

 Choose our low carbon footprint menu items to eat as climate friendly as possible!

SYMBOLS

LOW CARBON FOOTPRINT 

VEGAN FRIENDLY 

HEAT STRENGTH   

GLUTEN FREE 

VEGETARIAN 

**Please Check The Back Page For Allergen Information*

At Kaani Kaana, we are committed to fulfilling your culinary desires. If you don't find your preferred dish on our menu, please do not hesitate to inform us. We strive to accommodate your requests and ensure an exceptional dining experience.

SMALL PLATES

Papadum   (Plain or spicy)	1.00	Onion Bhaaji    (4 pcs)	6.25
Crisp, glossy, crackling and light-as-air Papadum.		World famous snack of crispy spicy onions and lentils deep fried in a coating of gram flour.	
Samosa  (Chicken or Lamb) (3 pcs)	5.95	Okra Fries    (Fresh green Okra)	6.95
Nobody can resist these perfect pyramids of flaky pastry stuffed with Chicken or Lamb.		Coated with a spicy mixture made from mixed masalas which is then deep fried until crisp and crunchy. Low in calories and packed full of nutrients - the bowl will be empty before you know it.	
Gosht Pastry	6.95	Seekh Kebab 	6.95
Puff pastries filled with spicy lamb and baked until golden. Growing up, these were a staple savoury in our household.		Grilled minced Lamb mixed with a blend of spices with a delicate sprinkling of fresh herbs. It is then skewered and grilled.	
Chicken or Lamb Tikka (S) 	6.95	Prawn Puri	6.95
Boneless chicken thigh or lamb cutlets marinated with Yoghurt, royal cumin and cardamom delicately grilled in an oven. Served with mint yoghurt sauce and salad.		Tender prawns in a delicious, spicy tomato masala served on a crisp and light deep fried puri.	

THE STREET

Salmon Bites 	7.95	Masala Fries   	6.25
Tender salmon bites marinated in aromatic herbs and spices, glazed with our signature chutney infused with a hint of naga chilli for a bold, flavourful finish.		Crispy fried potatoes tossed with flavourful garlic, onion & tomato masala sauce. A delicious appetiser for any occasion.	
Samosa Chaat  	7.95	Regular Fries   	3.50
Delicious Indian street food where crispy Punjabi samosa is topped with spicy chana, yoghurt and chutney mixture.		Golden french fries.	
Kati Roll	6.50	Naga Grilled Wings   	6.95
A Kati roll is a spicy street-food dish originating from Kolkata, West Bengal. It's filled with skewer-roasted kebab wrapped in paratha bread.		Succulent chicken wings are marinated in a bold and aromatic blend of Naga chilli peppers, known for their intense heat and distinctive smoky undertones. Grilled to perfection.	
		Tikka Roll	6.95
		Tender cheesy chicken tikka wrapped in a crisp golden crumb, rolled to perfection and served with a touch of spice and flavour in every bite.	

GRILLS

Tandoori Chilli Broccoli   	7.95	Tandoori Chicken Half 	11.95
Prepared by marinating the greenest broccoli with fresh red chillies in a spiced yoghurt-based marinade & grilled in a Tandoori oven.		Half piece of chicken marinated in a slightly tangy selection of spices before being grilled. Served with sizzling onions and a green salad.	
Mixed Platter 	19.95	Grilled Mass (Salmon fillets) 	15.95
An entire platter of delicious meats. Tandoori spices on a combination of proteins for a delicious mixed grill, includes chicken tikka, lamb tikka, seekh kebab & tandoori chicken. Served with salad & mint sauce.		Spiced fish marinated in a spicy marinade, then cooked till the fish is tender and crisp. Plenty of protein and heart-healthy fats.	
Tandoori King Prawns 	16.95	Tandoori Chicken Bowl 	14.95
Succulent grilled jumbo king prawns delicately marinated in mild spices.		This bowl is flavourful, delicious and filling. Made with steamed rice, juicy and tender chicken tikka bites, fresh salad & a drizzle of a refreshing mint sauce, these bowls have it all — grains, protein & veggies.	
Lamb Chops  (4 pcs)	16.95	Chilli Chicken  	12.95
Spring lamb chops, marinated with fresh ginger, garlic, herbs, yoghurt and ground spices.		Made with crispy boneless chicken chunks and lightly tossed in a spicy chilli sauce. Packed full of amazing flavours.	
Chicken or Lamb Tikka (M) 	11.95	Paneer Tikka   (Indian cottage cheese)	11.95
Marinated in spiced yoghurt and grilled. High in protein due to its lean meat percentage and delicate cooking technique.		Soaked overnight in sweet & sour vinaigrette then marinated in pickle yoghurt, fenugreek & black onion seeds.	

