

# *the blue lagoon*

*We are delighted to welcome you to*



## *Taste Beyond*

The cuisine served here at The Blue Lagoon is inspired by the second city of Bangladesh called Sylhet. However we still have many of your firm favorites alongside a careful selection of Chefs Specialities.

All beautifully prepared and remaining true to the regional cuisine of Bangladesh & India. The variety of starters and accompaniments chosen by our Chef, combined to create a glorious fusion of flavours and exotic palate of sub - continent to compliment your main course. All our dishes are prepared with extra care, using the finest ingredients and an authentic combination of spices. All spices are freshly ground in our kitchen, ensuring pure and high quality.

Please allow extra time for the preparation of your meal, most dishes have a slow method of cooking, we believe you will experience the difference. We are all dedicated to ensuring you enjoy your meal from The Blue Lagoon, and hope to see you again and again in the near future.

Your satisfaction is our reputation.

## *The Management*

### **ALLERGY KEY:**

**N** : Contains Nuts    **V** : Suitable for Vegetarians  
**🔥** : Strength of Chilli

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### **ALLERGIES**

Some of our menu items contain allergens, including, gluten, nuts, milk, egg, fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin.

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## Spice Of Today

All first courses are served with salad dressings.

<b>Vegetarian Platter</b> (for 2 person)	10.95
Consisting of onion bhajee, vegetable somosa, vegetable pakora & grilled paneer.	
<b>Fusion Platter</b> (for 2 person)	12.95
Consisting of chicken tikka, lamb tikka, chicken kebab, grilled salmon.	
<b>Onion Bhaji</b> 	4.95
Spiced onions & potatoes deep fried in batter.	
<b>Vegetable Samosa</b>	4.95
Pastry filled with veg, deep fried.	
<b>Chot Photi</b>	4.95
Spiced chickpeas & potatoes in a tamarind sauce.	
<b>Chicken Pakora</b>	5.45
Deep fried chicken smothered in batter.	
<b>Chicken Chat</b>	5.45
Diced onions, potato & cucumber cooked with chicken.	
<b>Grilled Ponir</b>	5.45
Fairly spiced ponir marinated in yoghurt then grilled in tandoori oven	
<b>Ponir Shashlik</b>	5.45
Indian cheese barbecued with green and red peppers.	
<b>Tandoori Chicken</b>	5.45
On the bone chicken marinated in spices, cooked over charcoal.	
<b>Sheek</b> (Chicken or Lamb)	5.45
Minced Lamb or chicken spiced with herbs & flame grilled.	
<b>Chicken Tikka</b>	5.45
Chicken fillet marinated in spices then cooked over charcoal.	
<b>Lamb Tikka</b>	5.95
Lamb fillet marinated in spices then cooked over charcoal.	
<b>Shashlick</b> (Chicken, Lamb or Paneer)	5.95
Marinated in spices then cooked over charcoal with onions peppers and tomatoes.	
<b>Peppered Paprika</b>	5.95
Roasted pepper stuffed with chicken, lamb or vegetable.	
<b>Enda Kebab</b>	5.95
Boiled egg coated with minced lamb and garnished with fried egg.	
<b>Chicken Puree</b>	5.95
Deep fried leavened bread garnished with chicken.	
<b>Tetul Shoffree</b> (Lamb)	6.45
Meatballs cooked in mango & tamarind sauce.	
<b>Duck Tikka</b>	6.95
Marinated duck with herbs & spices then flame grilled over charcoal.	
<b>Grilled Lamb Chops</b> 	6.95
Fairly spiced lamb chops marinated in yoghurt then grilled in tandoori oven	

