

Vegetarian Options

87 KORAH VEGETABLE (onions, tomato and peppers in medium sauce)	£6.25
88 SHABJI MASSALA (mild, creamy and sweet sauce)	£6.25
89 VEGETABLE GARLIC CHILLI (fresh garlic and mixed vegetables in a hot fiery sauce)	£6.25
90 QUORN BHUNA (quorn pieces with tomatoes in a medium thick sauce)	£7.15
91 VEGETABLE/QUORN SALLI	£7.15
92 QUORN AND VEG CHATT	£7.15

Vegetable Side Dishes

93 Mushroom Bhaji	£3.15
94 Bindi Bhaji	£3.15
95 Cauliflower Bhaji	£3.15
96 Bombay Potato	£3.15
97 Saag Bhaji	£3.15
98 Bengun Bhaji	£3.15
99 Tarka Daal	£3.15
100 Mixed Vegetables	£3.15
101 Saag Paneer	£3.15
102 Saag Aloo	£3.15
103 Chana Paneer	£3.15

Rice Selection

104 Plain Basmati Rice	£2.90
105 Pilau Rice	£2.90
106 Onion Fried Rice	£2.90
107 Brown Rice	£2.90
108 Egg Fried Rice	£2.90
109 Garlic Fried Rice	£2.90
110 Mushroom Pilau	£2.90
111 Vegetable Rice	£2.90
112 Coconut Pilau Rice	£2.90
113 Blue Ginger Mixed Rice	£2.90
114 Keema Pilau Rice	£2.90
115 Lemon Chilli Rice	£2.90

*An authentic selection
of traditional, freshly
cooked nutritious meals*

Tandoori Breads

116 Natural Nan	£2.65
117 Keema Nan (plain with spiced mince lamb filling)	£2.65
118 Peshwari Nan (dried fruit and nuts)	£2.65
119 Bullet Nan (seasoned with fresh garlic & green chilli)	£2.65
120 Garlic Nan (seasoned with fresh garlic)	£2.65
121 Cheese Nan (topped with grated mozzarella)	£2.65
122 Cheese & Garlic Nan (fresh garlic & mozzarella)	£2.65
123 Garlic & Coriander (with fresh garlic & coriander)	£2.65
124 Chapati	£1.35
125 Porotha	£2.65

English Dishes

126 SIRLOIN STEAK	£11.65
127 OMLETTE (chicken, mushroom or cheese)	£8.05
128 FRIED SCAMPI	£8.05

Blue Ginger Extras

129 POPADOM/SPICY POPADOM	£0.65
130 CHUTNEY TRAY	£1.35
131 PICKLES (mango, chilli, lime, mixed - each)	£0.65
132 MIXED RAITHA	£2.25
133 CHIPS	£1.80

All Major Credit Cards Accepted

Service Charge is not included. VAT included in all prices where applicable.
Management reserve the right to refuse admission or service at their discretion.
Blue Ginger will always value your constructive comments on how to improve our quality food and service.

**Any suggestions or complaints please forward to
the address below:-**

Blue Ginger, 36-38 Gilda Parade, Whitchurch, Bristol BS14 9HY

Traditional, freshly cooked, nutritious meals and guaranteed highly-pleasing to the taste. A takeaway meal from Blue Ginger is much better for your health than you normally eat and tastier than you ever had. The only Curry and Tandoori establishment in the South West with your health in mind.

Order for collection - Minimum time is 20 minutes.

As a health-conscious food establishment we do not use **ANY ARTIFICIAL COLOURS** in our food.

OUR AIM: Our aim is not only the business, our aim is also our customers - to take care with food and health, for you to enjoy life with the good taste of food and better health.

THE HIGHEST STANDARD OF FOOD QUALITY: The quality of ingredients we use is of a very high standard and truly original, and costs as much as double the price of normal ingredients, and our portions are larger than normal ones. But still we are trying to minimise the price of our dishes.

THE UNIQUE TASTE: We inform our customers that we have NO BRANCHES or AGENTS. We are not related to any other establishment.

The colour in food regulation 1995: Under the above legislation concerning colours in food, certain foods should not contain artificial colours. These rules apply to foods sold by restaurants and takeaways, as well as food sold in retail shops.

ESSENCE: CHILLIES (Hot stuff): Chillies not only fire up your food, they also provide a variety of health benefits. Chillies, a tonic to the digestive and circulatory systems, are also useful in treating chillblains. They can help relieve indigestion and are useful in cleaning the mucus from the airways, so relieving congestion. The active ingredients of a chilli has been shown to stimulate the brain to produce endorphins, which can induce a natural high. As well as creating a feelgood factor, many cultures claim they are aphrodisiacs. Studies have shown that chillies are an excellent source of vitamin C and can also help treat colds.

