

HOUSE SPECIALITIES (continued)

Butter ● **D** Mild curry cooked with almond, cashew nut and magaj seed
Saag ● **D** Spinach leaf in fresh garlic (medium hot)
Mango Masala **NEW** ● **D** Cooked with a hint of mango in creamy sauce
Punjabi Masala **NEW** ● **D** Medium hot cooked with bell pepper & Punjabi style sauce

RICE

Boiled rice	£2.95	Pilau rice D	£3.50
Mushroom fried rice V D	£3.95	Coconut rice D	£3.95
Veg fried rice V	£3.95	Egg fried rice E	£3.95
Panas special fried rice D	£5.95	Onion rice D	£3.95
Jeera rice D	£3.95	Garlic Rice	£3.95

BREAD

Plain naan G D	£2.95	Garlic naan G D	£3.50
Peshwari naan G D N	£3.95	Cheese naan G D	£3.95
Keema naan G D	£3.95	Paratha G	£3.50
Chapati G	£1.95		

CHIPS

Chips	£2.95	Sweet chilli chips	£3.50
Salt and chilli chips	£3.50		

PAPADAMS & SAUCES

Papadam (per pcs)	£0.95	Spicy onion	£1.10
Pokora sauce	£1.10	Mint sauce D	£1.10
Garlic sauce	£1.20	Chilli sauce	£1.10
Salad	£1.50	Raita sauce D	£2.95
Mixed Pickle	£1.20		

CURRY SAUCES

Curry Sauce	£4.50
Korma, Patia, Vindaloo, Masala, Madras (500ml)	

BIRYANI

Vegetable biryani D	£9.95	King Prawns biryani D	£13.95
Chicken biryani D	£10.95	Panas Special biryani D	£13.95
Lamb biryani D	£12.95	Aromatic basmati rice with lamb, chicken, prawns and seasonal vegetables	
Prawns biryani D	£12.95		

KIDS MEAL

Fish Fingers & Chips	£5.95
Chick Nuggets & Chips	£5.95
Kids Korma with Rice	£6.95

EUROPEAN DISHES

Fish and Chips	£9.95
Fried fish in batter served with chips	
Chicken Nuggets & Chips G	£8.95
Battered & deep-fried chicken served with chips	
Chicken Maryland with Chips	£9.95
Southern-spiced roast chicken served in a buttery sauce	
Omelette (Plain, Mushroom or Chicken) with Chips	£8.95
Beaten eggs pan fried	

If you suffer from a food allergy or intolerance, please let us know before you place your order, please ask our staff if you require any assistance or guidance with our menu.

V - Vegetarian ● - Mild ● - Medium ● - Hot
G - Gluten **N** - Contains Nuts **E** - Egg **D** - Dairy

Set Meal - 1 £13.95

Papadam, Spiced onion ,Veg pokora,
 any one curry from Traditional Favourites & House Specialities
 (excludes King Prawn) and Pilau rice or Naan
 Change to Chicken Pakora or Mix Pakora £2.95 extra
 Garlic Naan - Extra £0.95 • Peshwari/Cheese/Keema Naan - Extra £2.25

Set Meal - 2 £25.95

Papadams, Spiced onion, Veg pokora,
 any two curries from Traditional Favourites & House Specialities
 (excludes King Prawn) and Pilau rice and Naan
 Change to Chicken Pakora or Mix Pakora £2.95 extra
 Garlic Naan - Extra £0.95 • Peshwari/Cheese/Keema Naan - Extra £2.25

Set Meal - 3 £37.95

Papadams, Spiced onion, Veg or mix pokora,
 any three curries from Traditional Favourites & House Specialities
 (excludes King Prawn), 2 Pilau rice and Naan
 Change to Chicken Pakora £2.95 extra
 Garlic Naan - Extra £0.95 • Peshwari/Cheese/Keema Naan - Extra £2.25

Set Meal - 4 £45.95

Papadams, Spiced onion, any 2 Veg or
 mix pokora, any four curries from Traditional Favourites & House
 Specialities (excludes King Prawn) and 2 Pilau rice and 2 Naan
 Change to Chicken Pakora £2.95 extra
 Garlic Naan - Extra £0.95 • Peshwari/Cheese/Keema Naan - Extra £2.25

Ala-Carte menu serving throughout the
 Restaurant Opening times

Tuesday - Saturday (4pm - 10pm)

Sunday (3pm - 9pm)

ALL YOU CAN EAT BUFFET

Tue - Thurs 4pm - 8.30pm

Adults - £13.95

Kids Under 10 - £7.95

Fri - Sat 4pm - 9pm

Sun 3pm - 8pm

Adults - £14.95

Kids Under 10 - £7.95

(Babies - Minimum Charge £3.95 will be applied if they use food)

