

## SET MEALS

All set meals are carefully selected from our main menu giving you the most authentic dishes for you to

### Meal 1 - £7.95

choose one item from each section (2-4)

- 1 Papadom
- 2 **Starter:** Onion Bhaji, Chicken/Lamb Tikka or Sheek/ Shami Kebab
- 3 **Main Course:** Biryani **Chicken/Lamb/Veg**
- 4 Plain Rice, Pilau rice or Plain nan

### Meal 2 - £8.95

choose one item from each section (2-4)

- 1 Papadom
- 2 **Starter:** Onion Bhaji, Lamb/ Veg Samosa
- 3 **Main Course:** **Chicken/Lamb/Veg** (curry, korma, madras, bhuna, rogan or dupiaza)
- 4 Plain Rice or Pilau rice
- 5 Plain nan

### Meal 3 - £10.95

choose one item from each section (2-6)

- 1 Papadom
- 2 **Starter:** **Chicken/Lamb tikka** or Sheek/ Shami Kebab
- 3 **Main Course:** **Chicken/Lamb/Veg** (Sag, Dansak, Jalfrezi or Massala)
- 4 **Side Dish:** Bombay aloo, Vegetable curry, Mushroom or Bhindi Bhaji
- 5 Plain Rice or Pilau rice
- 6 Plain naan, garlic naan or keema naan

### Meal 4 - £11.95

choose one item from each section (2-6)

- 1 Papadom
- 2 **Starter:** Raka spicy chicken, Garlic Mushrooms or prawn puri
- 3 **Main Course:** Lamb/ Chicken Tikka or 1/2 Tandori chicken
- 4 **Side Dish:** Sag Aloo, Tarka Dal, Cauliflower Bhaji or Aubergine Bhaji
- 5 Special fried rice or Mushroom rice
- 6 Peshwari naan, Vegetable naan or Kulcha pizza

### Meal 5 - £22.95

choose two items from each section (2-6)

- 1 2 Papadoms
- 2 **Starter:** Chicken/ Lamb Tikka, Onion Bhaji, Lamb/ Veg Samosa or Sheek/ Shami Kebab
- 3 **Main Course:** Chicken/ Lamb Tikka Masala, Chicken/ Lamb Jalfrezi, Butter Chicken, Chicken/ Lamb Karahi
- 4 **Side Dish:** Sag Aloo, Bombay Aloo, Vegetable Curry, Mushroom Bhaji or Bhindi Bhaji
- 5 Plain rice, Pilau rice, Mushroom Rice, Special Fried rice
- 6 Plain naan, Keema naan, Peshwari naan or garlic naan



For the easiest and fastest way to order go to [www.rakapoplar.co.uk](http://www.rakapoplar.co.uk)

## Starters

Chicken, Lamb or Vegetable Samosa	£1.75
Onion Bhaji	£1.75
Raka Spicy Chicken (Medium)	£2.95
Lamb or Chicken Tikka	£2.75
King Prawn Bhaji (with shell, served with puri)	£4.95
Garlic Mushroom <b>N</b>	£2.50
Sheek Kebab/ Shami Kebab	£2.50
King Prawn Butterfry	£3.95
Prawn Puri	£2.95
Chicken Chaat	£2.95
Aloo and Chana Chaat	£2.25
Chicken Pakura	£3.25

## Tandoori Specialties

Chicken or Lamb Tikka	£4.95
Chicken or Lamb marinated with yogurt, green herbs, cooked in clay oven served with salad	
Tandoori Chicken (Half) £4.50 (Full) £8.50	
Marinated on the bone with yogurt, green herbs, cooked in clay oven served with salad	
Tandoori Mixed Grill	£8.95
Combination of chicken and lamb tikka, sheek kebab and tandoori chicken served with salad and naan bread.	
Chicken or Lamb Shaslick	£5.95
Chicken or Lamb marinated with yogurt, chef's own mixed spice cooked with green peppers, tomatoes and onion. Served with salad.	
Tandoori King Prawn or King Prawn Shaslick	£9.95

## Traditional Indian Dishes

Curry -Korma-Madras **N** Vindaloo **N** Dansak **N** Bhoona Rogan - Saag - Dopiaza

All dishes can be cooked with tikka for extra of £1.00  
Each of the above dishes are available with:

Vegetable	£3.95
Lamb/Chicken Or Panir	£4.95
Lamb / Chicken Tikka	£5.50
Prawn	£5.50
King Prawn	£7.95

## Biryani Dishes

Biryani (biryannies are served with sauce)(may contain nuts)

Chicken /Lamb Biryani	£5.95
Prawn Biryani	£6.95
King Prawn Biryani	£8.95
Vegetable Biryani	£5.50
Chicken Tikka Biryani	£6.95
Raka Special Biryani	£7.95

## Raka Special

Rajeshori Chicken, Lamb or Paneer <b>N</b>	£6.95
Tomato based curry medium spiced finely chopped garlic and touch of green chilli to taste.	
Rangani Chicken or Lamb	£6.95
Chicken or lamb cooked with natural honey and fresh ginger enriched with spicy sauce.	

