

A large, stylized, light gray silhouette of a classical bust's profile, facing right, serves as a background for the central text. The bust has a prominent nose and a defined jawline.

# Take-away Menu Selection

THE RAJ

Est 1991



**TURMERIC:** Curcumin, one of the most studied active ingredients in turmeric, helps reduce the formation of fat tissue as it suppresses the blood vessels that form fat. This way, it aids to lower body fat and to gain body weight.



**GINGER:** This is a warming spice with anti-inflammatory properties also known for helping to soothe and relax your intestinal tract. Its thermogenic properties also aid boost your metabolism plus an appetite-suppressant effect when consumed.



**CARDAMON:** This aromatic spice has a sweet and spicy flavour and is a thermogenic herb that helps boost your metabolism and can increase your body 's ability to burn fat.



**CINNAMON:** Aids to boost your metabolism and also has remarkable benefits for blood sugar regulation.



**GARLIC:** Garlic is low in calories and very rich in Vitamin C, Vitamin B6 and Manganese, it also contains trace of various other nutrients.

# Welcome to The Raj

We use only the finest produce, ingredients and fresh seasonal native vegetables, coupled with more than 27 years experience means your meal is prepared to the highest professional standard.

With each dish is a short explanation as to the contents and style of preparation - should you have any particular favourites which are not featured please inform our staff who will liaise with our chefs to have your request prepared to order.

Take your time, our staff are willing to answer any questions you may have prior to you placing your order. Just enjoy!

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*If there is a dish you require that is not on the menu please ask one of the staff who will be happy to help*

# Shuruat / Starters

## SEAFOOD

**RAJ SPECIAL MUSSELS.....£5.25**

Prime mussels marinated in Raj special chilli and coriander sauce with a hint of garlic

**KING PRAWN PUREE.....£5.25**

Selected king prawns cooked in a blend of fresh spices and onion served on a lightly fried puree bread

**KING PRAWN BUTTERFLY .....£5.25**

Jumbo sized king prawn covered in breadcrumbs and deep fried

## CHICKEN

**TANDOORI CHICKEN.....£3.95**

A quarter of chicken marinated in ground herbs and spices then cooked in a Tandoori oven

**CHAAT .....£3.95**

Chicken pieces in a tangy sauce served on a bed of salad

**CHICKEN PAKORA.....£3.95**

Breast of chicken pieces deep fried in batter served with a salad garnish

## LAMB

**SHEEK KEBAB .....£3.95**

Succulent minced lamb in medium/hot pungent spices then cooked in a Tandoori oven

**LAMB PEPPER .....£3.95**

Lamb pieces marinated in ground herbs and spices then barbecued with green pepper in a Tandoori oven

**LAMB TIKKA .....£3.95**

Lamb pieces marinated in ground herbs and spices then barbecued in a Tandoori oven

## VEGETARIAN

**ONION BHAJI V.....£3.50**

Sliced fresh onions, gram flour and spices deep fried. The classic starter to get the taste buds going

**GARLIC MUSHROOM V .....£3.50**

Sliced mushroom with garlic served on a bed of salad

**SAMOSA (lamb or vegetable) V .....£3.50**

Minced lamb or vegetable wrapped in a savoury pastry shell and deep fried

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V - vegetarian dish    N - contains nuts  
H - healthy options

# Exclusive Raj dishes

*These dishes are exclusive to the Raj restaurant, cooked to order and therefore not included in any promotions.*

## **JHINGA MOSSALADA.....£10.95**

Delicious king prawns marinated in yoghurt and spices, barbecued then cooked to perfection with fresh onion, tomato, garlic and coriander

## **SHERABI JALSHA (chicken or lamb).....£10.95**

Chicken or lamb Tikka stir fried with onions, green peppers and spices blended in a rich, mouth-watering brandy sauce. A flamboyant dish that must be experienced!

## **ELIO'S GRILL.....£12.95**

A selection of chicken, lamb and jumbo king prawns barbecued and served with salad. If its good enough for Elio its good enough for anyone!

## **JHINGA JALFRAZI.....£10.95**

King prawn in a hot spicy sauce, topped with fresh green chillies

## **MUKTAJ (chicken or lamb).....£10.95**

Chicken or lamb Tikka with onions, green peppers, garlic, ginger, fenugreek and coriander in a spicy, rich thick Muktaj sauce. Spicy, unique taste which appeals to all

## **RAJ KING PRAWN.....£14.95**

Jumbo size king prawns in a chef's special sauce including garlic, ginger, coriander and fenugreek cooked in a medium/hot sauce. A must for king prawn lovers, popular with everyone

## **SWORDFISH MAACH.....£12.95**

Delicately spiced and simmered in a delightful medium/hot sauce with fresh herbs and spices. A delicious taste never forgotten

## **SHAHI JHINGA N.....£10.95**

King prawn cooked in chef's mild spice mix

## **AMER MURGH.....£10.95**

Boneless barbecued chicken, cooked with mango pulps and medium spices, superb!