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## Seafood Starters

<b>Fish Platter</b> (for 2 person) Consisting of BBQ king prawn, grilled salmon & peppered Telapia.	12.95
<b>Prawn Chat</b> Diced onions, potato & cucumber cooked with prawns.	6.95
<b>Prawn Puree</b> Deep fried leavened bread garnished with one of the above.	6.95
<b>Barbecue Telapia Mass</b> Lightly spiced Bangladeshi fish steak barbecued in a clay oven.	6.95
<b>Peppered Grilled Salmon</b> Fresh salmon fillet, lightly spiced flame grilled over charcoal.	6.95
<b>Grilled Trout</b> Fresh trout fillet highly spiced then flame grilled over charcoal.	6.95
<b>BBQ Sea Bass</b> Prawns served with a salad dressing in cocktail sauce.	6.95
<b>Barbecue King Prawns</b> Medium spiced king prawns barbecued in a clay oven.	7.45
<b>King Prawn Phatia Puree</b> Deep fried leavened bread garnished with king prawn.	7.45
<b>King Prawns Bora</b> 🍷 Fairly spiced king prawns deep fried in batter.	7.45
<b>King Prawns Aam</b> King prawns cooked with cream & sweet mango, served on a bread.	7.45



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## Flame Grilled Barbecue Speciality

All dishes are marinated in our own special mixture of herbs and spices,  
then slowly flame grilled on skewers in a charcoal  
clay oven, served with fresh crisp salad.

Tandoori Chicken	9.95
Grilled Paneer	9.95
Tikka	Chicken 9.95   Lamb 10.95
Shashlick (Chicken, Lamb or Paneer)	10.95
Barbecued Bangladeshi Fish Steak	10.95
Peppered Grilled Salmon	12.95
Chicken Paneer Shashlik	12.95
Barbecue Fusions A feast of chefs special mixture	14.95
Duck Tikka	14.95
Duck Shashlick	14.95
King Prawn Shashlick	15.95
Barbecued King Prawn	15.95

## Tawa Specialties


Tawa has proved very popular, having its own distinctive flavour. A wild but elegant  
combination of herbs, spices and tamarind, garnished with coriander.

Tawa Vegetable	9.95
Tawa Paneer	10.95
Tawa Chicken	10.95
Tawa Prawn	12.95
Tawa Lamb	12.95
Tawa Salmon	13.95
Tawa Rezella Chicken  	Garnished with cheese. 13.95
Tawa Rezella Lamb  	Garnished with cheese. 14.95
Tawa Duck	15.95
Chef's Special Tawa	15.95
A fusion of chicken, lamb, prawn & mushroom.	
Tawa Tandoori King Prawn	15.95

## Bombay Stir-Fry

*- Exclusive to the Blue Lagoon -*

Oriental sauce and spices stir fried with sliced green peppers, onions, carrots,  
mushroom, peas and bean sprouts. Served with fresh crisp salad dressing.

Vegetable Stir Fry 	9.95
Chicken Stir Fry	11.95
Lamb Stir Fry	12.95
Duck Stir Fry	14.95
Salmon Stir Fry	14.95
King Prawn Stir Fry	15.95

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fish, shellfish, soya, celery, mustard, sulphites, sesame and lupin.

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## Shank of Lamb

(Dine in only)

Shank Tarkari	15.95
Spiced infused shank cooked with medium spices.	
Shank Zara	15.95
Spiced infused shank cooked with dry vegetables in medium spice.	

## Duck Specialities

Bhuna Duck	14.95
An appetising spicy dish cooked with diced duck, finely chopped onions, green peppers and tomato in a rich medium dry sauce garnished with coriander.	
Duck Tarkari	14.95
Diced duck cooked in a wonderful onion sauce.	
Zara Methi Duck	14.95
Diced duck medium cooked with fresh tomatoes, fenugreek, herbs and spices in a medium dry sauce.	
Shatkora Duck	14.95
Diced tender duck cooked with a delightful shatkora fruit (citrus fruit from Bangladesh) giving it a scented pungent lemon flavour.	
Duck Khata Masalla	14.95
Finely cut strips of duck cooked in spicy herbs simmered in a medium sauce, balanced with fresh ginger and garlic, then garnished with fresh coriander.	

## Korai Delicacy 🌶️

Highly spiced with chunky onion and green peppers, garnished and flavoured with grilled garlic, producing a strong tasting dish.

