs and spices for a truly unique flavour.	
Murgh Tanger	£8.50
Tender pieces of chicken breast cooked in a spicy sweet and sour sauce with onion & peppers.	
Chicken or Lamb Garlic Curry	£7.95
Prepared with freshly chopped tomatoes, onions & garlic.	
Balti Peshwari Murgh (J, K)	£8.50
Tender diced chicken cooked in mild spices with almonds, raisins and cashew nuts with touch of butter.	
Balti Khyber Gosht (J, K)	£8.50
A fancy meat dish prepared with yoghurt, almonds, coconut and balli spices.	
Shaslick Saag Karahi	£9.50
Chicken or Lamb tikka cooked with chunky onions, tomatoes and fresh spinach.	
Mass Jaipur	£9.50
White fish, king prawn and small prawns all cooked together in the chef's special sauce with fresh mushrooms and coriander.	
Balti Shimla Chicken	£8.50
Strips of spicy chicken cooked in a special sauce with sliced beans, tomato and coriander.	
Balti Akbari	£8.50
Whole breast of chicken cooked in a special balli sauce with red peppers, green peppers, tomatoes and fresh coriander.	
Chicken & Cheese Kofta	£8.50
Chicken tikka cooked in sliced onions, green peppers, tomatoes and meat balls with cheese.	
Chicken Dhoniya Sylheti	£8.50
Chicken cooked in a thick spicy sauce with onions, coriander, garlic and ginger, garnished with tomatoes, green peppers and chillies.	
Mangrove Chicken	£8.50
Chicken tikka cooked with green chillies and mango chutney then garnished with fresh coriander.	
Agra Speciality (J, K)	£8.50
Tender chicken cooked in a lightly spiced creamy sauce, reputed to have been favourite amongst the many exquisite dishes, served with chef's choice of fresh vegetables.	
Lamb Chop Jali Kofta	£9.95
Tender lamb chops with minced meat ball and fresh green chillies.	
Balti Achanak	£8.50
White fish, king prawn and small prawns all cooked together in a medium balli sauce with herbs and spices	
Chicken or Lamb Tikka Palak	£9.50
A moderately spiced dish made with minced meat, spinach and fresh herbs.	
Mangrove Biryani	£8.95
Chicken and lamb tikka cooked with spices, onions and spinach.	
King Prawn Rani Pani	£11.50
King prawns cooked in their shells in a medium strength but rich sauce with a greater variety of herbs and spices combined to create a truly delightful taste.	
Bengal Beri	£9.95
Tender lamb chops with minced meat cooked with onions, peppers and baby potatoes in a medium sauce.	
MASALLA & PASSANDA DISHES (B, M)	
Chicken Tikka (G, I, J, K)	£7.95
Lamb Tikka (G, I, J, K)	£8.95
Chicken Chilli Garlic Masalla (G, I, J, K)	£8.50
Tandoori King Prawn (C, G, I, J, K)	£11.50
Vegetable	£6.50

TRADITIONAL DISHES

Korma	
The following "korma" curries are very mild, cooked with cream and coconut powder.	
Banglore	
The following "Bangalore" curries use a variety of spices in the preparation of this sauce, creamy coconut and banana is added and the result is milder but very tasty.	
Dansak	
The following "dansak" curries are slightly sweet and sour cooked with lentils, pineapple and Indian herbs.	
Bhuna	
The "bhuna" curries are cooked to a medium strength with finely chopped onions & tomatoes.	
Dupiazza	
The "Dupiazza" curries are cooked to a medium strength with green peppers, onions & tomatoes.	
Methi	
The following "methi" curries are highly flavoured, cooked with fenugreek leaves very tasty. A curry of medium strength.	
Samber	
The following "samber" curries are a hot spicy dish, based upon the use of lentils with fresh lemon to obtain a sharp and distinctive flavour.	
Rogan Josh	
The following "rogan josh" curries are cooked with tomatoes, pimentoes and onion. Similar strength to Madras.	
Balti	
The following dish is cooked in a special balli sauce with selected herbs & spices.	
Karahi	
The following "karahi" curries are cooked with capsicums and tomato, rich and aromatic.	
Jalfraizi	
Cooked with fresh green chillies, capsicum, ginger, tomatoes and fresh Indian herbs.	
Madras	
A very famous dish, with a great proportion of spices which lend a fiery taste to its richness.	
Vindaloo	
The following "Vindaloo" curries are very hot and highly flavoured.	
Pathia	
A hot, sweet & sour dish cooked in spices which produce a curry that is slightly hotter than madras & very rich in flavour.	
Biryani	
Well fried onion cooked with basmati rice and a little spice, dressed with an omelette and tomatoes on top, served with mixed vegetable curry. (Wild or Hot sauce on request) For biryani please add £1.00 extra.	
Saag	
Richly spiced, cooked with garlic, ginger, tomato and fresh spinach. For saag please add £1.00 extra.	
Chicken Tikka (G, I, J, K)	£7.50
Lamb Tikka (G, I, J, K)	£8.50
Chicken	£6.95
Lamb	£7.95
Special Mixed (mixture of chicken, lamb & prawns)	£7.95
Keema	£6.95
Prawn / King Prawn (C)	£6.95 / £10.50
Tandoori King Prawn (C, G, I, J, K)	£11.50
Vegetable	£6.50