

# Welcome to the Ganges Restaurant

Cornwall's oldest Indian Restaurant  
Established 1987

We hope that you will find your stay with us very enjoyable.

Please ask a member of staff if there is a dish not on the menu to your liking, we will try our very best to accommodate your wishes.

## Indian Food description

Indian cuisine is a combination of subtle tastes. Flavours are as varied as the climate of India and as exotic as the people of India. Fragrant spices, pungent and warm spices, from the four corners of the country are delicately blended in meticulous proportions to create the dishes we present to you. Each dish will have its own distinctive flavour and aroma which cannot come from any curry powder but from spices which have to be separately prepared each day afresh for each natural dish. The blending and preparation of spices is a centuries old craft and indispensable to Indian Cuisine.

**All our food is freshly prepared daily**

**Opening Times** Closed Tuesday

Weekdays: 5.00pm - 10.00pm

Friday/Saturday: 5.00pm - 10.30pm

### FOOD ALLERGIES and INTOLERANCES

Please speak to our staff about the ingredients in your meal, when making your order.

**Management reserves the right to refuse any person or persons**

### PARTIES

Special arrangements available for parties.

### RESERVATIONS

For reservations please telephone: Truro 01872 242535

**20% DISCOUNT on all Take-away orders over £15.00**

No discount available for takeaway Orders under £15.00

**No card accepted for orders under £10.00**

All major Credit Cards accepted (*Except American Express*)





## House Speciality 24 hours notice required

**FOR FOUR PEOPLE .....** £175.00

### KURSI LAMB

Starter	Papadam, Chutney and Prawn Puri
Main Course	Home Style Whole Leg of Lamb, marinated and roasted with ground spices and a variety of herbs. Served with Vegetable Curry, Egg Pulau Rice and Nan
Dessert	Dessert and Coffee

Please do not hesitate to ask for something that you like  
that's not on our menu - We will try our very best to accommodate you.

## Starters | Appetisers | Condiments

<b>PLAIN/SPICED PAPADUM</b>	£0.75
<b>PICKLES and CHUTNEYS</b> One Pot	£0.75
<b>TANDOORI CHICKEN</b>	£5.95
<b>CHICKEN TIKKA</b>	£6.50
<b>LAMB TIKKA</b>	£7.25
<b>CHICKEN CHAT</b> Chicken cooked with lemon juice and chat masala	£5.90
<b>ALOO CHAT</b>	£5.75
<b>ONION BHAJEE</b>	£5.50
<b>SOMOSA</b>	£5.50
<b>VEGETABLE PAKORA</b>	£6.50
<b>CHICKEN PAKORA</b>	£6.95
<b>PRAWN PURI</b>	£7.25
<b>SHAMEE KEBAB</b>	£6.50
<b>SHEEK KEBAB</b>	£6.50
<b>KING PRAWN PUREE</b>	£8.50
<b>ASSORTED INDIAN HORS D'OUVRES</b>	£9.75
<b>KING PRAWN BUTTER FRY</b>	£8.50
<b>FRIED SCAMPI</b>	£6.75
<b>SPECIAL CHICKEN PUREE</b> Spicy chicken Tikka rolled in puri bread	£9.25
<b>CHANA PUREE</b> Chick peas served an puri bread	£6.95
<b>SPICY TIGER PRAWNS</b> Tiger prawns fried with onion, green and red pepper and green chilli.	£10.50

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## Set Meals

**FOR ONE** ..... £35.95

### Tandoori Mix

Papadum, Pickles, Tandoori Chicken, Chicken Tikka, Sheek Kebab, Tikka Kebab, Nan and Salad.

Lamb Bhuna, or Chicken Bhuna, Pulau Rice, Mixed Vegetables.

Kulfi and Coffee.

**FOR TWO** ..... £60.00

### Tandoori Murghee Mossolla

Papadum, Pickles, Prawn Puri.

Whole Tandoori Chicken cooked in minced meat specially selected spices, Pulau Rice, Vegetable Curry.

Kulfi and Coffee.

## Special Dishes

**Main courses** Following Dishes Served with Pulau Rice and Salad

**CHICKEN JALALABADI** Well Spiced. Slightly sour and hot ..... £17.95

Chicken breasts, cooked with finely chopped fresh tomatoes and onions, fried in garlic and fenugreek.