RICE: We serve WHOLEGRAIN BROWN RICE which is more flavoursome and retains the bran layer after milling, so that brown rice contains much more vitamins, minerals and fibre than white rice, and is therefore much more nutritious.

SPECIAL NOTES FOR OUR CUSTOMERS

1. Cutting down on fat is easier than you would think, if you trim odvious fat away from meat foods, if you have them cooked or grilled instead of fried - so we do the same for you.
2. To keep yourself fit and healthy choose high-fibre food such as BROWN RICE, nan or chapati bread, etc. baked with BROWN FLOUR, as often as you can.
3. All our curries are cooked with an extra amount of GARLIC, which is best for your heart and blood and gives your curry a higher standard of taste, but if you do not prefer it tell us when you order. We will then cook your curry without it, or with a lesser amount, as you prefer.

SPICES USED BY BLUE GINGER.

Practitioners of alternative medicine have ascribed specific health benefits to certain spices. They are all specially used by Blue Ginger. With their distinctive colours and flavours spices stimulate the appetite and enhance our enjoyment of food. With their intense and distinctive flavours spices can be a healthy alternative to salt in the diet. Many of the remedies have been used for hundreds of years.

We try very hard to give you the best service. We believe in fresh, good and healthy cooking. So please give us the time to cook a nice, nutritious meal for you. If you are in a hurry - sorry, we do not do anything ready-cooked here!

HOUSE RULES

Shouting, screaming, bad language or abusive behaviour will not be tolerated as this is a family restaurant.

ALL DINERS MUST ORDER A MAIN MEAL.

The Management reserves the right to refuse without reason. All major parties will be required to pay a non-refundable deposit.

Parents are asked to keep their children on best behaviour and seated whilst in the restaurant.

Welcome to

blueginger

Bengal Cuisine

TAKEAWAY MENU

Telephone:

01275 837865

*Blue Ginger is much more than just an Indian restaurant,
it's a mouth watering experience of traditional flavours!*

Blue Ginger, 36-38 Gilda Parade, Whitchurch, Bristol BS14 9HY
Open 7 days a week 12.00pm-2.00pm & 5.30pm-11.00pm

BYO: BRING YOUR OWN ALCOHOLIC DRINKS

www.bluegingerrestaurantbristol.co.uk

Good food takes time! Please be patient whilst our chefs lovingly create your dishes.

Traditional Starters

1 LAMB TIKKA	£3.15
2 CHICKEN TIKKA	£3.15
3 SALMON TIKKA	£4.45
4 SHEEK KEBAB (SPICY)	£4.45
5 SHAMI KEEBAP	£4.45
6 CHICKEN/LAMB PAKORA	£3.15
7 ONION BHAJI	£2.65
8 STUFFED PEPPER (MEAT, CHICKEN OR VEG)	£4.45
9 CHICKEN CHATT	£3.15
10 PRAWN COCKTAIL	£3.15
11 GARLIC FRIED MUSHROOMS	£3.15
12 KING PRAWN PUREE	£4.45

Blue Ginger Appetizers

13 PANEER CHILLI	£4.45
Thin strips of Indian cheese, fried with peppers and spring onion.	
14 VEGETABLE PLATTER FOR TWO	£6.25
Consisting of samosas, pakoras and onion bhajis.	
15 KEBAB PLATTER FOR TWO	£7.15
A selection of chicken, lamb and mince.	
16 TANDOORI JINGA	£6.25
Large king prawns flame grilled in a Tandoor and glazed with butter - cooked to perfection.	
17 TRIO SAMOSAS	£4.45
A selection of vegetable, meat and chicken.	
18 KORAH KEBAB	£4.45
Sheek kebab cocktail served in a sizzling iron skillet with peppers, fried onions, roasted garam masalla and a hint of ginger.	
19 CHICKEN STIR FRY	£4.45
Strips of chicken tikka fried with onions and peppers, finished with a chef's special sauce.	
20 CHICKEN MUNCHURIAN	£4.45
Small chicken breast pieces in a crispy batter fried with peppers and spring onions in a sweet tangy sauce.	
21 GARLIC KING PRAWNS	£6.25
Fresh water king prawns infused with fresh garlic and chef special sauce.	
22 CHICKEN KEBAB	£4.45
Pan fried with light Indian spices.	
23 SLAY OF DRAGON	£4.45
Strips of honey glazed chicken tikka cooked in a clay oven then tossed in a wok, served with caramelized onions & a sumptuous pineapple chutney.	

