



STARTERS

ONION PAKORA ①	£3.45
Finely sliced onion pieces marinated in spices, deep fried and served with fresh salad.	
VEGETABLE SAMOSA ①	£3.45
A delicious pyramid-shaped package of potato, sautéed onion, garlic and coriander, tightly wrapped in a flat pastry, seasoned and fried.	
HARIALI TIKKA	£3.95
Cubed pieces of chicken breast marinated in mild green chillies, coriander and a touch of fresh mint, cooked in a Tandoor, served with salad.	
KING PRAWN ADUWA	£6.25
King prawn marinated in a special blend of green herbs and olive oil, cooked in our Tandoor and served with fresh green salad.	
MALAI CHICKEN	£3.95
Cubed pieces of chicken breast marinated in a lightly spiced 'Malai blend' of fresh herbs and cooked in a Tandoor, served with salad.	
PRAWN PURI	£4.25
Prawns slightly spiced and cooked with coconut for a sweet and sour taste, served on puffy wholemeal roti bread.	
CHICKEN CHILLI ②	£4.50
A Nepalese village dish consisting of sliced chicken breast marinated in spices and sautéed with capsicum, onion, spicy tomatoes and fresh green chillies.	
KEBAB RASILO	£3.95
A healthy serving of skewered minced lamb with freshly ground spices, cooked in a Tandoor to seal in the flavour, and served piping hot with a salad garnish.	
MUSHROOM MIRACLE ①	£3.50
Lightly spiced and sliced mushrooms sautéed with finely chopped garlic, served on fluffy wholemeal roti bread garnished with fresh salad.	
RARA SPECIAL MIX	£5.25
Combination of Chicken Tikka, sautéed mushrooms and homemade vegetable samosa.	
PAHARI PEERO LAMB ②	£4.75
Tender pieces of lamb cooked in Tandoor, sautéed with green chillies, onions, green peppers, mustard seeds and curry leaves. An authentic Nepalese preparation.	
PAPAD BASKET	£2.95
Plain and spicy, served with Rara special chutneys.	



TANDOORI SPECIALITIES

	HALF	FULL
LAMB CHOPS ANGARI	£4.95	£8.95
Tender spring lamb chops coated with a special blend of cumin, cardamom and cloves, marinated in a low-fat yogurt. Cooked in the Tandoor for perfection.		
TANDOORI CHICKEN		£6.95
Succulent marinated leg and breast of chicken, prepared with fresh green chillies, coriander, paprika and mild spices. Absolutely delicious!		
CHICKEN TIKKA		£6.95
Juicy chicken breast pieces marinated in our own blend of fresh green herbs, before being barbecued to perfection in the Tandoor.		
CHICKEN SHASHLIK		£7.50
Fresh breast of chicken marinated in a special fusion of herbs and freshly ground spices, delicately seasoned and finally grilled with pieces of onion, tomato, and capsicum.		
TANDOORI MIXED GRILL		£13.95
A mouth-watering selection of delicious Tandoori grills including chicken Tandoori, lamb tikka, chicken tikka, sheek kebab and a king prawn. A fabulous selection of everything for the mountain explorer.		
TANDOORI KING PRAWN		£13.45
Large and sumptuous king prawns marinated with special herbs and a range of spices, cooked in our clay oven for the fullest flavour.		
LAMB TIKKA		£7.25
Juicy lamb pieces marinated in our unique blend of fresh green herbs and enhanced with a fusion of Nepalese spices before being cooked to a perfect tender finish.		
SALMON TIKKA		£9.50
Fresh Salmon pieces marinated in our unique blend of fresh green herbs and enhanced with a fusion of Nepalese spices before being cooked to a perfect tender finish.		
SHASHLIK PANEER ①		£6.95
A vegetarian speciality made from Indian cottage cheese and grilled to a perfect finish with fresh pieces of onion, tomato and capsicum.		