**JEERA CHICKEN** Well spiced and fairly hot ..... £17.95

Fillets of chicken breast cooked with chopped onions and whole cumin.

**RAJA KING PRAWN** Medium hot ..... £25.95

Whole king prawns, cooked with spices, onions and the zest of fresh lemons.

**CHICKEN MITHALI** Mild/Sweet ..... £17.95

Fillets of chicken breast, prepared in a sweet and spicy sauce.

**CHICKEN KANSON** Fairly hot ..... £17.95

Fillets of chicken breast prepared and served with green and red peppers, onions and green chilli.

**CHICKEN SAGORANA** Medium hot ..... £17.95

Chicken fillets cooked with onions and coconut to create a mild curry.

**KOBI NIRAMISHA** V ..... £14.95

A spicy dish made from finely shredded cabbage, onions and green chilli.

**ALU NIRAMISHA** V ..... £14.95

An alternative from the above dish, created from shredded potatoes, onions and green chilli.

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## Tandoori Specialities Served in Sizzler with Side Salad

<b>TANDOORI KING PRAWN</b>	£18.75
King Prawns marinated in special spices and cooked in the Tandoor.	
<b>TANDOORI CHICKEN</b>	£10.95
Tender Chicken marinated to our own special recipe and barbecued in a clay oven.	
<b>CHICKEN TIKKA</b>	£11.50
Mildly marinated diced Chicken roasted on skewers in the Tandoor.	
<b>TIKKA KEBAB</b>	£12.50
Pieces of Lamb marinated in a mild blend of spices and cooked in the Tandoor.	
<b>SHEEK KEBAB</b>	£11.95
Minced Meat mixed with onions, special herbs and spices, skewered and cooked in the Tandoor.	
<b>TANDOORI MIXED GRILL</b>	£19.95
Tandoori King Prawn, Tandoori Chicken, Tikka Kebab, Sheek Kebab, Chicken Tikka, Nan Bread and Salad.	
<b>CHICKEN SHASLIK</b>	£13.25
Served with grilled tomato, green pepper and onion.	
<b>LAMB SHASLIK</b>	£14.25
Served with grilled tomato, green pepper and onion.	
<b>paneer SHASLIK</b>	£11.95
Home made Cheese, cooked in the Tandoor, served with grated tomato, green pepper and onion..	

## Chef's Specialities Rice is not included

<b>SHAHİ AKBARY CHICKEN</b>	Mild to medium £12.50
Chicken Tikka cooked with Ganges own recipe.	
<b>CHICKEN JAL FREEZI</b>	Fairly hot £12.50
Chicken grilled over a clay oven, then cooked with tomato and green peppers.	
<b>LAMB JAL FREEZI</b>	Fairly hot £13.50
Diced boneless lamb grilled over a clay oven, then cooked with tomato and green peppers.	
<b>CHICKEN TIKKA MASALA</b>	Mild and sweet £12.50
Diced boneless chicken roasted on skewers in the Tandoor and then cooked in special sauce and single cream.	
<b>LAMB TIKKA MASALA</b>	Mild and sweet £13.75
Diced boneless lamb roasted on skewers in the Tandoor and then cooked in special sauce and single cream.	
<b>MAKHANI</b>	Mild £12.50
Diced Chicken barbecued, tossed in butter with yoghurt, single cream and served with exotic sauce.	
<b>CHICKEN PASSANDA</b>	Mild £12.50
Chicken pieces cooked in single cream and Ganges special spices.	
<b>LAMB PASSANDA</b>	Mild £13.75
Lamb pieces cooked in single cream and Ganges special spices.	
<b>CHICKEN MOGLAI</b>	£12.50
Butter Chicken cooked with cream, garnished with almonds.	
<b>NAGA CHICKEN</b>	Hot £12.50
Chicken cooked with very aromatic Naga Chilli, Fine onion and tomato.	
<b>NAGA MEAT</b>	Hot £13.75
Meat cooked with very aromatic Naga Chilli, Fine onion and tomato.	
<b>CHICKEN CHILLI MASALA</b>	Hot £12.75
Cooked with fresh green chillies.	
<b>MEAT CHILLI MASALA</b>	Hot £13.75
Cooked with fresh green chillies.	
<b>KORAHİ GOSTH</b>	£13.75
Pieces of mutton cooked with onion and green peppers in medium spices, served on a sizzling iron Korahi.	
<b>KORAHİ CHICKEN</b>	£12.50
Pieces of chicken cooked with onion and green peppers in medium spices, served on a sizzling iron Korahi.	



