

 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*

## খানি খানাতে স্বাগতম

At Kaani Kaana, good food has a way of bringing people together. Our menu celebrates regional dishes and the flavours we enjoy at home, made with care and quality ingredients. Whether you collect or choose delivery, We want you to feel the full Kaani Kaana experience and be part of the Kaani Kaana community.

### SMALL PLATES

|                                                                                                                                                                                                                                                                                                       |      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |      |
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| <b>Papadum</b>   (Plain or spicy)<br>Crisp, glossy, crackling and light-as-air Papadum.                                             | 1.00 | <b>Onion Bhaaji</b>    (4 pcs)<br>World famous snack of crispy spicy onions and lentils deep fried in a coating of gram flour.                                                                                                             | 6.50 |
| <b>Samosa</b>   (Chicken or Lamb) (3 pcs)<br>Nobody can resist these perfect pyramids of flaky pastry stuffed with Chicken or Lamb. | 5.95 | <b>Okra Fries</b>    (Fresh green Okra)<br>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. | 6.95 |
| <b>Gosht Pastry</b> (2 Pieces)<br>Puff pastries filled with spicy lamb and baked until golden. Growing up, these were a staple savoury in our household.                                                                                                                                              | 6.95 | <b>Seekh Kebab</b> <br>Grilled minced Lamb mixed with a blend of spices with a delicate sprinkling of fresh herbs. It is then skewered and grilled.                                                                                                                                                                                                                                                          | 7.50 |
| <b>Chicken or Lamb Tikka (S)</b> <br>Boneless chicken or lamb cutlets marinated with yoghurt, royal cumin and cardamom delicately grilled in an oven. Served with mint yoghurt sauce and salad.                      | 6.95 | <b>Prawn Puri</b><br>Tender prawns in a delicious, spicy tomato masala served on a crisp and light deep fried puri.                                                                                                                                                                                                                                                                                                                                                                           | 6.95 |

### THE STREET

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| <b>Salmon Bites</b> <br>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.                                                                                                                                   | 7.95 | <b>Regular Fries</b>   <br>Golden french fries.                                                                                                                                                                  | 3.95 |
| <b>Samosa Chaat</b>   <br>Delicious Indian street food where crispy Punjabi samosa is topped with spicy chana, yoghurt and chutney mixture.         | 7.95 | <b>Naga Grilled Wings</b>   <br>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. | 7.50 |
| <b>Kati Roll</b><br>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.                                                                                                                                                                                                                                           | 6.95 | <b>Masala Grilled Wings</b> <br>Tender grilled chicken wings coated in our famous masala marinade and sauce, combining aromatic spices with a rich and smoky finish. Grilled until perfectly charred                                                                                                                                                                                   | 7.50 |
| <b>Masala Fries</b>   <br>Crispy fried potatoes tossed with flavourful garlic, onion & tomato masala sauce. A delicious appetiser for any occasion. | 6.25 | <b>Tikka Roll</b> <br>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.                                                                                                                                                                                                                    | 7.50 |

### GRILLS

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| <b>Tandoori Chilli Broccoli</b>   <br>Prepared by marinating the greenest broccoli with fresh red chillies in a spiced yoghurt-based marinade & grilled in a Tandoori oven. | 7.95  |
| <b>Mixed Platter</b> <br>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.                                                                                                   | 21.95 |
| <b>Tandoori King Prawns</b> <br>Succulent grilled jumbo king prawns delicately marinated in mild spices.                                                                                                                                                                                                                                       | 16.95 |
| <b>Lamb Chops</b>  (3 pcs)<br>Spring lamb chops, marinated with fresh ginger, garlic, herbs, yoghurt and ground spices.                                                                                                                                                                                                                        | 16.95 |
| <b>Chicken or Lamb Tikka (M)</b> <br>Marinated in spiced yoghurt and grilled. High in protein due to its lean meat percentage and delicate cooking technique.                                                                                                                                                                                  | 11.95 |

