

ORIGINAL PUNJABI BALTI DISHES

Mango House presents to you, one of the oldest recipes from the time of the Raj. The unique flavour has been recreated not in India but in Birmingham, the home of good balti cuisine. The Chef has personally found the best recipe secrets of the Masterchefs and has included them in our selection. All our dishes are individually prepared with only the freshest ingredients. The fine flavours and aromas are enhanced by our special marinating herbs and spices to enrich each balti dish.

ORIGINAL BALTI Chicken or Lamb	£6.50
CHILLI BALTI Chicken or Lamb, fresh chillies	£6.50
SAAGWALLA BALTI Chicken or Lamb with spinach	£6.50
MUSHROOM BALTI Chicken or Lamb	£6.50
MOGUL BALTI Chicken or Lamb. Cooked with spicy minced meat, tomatoes in a special sauce	£6.95
PRAWN BALTI	£6.50
INDECISIVE BALTI A combo special	£6.95
TAMARIND BALTI Chicken or Lamb, Fruity, tangy flavoured sauce	£6.50

BIRIYANI DISHES

A traditional dish. Stir fried with basmati rice and spices, garnished and served with a side vegetable curry.

CHICKEN OR LAMB TIKKA	£7.95
CHICKEN OR LAMB	£6.95
PRAWN BIRIYANI	£6.95
KING PRAWN BIRIYANI	£8.95
MANGO HOUSE BIRIYANI Prawn, chicken, meat and omelette ...	£8.95



WHAT'S HOT IS HOT!

From hot to fire cracker hot dishes are prepared using fresh chillies, jalapenos and peppers that are burning up taste buds around the world. These dishes are a must for the chilli freaks. Choice of Chicken, lamb or prawns.

CHILLI TIKKA MASSALA	£6.50
TIKKA JALFREZI EXTRA Like a Jalfrezi but much hotter	£6.50
DHANSAK EXTRA Like a Dhansak cooked with lentils but again much hotter	£6.50
CEYLON A hot Sri Lankan special with coconut	£6.50
PHALL An extremely hot dish prepared extensively with ginger and lemon juice and a large quantity of chillies	£6.50

Britain's most favourite curries modified with rich chillies, extra hot herbs & spices for the chilli freaks. "Superb taste"

CHICKEN/ LAMB CHILLI MADRAS	£6.50
CHICKEN/ LAMB CHILLI VINDALOO	£6.50

MANGO HOUSE RESTAURANTS MAGOR, CARDIFF, CEFN COED

Nominated for best restaurant in Gordon Ramsay's new production 'RAMSEYS BEST RESTAURANT'

Nominated in prestigious Award Newby of London House of Parliament by Jessica Morden MP
THE ONLY WELSH RESTAURANT IN THE FINAL

Winner for official Cardiff Curry 2008 as shown on ITV

9/10 The Mango House is an experience to be savoured 'WESTERN MAIL'
Recommended by BBC eating out guide

Recommended by GOURMET SOCIETY



NAAN BREADS

MANGO HOUSE NAANS (to share) This naan is made with a choice of keema, peshwari, garlic or vegetable £3.70
TRADITIONAL NAANS

Choice of plain, keema, peshwari, garlic or vegetable	£2.30
ONION GARLIC NAAN	£2.50
CHILLI NAAN	£2.50
MIXED TIKKA NAN	£3.95
ALOO CORIANDER NAAN	£2.50

RICE DISHES

All below are made from quality aromatic basmati rice

MANGO HOUSE SPECIAL FRIED RICE With chick peas and onions	£2.60
SPECIAL FRIED RICE With green peas, onion and egg	£2.60
FRIED RICE Choice of mushroom, keema or egg	£2.60
HALF PLAIN RICE AND HALF CHIPS	£2.40
PILAU RICE OR PLAIN RICE	£2.40
LEMON RICE	£2.60
GARLIC RICE	£2.60
ALMOND RICE	£2.60
COCONUT RICE	£2.60
ONION RICE	£2.60

SIDE DISHES

These enhance the flavour of your main course, Highly recommended. Choose any and taste the difference.

