

Appetisers

Papadums plain or spiced	0.80
Chutneys & Pickles - per portion	0.80
<i>Sweet mango Chutney, mixed Pickles, Tamarind sauce, Onion & Tomato Salad or Mint Sauce.</i>	
Pundits selection to share	8.20
<i>A selection of our best loved starters, which can be adapted for Vegetarians. (serves 2 persons)</i>	
(V) Piazzi - Onion Bhajee (3)	3.70
(V) Garlic Mushrooms	3.90
<i>Sliced mushrooms, gently cooked with garlic & herbs.</i>	
(V) Vegetable Somosa (2)	3.70
(V) Chot Poti	3.90
<i>Chickpeas, with Medium Spices in a Tamarind Sauce.</i>	
(V) Prawn Cocktail	4.90
Stuffed Peppers with Veg (V)	5.20
Stuffed Peppers with Chicken / Meat	5.90
Bangladeshi Tiger Prawns on Puree	6.90
<i>Famous larger Tiger Prawns delicately cooked in a Medium or Spicy Sauce, served on deep-fried, puffed Poori Bread.</i>	
Shrimps on Puree	5.20
<i>Shrimps delicately cooked in a Medium or Spicy Sauce, served on deep-fried, puffed Poori Bread.</i>	
Tamarind Chicken	4.20
<i>Cubed Breast of Chicken, cooked in a tasty Tamarind Sauce.</i>	
Meat Somosa (2)	3.90
<i>Triangular Pastry filled with Spiced, Minced Lamb.</i>	
Chicken / Fish Pakora	4.90
King Prawn Butterfly	6.90
Chicken / Chana Chat Poori	5.20

Tandoori Starters & Main Courses

	Starter	Main
Sheek Kebab - Spiced Minced Lamb	4.20	8.50
Tandoori Chicken - Leg	4.20	8.50
Tandoori Chicken - Breast	4.20	8.90
Chicken Tikka	4.20	8.50
Lamb Tikka	4.90	8.90
Shami Kebab / Rashmi Kebab	4.20	7.50
Bangladeshi Tiger Prawns	6.90	12.50
Pundits Platter	6.10	19.00

Starter Platter includes pieces of Chicken Tikka, Lamb Tikka and Sheek Kebab. Main course Platter will include Chicken Tikka, Lamb Tikka, Sheek Kebab, Tandoori Chicken and a choice of Nan Bread.

Shashlick Kebabs	6.10	11.90
<i>Chicken Tikka or Lamb Tikka marinated with Pundit's Sauce and Grilled with Cubed Green Peppers, Onions & Tomatoes, served with Tasty Relish.</i>		
Lamb Chop	6.90	13.80

Fusion

Mustard, Coriander Telapia	12.90
<i>Marinated Telapia Steak, pan fried, cooked in Mustard and Coriander. Accompanied with Steamed Rice.</i>	
Mango Chicken	12.90
<i>Marinated Chicken Breast Grilled and stuffed with a Soft, Warm, Sweet, Mango Coolie. Served with Pilau Rice.</i>	
Orange Duck	14.50
<i>Confit of Duck cooked in a sweet & mild sauce, with an Orange Twist, served with Pilau Rice.</i>	
Nasi Goreng	14.50
<i>Egg Fried Rice with Chicken & King Prawns, with Soy Sauce & Fresh Green Chilli, served with Spiced Potato & cauliflower.</i>	
Pundits Platter Tamarind Chilli	14.90
<i>Tandoori King Prawns, Tandoori Chicken, Chicken Tikka & Lamb Tikka stir-fried with Green Peppers & Onions in a Garlic & Tamarind Chilli Sauce, served with Pilau Rice.</i>	
Pundit Fusion Fish Supreme	18.50
<i>Medium spiced Tiger Prawns, King Prawns & Scallops, with Sweet Peppers & Roast Garlic, served with Steamed Rice.</i>	
Orange Chicken	12.90
<i>Spiced Chicken Breast fillet, topped with an Orange infused Jalfrezi Sauce, served with Pilau Rice.</i>	
Chicken / Lamb Methi	12.90 / 13.90
<i>Tandoori Lamb Fillet, slow cooked with Fresh Fenugreek Leaves & Red Peppers and served with Pilau Rice.</i>	
Chilli Mango Telapia	12.90
<i>Pan-fried Telapia layered in a Spicy, Chilli & Mango Sauce, served with Boiled Rice.</i>	
Madurina Chicken - mild	12.90
<i>Cooked with Mango, in a Khurma sauce and served with Pilau Rice.</i>	
Creamy Chicken (mild)	12.90
<i>Served with Pilau Rice.</i>	
Creamy Lamb / Duck - mild	14.50
<i>Served with Pilau Rice.</i>	
Scallops Spinach Bhuna	15.50
Golda Chingri Chilli Pepper	18.90
<i>Served with Pilau Rice</i>	
Jinga Jafrani	16.90



