

CLASSIC MAIN COURSES

MILD DISHES

Kurma

A preparation of mild spices in which cream and coconut are used to create the delicacy of its flavour and creamy texture (contains nuts)

Malaya

Preparation of mild spiced in which cream, banana and pineapple are used to create unique flavour (contains nuts)

Badami

A preparation of mild spices in which cream, cashew nuts, almonds andcreate the delicacy (contains nuts)

Pasanda (contains nuts)

In a creamy sauce with ground almonds, mild spices & yoghurt

MEDIUM DISHES

Curry

A rich flavoured sauce made from exotic oriental spices

Bhuna

A combination of special blend of spices fried together to provide a dish of medium strength

Dupiaza

A method of preparation similar to Bhuna, where onions & spices are fried briskly together

Rogan

Cooked in medium hot sauce with onions, green peppers, garlic then garnished in fresh tomato onion sauce

Sag

With fresh spinach, cooked with garlic, ginger and cumin and a mixture of herbs and spices garnished with fresh coriander

FAIRLY HOT DISHES

Dansak

Prepared with oriental spices, pineapple, lentil and lemon juice to add sweetness and a sharp flavour (Hot)

Pathia

A special blend of spices fried together to provide a dish of hot, sweet and sour flavour

Madras

A South Indian version of the dishes found in Central and Eastern India having greater proportions of hot spices and a hint of lemon zest

Ceylon

Similar to Madras, strongly flavoured

and cooked with coconuts (contains nuts)

VERY HOT DISHES

Vindaloo

Related to madras but involving a greater use of garlic, tomato puree, lemon, ginger and black pepper.

Singapore

Similar to Madras but involving a greater use of okra (bindi)

Naga

with special chilli very hot

Choose From:

Chicken, Prawn	£7.95
Vegetable.....	£6.95
Chicken Tikka	£8.75
King Prawn	£11.65
Lamb	£8.75
Keema	£8.45
Paneer	£7.45

BALTI

Balti Ahar is well known for this house speciality. The ingredients are cooked quickly in a manner reminiscent of stir-fry. A balti curry is cooked in a two handled dish called a Karahi. A special blend of aromatic spices are added to give its unique taste, which is quite different from a traditionally prepared curry dish. A thoroughly garnished dish with onion, garlic, tomato, herbs and green peppers, fresh coriander and freshly ground spices, specially prepared to provide a delicious and flavour some curry.

BALTI PLAIN DISHES

Balti Chicken	£8.75
Balti Lamb	£8.95
Balti Prawn.....	£8.75
Balti Mixed Vegetable.....	£7.25
Balti King Prawn	£12.45
Balti Chicken Tikka	£8.95
Balti Pancer	£7.75

BALTI SPECIAL DISHES

The following balti dishes can be cooked with either chicken, lamb, prawn or vegetable (chicken tikka 35p extra)

Balti Dall - with lentils	£8.95
Balti Sag - with spinach	£8.95
Balti Rogen - with tomato and onion.....	£8.95
Balti Jalfrezi - with onion and green pepper.....	£8.95
Balti Garlic - with garlic and fresh coriander	£8.95
Balti Zal - with hot green chillies.....	£8.95
Balti Kurma - very mild with coconut (contains nuts)	£8.95
Balti Badami - very mild with cashew & almond	£8.95
Balti Amm - Mild with mango pulp	£8.95
Balti House Special - with lamb, chicken & prawn	£9.45
Balti Tandoori King Prawn	£12.95
Balti Dansak - hot weet with Pineapple	£8.95

BALTI MOSSALA DISHES

Mossala means sauce, its unique flavour is achieved with fresh cream, yoghurt, almonds, onions, herbs and freshly ground peanuts. A delicious thick and tasty curry