<b>GANGES SPECIAL CURRY</b>	.....	£14.95
Chicken cooked with King Prawn and egg in medium hot spices.		
<b>TANDOORI KING PRAWN MASALA</b> Mild	.....	£20.95
Charcoal grilled King Prawn cooked in spices, with cream and butter to Ganges own special recipe.		
<b>MEAT KAHALIA</b>	.....	£13.75
Meat cooked with black pepper, well spiced.		
<b>CHICKEN KAHALIA</b>	.....	£12.50
Chicken cooked with black pepper, well spiced.		
<b>MEAT REZALA</b> Mild	.....	£13.75
Meat cooked with fried onion, green chilli, coriander (mild).		
<b>Chicken REZALA</b> Mild	.....	£12.50
Chicken cooked with fried onion, green chilli, coriander (mild).		
<b>MEAT BANARASHI</b> Fairly hot	.....	£13.75
Cooked with fresh ginger and garlic(slightly hot)		
<b>CHICKEN BANARASHI</b> Fairly hot	.....	£12.50
Cooked with fresh ginger and garlic(slightly hot)		

## Curry Specialities Meat or Chicken - All chicken off the bone

	Chicken	Meat
<b>KURMA</b> Very, very mild Cooked with cream and coconut .....	£10.95	£11.95
<b>CURRY</b> Medium hot .....	£9.25	£10.25
<b>MADRAS</b> Fairly hot .....	£9.50	£10.50
<b>VINDALOO</b> Very hot .....	£9.75	£10.75
<b>BHUNA</b> Medium hot Cooked with onion and tomato with fresh herbs .....	£10.50	£11.50
<b>PATHIA</b> Fairly hot Sweet and sour. ....	£10.50	£11.50
<b>METHI GOSTH</b> Medium hot Meat cooked with Fenugreek .....	£11.25	£12.25
<b>ROGAN JOSH</b> Medium hot Cooked with tomato .....	£10.50	£11.50
<b>CEYLON</b> Fairly hot Cooked with coconut .....	£10.75	£11.75
<b>DUP1AZA</b> Medium hot Cooked with chopped onion .....	£10.95	£12.50
<b>BOMBAY</b> Medium hot Cooked with egg and potato .....	£11.50	£12.50
<b>MALAYA</b> Medium hot Cooked with pineapple .....	£11.50	£12.50
<b>KASHMIR</b> Medium hot Cooked with banana .....	£11.50	£12.50
<b>DANSAK</b> Madras hot Cooked with lentils, sweet and sour .....	£11.50	£12.50
<b>SPINACH or MUSHROOM</b> Medium .....	£12.25	£13.25

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## Thali Specialities

The following dishes are served in a Thali - the name of a large dinner plate used by Indian families for serving meals.

<b>VEGETABLE THALI</b> .....	£16.95
Served with three different vegetables, nan, pulau rice.	
<b>NON VEGETABLE THALI</b> .....	£19.95
Served with Tandoori Chicken, Chicken Tikka, Meat Curry, Pulau Rice and Nan Bread.	



## Prawn Curry Rice is not included

<b>PRAWN CURRY</b>	Medium hot .....	£10.50
<b>PRAWN KURMA</b>	Very mild .....	£12.50
<b>PRAWN MADRAS</b>	Fairly hot .....	£10.95
<b>PRAWN VINDALOO</b>	Very hot .....	£11.15
<b>PRAWN BHUNA</b>	Medium hot With tomato, onion and fresh herbs .....	£11.95
<b>PRAWN DANSAK</b>	Madras hot Cooked with lentils, hot, sweet and sour .....	£13.25
<b>PRAWN PATHIA</b>	Madras hot Sweet and sour .....	£11.95
<b>SAG PRAWN</b>	Medium hot Cooked with spinach .....	£13.95
<b>PRAWN and MUSHROOM CURRY</b>	Medium hot .....	£13.95