MANGO HOUSE MASSALA BHAJI	£2.90
MUSHROOM OR CAULIFLOWER BHAJI	£2.90
AUBERGINE OR SPINACH BHAJI	£2.90
SAAG ALOO OR BOMBAY ALOO OR ALOO GOBIE	£2.90
VEGETABLE BHAJI	£2.90
ALOO CHANNA chick peas and potatoes	£2.90
TARKA DHAL	£2.90
CHANNA BHAJI	£2.90
CHAPPATI	£0.95
RAITHA Yogurt with cucumber and onions	£2.00
CHIPS	£1.70
PARATHA	£2.50
PLAIN OR MASSALA PAPPADAMS	£0.50
HOT PICKLE TRAY	£2.00
CHUTNEY TRAY	£2.00



The Art of Cooking
HOME OF INDIAN & BENGALI CUISINE

Take Away & Delivery Menu

MANGO HOUSE

• CEFN COED •

INDIAN RESTAURANT
91 HIGH STREET
MERTHYR TIDFIL
CF24 2PN

TEL: 01685 388005

OPEN: 5:30 TILL 11:30 PM

MANGO HOUSE

• CARDIFF •

INDIAN RESTAURANT
GRAND HOTEL
WESTGATE STREET
CF10 1DD

TEL: 02920 23 22 99

02920 23 22 66

OPEN: 5:30 TILL 12 AM

MANGO HOUSE

• MAGOR •

INDIAN RESTAURANT
GLENROY HOUSE
MONMOUTHSHIRE
NP26 3HY

TEL.: 01633 88 26 44

01633 88 26 55

OPEN: 5:30 TILL 12 AM

*9/10. The mango house is an experience to be savoured.

www.mangohouse.co.uk

email: reservations@mangohouse.co.uk

Join the Mango House Club - Text "Mango club start" to 60300

Order online with www.hungryhouse.co.uk

Mango House

visit our website for further info & offers

www.mangohouse.co.uk

	CHICKEN OR LAMB	CHICKEN OR LAMB TIKKA	KING PRAWN	FISH	DUCK	VEGETABLE
TIKKA MASSALA	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
KORMA Mild creamy with coconut and almond	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
MADRAS Fatty hot	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
VINDALOO Very hot	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
JALFREZI Hot, chillies, jalapenos, garlic, very spicy	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
MEDIUM	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
DHANSAK Hot, sweet & sour thick with lentils	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
BHUNA Rich, dry, garlic, thick sauce	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
PATHIA Hot, sweet & sour, onions, tomatoes, lemon, rabbit	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
DUPIAZA Onions, green pepper rich in a thick sauce	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
ROGON Tomatoes, coriander, garlic in a thick sauce	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
MALAYA Mild-Medium pineapple/cream	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20
KASHMIR Mild-Medium lychees	£4.95	£5.95	£7.95	£7.95	£7.95	£4.20

MANGO HOUSE APPETISERS

TANDOORI LAMB CHOPS Pieces of chops marinated in tender tandoori sauce. Served with tamarind yogurt sauce.....	£3.10
LAMB OR CHICKEN TIKKA.....	£2.70
TANDOORI CHICKEN ¼.....	£2.70
WINGS OF INDIA Marinated wings served with BBQ, mango or relish sauce.....	£2.70
SHEEK KEBAB Cooked in a clay oven on skewers.....	£2.70
SHAMEE KEBAB Spicy minced lamb platters shallow fried with omelette.....	£2.70
CHICKEN OR LAMB CHILLI CHAT Chilli beef special.....	£2.80
KEEMA DILPASANDA Tandoori baked potato served with spiced minced lamb.....	£2.70
CHICKEN OR LAMB CHAT Served spicy 'n' sour.....	£2.70
CHICKEN OR LAMB PASSANDA Mid creamy sauce.....	£2.70
CHICKEN SAMOSA.....	£2.70
MEAT SAMOSA.....	£2.70
CHICKEN POKORA Chicken pieces covered in flour & egg coating. Served with mango or barbecue sauce.....	£2.70
CHICKEN/ LAMB CHAT PUREE ROLL Chicken/ Lamb cooked in light tikka & chat sauce. Served with a puree (bread).....	£3.10
SHEEK KEBAB ROLL Traditional mince cooked in tikka paste served with fried onions & peppers wrapped in a puree bread.....	£3.10