### KAANI KAANA HERITAGE DISHES

*The way us Bengalis eat at home*

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |
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| <b>Lamb Shank</b>  (Served with Pilau Rice)<br>A leg of lamb cooked overnight resulting in an extremely tender morsel of meat. Nutritious bone marrow included in a medium sauce.                                                                                                                                                                                                                                                                      | 22.95 |
| <b>Khala Dhaal</b>   <br>Made with black lentils and kidney beans. Traditionally, this is cooked slowly for hours to create a thick consistency, rich in protein.                                                                                                                | 11.95 |
| <b>Bibi's Chicken Curry</b>  <br>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.                                                                                                                                                  | 12.95 |
| <b>Nodir Mass</b> <br>Grilled salmon fillet gently simmered in a thick, spiced curry sauce, blending smoky flavour with a rich, hearty finish.                                                                                                                                                                                                                                                                                                         | 15.95 |
| <b>Aloo Gosht Bhuna</b>   (Tender lamb leg)<br>Made with premium cuts of lamb leg, chosen for their tenderness and flavour. Slow cooked with onions, tomatoes, and green peppers, then finished with KK's secret roasted home made spices, it's served in a rich, thick sauce that coats the tender meat, with a subtle addition of potatoes to deepen the flavour. | 14.95 |
| <b>Kala Bhuna</b>   (Beef)<br>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.                                                                                                                                        | 13.95 |

### CLASSIC CURRY DISHES

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| <b>Chicken or Lamb Tikka Masala</b>  (Very Mild)<br>A very mild creamy dish cooked with coconut, cream and sweet masala sauce. British National Curry.                                                                                                                              | 12.95 |
| <b>Butter Chicken</b>  (Very Mild)<br>Grilled chicken tikka simmered in smooth spiced gravy, cream and coconut. Sweet and creamy.                                                                                                                                                   | 12.95 |
| <b>Chicken Korma</b>  (Very Mild)<br>A very mild dish cooked in coconut, cream & special Korma sauce.                                                                                                                                                                               | 12.50 |
| <b>Chicken or Lamb Tikka Jalfrezi</b>  <br>Cooked from an original recipe with an emphasis on the flavours extracted from fresh green chillies, fried onions and green peppers.                | 12.95 |
| <b>Chicken or Lamb Vindaloo</b>   <br>A timeless classic for those of you who are looking for a hot bite. | 12.95 |

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| <b>Tandoori Chicken Half</b> <br>Half piece of chicken marinated in a slightly tangy selection of spices before being grilled. Served with sizzling onions and a green salad.                                                                            | 11.95 |
| <b>Grilled Mass</b> (Salmon fillets) <br>Spiced fish marinated in a spicy marinade, then cooked till the fish is tender and crisp. Plenty of protein and heart-healthy fats.                                                                            | 15.95 |
| <b>Tandoori Chicken Bowl</b> <br>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. | 14.95 |
| <b>Chilli Chicken</b>  <br>Made with crispy boneless chicken chunks and lightly tossed in a spicy chilli sauce. Packed full of amazing flavours.                     | 12.95 |
| <b>Paneer Tikka</b>   (Indian cottage cheese)<br>Soaked overnight in sweet & sour vinaigrette then marinated in pickle yoghurt, fenugreek & black onion seeds.       | 11.95 |

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| <b>Kacchi Biryani</b>  (Tender lamb leg)<br>For us Bangladeshis, Kacchi Biryani is another name for love, a dish we never grow tired of. Made with premium cuts of tender lamb leg, layered with fragrant rice and potatoes, and infused with a beautiful blend of aromatic spices, a true Dhaka-born classic. Served with Biryani sauce. | 15.50 |
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| <b>Akhni Biryani</b>  (Chicken)<br>(On the bone). Originating from the Sylhet region of Bangladesh. This traditional dish of tenderised chicken cooked with boiled egg & basmati rice. This is our version of a celebratory biryani served across southern Asia. Served with Biryani sauce.                           | 15.50 |
| <b>Heritage Green</b>  (Chicken or Lamb)<br>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.                                                         | 14.50 |
| <b>Gosht Shatkora</b>   (Beef)<br>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. | 13.95 |

