## MOWGLI'S DHANSAK & PATHIA SPECIALITIES

Dhansak dishes are cooked in a sweet & sour madras hot sauce, cooked with lentils.
Pathia dishes are cooked in a sweet & sour madras hot sauce.

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|---|---|---|
| **76 DHANSAK / PATHIA** | Chicken or lamb | 10.95 |
| **77 DHANSAK / PATHIA** | Chicken tikka | 11.95 |
| **78 DHANSAK / PATHIA** | Paneer | 10.95 |
| **79 DHANSAK / PATHIA** | King prawn | 16.95 |

## VEGETARIAN SIDE DISHES

**VEGETARIAN SIDE DISHES 5.95 (AVAILABLE AS MAIN DISH) 10.95**

| | | |
|---|---|---|
| **80 SMOKED AUBERGINE** | **84 MIXED BHAJEE** | **87 MUSHROOM BHAJEE** |
| **81 SAAG PANEER** | **85 BAIGAN BHAJEE** | **88 ALOO GOBI** |
| **82 CHANA MASALA** | **86 SPICEY POTATO** | **89 SAAG ALOO** |
| **83 TARKA DHAAL** | | |

## VEGETARIAN MAIN COURSE

**90 RAJASTHANI MIXED BHAJEE** 11.95
Dry mixed vegetables cooked with cheese and chat masala finished with green peppers, served with chapatti.

**91 PANEER MAKHANI** MI 10.95
Cooked with cottage cheese, stir-fried with onions and garlic.

**92 SAAG PANEER** MI 10.95
Cooked with cottage cheese and spinach, stir-fried with onions and garlic.

**93 DESHI SABJI** 9.95
Mixed vegetables cooked with green and red peppers.

**94 PANEER JALFREZI** H 10.95

**95 VEGETABLE KOFTA JALFREZI** H 10.95

**96 BUTTER PANEER** MI 10.95

## FOR THE LITTLE ONES

| | |
|---|---|
| **97 OMELETTE AND CHIPS** | 7.95 |
| **98 NUGGETS AND CHIPS** | 7.95 |
| **99 MUSHROOM OMELETTE AND CHIPS** | 7.95 |
| **100 FRIED CHICKEN AND CHIPS** | 7.95 |

## RICE AND BREADS

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|---|---|---|---|
| **101 PLAIN NAAN** V | 3.25 | **107 PILAU RICE** | 3.75 |
| **102 NAAN SELECTION** | 4.25 | **108 RICE SELECTION** | 4.75 |
| Choose from garlic, garlic & chilli, peshwari, keema, cheese or spinach. | | Choose from keema, coconut, spinach, lemon, mushroom or special rice. | |
| **103 PARATHA** | 4.50 | **109 MIXED RAITHA** | 2.50 |
| Choose from plain, honey, aloo, or keema. | | **110 POPADOMS** | 0.70 |
| **104 CHAPATHI** | 2.95 | **111 SPICY POPADOMS** | 0.75 |
| **105 CHIPS** | 3.75 | **112 CHUTNEYS** | 3.50 |
| **106 BOILED RICE** | 3.35 | Mint sauce, sweet mango, onion salad, Pink sauce or mixed pickle | |

## FOR SPECIAL OCCASIONS

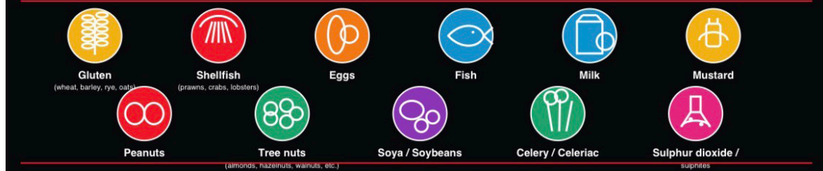
**113 KURZI LAMB** 129.95
Includes starters, side dish and rice. Recommended for special occasions. Whole leg of tender lamb marinated in special herbs and spices to entertain on special evenings. (48 hour notice and 25% deposit required.)