BEER GARDEN OPEN

DESSERTS

Gulab Jaman £3.50
 Nepalese Rice Pudding £3.50

SOFT DRINKS

Coke, Diet Coke, Irn Bru, Irn Bru Diet, Fanta
 Can - £1.50 • 1.5 Litre - £3.50

WE SERVE HALAL FOOD

Dunfermline Press
 BEST CURRY
 AWARD

2023
 EDITION

PANAS

LICENSED RESTAURANT

Nepalese, Indian, Thai and Chinese cuisine



Introducing our finest
 Asian fusion dishes

6 DAY BUFFET
 & ALA CARTE MENU

01383 418444

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rosythpanas@gmail.com

170 Queensferry Road, Rosyth KY11 2JF

(Next to Tesco Rosyth)

VEG STARTER

Garlic Mushroom ● V D	£4.95
Mushrooms tossed in creamy garlic sauce	
Mushroom Pokora ● V	£4.95
Fresh mushroom with the spices, batter and fried	
Vegetable Pokora ● V	£4.95
Light spiced assorted vegetables gram flour battered fried	
Garlic Chilli Potato ● V	£4.95
Potato Fingers tossed in chilli sauce that's spicy	
Aloo Tikki ● V	£4.95
Popular north indian snack of spiced, crisp and tasty potato patties	
Onion Bhaji ● V	£4.95
Spicy, crispy Indian fritters made with onions and gram flour	
Veg Somosa (3 pcs) ● V G	£4.95
Pastry with a savoury filling of spiced potatoes, onions, peas & mix	

NON-VEG STARTER

Chicken pakora ●	£5.95
Lightly spiced chicken strips, battered & fried	
Haggis Pokora ●	£5.95
Scottish haggis with the spices, battered & fried	
Chicken Chaat ●	£5.95
Tangy, tamarind flavoured shredded chicken	
Piro Kukhura ●	£5.95
Delicately flavoured chicken with Nepalese herbs cooked in tomato & garlic sauce	
Puree (chana, vegetable, chicken, prawn) ● G	£5.95
Cooked in a medium tasty curry sauce	
Mix Pokora (chicken & vegetables) ●	£5.95
Fish Pokora ●	£5.95
White fish strips with the spices, battered & fried	
Chicken Samosa	£5.45
Pastry with a savoury filling of chicken mince, onions, peas & mix	

TANDOORI STARTER

Chicken Tikka ● D	£5.95
Chicken breast chunks in tandoori spices char grilled	
Chicken Tandoori ● D	£5.95
Chargrilled chicken supreme in authentic tandoori marination	
Lamb Tikka ● D	£6.95
Chunks of lamb in tandoori spices char grilled	
Lamb Chops ● D	£6.95
Pickled baby lamb chops charcoal grilled	
Seekh Kebab ●	£6.95
Minced lamb barrels flavoured with mix peppers, red onions and green coriander	
Fish Tikka ● D	£6.95
Chunks of fish in tandoori spices char grilled	
Tandoori King Prawn ● D	£7.50
King prawn in tandoori spices char grilled	
Mix Tikka (chicken & lamb) ● D	£6.95
Spicy Chicken Wings	£5.95

CHEF'S PLATTER

Chef Platter for Two ● D	£11.95
Combination of lamb and chicken tikka, chicken and veg pakora, chicken wings and Sheekh kebab	
Chef Platter for Four ● D	£20.95
Combination of lamb and chicken tikka, chicken and veg pakora, chicken wings and Sheekh kebab	

CHINESE AND THAI STARTER

Vegetable spring roll ● V G E	£4.50
Fresh herbs and vegetables in a crispy roll	
Manchurian (Veg, Gobi, Chicken) ● G	£4.95
Cooked with soya sauce, salt, ginger paste, red chilli powder & bell pepper	

CHINESE AND THAI STARTER (continued)

Panas Chilli (Chicken, Paneer, Fish) ● G	£6.95
Marinated in piquant sweet and sour sauce lightly fried until golden brown	
Honey chicken ● G	£5.95
Lightly battered in tangy honey sauce	
Salt and pepper (Chicken, Paneer, Prawn) ● G	£5.95
Tender, juicy coated in a mouth-watering homemade spice	
Salt and chilli (Chicken, Paneer, Prawn) ● G	£5.95
Tender, juicy coated in a mouth-watering homemade spice	

CHINESE MAIN COURSE

Vegetables £8.95 Chicken £9.95 King prawn £13.95

Sweet and sour ● G	
Incorporate into your favourite dishes with Sweet & Sour sauce	
Black beans ● G	
Incorporate into your favourite dishes with Black beans sauce	
Oyster ● G	
Incorporate into your favourite dishes with Oyster based sauce	
Hoisin ● G	
Incorporate into your favourite dishes with Hoisin sauce	
Manchurian ● G	
Incorporate into your favourite dishes with Manchurian sauce	
Kung Po ● G N	
Incorporate into your favourite dishes with Kung Po sauce in Cashew Nuts	
Hot and sour ● G	
Incorporate into your favourite dishes with Chilli sauce, soya sauce & Vinegar	

THAI MAIN COURSE

Vegetables £8.95 Chicken £9.95 King prawn £13.95

Green Thai curry ● D	
Incorporate into your favourite dishes with Green Thai curry sauce	
Red Thai curry ●	
Incorporate into your favourite dishes with Red Thai curry sauce	

