

Fish Dishes

Fresh Water

FISH BIRAAN	£9.50
FISH JALFREZI (Hot).....	£9.50
FISH BHUNA.....	£9.50
FISH GARLIC.....	£9.50
FISH CHILLI (Hot).....	£9.50
FISH KARAHl (Medium or Hot).....	£9.50

Balti Dishes

The Balti is rounded dish like wok. Whole spices are roasted and ground to create the most aromatic spice mixture. All dishes are medium, but can be served madras or vindaloo hot.

All Balti dishes served with a Nan.

BALTI CHICKEN or LAMB	£9.50
BALTI CHICKEN or LAMB DUPIAZA	£9.50
BALTI PRAWNS	£9.95
BALTI TIKKA CHICKEN or LAMB	£10.50
BALTI CHICKEN TIKKA MASSALA *(A).....	£11.95
BALTI HASH TIKKA or DUPIAZA	£11.50
BALTI KING PRAWNS	£14.95
BALTI MIXED VEGETABLES	£8.95

Biriani

Cooked with basmati rice and served with vegetable curry.

"RASAL" SPECIAL BIRIANI *(A)	£10.50
Topped with omelette.	
CHICKEN TIKKA BIRIANI	£9.95
TANDOORI CHICKEN BIRIANI	£9.95
CHICKEN or LAMB BIRIANI	£9.50
PRAWN BIRIANI	£10.50
KING PRAWN BIRIANI	£15.95
VEGETABLE BIRIANI	£8.95

Vegetarian Main Dish

PANEER TIKKA CHILLI MASSALA	£8.50
BUTTER PANEER *(A)	£8.95
VEGETARIAN DANSAK	£8.95
Served with pilau rice.	
VEGETARIAN JALFREZI	£7.95
VEGETARIAN KARAHl or MASSALA *(A)	£7.95
VEGETABLE KORMA *(A)	£6.95

Vegetable Dishes

VEGETABLE CURRY	£3.95
VEGETABLE BHAJI	£3.95
MUSHROOM BHAJI	£3.95
BHINDI BHAJI (Okra)	£3.95
BRINJAL BHAJI (Aubergine)	£3.95
CAULIFLOWER BHAJI	£3.95
BOMBAY ALOO (Hot) (Potatoes)	£3.95
ALOO PEAS	£3.95
SAG ALOO	£3.95
SAG BHAJI	£3.95
ALOO GOBI	£3.95
CHANA MASSALA (Chick peas)	£3.95
LANKA POTATOES (With chillies and ginger)	£3.95
DAL (Lentils)	£3.95
TARKA DAL (Lentils with garlic)	£3.95
DAL MASSALA *(A)	£3.95
SAG DAL	£3.95
MATTAR PANEER (Home made cheese and peas) *(A).....	£4.50
SAG PANEER (Home made cheese and spinach) *(A)	£4.50

If there is a dish which you may like and is not listed on the menu, please enquire with a member of our staff, if possible within the time available we will be happy to prepare it for you.

*(A) ALLERGY AWARENESS

Few of our dishes may contain nuts or dairy products, if you suffer from an allergy, then please enquire when ordering.

Vegetable oil used is produced from genetically modified soya.



Eggs



Fish



Milk



Mustard



Nuts



Soya



Sesame

Rice Dishes

BOILED RICE	£2.95
PILAU RICE (Basmati)	£3.25
SPECIAL FRIED RICE (With egg)	£3.95
PEAS PILAU	£3.95
MUSHROOM RICE	£3.95
ORIENTAL PILAU RICE	£3.95
Rice cooked with spices, peas and mushrooms.	
KEEMA RICE	£4.50
COCONUT RICE	£4.50
TOBY RICE	£4.75
Chicken, Sag, Chick peas, Peas and Egg.	

Nans

PLAIN NAN (Leavened bread cooked in Tandoor)	£2.50
PESHWARI NAN (Stuffed with almonds)	£3.25
GARLIC NAN	£3.25
CHEESE NAN	£3.25
KEEMA NAN (Stuffed with minced lamb)	£3.25
KULCHA NAN (Stuffed with vegetables)	£3.25
ROGONI NAN (With sesame seeds)	£3.25
AKBARI NAN (NEW) (Stuffed with chicken tikka)	£3.25
PLAIN PARATHA	£2.50
STUFFED PARATHA (Stuffed with vegetables)	£3.25
TANDOORI ROTI	£2.25
CHAPATI (Soft thin bread)	£1.75
PURI	£1.75

Sundries

PAPADUM	£0.70
MASSALA PAPADUM (Spicy)	£0.80
RAITA (Cucumber or onion)	£1.95
CHUTNEY	£0.70
GREEN SALAD	£1.95