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| <b>Chicken or Lamb Balti</b> <br>Balti dishes are cooked with a unique blend of herbs and spices with onion, green pepper, tomatoes and a special balti sauce.                                                           | 11.95 |
| <b>Chicken Bhuna</b> <br>Cooked in a fairly dry medium sauce. Traditional Bengal dish.                                                                                                                                   | 11.95 |
| <b>Chicken or Lamb Madras</b>  <br>Tender pieces of Chicken or Lamb cooked in a fairly-hot gravy.                                   | 11.95 |
| <b>Chicken or Lamb Dansak</b>  <br>Cooked with lentils in a medium spicy sauce and a sweet-and-sour paste. (Served with Pilau Rice) | 14.50 |

### SIDES

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| <b>Bombay Aloo</b>   <br>A delicacy cumin-tempered potatoes cooked with tomato onion and a home style spice mix.                                                                                                                            | 6.50 |
| <b>Saag Paneer</b>   <br>Saag paneer is cooked spinach studded with cubes of fried paneer.                                                                                                                                               | 6.95 |
| <b>Chana Masala</b>   <br>Chickpeas cooked with a special spice mix. This dish goes well with chapati, roti, naan or rice.                                                                                                               | 6.50 |
| <b>Bengali Mix Vegetable Curry</b>    <br>A traditional Bengali dish with red pumpkin and mixed vegetables simmered in a flavourful, authentic sauce. | 6.95 |

### RICE & BREADS

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| <b>Plain Naan</b>  <br>Freshly baked in the tandoor.                                                                                        | 3.50 |
| <b>Garlic Naan</b>  <br>With minced garlic and coriander sprinkle.                                                                          | 4.50 |
| <b>Keema Naan</b> <br>Homemade soft & fluffy keema naan stuffed with a perfect combination of deliciously spiced minced lamb                                                                                                   | 4.95 |
| <b>Cheese Naan</b>  <br>Soft and fluffy cheese-stuffed naan bread.                                                                          | 4.50 |
| <b>Peshwari Naan</b>  <br>Peshwari naan is a wonderfully tasty filled bread that combines a gently sweet filling with soft and chewy dough. | 4.50 |
| <b>Paratha</b>  <br>Simple flatbreads that are made with whole wheat.                                                                       | 4.50 |

### CONDIMENTS

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| <b>House Chutney</b>   <br>Our signature chutney infused with Naga chilli to add a unique and flavourful kick to any dish.          | 1.50 |
| <b>Mint Sauce</b>   <br>Made with mint leaves, tangy lemon juice, and a touch of sweetness. Perfect for adding flavour to any dish. | 1.50 |
| <b>House Mint Sauce</b>   <br>Fresh mint leaves, vegan yoghurt, coriander, a touch of green chillies, garlic, lemon juice     | 1.50 |

### DESSERTS

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| <b>Chocolate Tart Cake</b>   <br>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. | 5.95 |
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| <b>Soft Drinks</b> (Cans 330ml)<br>Coke, Diet Coke or Pepsi Max | 1.50 |
| <b>Bottled Drinks</b> (1.25L)<br>Coke or Diet Coke              | 2.95 |

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| <b>Mushroom Bhaaji</b>   <br>Mushrooms cooked with onions, garlic, chilli and curry powder.                                     | 6.50 |
| <b>Saag Aloo</b>   <br>A delicacy of cumin tempered potatoes & spinach cooked with tomato, onion and a home style spice mix. | 6.50 |
| <b>Saag Bhaaji</b>   <br>Spinach cooked with garlic and mixed spices.                                                        | 6.50 |
| <b>Bhindi Bhaaji</b>   <br>Okra laced with a tangy melange of cumin seeds and lime, cooked with onion and tomato masala.     | 6.50 |

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| <b>Gluten-Free Bread</b>     (3 Pcs)<br>Soft thin bread, thrown, stretched and griddled to order on an upturned Tawa. | 4.95 |
| <b>Chapati</b>   <br>Thin Indian flatbread made of wheat flour.                                                                                                                                          | 3.50 |
| <b>Plain Rice</b>    <br>Plain cooked white rice.                                                                     | 3.95 |
| <b>Pilau Rice</b>   <br>Basmati rice.                                                                                                                                                                    | 4.75 |
| <b>Mushroom Rice</b>   <br>Basmati rice cooked with mushrooms and light spices.                                                                                                                          | 5.50 |
| <b>Coconut Rice</b>   <br>Basmati rice cooked with coconut.                                                                                                                                              | 5.50 |
| <b>Egg Rice</b>   <br>Basmati rice cooked with eggs and aromatic spices.                                                                                                                                 | 5.50 |