Home Curry Favourites

- king prawn, prawn, lamb or chicken

24 MIX SPECIAL	£8.00	30 KURMA (mild & creamy)	£7.15
25 MADRAS (hot)	£7.15	(with chocolate)	£8.05
26 ROGON (tomato based)	£7.15	31 BALTI (medium with	£7.15
27 BHUNA (onions & tomato)	£7.15	onions and peppers)	
28 DANSAK (lentil based)	£7.15	32 PATHIA (hot, sweet & sour)	£7.15
29 VINDALOO (very hot)	£7.15	33 SAAG (spinach)	£7.15
34 Any of the above dishes with king prawn	£11.25		
35 Any of the above with extra vegetables	£0.90		
36 Any of the above with extra chicken, meat or prawns	£1.12		
37 Any of the above with added spices	£0.45		

All the above are available as a vegetarian alternative.

Specialities

38 CHICKEN OR LAMB TIKKA MOSSALA	£7.65
Tender pieces of chicken or lamb cooked in a mild, sweet, creamy sauce.	
39 TANDOORI GARLIC CHILLI CHICKEN OR LAMB	£7.65
Diced breast of chicken blended with fresh garlic and green chillis in a hot and fiery sauce.	
40 ACHARI CHICKEN OR LAMB	£7.65
Tender pieces of chicken or lamb fried with onions and tomatoes and a Bengal mix pickle giving this dish a lovely tangy taste.	
41 HONEY CHICKEN	£7.65
Tender pieces of spring chicken infused with honey in a rich creamy sauce.	
42 JAIPUR CHICKEN OR LAMB	£7.65
Cooked with deep fried onions and mushrooms in a rich, spicy medium sauce.	
43 TANDOORI CHICKEN CHANA PALAK	£7.65
Off the bone Tandoori chicken, fried with chick peas & fresh leaf spinach, cooked in a medium Bhuna sauce.	
44 JAL JAL CHICKEN OR LAMB	£7.65
Cooked with green peppers, birds eye chillies & hot spices. A hot dish.	
45 JALFREZI	£7.65
A spicy hot dish cooked with chicken or lamb containing various spices, methi, finished off with bullet chillies, tomatoes and onion rings.	
46 MANGO MURG	£7.65
Succulent Tandoori oven cooked chicken tikka with sweet mangoes in a fresh creamy sauce. A fruity dish.	
47 LAMB DE KHUDU	£7.65
Tender pieces of lamb cooked in a sweet relish sauce of diced chunks of butternut squash leaving a tantalizing taste on the tongue.	
48 MORRICH MOSSALA	£7.65
Juicy chicken fillets cooked with mince meat and bullet chillies in a medium to hot sauce garnished with fresh coriander.	
49 BENGAL MURG	£7.65
Chicken and lamb cooked with onions, peppers and tomatoes in a sweet spicy sauce with boiled egg and fried bombay potatoes.	
50 NAGA WALA CHICKEN OR LAMB	£7.65
A great flavoured hot dish consisting of tomatoes and original Bangladeshi chilli pickle, finished with fresh coriander.	
51 SHASLIK BHUNA CHICKEN OR LAMB	£7.65
Succulent pieces of seasonal chicken or lamb cooked with pepper, tomatoes and onions. Flame grilled in a Tandoori then tossed into a chef's special Bhuna medium sauce.	
52 KORI CHICKEN OR LAMB	£7.65
A delightful medium spiced dish cooked with diced onions and peppers in a Kori sauce. Served in a Kori!	
53 CHEF SPECIAL - PLEASE ASK FOR DETAILS.	£11.65
Accompanied with Pilau rice.	
54 CORIANDER CHILLI CHICKEN	£7.65
Tender chunks of chicken cooked in a medium hot sauce with fresh coriander, garlic, coriander seeds and green chillies.	

