

STARTERS

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| ONION BHAJI | £3.50 |
| SAMOSA (Meat or vegetable) | £3.75 |
| CHICKEN / LAMB TIKKA | £4.10 |
| Diced chicken / lamb delicately marinated with herbs and spices, cooked in a tandoori oven | |
| TANDOORI CHICKEN | £4.10 |
| Pieces of chicken on the bone marinated with herbs & spices then grilled | |
| PRAWN PUREE | £4.95 |
| KING PRAWN PUREE | £5.95 |
| King prawn served with deep fried bread | |
| KING PRAWN BUTTERFLY | £5.95 |
| King prawn dipped in butter & egg, shallow fried with bread crumb | |
| GARLIC BUTTER KING PRAWN 2 Whole king prawn | £5.95 |
| SHEEK KEBAB / SHAMI KEBAB | £4.10 |
| Minced lamb blended with herbs, spices and grilled on a skewer | |
| RESHMI KEBAB | £4.50 |
| Minced lamb shallow fried with herbs & spices, wrapped in an omelette | |
| CHICKEN CHATT | £4.10 |
| Spiced chicken pieces cooked with onions, cucumber, fresh coriander | |
| ALOO CHATT | £3.50 |
| Spiced potato pieces cooked with onions, cucumber, fresh coriander | |
| CHICKEN CHATT PUREE | £4.95 |
| CHICKEN SPRING ROLL | £4.50 |
| Crunchy pastry stuffed with diced chicken tikka, cheese and spring onion | |
| FISH TIKKA Barbecued salmon with light spices and herbs | £5.95 |
| ANURAAG PLATTER Chicken / Lamb tikka, sheek kebab, king prawn | £6.10 |
| TANDOORI LAMB CHOP 2 pcs | £5.95 |
| PANEER TIKKA | £5.95 |
| Home made cheese marinated in yoghurt, cooked in a tandoor | |

K STRENGTH OF DISHES
 F Mild | Medium | Hot | Very Hot | Contains Nut | Suitable for Veg (V)

ANURAAG HOUSE SPECIAL

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| KORAHİ MANSHO ALOO | £10.50 |
| Tender pieces of beef cooked with baby potato, onion, mix pepper in a medium hot sauce | |
| MANGO ROSE CHICKEN | £10.50 |
| Best fillet of grilled chicken, cooked with fresh yoghurt and mango in a rich mild sauce | |
| MISTY KUMRA GOSHT | £9.95 |
| Pumpkin cooked with meat, chef own special recipe. Medium hot | |
| SORISHA BUTTAN KING PRAWN | £12.50 |
| With mustard herbs and chef own special recipe | |
| CHILLI PANEER | £9.50 |
| Home made cube cheese cooked with fresh green chilli & coriander | |
| LAMB TABA | £8.50 |
| With fresh ginger, medium to fairly hot | |
| MANCHURIAN CHICKEN | £8.50 |
| Large pieces of chicken breast with chopped green chilli and peppers with special sauce | |
| CHICKEN MAKHANI | £8.50 |
| Cooked with almond in a special creamy sauce | |
| CHICKEN / LAMB TIKKA MASSALA | £8.50 |
| Pieces of chicken / lamb marinated in yoghurt, herbs and spices then barbecued in a tandoori oven. Enriched with an exotic massala sauce | |
| BUTTER CHICKEN | £8.50 |
| A luxurious dish made from slices of marinated chicken in an exotic sauce made from butter with cream & almonds | |
| GARLIC CHILLI CHICKEN | £8.50 |
| Chicken tikka cooked with fresh green chilli garnished with onion, fresh ginger and spices | |
| CHICKEN / LAMB TIKKA DANKSAK | £8.50 |
| Barbecued with fresh herbs and spices. Hot and sour with lentils | |
| TANDOORI KING PRAWN MASSALA | £12.50 |
| King prawn marinated in yoghurt, herbs, spices then barbecued in a tandoori oven. Enriched with an exotic massala sauce | |
| CHICKEN / LAMB PASSANDA | £8.50 |
| Selected thin pieces of chicken or lamb marinated with specially chosen mild herbs & spices | |
| CHICKEN / LAMB TIKKA JALFREZI | £8.50 |
| Succulent pieces of chicken cooked with fresh green chilli, onion and green peppers. Fairly hot | |
| CHICKEN / LAMB SHAHJANI | £8.50 |
| Thin slices of chicken / lamb with almond, creamy sauce and coconut | |
| MANCHURIAN KING PRAWN | £12.50 |
| King prawns with green chilli, peppers and a special sauce | |
| CHICKEN CHORI | £8.95 |
| Sliced chicken in tandoori green chilli & herbs, fairly hot | |