OUR CHEF'S SPECIALITIES

ROYAL RARA	£12.95
A whole chicken breast opened out and wrapped around a juicy king prawn, slowly cooked in a tasty medium masala sauce with fresh cream, butter, methi, fresh green herbs and newly ground spices. Our signature dish!	
DAHI TIKKA MAKHNI	£9.45
Cubed pieces of chicken breast marinated in cream and grounded cashew nuts, tandoored then cooked with yoghurt and fresh herbs.	
BUTTER CHICKEN	£8.75
A popular dish of tandoor cooked chicken finished in a sumptuous red masala sauce with garlic, ginger, methi and black salt to provide a colourful and delicious meal.	
CHICKEN TIKKA MASALA	£8.25
Juicy pieces of chicken, specially prepared in the unique Rara selection of homemade spices and nuts, and then finished to preserve tenderness and taste. A favourite dish among city-dwelling Nepalese.	
SHAHAZADI MASALA	£10.95
Succulent chicken breast cooked in a divine sauce with dry French white wine and a blend of fine Nepalese spices. A supreme chicken dish popular in the luxurious palaces of Kathmandu.	
DURBARIA BHALE	£8.95
Breast of chicken seared in the clay oven, then pan-cooked in a new blend of spices and herbs with green peppers, onions and tomatoes, all to create a mouth-watering masala sauce. Prepared mild to medium according to your taste and preference.	
KING PRAWN MITERI	£13.45
A superb king prawn curry prepared with blend of herbs and spices specially cooked with lemon grass for a tangy flavour. Prepared medium to hot according to your taste and preference.	
NIMBU MURG	£9.95
Cubes of chicken breast prepared with lemon grass for a sweet and sour flavour, curried with a hint of lime.	
LAMB PASANDA	£9.25
Succulent sliced spring lamb cooked with a full-bodied sauce and a delicate splash of French red wine to bring out the full flavour of the meat.	
MASU MASALA	£8.75
Tender pieces of spring lamb initially prepared in the clay oven to seal in the juices, finally slowly cooked in a sea of special Nepalese herbs and spices.	



SOME LIKE IT HOT!

GURKHALI LAMB [Ⓜ] £9.25

A hot and spicy Nepalese village-style lamb curry, enjoyed by Gurkhas and popular all over the country. Our master chef reproduces this authentic dish exclusively for Rara customers.

HARIALI GREEN CURRY [Ⓜ] £8.95

Cubes of chicken breast, seared in the clay oven, then curried with a spicy blend of fresh green herbs and green chillies. Finished off with ground fresh coconut to create a sensational dish.

CHICKEN JHALFREZI [Ⓜ] £8.50

A warm and tempting feast of chicken breast cooked with a rich sauce of fresh tomatoes, sliced onions, capsicum and heated with green chillies. The Gurkhas's favourite!

KING PRAWN JHALFREZI [Ⓜ] £13.45

A delectable selection of king prawns cooked with fresh tomatoes, onions, capsicum and green chillies to provide a spicy seafood delight. Gurkha's favourite!

PERO CHICKEN KARAHI [Ⓜ] £8.95

A fiery hot traditional Nepalese style chicken preparation. Cooked with carefully selected herbs and spices. Not for the faint hearted!

LAMB CHETINAD [Ⓜ] £9.25

Spring lamb marinated over night in a special blend of spices, cooked in a hot thick sauce where the lamb further cooks in its own juices, resulting in strong flavours.

JEERA CHICKEN [Ⓜ] £9.25

Cubes of chicken breast cooked with fresh cumin seeds, red onions, coriander and a touch of fresh green chillies and herbs.



FISH & SEAFOOD DELICACIES

KING PRAWN BHUNA	£13.45
Juicy king prawns cooked in a specially prepared thick sauce, this dish is highly flavoured and served medium hot.	
FISH MALABAR CURRY	£9.95
King Fish curry cooked with coconut milk, onions, tomatoes and mustard seed. Our seafood speciality.	
KING PRAWN DHANSAK [®]	£13.45
King prawns cooked with an authentic Nepalese cocktail of aromatic spices and a blend of five different lentils.	
KING PRAWN MASALA	£13.45
Succulent juicy king prawns grilled in a tandoor and cooked in a very special coconut-based creamy sauce designed to capture and hold all of the delicate flavors.	
SALMON SALOM	£10.50
Succulent cubes of Salmon cooked in a spicy blend of tomatoes, red chillies and fragrant green herbs. A medium to spicy dish.	
MONK FISH CURRY	£10.95
A mild dish made with a touch of fresh mustard seeds, lemon grass, green herbs, in a light home made yoghurt sauce.	

BIRYANI DELICACIES

(SERVED WITH OUR VERY OWN VEGETABLE CURRY SAUCE)

CHICKEN TIKKA BIRYANI	£9.45
Marinated chicken pieces initially prepared in the clay oven, and served with basmati rice.	
LAMB BIRYANI	£9.75
Tender lamb pieces infused with spices, cooked with basmati rice.	
VEGETABLE BIRYANI	£8.50
Seasonal vegetables mingled with basmati rice, garnished with fresh tomato and sliced cucumber.	