Pundits Specials

Tawa - medium	10.30
<i>Cooked with chopped peppers, half tomatoes & our own garam massallah in olive oil.</i>	
Morchi Rashun (Garlic Chilli) - hot	11.80
<i>For this dish whole cloves of garlic and Slit green chillies are mixed with a few selected spices making this a must for hot curry lovers.</i>	
Shathkora - medium	13.90
<i>Shathkora is a rare citrus fruit which grows in a small area of Bangladesh. It's got a very distinctive aroma and gives a tasty piquancy to this medium dish.</i>	
Makhni - (cheese) - mild	10.80
<i>An ancient recipe using cheese, tomato and mild spices.</i>	
Podina Roshun (Mint & Garlic) - medium	9.50
<i>This particular dish is cooked with mint sauce. Whole roast garlic cloves, roasted tomatoes & coriander makes this dish a must for all sour taste lovers.</i>	
Tripuras Keema Massalla - medium & spicy	15.90
<i>A recipe favoured by the emperors of the Tripura Kingdom using the finest minced lamb and chillies to form a fine rice sauce.</i>	
Shorisha (mustard) - medium	16.90
<i>Medium spiced dish cooked with tomato halves and french mustard. A different curry that requires an acquired taste.</i>	
Talk Jal Mishty - hot, sweet & sour	12.90
<i>A mixture of chillies, honey, sliced tomatoes and tamarind are simmered to produce a delicious sauce for this tasty dish.</i>	
Rogon Josh - medium	10.30
<i>Cooked in a special blend of Spices with Garlic. Almost dry with a Cubed Tomato topping.</i>	
Naga Morchi Massalla - extremely hot	11.80
<i>A fiery hot Bangladeshi Chilli is used to give this dish the ultimate rush, a non-negotiator, "a curry with no mercy".</i>	
Tikka Massalla - mild	13.90
<i>A truly well loved dish and probably the most popular in UK. Made from Simmered Tomatoes, Fresh Cream, Mild Spices & Ground Almond.</i>	

The above dishes are available in these variations below :

Chicken	10.30
Lamb / Shrimp	11.80
King Prawns	13.90
Duck	10.80
Mixed Vegetables	9.50
Pundits Mix	15.90
<i>Chicken Tikka, Lamb & Tiger Prawns</i>	
Sea Food Mix	16.90
<i>Scallops, tilapia, king prawn & shrimps</i>	
Bangladeshi Tiger Prawns / Scallops	13.90
Bangladeshi Goalda Monster Prawn	16.90

Akhinee - (Birany) - mild/medium

A truly majestic dish, a mix of long grain Pilou Rice with your choice of Meat, Seafood or Vegetables, stir-fried with selected light spices and garnished with sliced tomatoes & cucumbers. Served with a side dish of Mixed Vegetable Bhuna. A 'Birany' style of dish.

Lamb / Shrimps	11.90
Chicken Tikka	10.90
Bangladeshi Tiger Prawns	13.90
Tandoori Chicken / Duck	12.50
Mixed Vegetables	9.90
Pundits Akhinee Special	15.90
<i>A combination of Chicken, Lamb and Shrimps Stir-Fried with Pilau Rice with Tiger Prawn & Mix Vegetable Bhuna as side dish.</i>	
Sea Mix	16.90
<i>Scallops, tilapia, king prawn & shrimps</i>	