Vegetable 🌱	8.95
Chicken	11.95
Lamb	11.95
Prawn	11.95
Rezella Chicken 🌶️🌶️	13.95
Garnished with cheese.	
Rezella Lamb 🌶️🌶️	14.95
Garnished with cheese.	
Duck	15.95
King Prawn	15.95

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# Spice of Today

All dishes below can be prepared with...Chicken 9.95 | Lamb 10.95

## Mango Kurma

Mild dish cooked with mango, cream and nuts.

## Rangila Khana

Widely flavoured Goan dish cooked with fresh spinach, simmered in a medium hot sauce with fresh ginger & fenugreek leaves.

## Begun Baja

Fresh aubergine, onions & tomatoes diced and cooked with garlic, ginger, garnished with coriander.

## Khata Masalla

Finely cut strips of lamb or chicken cooked in spicy herbs simmered in a medium sauce, balanced with fresh ginger & garlic, then garnished with fresh coriander.

## Enda Khana

A medium curry cooked with boiled egg, tomatoes, herbs & spices, garnished with fresh coriander.

## Shatkora

Cooked with delightful shatkora fruit (citrus fruit from Bangladesh) giving it a scented pungent lemon flavour.

## Noor Ki Naga

Prepared with the hottest chillies from Sylhet, garnished with fresh coriander  
Be a devil before you order this dish.

## Jalalee Khana

Cubes of succulent chicken or lamb marinated in mildly spiced herbs. Simmered in a sweet and sour buttered sauce, with a touch of tamarind and garam masalla.

## Jumri

A mouth watering dish from Bangladesh, cooked with kidney beans, hot paprika & fresh chillies.

## Imle

Flame grilled chicken or lamb spiced with bay leaves, garam masalla, baby tomatoes & tamarind creating a tangy & spicy flavour.

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## Grilled Paneer Jalfrezi 10.95

Cooked in a hot spicy sauce with onions, tomatoes & peppers, garnished with green chillies.

## Lamb Special Saqi 12.45

Rich creamy dish consisting of barbecued lamb, simmered in coconut milk, ground ginger & mint to create an exotic dish. Highly recommended.

## The Blue Lagoon Special 15.95

Lamb chops cooked in a semi dry style sauce garnished coriander.  
This dish is for spicy lovers.

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All dishes below can be prepared with...Chicken 9.95 | Lamb 10.95

### Methi

Cooked in medium sauce garnished with fenugreek leaves giving a subtle taste.

### Sylheti Jalfrezi

Cooked in a hot spicy sauce with onions, tomatoes and peppers, garnished with green chillies

### Tikka Bhuna

Finely chopped onions, green peppers and tomato in a rich medium dry sauce garnished with coriander.

### Tikka Masalla

Marinated in an authentic masalla sauce, garnished with fresh cream & nuts.

### Pasanda

Tender fillets of lamb or chicken cooked in mild delicate rich sauce garnished with almonds and pistachio.

### Garlic Chilli Masalla

Slices of chicken cooked with garlic and Sylheti chilli in a hot sauce.

### Hari Mirch

Prepared using Bangladeshi Naga chilli creating a very hot flavour. Be a devil and order this dish, you will not be disappointed.

### Jeera

Roasted cumin seeds and garam masalla cooked with onions & capsicum in a semi dry sauce.

### Butter

Mild, rich and creamy cooked in a silky buttered sauce.

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### Sylheti Vegetable Jalfrezi 9.95

Cooked in a hot spicy sauce with onions, tomatoes and peppers, garnished with green chillies.

### Muglai Chicken 9.95

Finely chopped chicken cooked with minced lamb, in a medium to mild sauce.

### Bangladesh Special 13.95

Combination of chicken, lamb, prawn and mushroom spiced with herbs and garnished with coriander and sliced egg.

### Murghi Masalla 13.95

On the bone cooked with minced lamb, herbs & spices in a medium sauce. Garnished with sliced egg & cream.