## FOOD ALLERGY?

*Ask before you eat...*

**If you have a food allergy or intolerance, please inform a member of staff before placing your order.**

**Our food may contain or come into contact with:**




**Please ask our staff about the ingredients in your meal before ordering.**

**IMPORTANT:** Due to our cooking environment and the risk of cross-contact, we cannot guarantee that meals will be completely free from allergens. Customers with severe allergies should speak to a member of staff before ordering.

To further enhance your dining experience at Mowgli's, we ensure high standards of food quality at all times, bringing you authentic, low fat and naturally cooked food of the healthy delicacies from India and Bangladesh.

We also provide private bookings for corporate events, birthday parties, weddings and other special occasions. Some of our dishes may contain traces of nuts. Please ask one of our staff for more information. If there are any dishes you like which are not on the menu, please ask a member of staff and we will happily prepare it for you.

The management reserves the right to refuse custom. All major credit cards accepted. All prices include VAT. Service charge not included.

Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.

# MOWGLI'S®

INDIAN RESTAURANT

"A VERY INDIAN AFFAIR..."


222 COWBRIDGE ROAD EAST, CARDIFF, CF5 1GY

T: 029 2019 7330
T: 029 2019 7549

www.mowglis.co.uk


OPENING HOURS:

5:30pm to 10:30pm: 7 days a week

10% discount on collections

Food & Drink Awards 2012 winner
Indian restaurant of the year 2012

The Asian Food Awards
Restaurant of the year 2013 S.E. Wales

Food & Drink Awards 2012 winner
Indian restaurant of the year 2012

TAKEOUT MENU

# MOWGLI,

the adorable character in the famous jungle book, was the inspiration behind our restaurant name. His memorable journey filled us with joy, excitement and fascination, which we hope to reflect with our unique menu that we offer you today.

**Food allergen advice:** All our food is cooked with rapeseed oil. If you have any food allergies, please tell a member of staff before you order.

V Vegetarian **Spice levels:** MI Mild, MED Medium, H Hot, VH Very Hot

## APPETISERS

**01 ONION BHAJEE** V 3.95

**02 MEAT SAMOSA** 3.95

**03 VEGETABLE SAMOSA** V 3.95

**04 GARLIC FRIED MUSHROOMS** V 4.95

**05 BOMBAY ALOO CHOP** V 4.50
Bombay spiced crushed potatoes, cooked with ground spices and a breadcrumb coating.

**06 FISH CHAT** 5.25
Succulent fillets of smoked mackerel, tossed with strips of onion, garlic and crushed potatoes, with a hint of chat masala.

**07 CHICKEN TIKKA** 4.50

**08 PANEER TIKKA MUDHOI** 5.95
Paneer cooked over a charcoal flame, served with natural Welsh honey.

**09 MIXED KEBAB** 5.95
A combination of chicken tikka, lamb sheek kebab and chicken kebab, served with salad.

**10 SHEEKH KEBAB** 4.25

**11 CHICKEN CHAT** 4.95
Diced chicken cooked in our special chat masala, served with salad.

**12 CHICKEN OR LAMB SUKKA** H VH 5.95
Spicy chicken tikka or lamb, cooked with crushed chillies, coconut and tamarind.

**13 MIXED SHARING PLATTER** 13.95
Cant pick?! Ideal for 2 people, choose any three of your favourite starters from above.

## MOWGLI'S APPERTISERS WITH A TWIST

**14 MURGH CHOM CHOM** 6.95
Marinated chicken stuffed in roasted bell peppers, with onion, coriander and accompanied with unleavened bread.

**15 HARRI KEEMA ALOO** 5.25
Spicy popadom filled with beautifully moist lamb mince, cooked with onion, garlic and small pieces of potato, served with salad.

