TANTARA

BENGAL BISTRO

Takeaway Menu

NIBBLES

A simple beginning

Crisps & Chutneys — 5

A trio of accompaniments to enjoy with papadams - roast tomato dip, mango chutney and onion-tomato relish. (Ve)

BAZAAR PLATES

Street dishes from the lively bazaars

Chinatown Devil — 6

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

Calcutta Onion Bhaji — 5.5

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

Kolkata Chicken Chop — 6.5

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

Tangra Chilli Chicken — 7

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

Dhaka Chaap Fry — 8

Slow cooked lamb stir-fried with aromatic chaap spices, caramelised onions, peppers and green chilli. An Old Dhaka favourite. (**S**)

Cabin Fishcakes — 7.5

Fish and prawn cakes with ginger and spring onion, served with tomato chilli salsa.

Drunken Prawns — 8.5

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

CABIN FAVOURITES

For the table

Kosha Lamb bhuna — 13

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

Sylhet Lamb Saag — 12.5

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

Bungalow Lamb Madras — 12.5

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

Calcutta Chicken Korma — 12

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

Cabin Chicken Curry — 11.5

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

Chicken Tikka Masala — 11.5

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

Dhaka Jalfrezi — 11.5

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

Shorshe Maach — 15

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

King Prawn Malai — 15

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

Paneer Kalia — 11

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

Bengal House Daal — 8

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

Niramish Vegetable Bhuna — 10

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

Kolkata Biryani — 13

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

ACCOMPANIMENTS

Alongside the meal

Steamed Rice — 3
Fragrant, fluffy white rice. (**Ve**)

Pulao Rice — 3.5
Aromatic basmati rice with ghee and whole spices. (**V**)

Bengali Pulao — 4
Vegetables, ghee, whole spices and raisins, with the delicate sweetness of Bengali pulao. (**V**)

Chaler Roti — 3
Two gluten-free traditional rice flour flatbreads. (**Ve**)

Paratha — 4
Flaky layered flatbread, crisped with ghee richness. (**V**)

Saag Aloo — 6
Potatoes cooked with spinach, garlic, ginger and gentle spices. (**Ve**)

Cabin Fries — 3.5
Golden fries dusted with our house spice blend. (**Ve**)

Cucumber & Mint Raita — 2
Yoghurt with cucumber, mint, cumin and sea salt. (**V**)

Bengali Salad — 3
Seasonal salad with cucumber, tomato, onion and kasundi dressing. (**Ve**)

SWEETS AND DRINKS

To conclude

Tantara firni — 5
Chef's saffron and rose rice pudding from old Bengal, sprinkled with pistachio and topped with soft coconut bonbons, served chilled. (**V**) (**N**)

Biscoff Cheesecake — 6
Creamy cheesecake with Lotus Biscoff, biscuit crumb and Biscoff sauce. (**V**)

Soft Drinks — 2
Coca Cola, Coke Zero, Fanta, Still Water

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**) Suitable for vegetarians

(**Ve**) Suitable for vegans

(**S**) Spicy

(**N**) Contains nuts

TANTARA

BENGAL BISTRO

Tantara takes its name from the call of a trumpet, a signal that draws the room to attention.

Inspired by the cabin cafés of old Calcutta, we opened Tantara in tribute to our late father, who arrived in the United Kingdom in 1963 and went on to build restaurants of his own.

From him, we learned that hospitality is not a performance, but a gesture of welcome.

Our menu reflects our heritage of Bengal, from East Bengal, now Bangladesh, and West Bengal in India, shaped by rivers, seasons and generations of home kitchens.

Here, each dish is guided by its origin, and served with quiet intention.

This is Tantara.