TANDOORI DISHES

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| TANDOORI MIXED GRILL | £11.95 |
| Chicken tikka / lamb tikka / sheek kebab / tandoori chicken / king prawn. Served with fresh salad | |
| TANDOORI CHICKEN (Half) | £7.50 |
| CHICKEN / LAMB TIKKA | £7.50 |
| Diced chicken / tender lamb marinated with herbs fresh coriander & spices | |
| CHICKEN / LAMB | £7.95 |
| SHASHLICK | £7.95 |
| Marinated herbs & spices barbecued with onions, green peppers and tomatoes | |
| PANEER SHASHLICK | £9.95 |
| Home made cube cheese cooked with tomato, onion & green pepper | |
| TANDOORI KING / PRAWN SHASHLICK | £12.95 |
| TANDOORI KING PRAWN | £12.50 |
| Marinated with light spiced & herbs | |
| TANDOORI FISH (SALMON) | £11.95 |
| Fresh yoghurt, fresh lemon, ginger, garlic, coriander & range of mild spices | |
| DUCK SHASHLICK | £12.50 |
| Marinated herbs & spices barbecued with onions, green peppers and tomatoes | |
| TANDOORI LAMB CHOP | £11.50 |
| Spring lamb marinated in spiced yoghurt blended with a range of medium spices | |

BALTI DISHES

(Served with Naan Bread)

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| CHICKEN BALTI | £8.50 |
| LAMB BALTI | £8.50 |
| PRAWN BALTI | £9.95 |
| KING PRAWN BALTI | £12.95 |
| CHICKEN TIKKA BALTI | £9.50 |
| VEGETABLE BALTI | £8.50 |

Whole spices roasted and ground creating an aromatic fragrance. Extracting all the flavour from the spice and combining it with fresh onions, green peppers and coriander gives these dishes that special and distinctive taste.

BIRYANI'S

Lightly stir-fried in saffron flavoured basmati rice served with a mixed vegetable curry.

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| ANURAAG SPECIAL MIX BIRYANI | £11.50 |
| Chicken, Lamb & Prawn served with fried egg | |
| CHICKEN / MEAT BIRYANI | £8.95 |
| PRAWN BIRYANI | £10.50 |
| KING PRAWN BIRYANI | £12.95 |
| VEG BIRYANI (V) | £7.95 |
| CHICKEN TIKKA BIRYANI | £9.95 |
| MURG GOSTH BIRYANI | £10.95 |
| Mixed chicken & lamb | |



SIZZLING DISHES

Green chilli hot with green peppers, garlic and coriander, cooked with medium hot sauce

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| CHICKEN / LAMB SIZZLING | £8.95 |
| PRAWN SIZZLING | £9.95 |
| KING PRAWN SIZZLING | £12.95 |
| 3 whole king prawns | |

• Any dish not listed on the menu can be made up on request if the time is available.
 • If you are satisfied with our food and service, please tell your friends. If not, tell us.

CHICKEN DISHES

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| CHICKEN CURRY £6.50 / £6.95 Medium / Madras / Vindaloo | |
| CHICKEN DUPIAZA | £6.95 |
| Diced onions & coriander | |
| CHICKEN ROGON | £6.95 |
| Fresh herbs with tomatoes & coriander | |
| CHICKEN JALFREZI | £7.50 |
| Green chilli, onions & green peppers - Hot | |
| CHICKEN SAAG | £6.95 |
| Fresh spinach, coriander & garlic | |
| CHICKEN ACHARI | £6.95 |
| Medium hot with pickle & fresh herbs | |
| CHICKEN METHI | £6.95 |
| Fresh coriander and fenugreek | |
| CHICKEN GARLIC | £7.50 |
| Fresh garlic, coriander - medium / hot | |
| CHICKEN JEERA | £6.95 |
| Fresh herbs with cumin | |
| CHICKEN PATHIA | £6.95 |
| Sweet and sour with tomatoes - Hot | |

LAMB DISHES

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| LAMB CURRY £6.50 / £6.95 Medium / Madras / Vindaloo | |
| LAMB SHATHKORA | £7.50 |
| Medium spices with Bangladeshi lime | |
| LAMB DUPIAZA | £6.95 |
| Diced onions & coriander | |
| LAMB ROGON | £6.95 |
| Fresh herbs with tomatoes & coriander | |
| LAMB JALFREZI | £7.50 |
| Green chilli, onions & green peppers - Hot | |
| LAMB SAAG | £7.50 |
| Fresh spinach, coriander & garlic | |
| LAMB ACHARI | £6.95 |
| Medium hot with pickle & fresh herbs | |
| LAMB METHI | £6.95 |
| Fresh coriander and fenugreek | |
| LAMB GARLIC | £7.50 |
| Fresh garlic, coriander - medium / hot | |
| LAMB JEERA | £6.95 |
| Fresh herbs with cumin | |
| LAMB PATHIA | £6.95 |
| Sweet and sour with tomatoes - Hot | |