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| <b>Onion Salad</b>   <br>Red onions, chopped thinly with tomatoes, cucumber, hint of mint and fresh coriander. | 1.50 |
| <b>Chutney</b>    (Each)<br>Lime Pickle, Mango Pickle, Tamarind Sauce, Mango Chutney, Mix Salad.               | 1.50 |

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| <b>Kala-Jam</b>   (2 Pcs)<br>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. | 3.95 |
| <b>Fudge Cake</b> <br>Our 4-layered chocolate fudge cake, with velvety buttercream, white chocolate fudge icing, rich brownies, and white chocolate chunks.                                                                                                         | 5.95 |

### DRINKS

|                             |      |
|-----------------------------|------|
| <b>Bottle Water</b> (500ml) | 1.50 |
|-----------------------------|------|

# 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

Made with fresh crispy fried potatoes tossed with flavourful garlic, onion and tomato sauce. A delicious appetiser for any occasion.

### Vegan Samosa (3 Pcs)

Triangular pastry filled with mixed vegetables & arguably it's the most recognisable & widely available Indian food there is.

6.50

5.95

### Vegan Chicken Popcorn Chaat

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 Chicken Tikka

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

6.95

6.95

## THE CURRIES & BIRYANIS

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

### Vegan Chorchori

Delicious Bengali style vegetable dish which is flavoured with Panch Phoran and simmered along with lentils.

### Vegan Chicken Biryani

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.

### Vegan Chicken or Lamb Madras **11.95**

Tender pieces of plant-based "chicken or lamb" cooked in a fairly-hot gravy.

### Vegan Chicken or Lamb Korma

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.

10.95

14.95

### Vegan Chicken or Lamb Tikka Masala

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 or Lamb Dansak **14.50**

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 Bhuna

A Traditional Bengal dish made with a plant-based meat alternative and a dry medium sauce that satisfies both vegans and meat lovers.

12.95

14.50

11.95

## SIDE DISHES

### Vegan Chana Masala

Chana Masala is a popular North Indian curry. Chickpeas cooked with a special spice mix.

### Vegan Bombay Aloo

Vegan Bombay Potatoes are made with hearty ingredients. A delicacy of cumin tempered potatoes cooked with tomato, onion and a home-made spice mix.

6.50

6.50

### Vegan Tarka Dhaal

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 Saag Aloo

Vegan Saag Aloo is a delicious combination of spices cooked with creamy potatoes and fresh spinach.

6.50

6.50

## BREAD | RICE | DIP

### Vegan Boiled Rice

### Vegan Mushroom Rice

### Vegan Naan/Vegan Garlic Naan

### Vegan Mint Sauce

### Vegan House Mint Sauce

3.95

5.50

4.50

1.50

1.60

## DESSERTS

### Vegan Chocolate Tart Cake

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.

5.95

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



VOTED THE BEST ASIAN TAKEAWAY  
IN THE COUNTRY



Award by  
Asian Restaurant & Takeaway Awards

### 5 MILES DELIVERY RADIUS

UP TO 4 MILES: £2.75 DELIVERY CHARGE | 4-5 MILES: £3.75 DELIVERY CHARGE

### MINIMUM ORDER £18

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

*Inspired by the generational dishes of Bangladesh, our food reflects the way we eat at home - generous, comforting and full of flavour. Every dish is freshly prepared using high-quality ingredients.*

*We source locally and grow our own produce whenever possible. From placing your order to collection or delivery, every detail is carefully considered to offer a complete end-to-end customer experience.*



## 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.*



### DISCLAIMER

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



Bangladeshi & Indian Cuisine

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ORDER ONLINE  
[www.kaanikaana.com](http://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 7 Days a week  
5:00pm to 10:00pm

### 📍 Buckhurst Hill

58 Queens Road  
Buckhurst Hill, IG9 5BY

☎ 020 8637 3120

☎ 020 8637 2303

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