Rasal

Bangladeshi & Indian Cuisine



BCA CATERER OF THE YEAR
HERTS & BEDS REGION

01923 778722 / 779921

www.rasal.co.uk

173A High Street, Rickmansworth,
Hertfordshire WD3 1AY

FREE HOME DELIVERY
for orders over £15.00 & within 3 miles radius

Open 7 Days a week including Bank Holidays
5.30pm to 10.30pm. Sunday 5.30pm to 10.00pm

Tuesday Gourmet Night

DINE IN ONLY

For only £13.95 per person
King Prawns Extra £4.50

Starters

CHICKEN or LAMB TIKKA	£4.25
MALAYA TIKKA *(A)	£5.50
Chicken cooked with almonds, coconut cream and single cream.	
TANDOORI CHICKEN (1/4)	£4.25
CHICKEN CHAAT	£4.25
CHICKEN PAKORA *(A)	£5.25
Sliced chicken marinated with spice and herbs. Coated with bread crumbs and deep fried.	
NAZ PURI	£5.25
Chicken tikka cooked with tomato, onions, green peppers, coriander, spring onions and medium spices. Served in a roll.	
RESHMI or SHAMI or SHEEK KEBAB *(A)	£3.95
LAMB CHOP	£6.95
FISH KEBAB	£6.95
MIX STARTERS *(A)	£7.95
Chicken tikka, lamb tikka, sheek kebab, meat samosa & onion bhaji.	
GARLIC KING PRAWN	£6.95
KING PRAWN BUTTERFLY or PURI *(A)	£6.95
PRAWN PURI	£4.75
ALOO CHAAT	£3.75
GARLIC MUSHROOM	£3.95
SAMOSA	£3.50
Meat or vegetable.	
ONION BHAJI *(A)	£3.50

Tandoori Dishes

These dishes are grilled on skewers on a charcoal fire in a specially designed clay oven. The Meat having previously been marinated in our own special mixtures and garnished with salad. Tandoori dishes are among the outstanding delicacies of India. *(A)

TANDOORI CHICKEN (Half)	£7.95
PANEER TIKKA	£7.50
CHICKEN TIKKA or LAMB TIKKA	£7.95
SHASLICK CHICKEN	£9.95
SHAHI CHICKEN TIKKA	£9.95
Marinated in fresh herbs, grilled mushrooms, capsicum, onion and sparkling apple juice.	
TANDOORI MIXED GRILL	£13.95
Tandoori chicken, chicken tikka, lamb tikka, sheek kebab, nan.	
TANDOORI KING PRAWNS	£13.95
CHICKEN or LAMB JAFRANI	£9.95
Marinated in mixture and herbs. Served with grilled tomato, onion, capsicum and Rasal Sauce.	
TANDOORI KING PRAWN GARLIC	£14.95
TANDOORI KING PRAWN SHASLICK	£14.95

“Rasal” Specialities

‘RASAL’ SPECIAL CHICKEN (Mild) *(A)	£8.95
Pieces of spring chicken cooked in special sauce with exotic fruits.	
ZUZU CHICKEN (Mild to medium) *(A)	£8.95
Slightly spiced, marinated in yoghurt, cooked with fried onions, capsicum and mushroom.	
CHICKEN TIKKA MASSALA (Mild) *(A)	£8.95
Barbecued chicken cooked in special sauce, fresh cream and almonds.	
LAMB TIKKA MASSALA (Mild) *(A)	£8.95
Lamb grilled, tossed in butter, cultured yoghurt, fresh cream and mild spice with exotic sauce.	
BUTTER CHICKEN (Mild) *(A)	£9.95
Barbecued chicken tossed in butter with cultured yoghurt, fresh cream and then cooked in exotic sauce.	
CHICKEN PASANDA (Mild) *(A)	£8.95
Tender chicken fillets marinated in fresh spices and fresh cream. Then cooked in exotic sauce.	
LAMB BADAM PASANDA (Mild) *(A)	£8.95
Tender lamb fillets marinated in fresh spices and fresh cream then cooked in exotic sauce.	
JHINGA DELIGHT (Mild) *(A)	£14.95
Barbecued king prawn cooked in wine, butter and fresh cream. Served in an exotic sauce.	
TANDOORI KING PRAWN MASSALA (Mild) *(A)	£14.95
Marinated king prawns cooked in special sauce with almond nuts.	
KARAHI CHICKEN (Medium or Hot)	£8.95
Chicken pieces marinated in special spices, cooked in thick sauce with herbs, tomatoes, onions and capsicum.	
KARAHI GOSHT (Medium or Hot)	£8.95
Thin lamb pieces marinated in fresh spices, cooked in medium dry sauce with herbs, tomatoes, onions and capsicum.	
KARAHI KING PRAWN (Medium or Hot)	£14.95
King prawns cooked in fresh spices in medium dry sauce with herbs, tomatoes, onions and green peppers.	
ACCHAR CHICKEN (Medium)	£8.95
Chicken pieces cooked in special tangy sauce, medium spicy.	
JEERA CHICKEN (Medium)	£8.95
Pieces of chicken cooked with medium spice with roasted whole cumin seeds.	
MURGH MASSALA (Medium) *(A)	£9.95
Pieces of chicken mixed with mince lamb, variety of spices, cooked in dry sauce with hard boiled egg.	
CHICKEN TIKKA or LAMB TIKKA JALFREZI (Hot)	£9.50
Boneless barbecued chicken / lamb cooked in selected spices with fresh green chillies and green peppers.	
KING PRAWN JALFREZI (Hot)	£14.95
Barbecued king prawns cooked with selected spices, fresh green chillies and green peppers.	
CHICKEN TIKKA CHILLI MASSALA (Hot)	£8.95
Chicken tikka pieces cooked in thick sauce with fresh green chilli.	
GARLIC CHICKEN or LAMB (Medium)	£8.95
Chicken or lamb cooked with freshly made ground spice and garlic.	