SEA FOOD APPETISERS

THAI PRAWNS with mushrooms in seafood sauce.....	£3.20
PRAWN COCKTAIL.....	£3.90
PRAWN PURI Light fried roti with spicy prawns.....	£3.90
KING PRAWN BUTTERFLY King Prawn spicy baller.....	£3.90
FISH TIKKA Marinated cod barbecued in clay oven.....	£3.90
GARLIC KING PRAWN Whole king prawn prepared in a garlic and coriander sauce.....	£3.90
KING PRAWN SUCCA Whole king prawn served in a rich, tangy tamarind sauce.....	£3.90
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VEGETARIAN APPETISERS

ONION BHAJI.....	£2.50
MUSHROOM BHAJI.....	£2.50
CAPSICUM BHAJI.....	£2.50
VEGETARIAN SAMOSA.....	£2.50
VEGETABLE DILPASANDA Tandoori baked potato served with mixed vegetables.....	£2.50
GARLIC MUSHROOMS.....	£2.50
ALOO CHAT Potatoes served spicy 'n' sour.....	£2.50
ALOO GOBI CHAT Potatoes & cauliflower served in a dry chat sauce.....	£2.50
CHANNA ALOO CHAT Chick peas & potatoes served in a dry chat sauce.....	£2.50
GOBI POKORA Cauliflower served in flour and egg coating.....	£2.50
VEGETABLE PUREE ROLL Mixed vegetable wrapped in puree bread.....	£2.50

VEGETARIAN SPECIAL'S

MANGO HOUSE VEGETABLE BALTI SPECIAL Exotic vegetables marinated in a rich spicy sauce.....	£4.30
VEGETABLES IN TAMARIND SAUCE A delicious dish prepared with various vegetables served in a rich fruity sauce.....	£4.30
CHANNA BIRIYANI Chick peas & onions cooked with basmati rice and herbs accompanied with a separate vegetable sauce.....	£4.30
VEGETABLES IN HONEY BALTI SAUCE Various vegetables in a rich authentic honey balti sauce.....	£4.30
VEGETABLES IN COCONUT & ALMOND SAUCE Traditional vegetables cooked with sliced coconut and almonds in a very rich sauce.....	£4.30
CHANNA DHANSK Hot sweet 'n' sour chick peas and lentils.....	£4.30
BHINDI BALTI A delicious okra, onion and green pepper speciality.....	£4.30
BALTI DHAL WITH POTATOES Peeled potatoes, grated fresh ginger, garlic tomatoes, ground turmeric cooked in a delicious lentil sauce.....	£4.30
VEGETABLE HANDI Exotic vegetables cooked in a unique rich sauce with a distinctive taste and aroma. Chef's recommendation.....	£4.30
SOBZI METHI Vegetable and fenugreek leaves, a little bitter and naturally scented (medium or hot).....	£4.30
SOBZI JEERA Whole jeera, cumin seeds, tomato, capsicum, onions.....	£4.30
SAAGWALLA PANEER Homemade cottage cheese and spinach, stir fried with herbs and spices.....	£4.30
VEGETABLE MASSALA Vegetables with onion, coconut, mild spices and herbs.....	£4.30
VEGETABLE PASSANDA Mid and creamy sauce.....	£4.30
VEGETABLE BIRIYANI.....	£4.30
CHANNA ALOO SAAGWALLA Chick peas, potatoes, spinach, baby corn and mango lout, stir fried balti style.....	£4.30



VEGETABLE REZALA Vegetables cooked in green chilies with a rich unique sauce. Served with rice. Explore your taste buds!.....