## **JHINGA SAG.....£10.95**

King prawn in a delicious spinach combination

## **JHINGA KARAI.....£10.95**

King prawn in a rich and distinctive spicy sauce

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# Poultry

## BENGALI GREEN CHICKEN .....£7.45

The traditional and popular dish of tender chicken with green chillies, green peppers and coriander cooked with coconut milk

## BADAMI CHICKEN **N** .....£7.45

Tender pieces of chicken breast with an exotic mix of nuts and cooked in a creamy sauce

## CHILLI MOSSALLA .....£7.45

Succulent pieces of chicken cooked with fresh ginger, a hint of garlic, green chillies and capsicum

## RAJ PEPPER CHICKEN.....£7.45

The finest chicken cooked with green peppers tossed in a rich, spicy sauce

## CHICKEN TIKKA MOSSALLA **N** .....£7.45

Barbecued chicken cooked in a special exotic mild sauce with cream and ground nuts

## RAJ GARLIC SPECIAL .....£7.45

Barbecued chicken cooked in a rich, thick medium hot garlic and spicy sauce

## DANSACK CHICKEN.....£5.95

Hot sweet and sour curry with lentils

## KORMA CHICKEN **N** .....£5.95

Cooked in cream and coconut, mild

## ROGAN CHICKEN .....£5.95

Medium hot curry served with tomatoes

## BALTI CHICKEN .....£5.95

Balti dishes are traditionally prepared in a wok with the finest herbs and spices

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# Lamb

SHATKORA.....£7.45

Tender pieces of lamb cooked in calamansi juice and rinds with lemongrass for a special Bengali flavour

SHOBZI SULTAN .....£7.45

Tender lamb cooked with chef's vegetables in a medium hot sauce with herbs, spices and mushrooms

JALFRAZI .....£7.45

Tender pieces of lamb cooked in a hot spicy sauce topped with fresh green chillies

KARAI .....£7.45

A delicious dish lamb cooked in a rich spicy medium hot sauce

NAWABI STICK.....£7.45

A superb Eastern combination of tender lamb flavoured to your own taste

BHUNA LAMB .....£5.95

Cooked in a medium spicy, tomato based sauce

LAMB AND MUSHROOM.....£5.95

Popular medium hot curry dish served with mushrooms

DUPIAZA .....£5.95

Medium hot curry prepared with fresh fried onions

VINDALOO.....£5.95

Very hot and spicy dish

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# Prawn

**OKRA**.....£7.45  
Prawns cooked with okra in a medium rich sauce

**PATHIA**.....£7.45  
Prawns in a hot sweet and sour sauce

**SRI LANKA** **N** .....£7.45  
Prawns cooked with coconut in a strong and spicy sauce

**PASANDA** **N** .....£7.45  
Prawns marinated, cooked with cream, chef's special yoghurt and mixed, ground nuts. A mild and exotic dish

**METHI** .....£7.45  
Prawns cooked with fenugreek and coriander in a spicy sauce

**MADRAS**.....£7.45  
The original hot and spicy dish

**AUBERGINE PRAWNS**.....£7.45  
Prawns cooked with aubergines, medium flavouring

**SAAG PRAWN** .....£7.45  
Prawns cooked in spinach tossed in garlic, butter, spices and coriander leaves

**PRAWN CHILLI** .....£7.45  
Prawns cooked with fresh ginger, a hint of garlic, green chillies and capsicum

**POTATO PRAWNS**.....£7.45  
Prawns cooked with garlic, ginger, turmeric and bay leaf, lightly spiced

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# Tandoori specialities

*Our Tandoori dishes are marinated in yoghurt, herbs and spices then cooked in the Tandoor oven. The Tandoor oven is a traditional clay oven which is kept at a very high temperature with burning charcoals. The Tandoor method seals the flavour and adds a unique taste to the meal. All served with salad garnish and Raj yoghurt sauce.*

**MURGH TANDOORI** **H** .....£6.95  
Half a tender chicken marinated Tandoori style in natural yoghurt and the chef's special spice mix

**CHICKEN TIKKA** **H** .....£6.95  
Fresh chicken pieces marinated in freshly ground herbs and spices

**LAMB TIKKA** **H** .....£6.95  
Fresh lamb pieces marinated in freshly ground herbs and spices

**TANDOORI MIXED GRILL** **H** .....£9.95  
An enjoyable mixture of Tandoori chicken, chicken Tikka, lamb Tikka and Sheek kebab. This meal is accompanied by a nan bread

**TANDOORI SHASLICK** **H** .....£8.45  
Tender pieces of chicken or lamb barbecued with fresh onion, tomato and capsicum

**JHINGA KEBAB** **H** .....£15.50  
King prawns in their shells, barbecued with onion, tomato and capsicum

**TANDOORI MAACH** **H** .....£11.50  
Delicately spiced trout fish barbecued with onions, tomato and capsicum

**LAL MASS TIKKA** **H** .....£8.95  
Marinated pieces of fish in fresh ground herbs and spices

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# Biriyani dishes

*A traditional baked dish with Basmati rice and spices garnished and served with a vegetable side curry.*