Balti Chicken Mossala (contains nuts)	£9.25
Balti Lamb Mossala (contains nuts)	£9.45
Balti Prawn Mossala (contains nuts)	£9.25
Balti Mixed Vegetable Mossala (contains nuts)	£7.45
Balti Chicken Tikka Mossala (contains nuts)	£9.60
Balti Tandoori King Prawn Mossala (contains nuts)	£12.95

THALI

Meat Thali (serve one person).....£16.95
1 Tandoori mixed Tikka, 1 Chicken Tikka Mossala, 1 Lamb Balti, 1 Prawn Bhuna, 1 Niramish, 1 Pilaw Rice, 1 Nan Bread

Veg Thali (serve one person)£14.95
1 Onion Bhaji, 1 Vegetable Mossala, 1 Vegetable Korai, 1 Sag Aloo, 1 Tarka dall, 1 Pilaw Rice, 1 Nan Bread

We do our utmost and rely on our suppliers to provide us with the best quality GM- and MSG- free products, management reserve the right to change offers or refuse custom at any time. Please notify a member of staff for any allergies prior to ordering.

RICE DISHES

Pilau Rice - Basmati rice	£2.85
Boiled Rice.....	£2.65
Onion Pilau	£3.45
Keema Pilau - With minced meat	£3.45
Mushroom Pilau - With mushrooms	£3.45
Vegetable Pilau - With mixed vegetables	£3.45
Peas Pilau - With peas	£3.45
Egg Pilau - With eggs	£3.45
Garlic Pilau	£3.45
Kashmiri Pilau (contains nuts).....	£3.65
Cooked with cashew nuts dried fruits and dessicated coconut. Sweet flavour	
Nut Pilau (contains nuts).....	£3.65
Lemon Pilau (contains nuts)	£3.45

SABZI SIDE DISHES (vegetables)

Niramish - House special.....	£3.95
Palak Aloo - Potato and spinach	£3.95
Palak Ponir - Spinach & Indian cheese.....	£4.45
Palak Bhaji - Spinach	£3.95
Chana Bhaji - Chickpeas.....	£3.95
Sag Bis - Spinach & butterbeans	£3.95
Paneer Bis - Cheese & butterbeans	£4.45
Brinjal Bhaji - Aubergine	£3.95
Bhindi Bhaji - Okra	£4.45
Mushroom Bhaji	£3.95
Aloo Gobi - Potato & cauliflower	£3.95
Bombay Aloo - Spicy potatoes.....	£3.95
Cauliflower Bhaji	£3.95
Tarka Dhall - Flavoured liquid lentils.....	£3.95

NAN & ROTI

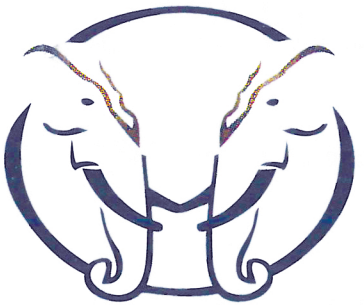
Plain Nan.....	£2.75
Keema Nan - Spiced minced meat	£3.45
Peshwari Nan - Sweet dried fruits/nuts	£3.45
Stuffed Nan - With mixed vegetables	£3.45
Cheese Nan - With cheese	£3.45
Garlic Nan.....	£3.45
Kachori Nan - With cheese & onions	£3.45
House Special Nan - Minced meat, garlic & coriander ...	£3.75
Tandoori Roti	£2.50
Chapati	£1.40
Puri - deep fried puri.	£1.25
Paratha.....	£3.50
Famous chapati recipe, folded & deep-fried with butter	
Stuffed Paratha.....	£3.75

RAITA AND SIDE DISHES

Cucumber Raita	£1.95
Plain Yoghurt.....	£1.65
Green Salad.....	£2.25
Pickles (each) (chilli, onion, mango, mint).....	£0.40
Plain Papadom	£0.75
Spicy Papadom.....	£0.75

ENGLISH DISHES

Fried Scampi Served with Salad & Chips.....	£6.75
Fried Chicken Served with Salad & Chips	£6.50
Chips	£2.95



★ Multi Award Winning ★

AHAR
BANGLADESHI & INDIAN CUISINE

★ Critically Acclaimed ★



ALLERGIES

If you have any food allergies please notify your server.
Food prepared in our restaurant may contain the following ingredients; milk, egg, wheat, peanuts and tree nuts.