ORIGINAL CLASSICS

KORMA	£7.50
A mild but tasty curry prepared in a special sauce and slow cooked to perfection.	
CURRY	£6.95
A typical Nepalese style curry with a Rara selection of spices.	
DOPIAZA	£6.95
A classic Indian dish dating back to Moghul times, the name dopiazza broadly translates as "2 onions" or "double onions". This is a delightful medium, slightly dry spiced curry cooked with onion and peppers in a thick and tasty sauce.	
MADRAS [Ⓜ]	£6.95
A superb curry eaten in the villages of northern Nepal. Hot and saucy, its strong spices and mouth-watering cascade of flavours make it ideal for adventurous people!	
DHANSAK	£6.95
A famous Parsee dish with an authentic blend of spices cooked with five different types of lentil and served in a hot, sweet and sour sauce.	
ROGAN JOSH	£7.50
An authentic Kashmiri dish and all-time favourite, containing a myriad of spices and flavours, exceptionally presented and topped with freshly made tomato rogan.	
CHICKEN SAAG	£7.25
A traditional dish popular in the Kathmandu Valley, it is cooked with fresh spinach leaves, tomatoes and onions to give a moist and mouth-watering curry sensation.	
CHICKEN TIKKA BHUNA	£8.25
Succulent pieces of chicken breast initially cooked in a tandoor and then added to a medium hot masala sauce where the chicken further cooks in its own juices, resulting in strong flavours with only a little sauce.	
SAAG GOSTH	£7.75
Tender lamb cooked with fresh spinach leaves, tomatoes and onions to give a taste-bud tingling curry sensation.	



VEGETABLE DELICACIES

ALOO PHOOL GOBI	£4.75
A wholesome and tasty serving of sautéed potatoes, cauliflowers cooked with mustard seeds, coriander, and finished with a touch of tomato garnished with spring onions.	
BOMBAY ALOO	£4.75
A well-loved traditional Indian potato dish flavoured with delicate herbs and spices.	
SUKHA PANCHA RATNA	£5.45
A selection of five seasonal vegetables, specially prepared to give a wholesome and healthy accompaniment.	
SAAG PANEER	£5.25
Fresh spinach cooked with home-made Nepalese cottage cheese.	
SAAG ALOO	£4.75
Fresh spinach cooked with potatoes and tomatoes.	
MUSHROOM PARIKAR	£4.75
Fresh mushrooms lightly cooked and infused with herbs.	
BHINDI SUKHA	£4.75
Whole okra cooked with tomatoes, capsicum and spring onions.	
ALOO BHANTA	£4.75
Potatoes and aubergine cooked with special care to preserve its original Nepalese style flavours.	
NEPALESE SPECIAL DAAL	£4.75
A bowl of the finest black lentils cooked with ginger, green chillies, onions, and tomatoes.	
POKHRELI DAAL	£4.75
A selection of five mixed lentils traditionally prepared and tempered with fresh garlic.	
ALOO CHANA	£5.25
A delightful preparation of potatoes and chick peas. Prepared mild or medium.	



RICE AND BREAD

BOILED RICE	£2.70
Fluffy basmati served piping hot gives an uncluttered aroma reminiscent of the Himalayan foothills.	
PULAO RICE	£3.05
An aromatic basmati rice cooked with whole spices for added flavour and natural colour.	
LEMON RICE	£3.25
Basmati rice cooked with lemon zest, fresh curry leaf and tempered with mustard seed, a delightful alternative to regular boiled rice.	
NEPALESE SPECIAL RICE	£3.50
Basmati rice cooked with spring onions, green peas, egg and mild spices. A Rara speciality.	
MUSHROOM RICE	£3.25
Basmati rice cooked with succulent, juicy mushrooms.	
PLAIN NAAN	£2.25
The plain tear shaped favourite cooked on the walls of the tandoor oven.	
PESHAWARI NAAN	£2.75
A sweeter translation of the Naan.	
KEEMA NAAN	£2.95
Naan bread covered with fresh minced spring lamb and fresh aromatic spices.	
GARLIC NAAN	£2.75
A Naan bread covered with finely chopped garlic and coriander.	
STUFFED PARATHA	£2.75
Wholemeal unleavened bread thinly stuffed with potatoes, herbs and spices.	
LACHHA PARATHA	£2.50
Wholemeal unleavened layered bread.	
TANDOORI ROTI	£1.75
The simplest Indian wholemeal bread.	
RAITA MIX	£2.45