All Time Classics

Kashmir - mild	8.90
<i>Cooked with Mild Spices, Fresh Cream & Banana.</i>	
Khurma - mild	10.90
<i>A subtle blend of Coconut, Cardamon Powder, Mild Spices and Fresh Cream, a very Mild dish for all grand occasions.</i>	
Bhoona - medium	12.90
<i>A dry style curry cooked with finely Chopped Onions & Tomatoes.</i>	
Balti - medium	10.90
<i>The Midlands pride that needs no introduction but can't be left out! Let us know if you want any additional vegetables.</i>	
Sagwala - medium	7.80
<i>Sauteed Spinach, blended with Light Spice and Garlic.</i>	
Roshunwala - medium	15.90
<i>Our old favourite, a dish for the health conscious diner. Fresh Garlic and Coriander based Medium Curry.</i>	
Korahi - medium / spicy	14.90
<i>Perfectly balanced, moderately spiced with Green Peppers, Onions, Tomatoes & Lemon Juice. A good dish for lovers of medium flavoured food.</i>	
Dhansak - hot, sweet & sour	14.90
<i>A hot, Sweet & Sour dish cooked with Lentils, Chilli & Lemon.</i>	
Jalfrezi - hot	
<i>A mixture of lightly stir-fried Onions and Peppers with cut Green Chillies and Coriander. A dryer style of a dish.</i>	
Razeala - hot	
<i>A Spicy dish cooked with Fresh Yoghurt, Hot Chillies and Cubed Potatoes.</i>	
Pasanda - mild	
Butter - mild	
Achari - medium / spicy	
Pathia	
Curry	
Madras	
Vindaloo	
Phal	
Zeera	

The above dishes are available in these variations below :

Chicken	8.90
Lamb / Shrimps	10.90
Bangladeshi Tiger Prawns / Scallops	12.90
Duck / King Prawns	10.90
Mixed Vegetables	7.80
Sea Food Mix	15.90
<i>Scallops, tilapia, king prawn & shrimps</i>	
Pundits Mix:	
Chicken Tikka, Lamb & Tiger Prawns	14.90
Bangladeshi Goalda Prawn	14.90

Vegetables

	Side	Main
Sag Bhajee - Spinach	3.60	6.90
Aloo Bhajee - Bombay potatoes	3.60	6.90
Fulkabi Bhajee - Cauliflower	3.60	6.90
Deresh Bhajee - Okra / bendi	3.60	6.90
SothraKh Bhajee - Mushrooms	3.60	6.90
Chot Poti Bhoona - Chickpeas	3.60	6.90
Nuvarathan Subzi - Mixed vegetables <i>A mixture of Medium Spiced Vegetables cooked Dry or in Sauce.</i>	4.90	7.20
Begun Bartha - aubergines - hot <i>Aubergines & Onions skewered in the Tandoori peeled, stir-fried with Green Chillies, Garlic, Coriander and a pinch of Salt.</i>	4.90	7.20
Pad Pak Kom - Chilli Spinach <i>Stir-fried Spinach with Roast Garlic & Fresh Chilli and Soy Sauce.</i>	4.90	7.20
Tarka Dal - Lentils & garlic	4.90	7.20
Aloo Begun - Potato & aubergine	4.90	7.20
Sag Aloo - Spinach & potato	4.90	7.
Sag Paneer - Spinach & cheese	4.90	6.90
Sag Chana - Spinach & chick peas	4.90	6.90
Sag SothraKh - Spinach & mushrooms	4.90	6.90
Raitha - Cucumber or onion	2.90	

Rice and Sundries

Steamed Rice	2.60
Pilou Rice	2.70
Fried Onion Rice	3.60
Lemon Fried Rice	3.60
Egg Fried Rice	3.60
Egg & Peas Pilou Rice	3.60
Keema Pilou Rice	3.90
Mushroom Pilou Rice	3.60
Sweet Corn Fried Rice	3.60
Vegetable Fried Rice	3.60
Chapatti	1.90
Plain Nan	2.30
Garlic Nan	2.90
Coriander Nan	2.90
Chilli Nan	2.90
Ginger Nan	2.90
Cheese Nan	2.90
Vegetable Nan	2.90
Peshwari Nan	2.90
Keema Nan	3.50
Mixed Nan - select your own filling	4.30
French Fries	2.90



ALLERGY NOTICE:

Some Of Our Menu Items Contain Allergens, Including; Cereals Containing Gluten, Peanut Or Other Nuts, Milk, Eggs, Fish, Shellfish, Soya, Celery, Mustard, Sesame And Lupin.

PLEASE ASK A MEMBER OF STAFF FOR MORE INFORMATION.

Warning:

Although we take every effort to de-bone our fish, some small bones may still occur.

Est 1996

Pundits
Fusion



Al-Fresco Dining

RESTAURANT MENU

www.pundits-upton.co.uk