**16 KING PRAWN SUKKA** H VH 6.95
Spicy king prawn, cooked with crushed chillies, coconut, turmeric and tamarind.

**17 LAMB CHOPS** 9.95
Lamb chops marinated in chilli and garlic, cooked in the charcoal pit oven.

**18 SPICY CRAB CAKES** 6.95
Crab meat infused with coconut, crushed chillies, potato and laache.

**19 TANDOORI KING PRAWNS** 7.95

**20 KING PRAWN BUTTERFLY** 6.95
King prawns in a breadcrumb coating.

**21 MUUDHOI DUCK** 6.95
Tender breast of duck, simmered in light spices and finished with a glaze of honey and lime juice.

**22 SPICY BEEF CHAPLI KEBAB** 6.95
Beef mince blended with chopped onions, green chillies and fresh coriander.

**23 KING PRAWN PUREE** 7.25

**24 MOWGLIS CONNOISSEUR'S SELECTION** 17.95
Can't pick?! Ideal for 2 people, choose any three of your favoured starters.

# MAIN MENU

## MOWGLI'S HOUSE SPECIALITY

**25 LAMB SHANK** MED, H, VH 15.95
Lamb shank marinated overnight with fresh ground spices and coriander, covered with minced lamb, bombay potatos and slow cooked slow in the oven.

**26 BUTTER CHICKEN** MI 10.95
Chicken morsels simmered in butter, ground coconut and fenugreek leaves.

**27 CHICKEN SAGOR ANA** MED H 10.95
Tandoori chicken tikka and sheekh kebab prepared with tomato, potato and cinnamon in a bhuna sauce.

**28 BEEF SHATKORA** MED H 12.95
Delicious chunky pieces of tender beef cooked with onions, garlic, ginger and ground mixed spices, flavoured with Bangladeshi citrus fruit.

**29 HARIYALI BEEF MASALA** H VH 12.95
Incredibly delicious tender beef cooked with coconut, crushed garlic, ginger and chillies, flavoured with homemade masala.

**30 PERI PERI XACUTTI** H 10.95
Madras hot chicken tikka bhuna with a Portuguese touch.

**31 MURGH ANAROSH** MI 11.95
Consists of strips of chicken marinated in Chef's special recipe, all stuffed in a melon or pineapple shell.

## CHEF'S COLLECTION

**32 CHICKEN KOHLAPURI** H VH 11.95
Hot and spicy chicken dish, prepared with turmeric, ground coconut, cumin and green chillies.

**33 LAMB HYDERABAD SPECIAL** MED, H, VH 12.95
A Handi cooked tender lamb dish, cooked with ginger and curry leaves, served with Chef's special sauce and baby potato.

**34 CHICKEN MOHANI** MI 12.95
Marinated pieces of chicken mixed in a mild aromatic sauce, flavoured in a rich strawberry sweetness, made thick from ground coconut and cream.

**35 BEEF ROAST KOSHA** MED, H 12.95
Kosha mangsho is an exclusive Bangladeshi dish where beef is slow cooked in spicy gravy, tempered with garlic and ginger paste. A real delicacy.

**36 CHICKEN AMM** MI 10.95
Mild chicken cooked in a coconut milk with a sweet mango taste.

**37 MURGH PALONG** MED, H, VH 12.95
Sliced cut chicken breast stuffed with spinach and cheese with a very special aromatic sauce, cooked with lamb minced meat. Also available without lamb, ask for details.

**38 MASALA DUCK BHONA** 14.95
Grilled duck caramelised in onion and garlic in a tandoori sauce.

**39 MURGHI MASALA** 13.95
Pulled marinated grilled chicken cooked with lamb mince, flavoured with homemade masala sauce.

**40 GARLIC CHILLI CHICKEN** H VH 12.95
Chicken breast marinated with Chef's special sauce, cooked with fresh green chilli and curry leaves, served with roasted onion and peppers.

## BIRYANI DISHES

All biryani dishes served with a plain curry sauce or plain masala sauce.
(applies only to plain masala sauce)

**41 CHICKEN TIKKA & PANEER BIRYANI** 13.95

**42 DHOOM PUKHT BIRYANI** 12.95
A Hyderabadi speciality - Lamb and aromatic basmati rice cooked together in a sealed pot, scented with mint and cinnamon.

