



Monsoon

Bengali Cuisine



Our Menu

We devised a perfectly balanced menu for Monsoon, Goring, giving you the best of both contemporary and traditional Bengali dishes.

Our dishes are made from fresh ingredients, some even sourced locally. Quality spices and herbs result in flavours which are authentic and delectably exciting, with versions of our classics that are imaginative and invigorating. Either way, you are in for a robust and mouth-watering treat!



Enjoy!

First Course

Lamb Chop £4.50

Lamb chop marinated in a special blend of spices, cooked in a tandoor oven.

Starter platter For 2 people £7.50

Sheek kebab, chicken tikka,   vegetable samosa & onion bhajee.

Onion Bhaje £3.90

Pan fried prawns served on a puree bread.

Garlic King Prawns £5.50

Cooked with garlic paste and dried parsley.  

Paneer Tikka £4.50

Fresh cheese cubes, marinated in spice and grilled in a clay oven.



Chicken/Lamb Tikka £4.30

Marinated in spicy yoghurt and herbs then cooked over a charcoal fire.

Chicken Chat Puree £4.50

Lightly spiced with medium hot & sour sauce, served on a puree bread.

Sheek Kebab 2 pieces £4.30

Minced lamb piquantly spiced then barbecued over a charcoal fire.  

Salmon Tikka £4.90

Vegetable or Lamb

Samosa 2 pieces £3.90

Triangles of pastry stuffed with vegetables or minced lamb.

King Prawn Puree £5.50

Spicy king prawn served on a puree bread.

Tandoori Chicken £4.30

On the bone.

Vegan First Course

Recommended with Plain Rice, Roti or Chapati

Chana Puree £4.50

Pan fried chickpeas served on a puree bread.

Tofo Shashlick £5.50

Marinated Tofo in authentic Indian spices & herbs slow cooked in the tandoor.

Aloo Chana Puree £4.50

Vegetable Samosa £3.90

Vegan Main Course

Tofu Shashlick Bahar £9.20

Deshi Be-gun Aubergine. £7.50

Coconut Tofu Curry M £7.50

Tofu seared in a hot pan is folded in an earthy Keralan style tomato and tamarind sauce with a touch of coconut cream.

Sabji Kofta £7.50

Mixed vegetable balls in Chef's special spices.

Korma M £5.90

Sag Daal £5.90

Spinach and lentils.

Aloo Be-gun £5.90

Potato and aubergine.

Monsoon Specials

- House Special** £9.20
These will change daily using fresh ingredients and can be cooked according to customer's taste – *mild, medium or hot!*
- Pan Fried Chicken Tikka**   £8.90
Marinated chicken cooked over charcoal, then pan fried with capsicum, onions, fresh coriander and fenugreek leaves.
- Lamb Bhunjon**   £8.90
Very tender pieces of lamb piquantly spiced with tomato puree, fresh tomatoes, coriander and fenugreek leaves.
- Khadary**   £8.90
Chicken or lamb marinated in yoghurt, baked in the tandoor, then gently cooked with mince meat, tomatoes, onions, green peppers and oriental spices.
- Anawaka**    £8.90
Chicken or lamb. Dry, spicy with onions, green pepper, green chilli and mushrooms.
- King Prawn Bata**    £12.50
Prawns cooked in Bangladeshi style hot sauce, using crushed mustard seeds.
- Pangus Mass**    £12.50
Wonderful chunks of boneless fish, fried with herbs and spices in a thick sauce with fresh coriander, tomato and onion.
- Tarka Gusth**  £8.90
Tender shredded lamb, hand ground spices, fresh coriander. Gives exquisite flavour to this dry juicy dish.
- Tandoori Butter Chicken**   £8.90
Exotically spiced mild, creamy curry cooked with coconut and butter.

Chef's recommendations

- Chilli Paneer**    £9.20
Soft cheese marinated in spices and grilled in tandoor with barbecued onion, tomatoes, green peppers and green chillies then cooked in a slightly hot sauce.
- Deshi King Prawn**   £12.90
Fresh water king prawns marinated with turmeric and ginger, presented in a coconut sauce with a hint of chilli.
- Lamb Shank**   £12.90
Slow-cooked Kentish lamb shank marinated in turmeric, yoghurt, toasted garlic and ground spices. Finished with roasted root vegetables.
- Goan Chicken**    £9.20
A hot chicken tikka dish with fresh green chillies, fresh coriander and Chef's special spices.
- Sea Bass**   £12.50
Pan-seared fillets, dusted with carom seeds and chopped fresh chillies, served with potato and chickpeas.
- Marranggo Chicken**   £9.20
A delicacy from Lahar, cooked in mushrooms, onion, tomatoes, herbs and spices, dressed with slices of mango.

M Mild  Medium  Hot   Very Hot

KEY TO ALLERGENS



Cereals
containing
gluten



Crustaceans



Eggs



Fish



Milk

If you have any allergy concerns, please speak to a member of staff before ordering.

Tandoori Selection

The dishes below are all marinated in a spicy yoghurt with garlic, ginger, fresh coriander and other spices, then cooked over a charcoal fire to give it that spicy barbeque flavour. Served with a crisp, fresh salad and mint sauce.

Tandoori Lamb Chop 🍷 🌶️	£8.50
Tandoori Chicken 🍷 🌶️	£7.50
Tandoori King Prawn 🦞 🍷 🌶️	£12.50
Tandoori Mixed Grill 🍷 🌶️	£12.50

Chicken tikka, lamb chop, sheek kebab and Tandoori chicken.