KAANI KAANA HERITAGE DISHES

The way us Bengalis eat at home

Lamb Shank  (Served with Pilau Rice)	20.95	Kacchi Biryani (Lamb)  (Served with curry sauce)	14.95
A leg of lamb cooked overnight resulting in an extremely tender morsel of meat. Nutritious bone marrow included in a medium sauce.		For us Bangladeshis, Kacchi Biryani is another name for love. Layers of meat, rice and potatoes are infused with delicious blends of aromatic spices to prepare the Dhaka-born dish.	
Khala Dhaal   	11.95	Akhni Biryani (Chicken)  (Served with curry sauce)	14.95
Made with black lentils and kidney beans. Traditionally, this is cooked slowly for hours to create a thick consistency, rich in protein.		Originating from the Sylhet region of Bangladesh. This traditional dish of tenderised chicken (on the bone) cooked with boiled egg & basmati rice. This is our version of a celebratory biryani served across southern Asia.	
Bibi's Chicken Curry  	12.95	Heritage Green  (Chicken or Lamb)	14.50
Our definition of ultimate comfort food. It's spicy, delicious and soupy chicken (on the bone) curry with potatoes, flavoured with aromatic whole spices. The way we eat at home.		This is a super delicious and creamy mild North Indian baby spinach curry. The chicken or lamb is marinated overnight to give it extra flavour and a succulent texture. Low in calories and high in antioxidants.	
Nodi'r Mass 	15.50	Gosht Shatkora (Beef)  	13.50
Grilled salmon fillet gently simmered in a thick, spiced curry sauce, blending smoky flavour with a rich, hearty finish.		A dish from the Sylhet region of Bangladesh. Cooked with spices and a unique Bangladeshi citrus fruit ('Shatkora') to give a tangy taste. Shatkora contains Vitamin C, Calcium & Phosphorus.	
Aloo Gosht Bhuna (Lamb)  	14.95		
Slow-cooked with onions, tomatoes, green peppers, salt and KK's secret roasted spices until tender. Then, we infuse it with a blend of spices for added richness. Served in a luxurious thick sauce that coats the meat, with a subtle addition of potatoes to enhance the flavours.			
Kala Bhuna (Beef)  	13.95		
One of the most famous meat delicacies from the region of Chittagong. Meats are roasted until they are a deep black colour & then cooked in various spices. A complex and appetising dish.			

CLASSIC CURRY DISHES

Chicken or Lamb Tikka Masala  (Mild)	12.95	Chicken or Lamb Balti 	11.95
A mild creamy dish cooked in masala sauce. British National Curry.		Balti dishes are cooked with a unique blend of herbs and spices with onion, green pepper, tomatoes and a special balti sauce.	
Butter Chicken  (Mild)	12.95	Chicken Bhuna 	11.95
Tandoori grilled chicken tikka simmered in smooth spiced gravy, cream and coconut. Sweet and creamy.		Cooked in a fairly dry medium sauce. Traditional Bengal dish.	
Chicken Korma  (Very Mild)	11.95	Chicken or Lamb Madras  	11.95
A very mild dish cooked in coconut, cream & special Korma sauce.		Tender pieces of Chicken or Lamb cooked in a fairly-hot gravy.	
Chicken or Lamb Tikka Jalfrezi  	12.95	Chicken or Lamb Dansak  	13.95
Cooked from an original recipe with an emphasis on the flavours extracted from fresh green chillies, fried onions and green peppers.		Cooked with lentils in a medium spicy sauce and a sweet-and-sour paste. (Served with Pilau Rice)	

SIDES

Bombay Aloo   	6.25	Mushroom Bhaaji   	6.25
A delicacy cumin-tempered potatoes cooked with tomato onion and a home style spice mix.		Mushrooms cooked with onions, garlic, chilli and curry powder.	
Saag Paneer   	6.95	Saag Aloo   	6.25
Saag paneer is cooked spinach studded with cubes of fried paneer.		A delicacy of cumin tempered potatoes & spinach cooked with tomato, onion and a home style spice mix.	
Chana Masala   	6.25	Saag Bhaaji   	6.25
Chickpeas cooked with a special spice mix. This dish goes well with chapati, roti, naan or rice.		Spinach cooked with garlic and mixed spices.	
Bengali Mix Vegetable Curry    	6.95	Bhindi Bhaaji   	6.25
A traditional Bengali dish with red pumpkin and mixed vegetables simmered in a flavourful, authentic sauce.		Okra laced with a tangy melange of cumin seeds and lime, cooked with onion and tomato masala.	