## King Prawn Specialities Rice is not included

<b>KING PRAWN CURRY</b>	Medium hot .....	£13.95
<b>KING PRAWN MADRAS</b>	Fairly hot .....	£14.25
<b>KING PRAWN VINDALOO</b>	Very hot .....	£14.50
<b>KING PRAWN BHUNA</b>	Medium hot Cooked with tomato, onion and fresh herbs. ....	£15.50
<b>KING PRAWN SPINACH</b>	Medium hot Cooked with spinach in medium hot spices .....	£16.95
<b>KING PRAWN DANSAK</b>	Hot Cooked with lentils, hot, sweet and sour .....	£16.95
<b>KING PRAWN PATHIA</b>	Hot Sweet, sour and hot .....	£15.50
<b>KING PRAWN and MUSHROOM CURRY</b>	.....	£16.95

## Biryani Dishes Medium hot

Cooked with Basmati Pulau Rice, fried in Ghee, dressed with Tomato and Cucumber, served with a Vegetable Curry side dish.

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<b>MEAT BIRYANI</b>	.....	£17.50
<b>CHICKEN BIRYANI</b>	.....	£16.50
<b>PRAWN BIRYANI</b>	.....	£17.95
<b>KING PRAWN BIRYANI</b>	.....	£19.50
<b>GANGES SPECIAL BIRYANI</b>	Cooked with King Prawn and Chicken, dressed with Banana .....	£19.95
<b>CHICKEN TIKKA BIRYANI</b>	.....	£18.95
<b>MUSHROOM BIRYANI</b>	.....	£14.95
<b>VEGETABLE BIRYANI</b>	.....	£14.95

# Ganges

## Vegetable - Side Dishes

<b>VEGETABLE CURRY</b>	£6.50
<b>VEGETABLE KURMA</b> Mild .....	£6.50
<b>BINDI BHAJEE</b> OKRA .....	£6.50
<b>BRINJAL BHAJEE</b> Aubergine .....	£6.50
<b>BOMBAY ALU</b> Potato .....	£6.50
<b>SAG ALU</b> Spinach and Potato .....	£6.50
<b>ALU GOBI</b> Cauliflower a Potato .....	£6.50
<b>SAG BHAJEE</b> Spinach .....	£6.50
<b>CAULIFLOWER BHAJEE</b> .....	£6.50
<b>MUSHROOM BHAJEE</b> .....	£6.50
<b>TARKA DAL</b> Lentils fried with garlic .....	£6.50
<b>DAL SHAMBA</b> Lentils and spinach .....	£6.50
<b>CHANA BHUNA</b> Chick peas .....	£6.50
<b>MATOR PANEER</b> Cheese and peas .....	£6.50
<b>SAG AND PANEER</b> Spinach and cheese .....	£6.50
<b>SAG AND CHANA</b> Spinach and chick peas .....	£6.50
● Any of the above as a main course .....	£10.95

## Rice Dishes and Bread

<b>BOILED RICE</b> .....	£3.15
<b>PULAU RICE</b> Spiced Basmati rice .....	£3.75
<b>LEMON RICE</b> .....	£4.95
<b>COCONUT RICE</b> .....	£5.50
<b>EGG PALAU RICE</b> Basmati Rice fried with peas and egg .....	£5.50
<b>SPECIAL FRIED RICE</b> Basmati Rice fried with peas, dressed with omelette .....	£5.50
<b>MUSHROOM FRIED RICE</b> .....	£5.95
<b>KEEMA RICE</b> .....	£6.75
<b>NAN</b> .....	£3.45
<b>PESHWARI NAN</b> Almonds and sultanas, sweet .....	£4.60
<b>KEEMA NAN</b> Spiced minced meat .....	£4.75
<b>STUFFED NAN</b> Vegetable .....	£4.60
<b>GARLIC NAN</b> .....	£4.60
<b>CHILLI NAN</b> .....	£4.60
<b>PARATHA</b> .....	£4.40
<b>STUFFED PARATHA</b> Vegetable .....	£4.75
<b>ROOTI / CHAPATI</b> .....	£2.95

## English Dishes

<b>OMELETTE</b> Chicken, Prawn or Mushroom .....	£10.50
<b>FRIED CHICKEN</b> Served with chips, peas and tomato .....	£10.95
<b>CHIPS</b> .....	£3.95
<b>GREEN SALAD</b> .....	£4.95

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