**43 PERSIAN CHICKEN BIRYANI** 12.95
Stir fry of chicken, pineapple and sultanas, mixed together in aromatic basmati rice.

**44 KING PRAWN BIRYANI** 16.95

**45 CHICKEN OR LAMB BIRYANI** 10.95

**46 CHICKEN TIKKA BIRYANI** 12.95

**47 MOWGLI'S SPECIAL BIRYANI** 14.95
House mix of chicken, lamb and king prawn, cooked together in basmati rice with cardamom and coriander.

**48 VEGETABLE BIRYANI** 10.95

## SEAFOOD DISHES / SEAFOOD TANDOORI

**49 FISH KALIA** 14.95
A true bangladeshi delicacy of melt in the mouth, off the bone, pan-fried tilapia fish served with bhuna sauce.

**50 KING PRAWN HARI HARI** MED 16.95
Trio of king prawn simmered in a bhuna sauce.

**51 SHAGOR JHINGA** MED 16.95
King prawn marinated and barbecued in its shell, then cooked in blends of aromatic spices and tamarind sauce.

**52 MACKEREL LASONI** 13.95
Off the bone fillet of mackerel, pan-fried and sauteed with caramelised onions, garlic and chilli, until golden crisp.

**53 HA RA KI SALMON** MED 19.95
Salmon marinated overnight, then coated with green and red pepper, cooked in a clay oven.

**54 TANDOORI SALMON TIKKA** 19.95

**55 TANDOORI KING PRAWN** 16.95

**56 SEA BASS** 15.95
Off the bone fillet of sea bass, sauteed in caramelised garlic and chilli, pan fried until golden crisp. Accompanied by a medium bhuna sauce.

**57 KING PRAWN KOHLAPURI** 16.95
Hot and spicy king prawn dish, prepared with turmeric, good coconut, cumin and green chillies.

## TANDOORI DISHES (Served with salad)

**58 CHICKEN TIKKA** 11.95

**59 CHICKEN SHASHLICK** 12.95

**60 LAMB CHOPS** 12.95
Tender lamb chops with roasted red and green peppers with curry leaves, cooked in the clay oven.

**11 TANDOORI GARLIC MURGH** 12.95
Strips of tandoori chicken fried in onion, garlic, coriander and chillies.

**62 HARIYALI PANEER SHASHLICK** 15.95
Cubes of chicken tikka, lamb chop and cottage cheese, marinated with onions and green peppers and fresh ground spices.

**63 MOWGLIS MIX GRILL** 14.95
Consists of chicken tikka, lamb Sheehan kebab,1/4 tandoori chicken and plain naan served with crispy floret salad.

## OLD FAVOURITES

| | | |
|---|---|---|
| **64 CURRY** Chicken or lamb | 9.95 | 15.95 |
| **65 MADRAS** Chicken or lamb | 9.95 | 15.95 |
| **66 VINDALOO** Chicken or lamb | 9.95 | 15.95 |
| **67 BHUNA** Chicken or lamb | 9.95 | 15.95 |
| **68 KORMA** Chicken or lamb | 9.95 | 15.95 |
| **69 RHOGAN JOSH** Chicken or lamb | 10.95 | 15.95 |
| **70 MASALA** Chicken tikka or lamb | 10.95 | 15.95 |
| **71 PASANDA** Chicken tikka or lamb | 10.95 | 15.95 |
| **72 KORAHI** Chicken tikka or lamb<br>Garlic, onions, tomatoes, peppers and coriander in a thick sauce. | 10.95 | 15.95 |
| **73 BALTI** Chicken tikka or lamb<br>Cooked with balti spices, fresh tomatoes, capsicum, coriander and aromatic spices. | 10.95 | 15.95 |
| **74 JALFREZI** Chicken tikka or lamb<br>Cooked with blended spices, fresh tomatoes, bell peppers, onions and green chillies. | 10.95 | 15.95 |
| **75 CHICKEN TIKKA BHUNA** Chicken tikka or lamb | 10.95 | 15.95 |