### Murghi Keema 13.95

Marinated chicken, cooked with minced lamb, garnished with tomato, coriander & garden peas.

### BBQ King Prawn Masalla 15.95

Marinated in an authentic masalla sauce, garnished with fresh cream & nuts.

### Sylheti King Prawn Jalfrezi 15.95

Cooked in a hot spicy sauce with onions, tomatoes and peppers, garnished with green chillies

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## Balti Lovers

A very popular dish from the Midlands. The combination of herbs and spices makes this dish very tastefully spicy. Garnished with onions, flavoursome tomatoes and coriander.

Add any vegetable for an extra £1.00 each

Vegetable	🍃	8.95
Potato, Mushroom, Spinach & Dall	🍃	10.95
Chicken Tikka		10.95
Lamb Tikka		11.95
Fusion Balti	A fusion of chicken, lamb, prawn & mushroom.	15.95
King Prawn		15.95

## Classic Biryani

Complete main meal cooked with the finest basmati rice, spiced to a delicate taste, garnished with fresh tomatoes and cucumber, complemented by a vegetable curry.

Add any vegetable for an extra £1.00 each

Add any meat for an extra £2.00 each

Vegetable Biryani	🍃	9.95
Prawn Biryani		10.95
Chicken Biryani		10.95
Lamb Biryani		12.95
Chicken Tikka Biryani		12.95
Sylheti Special Biryani		14.95
King Prawn Biryani		15.95



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## Bengal Seafood Specialties

- Salmon Tarkari** 11.45  
Cooked in a medium luscious sauce garnished with fresh coriander.
- Salmon Shatkora** 11.45  
Salmon cooked with delightful shatkora fruit (citrus fruit from Bangladesh) giving it a scented pungent lemon flavour.
- Salmon Aloo Tenga** 11.45  
Grilled Salmon cooked with roasted potato, ripe tomato and tamarind sauce delivering a beautiful taste.
- Thelapia Tarkari** 11.45  
Bangladeshi fish fillet cooked in a soothing medium sauce garnished with fresh coriander.
- Thelapia Bhuna** 11.45  
Bangladeshi fish fillet cooked with onions, tomatoes, green peppers in a pleasing medium dry sauce.
- Thelapia Shatkora** 11.45  
Bangladeshi fish fillet cooked with delightful shatkora fruit (citrus fruit from Bangladesh) giving it a scented pungent lemon flavour.
- Thelapia Aloo Tenga** 11.45  
Bangladeshi fish fillet cooked with roasted potato, ripe tomato and tamarind sauce delivering a beautiful taste.
- Sea Bass Tharkari** 13.95  
Cooked in a soothing medium sauce garnished with fresh coriander.
- Sea Bass Shatkora** 13.95  
Sea Bass cooked with delightful shatkora fruit (citrus fruit from Bangladesh) giving it a scented pungent lemon flavour.
- Sea Bass Imli** 13.95  
Cooked with bayleaf, garam masala, tomato and tamarind creating a tangy flavour.
- King Prawn Rangilla Khana** 15.95   
Widely flavoured Goan dish cooked with fresh spinach smeared in medium hot sauce with fresh ginger and fenugreek leaves.
- King Prawn Shatkora** 15.95  
Tandoori king prawn cooked with delightful shatkora fruit (citrus fruit from Bangladesh) giving it a scented pungent lemon flavour.



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## Old Time Favourite

Vegetable 	8.95	Keema (Minced Lamb)	9.95
Chicken	9.95	Tikka	10.95
Lamb	10.95	Duck	14.95
Prawn	10.95	King Prawn	15.95

Add any vegetable for an extra £1.00

### Curry

Medium curry cooked in an onion sauce garnished with coriander.

### Madras

Hot curry cooked in onion sauce with a touch of lemon juice, garnished with coriander.

### Pathia

Cooked in a condensed succulent hot, sweet and sour sauce garnished with fresh coriander

### Korma

Very mild dish cooked with nuts and coconut cream in a luxurious creamy sauce.

