

## SMALL PLATES ■ ■ ■

<b>Papadoms GV</b> .....	<b>0.70</b>
<b>Okra Fries GV</b> .....	<b>5.95</b>
<i>Lady fingers seasoned with a hot spice mix.</i>	
<b>Kolkata Wings (5) G</b> .....	<b>6.40</b>
<i>Spicy grilled chicken wings in a spicy garlic and mango marinade.</i>	
<b>Samosa V</b> .....	<b>3.50</b>
<i>Vegetable/Meat - Filo pastry filled with vegetables or spicy minced meat.</i>	
<b>Paneer Amritsari Tikka V</b> .....	<b>3.95</b>
<i>Handmade paneer cubes marinated in tandoori spices &amp; lime juice.</i>	
<b>Chot Poti V</b> .....	<b>4.95</b>
<i>Traditional Bengali snack made with chickpeas, tamarind &amp; finely chopped eggs. Spicy, sour &amp; hot in taste.</i>	
<b>Kesari Malay Tikka 'Sweet as a nut' ..</b>	<b>4.95</b>
<i>Chicken tikka South Indian style, this dish is a delicacy marinated in sweet herbs &amp; almond.</i>	
<b>Lentil Fritters V</b> .....	<b>3.50</b>
<i>Traditional Southern Indian starter made with split beans, ginger &amp; coriander.</i>	
<b>King Prawn Puri</b> .....	<b>7.95</b>
<i>Flaky wholemeal flatbread with king prawns in a garlic &amp; onion sauce.</i>	
<b>Tandoori Lamb Chops G</b> .....	<b>6.20</b>
<i>Marinated overnight in lime juice, warm dark spices, ginger &amp; garlic.</i>	
<b>Nehar's Delight V</b> .....	<b>3.50</b>
<i>Fried dough parcels with a rich, roasted coconut filling, lovingly prepared by our mother in law!</i>	
<b>Dynamite Chaat V</b> .....	<b>£4.95</b>
<i>Potato patties covered with cool yoghurt, pomegranate, spicy sauce, tamarind drizzle and green chutney.</i>	
<b>Firecracker King Prawns</b> .....	<b>£7.95</b>
<i>Crispy king prawns smothered in a creamy spicy sauce.</i>	

## TANDOORI & GRILLS ■ ■ ■

<b>Chicken Tikka G</b> .....	<b>8.50</b>
<i>Marinated in yoghurt herbs &amp; spices.</i>	
<b>Tandoori Chicken G</b> .....	<b>8.50</b>
<i>Half a spring chicken.</i>	
<b>Chicken Shaslic G</b> .....	<b>9.95</b>
<i>Freshly marinated in ground aromatic herbs &amp; spices then barbecued with onions, peppers &amp; tomatoes.</i>	
<b>Paneer &amp; Aubergine Shaslic GV</b> .....	<b>9.95</b>
<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 G</b> .....	<b>12.95</b>
<i>Chef's selection of tandoori chicken, chicken tikka, lamb chop, seekh kebab &amp; king prawn.</i>	
<b>Tandoori King Prawn G</b> .....	<b>12.95</b>
<i>Whole tiger prawns marinated in spices, grilled in the clay oven.</i>	
<b>Tandoori Salmon Cutlets G</b> .....	<b>13.95</b>
<i>Salmon marinated in fresh herbs &amp; lightly spiced barbecued in our tandoori.</i>	
<b>Hariyali Chilli Chicken Tikka G</b> .....	<b>9.95</b>
<i>Chicken breasts smothered with blended paste of fresh green chilli, spring onion, garlic, ginger &amp; coriander... Hot!</i>	
<b>Bombay Lamb Chops G</b> .....	<b>11.95</b>
<i>Tenderised lamb chops, mixed with tandoori spices, served with peppers &amp; onions.</i>	

## RUBY MURRAY ■ ■ ■

<b>Chicken/Lamb/Paneer Tikka Masala MG</b> .....	<b>9.30</b>
<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 G</b> .....	<b>9.95</b>
<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 G</b> .....	<b>9.95</b>
<i>Southern Indian spicy coconut dish with caramelised onions, mustard, saffron and curry leaves.</i>	
<b>Madhubala GM</b> .....	<b>9.95</b>
<i>Chicken tikka in a coconut flavoured sauce with freshly ripened mango, honey &amp; yoghurt.</i>	
<b>Palak Nawabi Chicken GM</b> .....	<b>9.95</b>
<i>Chicken with spinach, mustard seeds, garlic &amp; ginger in a rich sauce.</i>	
<b>Manchurian Chicken or Lamb G</b> .....	<b>9.95</b>
<i>Ginger &amp; garlic based dish, with aubergine, chickpeas &amp; ground spices.</i>	