SEA FOOD DISHES

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| PRAWN CURRY | £7.50 | KING PRAWN or PRAWN ROGON | £7.50 |
| KING PRAWN CURRY | £11.50 | Fresh herbs with tomatoes and coriander | |
| ALL PRAWN DISHES | £7.95 | KING PRAWN or PRAWN JALFREZI | £7.50 |
| ALL KING PRAWN DISHES | £11.95 | Fresh green chilli, onions & green peppers | |
| KING PRAWN or PRAWN KORMA | £6.95 | KING PRAWN or PRAWN SAAG | £6.95 |
| Mild & creamy with almond & coconut | | Fresh spinach, coriander and garlic | |
| KING PRAWN or PRAWN DHANSAK | £6.95 | KING PRAWN or PRAWN GARLIC | £7.50 |
| Hot and sour with lentils and fresh coriander | | Cooked in fresh garlic, coriander-medium hot | |
| KING PRAWN or PRAWN DUPIAZA | £6.95 | KING PRAWN or PRAWN KORAHİ | £6.95 |
| Diced onions & fresh coriander | | Onions, green peppers & tomatoes | |
| KING PRAWN or PRAWN BHUNA | £6.95 | KING PRAWN or PRAWN PATHIA | £6.95 |
| Cooked with fresh herbs, onions, garlic & tomatoes | | Sweet and sour dish fairly hot with tomatoes | |

BHUNA DISHES

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| CHICKEN BHUNA | £6.95 |
| Fresh herbs, onions, garlic & tomatoes | |
| LAMB BHUNA | £6.95 |
| Fresh herbs, onions, garlic & tomatoes | |
| CHICKEN / LAMB TIKKA BHUNA | £7.95 |
| Barbecued with special medium spices, in a thick sauce garnished with tomato & onions | |
| PRAWN BHUNA | £7.95 |
| Cooked with fresh herbs, onions, garlic & tomatoes | |
| KING PRAWN BHUNA | £11.95 |
| Cooked with fresh herbs, onions, garlic & tomatoes | |

KURMA DISHES

Mild creamy texture, with almond and coconut. Very mild taste

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| CHICKEN KORMA | £6.95 |
| LAMB KORMA | £6.95 |
| VEGETABLE KORMA (V) | £5.95 |
| PRAWN KORMA | £7.95 |
| KING PRAWN KORMA | £11.50 |

FISH SPECIAL

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| FISH BHUNA | £10.95 |
| Tilapia fish | |
| FISH DONHIA | £10.95 |
| Tilapia fish in a medium hot sauce with extra coriander | |
| FISH SIZZLING (salmon) | £11.95 |
| Green chilli hot with green peppers, garlic and coriander, cooked with medium hot sauce | |
| GOAN FISH CURRY | £11.50 |
| Succulent fillets of fish simmered in coconut milk and whole spices sauce. | |

KORAHİ DISHES

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| CHICKEN KORAHİ | £7.50 |
| Onions, green peppers & tomatoes | |
| LAMB KORAHİ | £7.50 |
| Onions, green peppers & tomatoes | |
| CHICKEN / LAMB TIKKA KORAHİ | £8.50 |
| Succulent pieces of chicken or lamb like cooked with onion, green pepper and tomatoes - medium | |
| CHICKEN / LAMB SHASHLICK KORAHİ | £9.50 |
| Marinated herbs & spices barbecued with onions, green peppers and tomatoes. Cooked with medium sauce | |
| PRAWN KORAHİ | £7.95 |
| Onions, green peppers & tomatoes | |
| KING PRAWN KORAHİ | £11.50 |
| Onions, green peppers & tomatoes | |
| MIX KORAHİ (V) | £6.95 |
| (Mix vegetable) | |

DANSAK DISHES

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| CHICKEN DHANSAK | £6.95 |
| Hot & sour, lentils and fresh coriander | |
| LAMB DHANSAK | £6.95 |
| Hot & sour, lentils and fresh coriander | |
| PRAWN DHANSAK | £7.50 |
| Hot and sour with lentils and fresh coriander | |
| KING PRAWN DHANSAK | £11.50 |
| Hot and sour with lentils and fresh coriander | |
| VEGETABLE DHANSAK (V) | £6.50 |

DUCK SPECIAL

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| DUCK TIKKA BHUNA | £10.95 |
| DUCK TIKKA PAGLA | £10.95 |
| Spiced duck with fresh ginger, garlic & coriander, medium hot | |
| DUCK TIKKA MASSALA | £11.95 |
| Duck marinated in yoghurt, herbs and spices then barbecued in a tandoori oven. Enriched with an exotic massala sauce | |