RAJ SPECIAL BIRIYANI.....£9.95  
Chicken, lamb and prawn

MURGH BIRIYANI.....£7.25  
Chicken

KHUMBI MURGH.....£7.75  
Chicken and mushroom

GOSHT BIRIYANI.....£7.25  
Lamb

SAG CHINGRI BIRIYANI.....£7.75  
Spinach and prawn

CHINGRI BIRIYANI.....£7.25  
Prawn

JHINGA BIRIYANI.....£10.95  
King prawn

TIKKA BIRIYANI.....£8.25  
Chicken, lamb or prawn

SHOBZI BIRIYANI **V**.....£6.75  
Vegetable

MUSHROOM BIRIYANI **V**.....£6.75

MURGH CHANA SAAG BIRIYANI.....£9.95  
Chicken, chickpeas and spinach

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# The Raj vegetarian dishes **V**

*A range of specially selected recipes for those with a vegetarian appetite.*

SHOBZI KURMA **N** .....£5.50  
Very mild dish with light spices and cream

SHOBZI BHUNA .....£5.50  
Fairly dry dish, medium strength

SHOBZI DHANSAK .....£5.50  
Hot, sweet and sour dish with lentils

CHANA DALL .....£5.50  
A chickpea and lentil dish of medium strength

KHUMBI BHUNA .....£5.50  
A mushroom dish served in a medium dry sauce

KHUMBI KORMA **N** .....£5.50  
A tasty mushroom dish in a creamy sauce

ALOO AUR NAIRYAL **N** .....£5.50  
A potato and coconut dish of medium strength

SHOBZI KARAI .....£5.50  
Chef's vegetable selection in a spicy medium hot sauce

SHOBZI JALFRAZI .....£5.50  
A hot, spicy dish topped with green chillies

ALOO GOBI DALNA .....£5.50  
A potato and cauliflower-based curry

SHOBZI METHI .....£5.50  
Fresh vegetables with fenugreek leaves

SHOBZI MOSSALLA **N** .....£5.50  
Vegetables in a Raj special thick mossalla sauce

DHOKKAR DOLNA .....£5.50  
A special potato and lentil-based curry

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## Side vegetables

BINDI MASSALA Okra .....£2.95

ALOO GOBI Potato and cauliflower .....£2.95

MIXED VEGETABLE CURRY .....£2.95

CHANNA MASSALA .....£2.95

SAG BHAJI Spinach .....£2.95

DAAL TARKA Lentils and garlic .....£2.95

BRINJAL MASSALA Aubergine .....£2.95

MUSHROOM MASSALA .....£2.95

BOMBAY ALOO Potato .....£2.95

NIRIMISH Dry mixed vegetables .....£2.95

CAULIFLOWER BHAJI .....£2.95

MATTER PANEER Chickpeas and cheese .....£2.95

SAG PANEER Spinach and cheese .....£2.95

ALOO CHANNA Potato and chickpeas .....£2.95

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## Indian breads

NAN freshly baked leavened bread.....£1.95

KEEMA NAN minced lamb and mild spices .....£2.25

PESHWARI NAN **N** coconut, sultanas and nuts .....£2.25

KULCHA NAN with onions .....£2.25

GARLIC NAN with fresh garlic .....£2.25

PARATHA LACHEDA light wheat bread, with butter.....£1.95

SHOBZI PARATHA wheat bread with vegetables .....£2.25

KHASTA ROTI Raj special, baked in clay oven .....£1.95

CHAPPATI Thin, unleavened bread.....£1.50

## Rice

BOILED RICE.....£1.95

PILAU RICE .....£2.50

KEEMA RICE .....£2.75

SPECIAL RICE .....£2.75

EGG RICE.....£2.75

MUSHROOM RICE .....£2.75

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# Complements

RAITA yoghurt, onion or cucumber .....	£1.95
KACHUMBER fresh mixed salad with house dressing .....	£2.50
PAPADOM .....	£0.50
MASSALA PAPADOM.....	£0.60
MINT SAUCE .....	£0.50
MANGO CHUTNEY .....	£0.50
LIME PICKLE .....	£0.50
ONION SALAD .....	FREE
CHIPS.....	£2.95

## IMPORTANT NOTICE

Should you have any food-related allergies, please consult our management who will be happy to assist in your choice. All products used in the preparation of our dishes are, to the best of our knowledge and investigation free of GM ingredients.

All prices inclusive of VAT

Most major credit cards accepted

The management reserve the right to refuse service

**DELIVERY AT NO EXTRA CHARGE  
WITHIN 3 MILE RADIUS**

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# THE RAJ

Est 1991



## R91

Est 2010

The R91 piano lounge opened in the summer of 2010 with the intention of giving customers of The Raj somewhere to relax after dinner.

A combination of factors led to the R91 or Room 91 being named. Firstly, The Raj restaurant itself opened its doors for the very first time in 1991.

And, in recent years, motorcycle racer Leon Haslam has become a regular visitor to The Raj here in Kettering. Leon, now competing in the World Superbike Championship, has always raced under number "91" and has placed a replica machine on show in the ground floor cocktail bar area.

Whether you are a long-time friend of The Raj, a new customer or a visitor, please let us ensure your visit is the best possible experience.





@therajkettering1991



@therajkettering



@theRajKettering

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