NAZ SPECIAL (Medium) £9.50
Barbecued chicken cooked with peppers, onions and special Chef’s sauce.

IMAD SPECIAL (Medium) £9.50
Barbecued chicken cooked with garlic, ginger, mango chutney, chilli, coriander, green peppers, to create a medium sweet flavour.

SHATKORA CHICKEN or LAMB (Medium) £9.50
Barbecued chicken or lamb cooked with herbs, spices and bitter lemon.

New “Rasal” Specialities

RASAL SPECIAL KARAHI (Medium hot) £10.95
Barbecued chicken or lamb marinated in fresh spices, cooked with minced lamb in a thick exotic sauce garnished with herbs, tomatoes, onions and green peppers.

CHINGRI JULL (Medium) £14.95
Delicately spiced king prawn with shell, served medium spiced with tomato and onion sauce. Highly recommended.

SHAB’S SPECIAL (Hot) £9.50
Grilled chicken cooked with green peppers, onions, green chillies in Rasal special spicy sauce.

RAAN MUSSALLAM (Medium) £11.50
Roasted leg of lamb marinated in Indian spices then cooked over a gentle flame in rich, onions, coriander and flavoured with Rasal special sauce.

SIZZLING ACCHARI (Fairly hot) £10.50
Barbecued chicken or lamb cooked with garlic, ginger, mango chutney, coriander, mint sauce, lime pickle and mustard oil.

BENGAL ROAST CHICKEN (Medium) £9.50
Whole breast of chicken fried over a slow fire, then cooked with yoghurt, lots of onions and fresh herbs of Bengal.

PISTACHIO CHICKEN (Hot) £9.50
Barbecued chicken cooked with garlic, chilli, pickle, coriander and spring onion.

FAZ SPECIAL (Medium)..... £9.50
Barbecued chicken cooked with tamarind sauce and spinach.

CHICKEN BEMISAL (Hot) £9.50
Tender pieces of chicken marinated with spices, yoghurt then baked in clay oven. Cooked with green chillies in a hot , sweet and sour sauce.

CHICKEN OR LAMB NAAGA (Hot) £9.50
Cooked with Bangladeshi naaga chillies.

LAMB CHERRINAR (Medium) *(A) £9.50
Tender strips of lamb stir fried with fresh and dry herbs, fenugreek, coriander, mustard seeds, curry leaves and garnished with fresh coconut.

PESHWARI CHICKEN £9.95
Cooked with Rasal special sauce.

Old Favourites

All chicken dishes are served breast meat.

	Chicken	Lamb	Prawn	King Prawn
CURRY (Medium)	£6.50	£6.50	£7.50	£10.95
MADRAS (Fairly hot)	£6.95	£6.95	£7.95	£11.50
CEYLON *(A) (Fairly hot with coconut)	£7.50	£7.50	£7.95	£11.95
VINDALOO (Very hot)	£7.50	£7.50	£7.95	£11.95
KORMA *(A) (Very mild)	£7.50	£7.50	£7.95	£11.95
BHUNA (Medium)	£7.50	£7.50	£7.95	£11.95
DUPIAZA (Medium with onions)	£7.50	£7.50	£7.95	£11.95
SAG (Medium with spinach)	£7.50	£7.50	£7.95	£11.95
MALAYA (Mild with pineapple)	£7.50	£7.50	£7.95	£11.95
KASHMIR *(A) (Mild with fruits)	£7.50	£7.50	£7.95	£11.95
ROGON (Medium with fried tomatoes)	£7.50	£7.50	£7.95	£11.95
CHILLI MASSALA (Very hot)	£7.50	£7.50	£7.95	£11.95
DANSAK (Sweet, sour and hot with lentils. Served with pilau rice)	£10.50	£10.50	£10.95	£14.95
PATHIA (Sweet, sour and hot. Served with pilau rice)	£10.50	£10.50	£10.95	£14.95
Hash Dishes				
	Duck			
HASH TIKKA				
HASH TIKKA MASSALA (Mild) *(A)				
HASH KARAHI (Medium or Hot)				
HASH SHASHLICK (Barbecued)				
HASH JALFREZI (Hot)				