RICE DISHES

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| BOIL RICE Steamed basmati | £2.40 |
| PILAU RICE | £2.75 |
| Fried aromatic basmati rice | |
| MUSHROOM PILAU | £3.25 |
| Mushroom & onions | |
| SPECIAL FRIED RICE | £3.25 |
| Peas & eggs | |
| VEGETABLE RICE (V) | £3.25 |
| Medium spices with mixed vegetables | |
| LEMON RICE | £3.25 |
| Basmati rice with lemon flavour | |
| KEEMA RICE | £3.25 |
| Basmati rice with lamb mince | |
| COCONUT RICE | £3.25 |
| Medium spice potato | |

BREAD

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| NAAN | £2.40 |
| KEEMA NAAN | £2.75 |
| Spicy minced lamb | |
| PESHWARI NAAN | £2.75 |
| Sultana, almond & coconut | |
| CHEESE NAAN | £2.75 |
| GARLIC NAAN | £2.75 |
| ROTI | £2.60 |
| CHAPATI / PUREE | £1.50 |
| STUFFED PARATHA (V) | £2.75 |
| Lightly fried with fresh mixed vegetable | |
| PARATHA | £2.50 |

RELISHES

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| PAPADOM Plain or Masala | £0.75 |
| CHUTNEY (per portion) Mango / Mixed Pickle / Onion Salad / Mint Sauce | £0.75 |
| DOHI Home made plain yoghurt | £1.50 |
| RAITHA Onions or cucumber | £1.75 |

VEG SIDE DISHES (V)

Any vegetable main dish £5.50

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| KODU BHAJI | £4.50 |
| Pumpkin | |
| DALL MASSALA | £3.75 |
| Chana dall | |
| NIRAMISH | £3.75 |
| Stir-fried vegetables in a Bengali style | |
| BINDI BHAJI (Okra) | £3.75 |
| Okra cooked in karala style | |
| MUSHROOM BHAJI | £3.75 |
| Cooked in light spice medium hot | |
| BRINJAL BHAJI | £3.75 |
| Aubergine garnished with onions & spices | |
| TARKA DALL | £3.75 |
| Lentils & fried garlic | |
| ALOO GOBI | £3.75 |
| Potatoes & cauliflower cooked with spices | |
| BOMBAY ALOO | £3.75 |
| Medium spice potato | |
| CHANA MASSALA | £3.75 |
| Chick peas cooked with onions and herbs | |
| SAAG BHAJI | £3.75 |
| Fresh spinach with garlic | |
| SAAG ALOO | £3.75 |
| Fresh spinach, potatoes, garlic & onions | |
| ALOO PEAS | £3.75 |
| Potatoes and peas | |
| SAAG PANEER | £3.95 |
| Spinach with home made cheese - Mild | |
| MOTOR PANEER | £3.95 |
| Green peas with home made cheese - Mild | |
| CAULIFLOWER BHAJI | £3.75 |
| Sweet & sour dish fairly hot with tomatoes | |
| DALL SOBZI | £3.75 |
| Mix vegetable with lentils | |
| MIX SALAD | £3.50 |
| Olive, olive oil, tomato, onion and cucumber | |



TAKE AWAY & COLLECTIONS: FREE DELIVERY SERVICE

within a 3 mile radius on orders over £15.00

OPENING TIMES:
 Open seven days a week including Bank Holidays
MON TO SUN : 4:30pm - 10:30pm
 We are closed only **EID DAY & CHRISTMAS DAY**

REMUNERATION:
 All prices include VAT | Prices may change (at management discretion)
 We no longer accept Cheques as payment.
 All major credit and debit cards accepted.

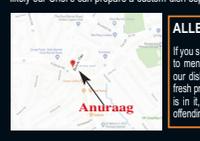
POLITE NOTE:
 The management reserves the right to refuse service to any person's without stating a reason.

CREATIVE & TASTY CURRY MEALS TO TAKE AWAY

The Anuraag has been established in Cockfosters since 1979 and since then has built up a discerning clientele of curry lovers. Now we have relocated East Barnet Village. Our award winning Chefs are pleased to prepare exciting new dishes as well as the traditional favourites. Their skill in preparing these tantalizing culinary delights ensures all busy take away with great atmosphere. Friendly and jovial waiters listen out for customers ideas & comments, which via the kitchen turn into new and exciting dishes adding to the ever increasing menu. We are confident you will enjoy the dishes and our take away service and look forward to welcoming you to the take away if you choose to dine in with us.

CUSTOM TASTES

As our dishes are created from scratch with an assortment of fresh herbs and spices it is possible for our chef's to increase or decrease the amount of 'fire' without losing the flavour found in some of the hotter traditional dishes. Alternatively if there is a dish you like but it is not found in our menu please ask, as it is very likely our Chef's can prepare a custom dish especially for you.



D & P: NB Graphics: 07944 30 50 49

ANURAAG

Est. 1979

AUTHENTIC INDIAN TAKE AWAY

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