RICE & BREADS

Plain Naan  	3.25	Gluten-Free Bread     (3 Pcs)	4.50
Freshly baked in the tandoor.		Soft thin bread, thrown, stretched and griddled to order on an upturned Tawa.	
Garlic Naan  	4.25	Chapati   	2.95
With minced garlic and coriander sprinkle.		Thin Indian flatbread made of wheat flour.	
Keema Naan 	4.50	Plain Rice    	3.95
Homemade soft & fluffy keema naan stuffed with a perfect combination of deliciously spiced minced lamb		Plain cooked white rice.	
Cheese Naan  	4.25	Pilau Rice   	4.50
Soft and fluffy cheese-stuffed naan bread.		Basmati rice.	
Peshwari Naan  	4.25	Mushroom Rice   	5.50
Peshwari naan is a wonderfully tasty filled bread that combines a gently sweet filling with soft and chewy dough.		Basmati rice cooked with mushrooms and light spices.	
Paratha  	4.50	Coconut Rice   	5.50
Simple flatbreads that are made with whole wheat.		Basmati rice cooked with coconut.	
		Egg Rice   	5.50
		Basmati rice cooked with eggs and aromatic spices.	

CONDIMENTS

House Chutney   	1.50	Onion Salad   	1.50
Our signature chutney infused with Naga chilli to add a unique and flavourful kick to any dish.		Red onions, chopped thinly with tomatoes, cucumber, hint of mint and fresh coriander.	
Mint Sauce   	1.50	Chutney    (Each)	1.50
Made with mint leaves, tangy lemon juice, and a touch of sweetness. Perfect for adding flavour to any dish.		Lime Pickle, Mango Pickle, Tamarind Sauce, Mango Chutney, Mix Salad.	
House Mint Sauce   	1.50		
Fresh mint leaves, vegan yoghurt, coriander, a touch of green chillies, garlic, lemon juice			

DESSERTS

Chocolate Tart Cake   	5.95	Kala-Jam   (2 Pcs)	3.95
A crumbly vegan chocolate pastry case filled with a layer of rich vegan toffee sauce and topped with an indulgent vegan chocolate style ganache, finished with golden splashes.		These sugar dipped rounds made of khoya and cottage cheese are one of the most loved Bengali sweets & have captured a unique place in our hearts.	
		Fudge Cake 	5.95
		Our 4-layered chocolate fudge cake, with velvety buttercream, white chocolate fudge icing, rich brownies, and white chocolate chunks.	

DRINKS

Soft Drinks (Cans 330ml)	1.50	Bottle Water (500ml)	1.50
Coke, Diet Coke or Pepsi Max			
Bottled Drinks (1.25L)	2.95		
Coke or Diet Coke			

VEGAN MENU

We have other dishes on the menu that are vegan friendly, please look out for the  sign
Our vegan meat is crafted using high-quality soya protein. These protein-packed alternatives offer a substantial amount of nutrition: [24.1g of protein per 100g serving (Chicken) | 18.4g of protein per 100g serving (Lamb)]

THE STREET

Vegan Masala Chips  	6.25	Vegan Chicken Popcorn Chaat 	6.95
Made with fresh crispy fried potatoes tossed with flavourful garlic, onion and tomato sauce. A delicious appetiser for any occasion.		A popular street food in South Asia. Vegan chicken popcorn adds a tasty and protein-packed twist to the dish, while the spices and chutneys create a burst of flavours in every bite.	
Vegan Samosa  (3 Pcs)	5.95	Vegan Chicken Tikka  	6.95
Triangular pastry filled with mixed vegetables & arguably it's the most recognisable & widely available Indian food there is.		Choice of succulent bite sized vegan tikka marinated with vegan yoghurt, royal cumin and cardamom delicately grilled in an oven. Served with vegan mint yoghurt sauce and salad	