<b>Lahori Korai Chicken or Lamb</b> .....	<b>10.95</b>
<i>Traditional Pakistani dish with red peppers, onions, chickpeas, soya sauce &amp; minced meat.</i>	
<b>Lamb Methwala</b> .....	<b>9.95</b>
<i>A favourite Pakistani dish with cloves of garlic, ginger &amp; fenugreek in a medium sauce.</i>	
<b>Anokha King Prawns G</b> .....	<b>13.95</b>
<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 G</b> .....	<b>13.95</b>
<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 G</b> .....	<b>11.95</b>
<i>Cooked with onion rings, bell peppers &amp; garnished with black pepper.</i>	
<b>Podina Gosht</b> .....	<b>9.95</b>
<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> .....	<b>8.95</b>
<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 'Alexander the Great's Lamb' G</b> .....	<b>12.95</b>
<i>Shank of lamb in Kashmiri chilli, ground coriander, yoghurt &amp; garam masala, lightly smoked.</i>	
<b>Beef Kali Bhuna G</b> .....	<b>9.95</b>
<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 G</b> .....	<b>9.95</b>
<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 GM</b> .....	<b>13.95</b>
<i>Cooked in a soft coconut creamy sauce, glazed with melted cheese.</i>	
<b>Sona Hariyali Chicken or Lamb G</b> .....	<b>9.95</b>
<i>Spicy hot dish cooked with olives and fresh garlic.</i>	
<b>Shaihi Bhuna</b> .....	<b>9.95</b>
<i>Chicken or Lamb Cooked with fresh green chillies, garlic and mushrooms. Medium Strength.</i>	
<b>Gunpowder G</b> .....	<b>13.95</b>
<i>Succulent chicken, lamb and sheekh kebab, cooked in an urban style sauce. Spiced with garam masala.</i>	
<b>Gurkha's Revenge</b> .....	<b>12.95</b>
<i>Hottest dish on our menu. Delicious combination of spices, blended to perfection with different varieties of chillies. Robust, hot and flavoursome.</i>	

## SIDES - First class greens! ■ ■ ■

<b>Bombay Aloo/Sag MVG</b> .....	<b>3.95</b>
<i>Aloo/Aloo Gobi</i>	
<b>Chana Malay MVG</b> .....	<b>3.95</b>
<i>Creamy chickpeas topped off with cheddar cheese and almond.</i>	
<b>Punjabi Pumpkin Bhaji MVG</b> .....	<b>3.95</b>
<b>Desi Aloo Borta VG</b> .....	<b>3.95</b>
<i>Mashed potatoes mixed in with spring onion, mustard seeds, green chillies &amp; coriander.</i>	
<b>Bhindi Bhaji MVG</b> .....	<b>3.95</b>
<i>Okra is known as 'ladies' fingers'.</i>	
<b>Brinjal Bhaji</b> .....	<b>3.95</b>
<i>Aubergine.</i>	
<b>Garlic Mushroom Bhaji MVG</b> .....	<b>3.95</b>
<b>Sona Special Garlic &amp; Pickle Dall</b> .....	<b>3.95</b>
<b>Madras Samba VG</b> .....	<b>3.95</b>
<i>Daal-based vegetable stew - a classic Indian side dish.</i>	
<b>Sag MVG</b> .....	<b>3.95</b>
<b>Cauliflower Bhaji MVG</b> .....	<b>3.95</b>
<b>Onion Bhaji</b> .....	<b>3.60</b>

## CLASSICS ■ ■ ■

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

<b>Chicken</b> .....	<b>8.95</b>
<b>Chicken Tikka</b> .....	<b>9.25</b>
<b>King Prawn</b> .....	<b>9.95</b>
<b>Lamb</b> .....	<b>9.25</b>
<b>Tandoori King Prawn</b> .....	<b>11.95</b>
<b>Vegetable</b> .....	<b>8.95</b>

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

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

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

**Food allergies and intolerances**  
Before ordering please speak to our staff about your requirements

## 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.....	10.95
King Prawn GM .....	11.95
Lamb GM.....	10.95
Vegetable GM.....	10.95
Sona Special Biryani GM .....	11.95

Saffron rice mixed with chicken, lamb & spinach topped off with an omelette.  
Served with a garlic & pickle daal.

## RICE ■■■

Steamed Rice G.....	3.20
Pilau Rice G .....	3.20
Mushroom & Tamarind Rice G .....	3.50

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

Special Fried Rice G.....	3.50
Egg, peas & carrot	
Garlic & Onion Rice G.....	3.50
Coconut & Mango Rice G .....	3.95
Chicken & Pineapple Rice G.....	3.95

## BREADS ■■■

Plain Naan .....	2.90
Garlic & Coriander Naan.....	3.20
Peshwari Naan.....	3.20

Layered with cashew nut, coconut, raisin & almonds

Naga Garlic Naan.....	3.50
Spicy chilli pickle infused with garlic	
Keema Naan.....	3.20
Sona Naan .....	3.50

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

Cheese & Red Onion Naan.....	3.50
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 G .....**9.95  
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.....**8.95  
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

**Vegan Kerala Jackfruit G \ .....**10.95  
Southern Indian spicy coconut dish with caramelised onions, mustard, saffron and curry leaves.

**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 .....	0.75
Mango Chutney .....	0.75
Mixed Pickle .....	0.75
Onion Salad .....	0.75
Tamarind Red Chutney.....	0.75

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

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# SONA

BISTRO ♦ TAKEAWAY ♦ DELIVERY

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