SULPHAR DIOXIDE
SUITABLE FOR VEGETARIAN
CONTAINS GLUTEN
FISH

CRUSTACEANS
CONTAINS PEANUTS
CONTAINS DAIRY
EGGS

★ North Tyneside Council Best Curry Chef Award ★

★ North East Region Best Curry Chef Award ★

★Prestige Curry Award ★

Indian Bangladeshi Restaurant of the Year 2023

TAKEAWAY MENU

TELEPHONE: 0191 297 1183

Open 7 days a week from 5.30pm -11pm

Including all bank holidays

For reservations call: 07947 128 996

238 Park View, Whitley Bay, Tyne & Wear. NE26 3QX
Ahar Indian Restaurant

STARTERS

Sabzi - Vegetables		
Onion Bhaji - Fritters	£3.75	
Samosa - Vegetable stuffed pastries	£3.45	
Vegetable Pakura - Fritters	£3.45	
Chana Chat - Spiced dried chick peas.....	£3.75	
Aloo Chat - Spiced dry potatoes.....	£3.75	
Garlic Mushrooms on Puri.....	£3.95	

Mach - Fish

King Prawn Bhaji on Puri	£5.65	
Bhuna Prawn on Puri	£4.35	
Tandoori King Prawn	£6.95	

Manksho - Lamb & Chicken

Chicken Chat - Bhuna Tikka Chicken on Puri	£4.45	
Meat Samosa - Stuffed pastries	£3.65	
Chicken Pakura - Chicken fritters	£4.25	
Chicken Tikka - Cubes of chicken	£4.75	
Lamb Tikka - Cubes of lamb.....	£4.95	
Sheek Kebab	£3.95	
Tandoori Mix Kebab	£5.95	
Tikka Mozal with Fried Mushroom, Onion, Garlic & Peppers	£4.95	
Tandoori Lamb Chop in Sweet & Sour Marinated Sauce£6.75		
Tandoori Chicken (Quarter - on the bone)	£4.45	
Chicken Tikka Sahslic with Cheese, onions & peppers	£5.95	

CHEF’S RECOMMENDED STARTERS

Salmon Tikka	£6.75	
Salmon marinated in chef’s special spices		
Kathi Kebab	£6.45	
Diced roast lamb, stir-fried with onion, capsicum and spring onion. Slightly spiced. Served in a fried Chapati		
Paneer Ur Kumbi	£4.65	
Cheese tikka and mushroom, served with stir fried onions, capsicum and fresh coriander		
Dhai Begun	£4.25	
Grilled aubergines, stuffed with vegetables & topped with yoghurt		
Bilathi Mirchi.....	£4.25	
Grilled capsicum, stuffed with mildly spiced prawn or chicken		
Pakora Supreme	£5.95	
Selection of chicken and prawn and vegetable dipped in garam flour and fried in butter.		
Tandoori Dhakna.....	£3.95	
Chicken wings marinated in fresh herbs & spices, served with minted yoghurt sauce		
Chicken & Prawn Roti (NEW).....	£5.75	
Diced chicken tikka cooked with prawns, served on a roti		

TANDOORI MAIN COURSES

The following dishes are marinated in yoghurt, fresh herbs, roast spices, grilled over charcoal and served with a fresh salad and minty yoghurt sauce		
Tandoori Chicken (half)	£8.45	
Tandoori Chicken Tikka (breast)	£9.45	
Tandoori Lamb Tikka.....	£9.85	
Tandoori Mixed Grill	£12.95	
Tandoori King Prawn	£12.95	
Chicken Tikka Shaslic.....	£10.75	
Chicken barbecued on skewer with tomatoes, capsicum and onion		
Tandoori Lamb Chop in a sweet & sour tamaruind sauce	£11.95	
Salmon Fish Tikka	£12.45	
Lamb Tikka Sahslic.....	£12.45	
Panner Tikka	£7.65	