THE CURRIES & BIRYANIS

Any of the below meat alternative dishes can be swapped for vegetables

Vegan Chorchori  	10.95	Vegan Chicken or Lamb Tikka Masala 	12.95
Delicious Bengali style vegetable dish which is flavoured with Panch Phoran and simmered along with lentils.		A rich, creamy plant-based meat alternative bursting with flavour. It's a sustainable and healthy choice that satisfies both vegans & meat lovers.	
Vegan Chicken Biryani 	14.95	Vegan Chicken or Lamb Dansak  	13.95
Plant-based flavours that will redefine your perception of this beloved classic. Fluffy rice meets a colourful array of seasonal vegetables, plant-based chicken and aromatic spices.		A flavour-packed journey awaits! Experience tender lentils in a medium-spicy sauce, paired with a sweet-and-sour paste. Our meat alternative twist adds a delicious touch. (Served with Boiled Rice)	
Vegan Chicken or Lamb Madras  	11.95	Vegan Chicken or Lamb Bhuna 	11.95
Tender pieces of plant-based "chicken or lamb" cooked in a fairly-hot gravy.		A Traditional Bengal dish made with a plant-based meat alternative and a dry medium sauce that satisfies both vegans and meat lovers.	
Vegan Chicken or Lamb Korma  	11.95	KK Vegan Tofu Bhuna  	11.95
Delicious dish that's perfect for anyone looking for a creamy, mild curry. Made with chunks of plant-based "chicken" simmered in a luxurious sauce made from coconut milk, cream & our signature korma spices.		Slightly Grilled tofu simmered in a slow-cooked onion and tomato, infused with Bengali five spice and caramelised peppers a comforting vegan dish inspired by homestyle Bengali cooking.	

SIDE DISHES

Vegan Chana Masala  	6.25	Vegan Tarka Dhaal  	5.95
Chana Masala is a popular North Indian curry. Chickpeas cooked with a special spice mix.		Tarka Dhaal. That wonderful, spiced lentil dish that goes beautifully with every Indian meal. It's best served with rice, naan bread, or scooped up in chapatis. Tarka dhaal never disappoints.	
Vegan Bombay Aloo  	6.25	Vegan Saag Aloo  	6.25
Vegan Bombay Potatoes are made with hearty ingredients. A delicacy of cumin tempered potatoes cooked with tomato, onion and a home-made spice mix.		Vegan Saag Aloo is a delicious combination of spices cooked with creamy potatoes and fresh spinach.	

BREAD | RICE | DIP

Vegan Boiled Rice  	3.95	Vegan Chocolate Tart Cake  	5.95
Vegan Mushroom Rice  	5.50	A crumbly vegan chocolate pastry cake filled with a layer of rich vegan toffee sauce and topped with an indulgent vegan chocolate style ganache, finished with golden splashes.	
Vegan Naan/Vegan Garlic Naan 	4.25		
Vegan Mint Sauce  	1.50		

DESSERTS

 Choose our low carbon footprint menu items to eat as climate friendly as possible!

ALLERGEN INFORMATION

For allergy and intolerance information, please refer to our allergen matrix which can be found on our website. If you require any additional information regarding the presence of allergens in any of our food or drink, we strongly advise you contact the restaurant direct and talk to a senior member of staff before you place your order. Whilst a dish may not contain a specific allergen, due to the wide range of ingredients used in our kitchen, foods may be at risk of contamination by other ingredients.

4.5 MILES DELIVERY RADIUS & £2.50 DELIVERY CHARGE MINIMUM ORDER £15

We exclusively employ our own in-house, professionally trained Customer Focused Delivery Drivers who prioritise exceptional customer service.

Kaani Kaana has been founded on the principles of generational heritage dishes from Bangladesh combined with Indian classical dishes and the best street food from South Asia.

Our takeaway restaurant provides an insight into the cultural and culinary background of the Bangladeshi community with our customers top of mind. We achieve this by delivering a carefully curated menu straight to your front door bringing a restaurant-level experience to the comfort of your home.

All dishes are prepared with fresh ingredients (we also grow our own where we can) with impeccable attention to ensure the authenticity of our delicious flavours whilst considering health and wellbeing

Each step of the experience, whether that's ringing us to place your first order to garnishing our signatory dishes, has been finely tuned to create the ultimate Kaani Kaana experience.

DISCLAIMER

Menus are subject to change due to seasonality and product availability. Prices may also be subject to change.



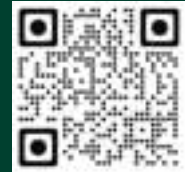
Kaani Kaana® খানি খানা

Bangladeshi & Indian Cuisine

Scan to order



Download Our App



ORDER ONLINE
www.kaanikaana.com

 **Chelmsford**
18 Duke Street, Chelmsford
Essex CM1 1HL

 01245 601 636

 01245 610 114

Open 7 Days a week
5:00pm to 10:00pm

 **Upminster**
189 St Mary's Lane, Upminster
RM14 3BU

 01708 780 144

 01708 780 060

Open 6 Days a week
5:00pm to 10:00pm
Closed Tuesday