



TANTARA

• BENGAL BISTRO •

আহার ও আলাপ



NIBBLES

A simple beginning

CRISPS & CHUTNEYS 5

A trio of Bengali accompaniments to enjoy with papadams - smoked aubergine, roasted tomato and onion-tomato relish. (Ve)

BAZAAR PLATES

Street dishes from the lively bazaars

CHINATOWN DEVIL 7

A Tantara signature - crisp cauliflower in umami rich sauce inspired by Kolkata's Chinatown. (Ve) (S)

CLUB CHEESE TOASTIE 6.5

Open-faced toast with melty chilli cheese - our Bengali take on a rarebit. (V) (S)

CALCUTTA ONION BHAJI 6

Crisp onion and spinach fritters, hot from the kadhai. Best enjoyed while gossiping. (Ve)

KOLKATA CHICKEN CHOP 7.5

A Kolkata favourite. Crisp breadcrumb coated chicken croquette, delicately spiced and fried until golden.

MALAI KEBAB 8

Chicken steeped in a rich, creamy tandoori marinade, topped with a generous layer of melted cheese.

TANGRA CHILLI CHICKEN 8

Fried chicken with garlic, soy sauce, green chilli and peppers - smoky, spicy and sweet. (S)

DHAKA CHAAP FRY 9

Stir-fried lamb with chaap spices, onions, peppers and green chilli. A Puran Dhaka favourite. (S)

CABIN FISH CUTLET 8

A cabin classic fishcake. Flaked fish, potato, herbs and warming spices, crumbed and fried golden.

CHITTAGONG CHILLI FISH 8

Lightly battered fish tossed in a tangy sticky chilli glaze with garlic and green chillies. (S)

DRUNKEN PRAWNS 9

King prawns wok-tossed with garlic, ginger, green chilli - a late night Chinatown classic. (S)

CABIN FAVOURITES

For the table

KOSHA LAMB BHUNA 15

Slow-braised lamb in a dark Bengali masala, reduced with caramelised onions to a rich deep finish. (S)

SYLHET LAMB SAAG 14.5

Tender lamb and spinach in a rich garlic and onion masala, gently spiced throughout. (S)

BUNGALOW LAMB MADRAS 14.5

Slow cooked lamb in a spicy Madras curry, inspired by the old Dak bungalows of Bengal. (S)

CALCUTTA CHICKEN KORMA 13

Royal chicken slow-cooked in a cashew gravy, gently spiced in the traditional Bengali style. (N)

CABIN CHICKEN CURRY 13

A comforting chicken curry inspired by the cosy cabin cafés of Calcutta. (S)

CHICKEN TIKKA MASALA 13

Tandoori marinated chicken in a rich creamy gravy, gently spiced throughout. (N)

DHAKA JALFREZI 13

A Bangladeshi-style stir-fried chicken tossed with onions, peppers, smoked chillies and mustard. (S)

SHORSHE MAACH 18

Flaky fish bathed in a mustard sauce that bites, soothes and lingers like Bengal itself. (S)

KING PRAWN MALAI 16

The classic Chingri Malai. King prawns in a gently spiced coconut gravy, finished with mustard. (S)

PANEER KALIA 12

Paneer in a rich Bengali-style gravy, layered with spice and finished with butter and cream. (V) (S)

BENGAL HOUSE DAAL 9

Golden lentils tempered with ghee, cumin and garlic - gently spiced and traditionally light in consistency. (V)

NIRAMISH VEGETABLE BHUNA 11

Seasonal vegetables gently simmered in a rich caramelised onion masala with Bengali spices. (Ve)

KOLKATA BIRYANI 15

Layered chicken and potato biryani, slow cooked in a sealed pot with fragrant basmati rice. Raita served alongside. (S)



ACCOMPANIMENTS

SWEET FINISH

Alongside the meal

STEAMED RICE	4
Fragrant, fluffy white rice. (Ve)	
PULAO RICE	4
Aromatic basmati rice with ghee and whole spices. (V)	
PEAS PULAO	5
Basmati rice with green peas, ghee and spices. (V)	
CHALER ROTI	3.5
Two gluten-free traditional rice flour flatbreads. (Ve)	
PARATHA	4
Flaky layered flatbread, crisped with ghee richness. (V)	
BUTTERED BABY POTATOES	5.5
Baby potatoes sautéed in garlic herb butter, finished with panch phoron spice. (V)	
CABIN FRIES	4
Golden fries dusted with our house spice blend. (Ve)	
CUCUMBER & MINT RAITA	2.5
Yoghurt with cucumber, mint, cumin and sea salt. (V)	
BENGALI SALAD	3
Seasonal salad with cucumber, tomato, onion and kasundi dressing. (Ve)	

To conclude

TANTARA FIRNI	6
Chef's saffron and rose rice pudding from old Bengal, sprinkled with pistachio and topped with soft coconut bonbons, served chilled. (V) (N)	
KOMOLA MOUSSE	6
Caramelised spiced orange reduction folded through a light cream mousse, finished with cake rusk crumbs. (V)	
NOLEN GUR CHEESECAKE	7
Creamy baked vanilla cheesecake, finished with warm date palm jaggery caramel. (V)	

We make every effort to avoid cross-contamination, however we cannot guarantee that dishes and drinks are allergen-free. Dishes containing nuts cannot be made nut-free, as nuts are a core ingredient.

An optional 10% service charge is added to your bill. All service charge is shared amongst the team.

(V)	(S)
Suitable for vegetarians	Spicy

(Ve)	(N)
Suitable for vegans	Contains nuts

PRE-THEATRE & EARLY EVENING

£18 PER PERSON • TWO COURSE MENU

Available Monday - Friday • 5pm-6.15pm

*Choose one Bazaar Plate, one Cabin Favourite.
Includes Steamed Rice & Bengal House Daal for the table.*

BAZAAR PLATES

Chinatown Devil (Ve)
Club Cheese Toastie (V)
Calcutta Onion Bhaji (Ve)
Malai Kebab
Kolkata Chicken Chop
Tangra Chilli Chicken
Cabin Fish Cutlet

CABIN FAVOURITES

Kosha Bhuna + £2 supplement
Calcutta Chicken Korma (N)
Chicken Tikka Masala (N)
Dhaka Jalfrezi
Chingri Malai + £2 supplement
Paneer Kalia (V)
Niramish Vegetable Bhuna (Ve)