Shashlick

Chicken £8.50 🍷 🌶️	Lamb £8.90 🍷 🌶️
Salmon £9.20 🐟 🍷 🌶️	Paneer £9.20 🍷 🌶️

Tikka

Garlic Chilli Murg £8.50 🍷 🌶️🌶️	Chicken £7.50 🍷 🌶️
Lamb £7.90 🍷 🌶️	

Tandoori Massala Dishes

Chicken or Lamb Korai 🍷 🌶️	£8.20
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A richly spiced dish cooked with onion and capsicum chunks, served in Korai to give the barbequed flavour.

Chicken or Lamb Jalfrezi 🍷 🌶️🌶️	£8.20
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Chicken or Lamb Tikka Massala 🍷 M	£8.20
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Barbequed chicken or lamb, in a medium creamy sauce, made with coconut. Exotically flavoured.

Chicken or Lamb Passanda 🍷 🍌 M	£8.20
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King Prawn Jalfrezi 🍷 🦞 🌶️🌶️	£11.20
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Fresh green chillies, onions, fresh coriander, garlic and ginger are used to create this hot and aromatic dish.

Tandoori King Prawn Massala 🍷 🦞 M	£11.20
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Barbequed prawns cooked in a medium creamy sauce of coconut.

Exotically flavoured.

Garlic Chilli Chicken Massala 🍷 🌶️🌶️	£8.20
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Sliced chicken pieces cooked with sliced garlic and fresh chillies to make a hot flavour.

The Classics

Chicken	£6.50
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Lamb or Prawn 🦞	£6.90
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King Prawn 🦞	£9.90
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Vegetable	£5.90
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Curry 🌶️ Korma M Madras 🌶️🌶️ Rogan Josh 🌶️
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Bhuna 🌶️ Vindaloo 🌶️🌶️🌶️ Sag 🌶️ Dupiaza 🌶️
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Any dish with a Tikka meat £1.50 extra

Dansak

King Prawn £9.90 🍷 🦞 🌶️🌶️	Chicken £6.70 🍷 🌶️🌶️
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Lamb £6.90 🍷 🌶️🌶️	Prawn £6.90 🍷 🦞 🌶️🌶️	Vegetable £6.10 🌶️🌶️
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King Prawn £9.90 🦞 🌶️🌶️	Chicken £6.70 🌶️🌶️
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Lamb £6.90 🌶️🌶️	Prawn £6.90 🦞 🌶️🌶️	Vegetable £6.10 🌶️🌶️
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Balti Selection

Cooked with fine spices in a thick sauce and toated on a dry wok. It has a unique taste which is not found in any other curry.

Chicken Balti 🌶️	£7.70
Lamb Balti 🌶️	£8.20
Prawn Balti 🌶️	£8.20
King Prawn Balti 🌶️	£10.20
Vegetable Balti 🌶️	£7.20
Chicken Sag Balti 🌶️	£8.20
Lamb Sag Balti 🌶️	£8.50

Biriani Dishes

Served with Vegetable Curry

Chicken 🌶️	£9.20
Lamb or Prawn 🦀 🌶️	£9.50
Chicken or Lamb Tikka 🌶️	£10.50
King Prawn 🦀 🌶️	£11.50
Seasonal Vegetables 🌶️	£8.50

Sundries

Plain Nan 🍞 🌾	£2.90
Cheese Tikka Nan 🍞 🌾	£3.90
Chilli Garlic Nan 🍞 🌾	£3.90
Keema Nan 🍞 🌾	£3.50
Special bread stuffed with spicy mince meat, baked in a clay oven	
Garlic Nan 🍞 🌾	£3.50
Garnished with crushed garlic	
Pashwari Nan 🍞 🌾	£3.50
Bread stuffed with coconut and raisins.	
Cheese Nan 🍞 🌾	£3.50
Bread topped with cheese.	
Chapati 🌾	£1.70
Porota 🍞 🌾	£2.90
Thick bread fried in butter.	
Plain or Spiced Popadom	£0.80
Chips	£2.50
Mint Sauce 🍷	£0.80
Mango Chutney	£0.80
Lime Pickle	£0.80

Vegetable Side Dishes 🌱 **£4.20** (Main Dish + £1.70)

Bombay potatoes | Sag Aloo | Aloo Gobi
Sag Mushroom | Onion Bhaje | Sag Paneer
Vegetable Curry | Tarka Dall | Sag Bhaje | Okra
Mushroom Bhaje | Paneer with cumin & garlic sauce
Aloo Be-gun | Bringal Bahaje | Chana Bhaje
Riatha Onion or cucumber

Rice Dishes 🌾

Plain Rice	£3.00
Pilau Rice	£3.20
Special Fried Rice 🍳 with eggs, peas and raisins.	£3.50
Mushroom Rice	£3.50
Vegetable Rice	£3.50
Keema Rice (minced meat)	£3.50
Egg Rice 🍳	£3.50
Lemon Rice	£3.50
Coconut Rice	£3.50
Garlic Rice	£3.50

Thursday Banquet Night

- Dine in

£14.50

Any Starter

Any Main Dish

Any Side dish (1 between 2 people)

Pilau Rice or Nan

Fish, King Prawn, Monsoon Specials and Chef's recommendations extra £2.95 each.

Opening Hours

7 Days a Week

Lunch 12.00 Noon – 2.00 pm *Booking Only*

5.00 pm – 11.00 pm

Monsoon
GORING

274 Goring Road, Worthing

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The management reserve the right to refuse service