## Opening Hours

Open 7 days a week 12noon- 11.30pm  
Including Bank Holiday  
(No delivery between 2.30pm to 5.30pm)

**FREE HOME DELIVERY**  
£10 minimum order & within 3km

Manchorian Chicken or Lamb	£6.95
Sweet and sour sauce cooked with coconut milk, green herbs, fresh red tomatoes and mushrooms, finished with cumin. Medium spiced.	
Exotic Papri Massala Chicken, Lamb or Paneer	£6.95
Finely chopped onions, fresh tomatoes, ginger, tomato paste, roasted fresh red pepper and a dash of tamarind sauce with spring onion and green herbs.	
Roshun Bata Chicken, Lamb or Paneer	£6.95
garlic roasted in butter with a pinch of salt, cooked with finely chopped red onion, spring onions and tomatoes	
Makani <b>N</b>	£6.95
Chicken marinated in yogurt, slightly spiced. Chefs own paste made from butter, cream and tomatoes finished with almond and cashew nuts	
Chilli Massala Chicken or Lamb <b>N</b>	£6.95
Cooked in yogurt and butter, green chillies, garlic, spring onions, leek and mixed with chefs own spices medium to hot.	
Raka Sizale (Combination Of Tandori Mix)	£8.95
Medium spiced, created with fresh herbs, green spices, chopped onion and cherry tomatoes. (medium dry).	
Razala Chicken or Lamb <b>N</b>	£8.95
Tender chicken or lamb cooked in yogurt, fresh coriander traditional herbs and medium sauce finished with toasted whole red chillies.	
Kalia	£6.95
Cooked with fresh herbs, medium spiced with a touch of mint. (recommended)	

## Raka Chef's Special

All dishes can be cooked with king prawn for an extra charge of £2.00. Each of the dishes available with:

Tikka Massala Chicken, Lamb or Panner <b>N</b>	£5.95
Marinated in special mixed spices and cooked in clay oven. Served in an almond, cashew nut, yogurt and tomato sauce, finished with butter and cream.	
Butter Chicken <b>N</b>	£5.95
Chicken marinated with yogurt and tandoori massala, cooked clay in oven extremely mild cream and chefs own butter sauce.	
Jalfrezi Chicken, Lamb or Paneer	£5.95
Cooked with mixed pepper, tomato green chilli, spring onions and special jalfrezi hot sauce.	
Acharlie Chicken, Lamb or Paneer	£5.95
Chefs own recipe cooked with fresh herbs and home made pickles	
Mushroom Plaza Chicken or Lamb	£6.95
Cooked with mushroom, tomatoes and chopped onion.	
Adah Gosht Chicken, Lamb or Vegetable	£6.95
Cooked with lemon,tomatoes and chefs own massala sauce served the traditional way, (recommended)	
Karahi Chicken, Lamb or Vegetable	£5.95
Cooked with onion, black pepper and coriander seed (traditional karahi dish)	
Pasanda Chicken, Lamb or Vegetable <b>N</b>	£5.95
Almond and cashew nuts fried in butter, finished with pistachio nuts and special creamy sauce.	
Naga Special Chicken, Lamb or Vegetable <b>N</b>	£6.95
Marinated with highly flavoured spicy chilli sauce	
Kata Gosht	£6.95
Lamb cooked with lemon,tomatoes and chefs own massala sauce served the traditional way (recommended)	

258 Poplar High Street, London E14 0BB Tel: 020 7719 8808 Tel/ Fax: 020 7719 8809

## Balti Dishes

Well known traditional dish in the UK, cooked with tomatoes, green pepper and chefs own special sauce. Served with naan bread.

Chicken /Lamb Balti <b>N</b>	£6.50
Chicken/Lamb Tikka Balti <b>N</b>	£6.95
King Prawn Balti <b>N</b>	£9.95
Prawn Balti <b>N</b>	£6.95
Vegetable Balti <b>N</b>	£5.95

## Seafood Dishes

King Prawn Rajeshori	£8.95
Medium spiced, tomato based curry. Finely chopped garlic with a touch of green chilli to taste.	
King Prawn Massala <b>N</b>	£7.95
Prawn Chilli Massala <b>N</b>	£7.95
King Prawn Manchorian <b>N</b>	£7.95
King Prawn Papir Massala	£7.95
King Prawn Roshun Batah	£7.95
King Prawn Chilli Massala <b>N</b>	£7.95
King Prawn Lankhani	£7.95
Fairly hot and sour with green chillies and coriander	
King Prawn Karachi	£7.95
Prawn Karahi	£6.95
King Prawn Dheli (with shell)	£9.95



## Vegetable Side Dishes

Mixed Vegetable Bhaji (dry)	£2.50
Bombay Aloo Or Aloo Gobi	£2.50
Cauliflower Bhaji	£2.50
Bhindi Bhaji	£2.50
Chana Special Or Channa Sag	£2.50
Saag Paneer Or Saag Bhaji	£2.50
Mushroom Bhaji	£2.50
Tarka Dall Or Dall Maddala	£2.50
Saag Paneer Or Mottor Panir	£2.50
Allo Begun (potato & aubergine)	£2.50
Aubergine Bhaji	£2.50

## Rice and Sundries

Plain Rice	£1.75
Pilau Rice	£1.95
Veg Pilau Rice	£2.50
Mushroom Pilau Rice	£2.50
Special Fried Rice	£2.50
Plain Naan	£1.50
Garlic/ Peshwari <b>N</b> Keema Naan	£1.95
Kulcha (naan stuffed with vegetable)	£1.95
Kulcha Piyaza (naan stuffed with onion)	£1.95
Paratha	£1.75
Stuffed Paratha	£1.95
Chappati	£1.00
Tandori Roti	£1.50
Puree (fried bread)	£1.35
Special Salad	£2.10
Cucumber Raita	£1.35
Padadum (plain or spicy)	£0.40
Chutneys (per Dip)	£0.40
Onion salad, mint sauce, mango chutney, mixed pickle	

**N** Contains Nuts **N** Fairly Hot **N** Hot **N** Very Hot