### Sagwalla

Spinach shallow cooked with fresh herbs and medium spices.

### Piazza

Cooked with diced onions, peppers and tomato in a glorious medium dry sauce

### Bhuna

An appetising spicy dish cooked with finely chopped onions, green peppers and tomato in a rich medium dry sauce garnished with coriander.

### Dal Masalla

Slightly hot and sour cooked in a delicious lentils sauce, fenugreek garnished with coriander.

### Rogon Josh


A stimulating dish prepared with herbs richly garnished with tomato, fenugreek, onions and green peppers.

### Dansak

Hot, sweet sour cooked in a tongue tingling lentils sauce with pineapple and fenugreek.

## Children's Menu (Dine in only)

Served with boiled rice, pilau rice or chips.

Chicken Kurma 	8.95
Mild Chicken Curry	8.95
Chicken Tikka Masalla 	8.95
Mild Prawn Curry	8.95
Mild Vegetable Curry 	8.95
Chicken Tikka	8.95
Fried Chicken	8.95

## European Dishes

Served with fries and vegetables.





Fried Chicken	8.95
Omelette (various)	8.95
Sirloin Steak	13.95
Sirloin Masalla Steak  (served with stir fry vegetables)	13.95

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## Vegetable Side Dishes

Vegetable Bhaji	5.95
Bombay Potatoes 	5.95
Spinach Makon (with Indian cheese)	5.95
Mushroom Bhaji	5.95
Potato & Cauliflower Bhaji	5.95
Okra Bhaji (ladies finger)	5.95
Potato Mushroom Bhaji	5.95
Chick Peas Bhaji (chick peas)	5.95
Cauliflower Bhaji	5.95
Spinach & Potato Bhaji	5.95
Aubergine Bhaji	5.95
Tarka Dhall (lentils & garlic)	5.95
Niramisha (finely chopped mixed veg) 	5.95
Red Kidney Bean Bhaji 	5.95
Vegetable Dhall Bhaji 	5.95
Mator Paneer	5.95

## Sundries

Plain Popadoms	0.95
Spiced Popadoms	0.95
Mixed Raita	2.00
Chutney Dips (Per tray)	2.50
Chips	2.95
Chilli Chips 	2.95
Mix Green Salad	3.45

## Breads



Chapatti	2.45
Nan	3.45
Tandoori Roti	2.95
Stuffed Porata 	3.95
Garlic Nan	3.95
Garlic Chilli Nan	3.95
Stuffed Nan 	3.95
Chilli Nan 	3.95
Keema Nan	3.95
Cheese Nan	3.95
Peshwari Nan (fruity)  	3.95
Special Tikka Nan  Garnished with cheese.	4.95

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## Rice

Steamed Rice	3.45
Pilau Rice	3.45
Fried Rice	3.45
Garlic Fried Rice	3.45
Mushrooms Fried Rice	3.95
Egg Fried Rice	3.95
Vegetable Pilau 	3.95
Spinach Pilau	3.95
Potato Pilau	3.95
Sylheti Fried Rice 	3.95
Special Pilau Rice (boiled egg & peas)	3.95
Coconut Rice	3.95
Chicken Fried Rice	3.95

## Set Meals (Dining In Only)

### Dinner for 1 Person

**24.95**

Papadum & Dips

Fusion Platter

Chicken Bhuna

Potato & Spinach

Steamed Rice

Chapatti & Coffee

### Dinner for 2 Persons

**39.95**

Papadum & Dips

Fusion Platter for 2 persons

Lamb Khata Masalla

Chicken Tikka Massalla 

Spinach Makon

Pilau Rice

Nan & Coffee

### Dinner for 4 Persons **79.95**

Papadum & Dips

Fusion Platter (for 4 persons)

Chicken Tikka Enda Khana

Lamb Tikka Masalla 

Duck Tarkari

Chefs Special Tawa

Potato & Mushroom Bhaji

Spinach Makon

2 Pilau Rice, 2 Nan & Coffee

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