SEAFOOD SPECIALS

BALTI TIGER PRAWNS WITH MUSHROOMS Tomato based sauce with fresh tiger prawns, green peppers, onions and herbs. Served with pilau rice and green salad.....	£8.50
TIGER PRAWN ALOO Fresh tiger prawns, peeled potatoes in a rich bhuna sauce.....	£7.95
KORRAI JINGA King prawn slightly hot, wholesome dish well cooked in thick gravy, enriched with various spices.....	£7.95
SAAG KING PRAWNS Prepared with spinach & garlic, tomatoes. Simply mouth-watering. Served with pilau rice or naan bread. 'Chef's Recommendation'.....	£9.95
GARLIC KING PRAWN HANDHI Cooked in natural herbs & fresh garlic. Served with pilau rice or naan bread.....	£9.95
KING PRAWN REZALA Classic favourite cooked in onion tomatoes, lime, fresh chillies & yogurt. Served with pilau rice or naan bread. A selection of dishes prepared with our very own recipes of herbs and spices, marinated for at least 24 hours, barbecued in our flaming tandoor and then individually cooked to your taste.....	£9.95
TANDOORI KING PRAWNS SHASHLEK (Served with naan) A gorgeous dish which is celebrated as the meal for the royals. Large prawns firstly barbecued in a clay oven with tomatoes, onions and peppers served on a sizzling platter. A must have meal, a absolute beauty.....	£9.95
TANDOORI KING PRAWN METHI (Rice or naan) This dish is full of flavour from the east. Large prawns prepared in the clay oven then placed in a very rich sauce. Mind-blowing. Will not disappoint.....	£9.95
TIGER PRAWN MASSALLA Large tiger prawns cooked with mild herbs and patacho nuts and almonds marinated in tikka massala sauce. Served with rice or naan.....	£9.95
TANDOORI KING PRAWN MASSALLA.....	£9.95

HOUSE SPECIAL

ALL DISHES SERVED WITH RICE OR NAN BREAD

KORRAI Chicken or Lamb. A slightly hot Pakistani special, wholesome dish well cooked in thick gravy, enriched with various spices.....	£6.95
MANGO KOFTA BHUNA A medium dish cooked with fillet chicken in a spicy mance meat filling, rich thick garlic & coriander sauce. Can be prepared in any requested sauce.....	£6.95
DUCK ROHAN duck breast cooked in a spicy bhuna sauce served with pilau rice.....	£6.95
DUCK MASSALLA duck breast cooked in a mild massala sauce served with pilau rice.....	£6.95
CHICKEN BRESTS' WITH MANGO SAUCE.....	£6.95
Served mild in a sweet mango sauce. "House Recommendation"	

HANDHI CHICKEN, LAMB OR PRAWN £6.95

TANDOORI CHICKEN REZALA Marinated Chicken slices cooked with fresh green chillies in a hot, rich and dry special sauce. This has a marvellous aroma served with pilau rice or a naan bread.....

ACHARI CHICKEN OR LAMB Achari is the Indian word for, 'pickling spices' which flavour the marinade. This traditional dish is prepared in chili pickle, ginger and mustard and mixed spice, a taste of original and authentic Indian food. Fairly hot.....

METHI CHICKEN/LAMB OR PRAWNS Fenugreek leaves with thick sauce enriched with mixed spices. Served with pilau rice or naan bread.....

GARLIC CHILLI CHICKEN/LAMB OR PRAWN Marinated in garlic & fresh chilli, jalapeno coriander & herbs. Served with pilau rice or naan bread.....

ALOO LAMB/CHICKEN Spicy potatoes with tender poultry cooked in coriander and tomatoes. Served with pilau rice or naan bread.....