Specialities continued

55 GARLIC/CHICKEN SIZZLER	£7.65
Tender pieces of chicken or lamb cooked with fresh ginger or garlic in a thick sauce, served on an iron skillet to enhance the aromas.	
56 SALLI MURG	£8.05
Tender chunks of chicken cooked in a medium Bhuna sauce topped with fried potatoes and cheese.	
57 MINTY LAMB ALOO	£8.05
Tender chunks of lamb infused with fresh garden mint, then slowly cooked with baby potatoes in a medium thick sauce.	
58 MOCHA CHICKEN OR LAMB	£8.05
Chicken or lamb tikka strips marinated in a tikka sauce lightly spiced with spring onions in a chef's special sauce, finished with a sweet creamy topping.	
59 CHICKEN AND MUSHROOM JALL	£8.05
Tender chunks of chicken cooked with fresh Bell peppers and green chillies finished with a fried mushroom top.	
60 MOONG MOSSALA	£7.65
Tender chunks of chicken mixed with dry lentils. A medium thick sauce with great flavours.	
Sizzling Tandoori Specialities	
<i>(Healthy Options) all served with fresh leaf salad & mint yoghurt.</i>	
61 CLAY OVEN MIXED GRILL	£11.65
A combination of Tandoori delicacies, consisting of Tandoori chicken, chicken tikka, lamb chops & Tandoori king prawns - the real McCoy!	
62 TANDOORI KING PRAWN	£11.65
Large king prawns seasoned and barbecued to perfection, finished off with fried onions.	
63 SHASHLIK	£7.65
Chicken or lamb with barbecued onions, tomatoes, peppers and aubergines, roasted to perfection.	
64 CHEESY CHICKEN TIKKA	£7.65
Succulent pieces of chicken tikka finished off with a topping of mozzarella, leaving a mouth watering taste not to be forgotten.	
65 SALMON TIKKA	£7.65
Fine Scottish salmon delicately baked in a clay oven with mouth watering spices.	
66 TANDOORI LAMB CHOP	£7.65
Tender lamb chops marinated in home spices, flame grilled to perfection.	
67 CHICKEN OR LAMB TIKKA	£7.65
Chunks of chicken or lamb, flame grilled, then tossed in fried onions and fresh coriander.	
68 TANDOORI CHICKEN (HALF)	£7.65
Marinated in fresh ground spices, roasted in a Tandoori, the ultimate favourite.	
69 EASTERN STIR FRY	£11.65
Strips of chicken fried with green and red peppers and onions with a sweet chilli and soy sauce. Served with sizzling rice (fusion) dish.	

Biryani Dishes

The following dishes are accompanied by vegetable curry sauce.

70 BLUE GINGER MIX	£11.65
71 KING PRAWN BIRIYANI	£11.65
72 CHICKEN TIKKA OR LAMB TIKKA	£8.95
73 CHICKEN, MEAT OR PRAWN	£8.05
74 VEGETABLE	£8.05

Seafood Selection

All dishes are served with hot aromatic rice or steamed rice. Most dishes can be prepared to desired strength, mild, medium or hot.

75 SALMON DELIGHT	£11.65
Chunks of pink salmon cooked with coconut, almonds and cream in a mild and sweet sauce.	
76 SALMON SHUKNA	£11.65
Chunks of pink salmon cooked in a rich onion sauce with ginger, green chillies and fresh coriander.	
77 SALMON GARLIC CHILLI BHUNA	£11.65
Chunks of pink salmon, cooked with fresh garlic and green chilli in a hot sauce.	
78 SCALLOP MASS BHUNA	£11.65
Scallops are seasoned and fried in olive oil, then cooked in marinated brown onions, garlic, fresh herbs and chillies, topped with finely chopped coriander.	
79 SCALLOP DE KHUDU	£11.65
Cooked with fresh butternut squash in a medium sweet sauce.	
80 SCALLOP GARLIC CHILLI FRY	£11.65
Cooked with sliced onions, fresh whole chillies in a fiery sauce!	
81 CRAB CHILLI MASALA	£11.65
Crab meat cooked in thick tasty sauce with fresh green chillies, coriander and spice. A very delicious dish!	
82 TELPHIA NAGA	£11.65
Boneless flat fish served in a medium to hot sauce, with fresh Naga and coriander.	
83 TANDOORI KING PRAWN CAPSICUM	£11.65
Tasty capsicum barbecued & cooked with king prawns in onions, garlic, ginger & aromatic herbs, garnished with chopped coriander.	
84 TANDOORI KING PRAWN SAG WALA	£11.65
Tandoori king prawns cooked with finely chopped spinach, herbs, spices & red chillies.	
85 TANDOORI KING PRAWN MASSALA	£11.65
A delicious combination of king prawns simmered in a sweet and sour masalla sauce.	
86 TANDOORI KING PRAWN GARLIC CHILLI	£11.65
King prawns marinated in Tandoori spices cooked with fresh garlic, chillies and garnished with coriander.	

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