TANDOORI JALFREZI

These dishes are cooked medium or hot with green pepper, onions, spiced with Punjabi herbs		
Fish Jalfrezi Bangladeshi Fish Boneless Tilipia	£9.45	
Chicken Tikka Jalfrezi Cubes of chicken.....	£9.45	
Chicken, Prrawn, lamb.....	£8.95	
Tandoori King Prawn Charcoal Grilled king prawns	£12.65	
Tandoori Mach Jalfrezi Salmon fish	£10.95	
Tandoori Lamb Chop Jalfrezi	£11.25	
Vegetable Jalfrezi	£7.25	
Lamb Tikka Jalfrezi	£9.95	
Panner Tikka Jalfrezi.....	£7.65	
Salmon Tikka Jalfrezi	£12.75	

MOSSALA DISHES

A delicious rich & exotic dish marinated & cooked in traditional creamy massala sauce, ground peanuts & tree nuts		
Chicken or Prawn Mossala	£8.95	
Mixed Vegetable Mossala	£7.45	
Tandoori Chicken Tikka Mossala	£9.75	
Tandoori King Prawn Mossala.....	£12.65	
Chicken Tikka Chilli Mossala.....	£9.95	
Lamb Tikka Mossala.....	£9.95	
Panner Tikka Mossala	£7.45	

ZAL FRY DISHES (HOT)

Another classic and famous dish, cooked with garlic, green chilli, onions, green peppers, fresh coriander & freshly ground spices		
Chilli Chicken Zal Fry.	£8.95	
Chilli Lamb Zal Fry.	£9.25	
Chilli Prawn Zal Fry.....	£8.95	
Tandoori King Prawn Zal Fry.	£12.65	
Vegetable Zal Fry.	£7.25	
Chilli Chicken Tikka Zal Fry	£9.65	

GARLIC

Cooked with ginger, garlic, onion, fresh coriander, spices & herbs		
Chicken Garlic	£8.95	
Lamb Garlic	£9.25	
Prawn Garlic	£8.95	
Tandoori King Prawn Garlic	£12.65	
Vegetable Garlic.....	£7.25	
Chicken Tikka Garlic	£9.45	
Salmon Fish Garlic	£11.95	

BIRYANIS

A Biryani is made by gently cooking with special basmati rice, together with a mixture of mild spices, served with a special vegetable curry		
King Prawn Biryani	£11.85	
House Special Biryani (chicken, lamb & prawn)	£12.45	
Chicken Tikka Biryani	£9.95	
Vegetable Biryani.....	£7.85	
Prawn Biryani	£9.45	
Chicken Biryani	£9.45	
Lamb Biryani	£9.95	

CHEF’S RECOMMENDATIONS
AHAR SPECIAL - MEAT DISHES

Lamb Mustard Bhuna - medium Hot.....	£9.65	
Tender lamb cooked with medium spices, garlic, onions, mixed spices & onion		
Piaz Roshun Ghost - med.....	£9.75	
Lamb cooked with medium spices, garlic, onion and peppers garnished with fresh coriander and garlic		
Ghost Bindi - med.....	£9.65	
Spring lamb with garlic, okra, onions, green peppers and fresh coriander		
Chicken or Lamb Adrak - Hot	£9.65	
Plenty of Ginger, garlic, onions, tomatoes, pepper & naga chilli sauce		
Ghost Kori - med	£9.65	
Lamb cooked in medium hot spices with onions, tomatoes and green peppers		
Shat Kora Ghost - med.....	£9.65	
Cooked in aromatic Bangladeshi medium spices, Shat Kora - from the lemon pickles family		
Ghost Chilli Garlic Mossala - hot	£9.65	
Cooked with fresh onions and garlic in a hot sauce		
Keema Morich Badon - hot.....	£9.65	
Cooked with mince meat, chillies and butter beans		
Rawalpindi Lamb - Medium hot.....	£9.65	
Spiced dish of dried chilli flakes simmered in sweet vinegar sauce, garlic, ginger		
Ghost Roshun Mirch - hot	£9.75	
Cooked with spring lamb, plenty of garlic, bullet chillies and naga sauce		