CHANNA CHICKEN/ LAMB OR PRAWN Chick peas prepared in turmeric, mixed spices & cumin seeds in a rich sauce. Served with pilau rice or naan bread.....

OKRA LAMB/ CHICKEN OR PRAWN Known as ladies fingers. This dish is cooked with a unique vegetable in a rich traditional sauce. Served with pilau rice or naan bread.....

LAMB KEEMA & PEAS CURRY A homemade favourite. Mince lamb cooked in a rich medium sauce with tomatoes, onions, peppers, mustard & peas. 'Delightful'.....

BALTI PIYAZ CHICKEN/LAMB Very rich tomato based sauce cooked with peppers & onions with chef's special blend of secret herbs. Served with pilau rice or naan bread "House Recommendation".....

LAMB KEEMA & PEAS BHARAYANI Mince lamb stir fry with basmati rice and medium spices. Garnished & served with vegetable curry.....

CHICKEN/LAMB OR PRAWN WITH ACHAR SAUCE (Served with pilau rice or naan) prepared in a rich sauce including jalapeno peppers tomatoes, turmeric, fresh garlic, ginger and garam masala. 'Try it' Medium to hot.....

CHICKEN/LAMB OR PRAWN IN JALAPENO SAUCE Served with pilau rice or naan prepared in a rich sauce including jalapeno peppers tomatoes, turmeric, fresh garlic, ginger and garam masala. 'Try it' Medium to hot.....

CHICKEN/LAMB OR PRAWN WITH SPINACH & MUSHROOMS Served with pilau rice or naan. A popular dish amongst the new generation of curry eaters. Cooked with spinach & mushrooms with a rich traditional garlic and coriander sauce. Mild to medium 10/10 E.E.6.95

TIKKA CHICKEN OR LAMB WITH PEPPERS & PINEAPPLE Served with pilau rice or naan, Marinated chicken or lamb pieces prepared in chopped peppers, ground cumins, corn oil, coriander and diced pineapple. Mild to medium 'Very popular' 10/10.....

CHICKEN/LAMB IN HONEY BALTI SAUCE Served with pilau rice or naan) A dish prepared in rich bhuna sauce cooked with local honey and almonds, sulfanas and Thayer's cream. Mild 'lovely' 10/10.....

CHICKEN/LAMB IN COCONUT & ALMOND SAUCE Served with pilau rice or naan. This dish is prepared in a rich balti sauce with fresh grated coconut with almond flakes and coriander. Mild to medium, full of flavour. One to try 10/10.....

TANDOORI LAMB CHOPS Pieces of lamb marinated in authentic tandoori sauce cooked in clay oven prepared with onions, mushrooms and tomatoes served with separate tamarind yogurt sauce and naan.....

MARINATED TANDOORI DISHES

TIKKA MAKHANI Mild with nuts and raisins in Thayers cream.....	£5.95
BUTTER SUPREME Chicken or Lamb. Marinated in butter and spices with Thayers fresh cream.....	£5.95
FRESH CREAM PASSANDA Chicken or Lamb. In yogurt and Thayers cream mildly spiced with nuts and raisins.....	£5.95
ANAR KALI BAHAR Boneless spring chicken with onions, lightly sweetened in a thick mild sauce.....	£5.95

Tandoori dishes are marinated in yogurt with herbs and spices and then cooked in a tandoor, served sizzling, with salad and mint sauce.

SIZZLING TANDOORI SPECIALS

TANDOORI CHICKEN Half chicken on the bone marinated and barbecued over our flaming tandoor on skewers.....	£5.95
CHICKEN OR LAMB TIKKA.....	£5.95
TANDOORI SHASHLEK A succulent mixed grill of chicken, lamb and shish served sizzling with sautéed onions and peppers, served with traditional naan.....	£8.10
TANDOORI KING PRAWNS.....	£8.50

Served with Rice or a Nann Bread

www.mangoose.co.uk