SEAFOOD

Bengal Mach - Med - Tilipia Fish or Pangas	£9.95	
Cooked with medium to hot spices in a traditional Bengali style		
Boro Chingri Kaliya - Hot	£12.85	
King Sized Prawns cooked with onions, tomatoes, capsicum and green chilli then stir fried on a high flame to thicken the sauce		
Ahar Special Chingri - (King Prawn) Med	£12.85	
Cooked in a medium hot spices with garlic, tomatoes, spring onion & red onions in a special sauce		
Salmon Morrich Zalfry - Hot.....	£12.45	
Salmon in a special sauce cooked with onions, green peppers and tomatoes		
King Prawn Jal Jhul - Hot.....	£12.85	
King prawns cooked with onions, peppers in a medium - hot sauce with roasted black chillies		

CHEF’S RECOMMENDATIONS
AHAR SPECIAL - POULTRY DISHES

Goanese Chicken - Mild	£9.45	
Chicken cooked with fresh corainder, garlic, sauteed onions, roasted cashew nuts, spinach and a splash of fresh cream		
Bengal Tikka Murgh - Fairly hot	£9.45	
Chicken tikka cooked with green pepper, fresh mint & coriander, green chillies, mixed spices		
Badhonia Murgh - med	£9.45	
Chicken cooked with butter beans and lots of fresh coriander, in a thick sauce and chef’s own recipe		
Murgh Madrasi - Hot	£9.45	
Chicken cooked in specially made, fairly hot spices with garlic & green chilli		
Amm-O-Murgh - mild	£9.45	
Chicken tikka cooked with mango pulp, onion, fresh coriander & mild spices, with fresh cream and sliced nuts & mango		
Achari Murgh - Med	£9.25	
Cooked with slightly hot & sharp taste with lemon juice, onion seeds, fennel, mustard seeds & fresh lime		
Murgh Kori - med.	£9.45	
Chicken cooked with medium hot spices, with onion, tomatoes and green peppers		
Special Khazna - medium	£9.45	
Cooked with chicken tikka in a blend of medium spices, garlic, ginger, onions, spinach & butter beans		
Butter Murgh - mild	£9.45	
Pieces of chicken tikka, barbecued in a clay oven then prepared with our chef's exotic spices in a special butter sauce with peanuts		
Murgh Rezala - fairly hot	£9.45	
Chicken tikka cooked in a medium spiced dry thick sauce Peanuts and cream, tomatoes, onions and fresh yoghurt		
Murgh Bihar - Hot.....	£9.45	
Cooked with garlic, ginger and lentils sauce		

VEGETARIAN SPECIALITIES

Dall Sabzi.....	£7.25	
Fresh mixed vegetables cooked with lentils, lemon juice		
Chana Aloog Sag.....	£7.65	
Cooked with spices with potatoes, chick peas & spinach		
Sag Paneer.....	£7.75	
Medium Indian cheese with spinach		
Veg Kari	£7.25	
With garlic, ginger, fresh coriander and our own blend of special spices		
Mator Paneer Balti	£7.75	
Indian cheese cooked with green peas,		
Aloo Baigon	£7.75	
Aubergine, potato, green peppers cooked in medium in a special sauce		
Bindi Aloo Mirch Baigon - medium	£7.85	
Aubergine, potato, okra and green pepper cooked in a medium special sauce		