NOODLES

Vegetables £8.95 Chicken £9.95 King prawn £13.95

Hakka Noodles ● G E	
Noodles made with bell peppers, spring onions flavoured with IndoChinese flavours	
Garlic Chilli Noodles ● G E	
Noodles in fresh Chilli and Garlic sauce	
Singapore Rice Noodles ● G E	
Thin rice noodles with mixed vegetables flavoured with peppers and onion	

TANDOORI MAIN COURSE

(All tandoori main courses are served with fresh garden salad, plain naan or Pilau rice and curry sauce only)

Tandoori Chicken (on the bone) ● D	£11.95
Chargrilled chicken supreme in authentic tandoori marination	
Mango Chicken Tikka ● D	NEW £12.95
Boneless chicken tikka with hint of mango	
Tandoori Chicken Tikka ● D	£12.95
Chicken breast chunks in tandoori spices char grilled	
Tandoori Lamb Tikka ● D	£14.95
Chunks of lamb in tandoori spices char grilled	
Tandoori Lamb Chops ● D	£14.95
Pickled baby lamb chops charcoal grilled	
Tandoori Fish Tikka ● D	£14.95
Chunks of fish in tandoori spices char grilled	
Tandoori Mix Tikka ● D	£14.95
(Combination of Lamb Tikka & Chicken Tikka)	
Panas Tandoori Platter ● D	£15.95
(Combination of Lamb chops, King Prawns, Chicken Tikka, Kebab & Tandoori Chicken)	
Tandoori King Prawn ● D	£15.95
King Prawn in tandoori spices char grilled	

NEPALESE MAIN COURSE

Bhuteko Khasi	NEW £11.95
Cooked lamb with Nepalese herbs, green chilli & spices	
Poleko Bhale Kukhura	NEW £10.95
Marinated chicken and spring onions with Nepalese herbs & spices cooked in thick sauce	
Panas Special	NEW £11.95
Grilled chicken & lamb cooked together in Nepalese spices	

VEGETABLES MAIN

Tadka Daal ● D	£7.95
Simmered mixed lentils tempered with garlic & jimbu leaves	
Chana Masala ● D	£7.95
Chick peas cooked in onions, tomatoes and garlic sauce	
Aloo Gobi ● D	£7.95
Paneer Malaidar ● D	£8.95
Paneer cooked in rich cream based gravy & almond	
Daal Makhani ● D	£8.95
Rich & creamy simmered black lentils	
Saag Paneer ● D	£8.95
Spinach & cottage cheese tossed in fresh garlic	
Mix Vegetable Curry ● D	£7.95
Veggies & chickpeas simmered in tomato sauce Traditional Indian dish made of spiced cauliflower & potatoes	
Bombay Potato ● D	£7.95
Diced potatoes tempered with mustard & curry leaves	

TRADITIONAL FAVOURITES

CHICKEN DISHES	£9.95	PRAWNS	£10.45
CHICKEN TIKKA	£9.95	KING PRAWNS	£13.95
VEG	£8.95	FISH	£10.95
PANEER	£9.95	LAMB DISHES	£10.95

Korma ● D Very mild creamy curry cooked with coconut, cashew nut and magaj seed

Do piyaja ● D Spices and onions with some tomato thrown in good measure

Bhoona ● D medium dish made with onion, tomatoes and fenugreek leaves

Dhansak ● D with lentils

Madras ● D Hot dish tempred with curry leaves

Vindaloo ● ● D Very hot strongly flavoured spices in a rich sauce

Patia ● D Sweet and sour curry

HOUSE SPECIALITIES

CHICKEN DISHES	£9.95	PRAWNS	£10.45
CHICKEN TIKKA	£9.95	KING PRAWNS	£13.95
VEG	£8.95	FISH	£10.95
PANEER	£9.95	LAMB DISHES	£10.95

Tikka Masala ● D Mild curry cooked with almond and magaj seed

Jalfrezi ● D With onions and bell peppers in Indian spices

Kadai ● D Cooked with fresh bay leaves, onions, bell peppers, ginger, garlic, fresh herbs & saunf spices (medium)

Panas Hot Pot ● D Cooked in spicy sauce with garlic, ginger, mushrooms, peppers, spring onions, carrots (hot)

South Indian Garlic Chilli ● D Tempered with garlic and green chillies in South Indian style (hot)

Angati ● D Chilli with black pepper, onion & bell pepper (extra hot)

Rogan Josh ● D Onion, tomato, mixed herb, fennel seed

Sarabee ● D Blended with fresh ground spices and herbs with special sauce and a touch of whisky

Pasanda ● D Cooked in a mild almond mixed pasanda sauce with fresh cream

Chasni ● D Cooked in mild fruity sauce, creamy and tangy

Balti ● Tomatoes cooked with chef's special homemade Balti sauce

Nawabi ● D Cooked in homemade sauce, onions & mushroom (hot)

Naintara ● D A choice of ingredient simmered & added to a tikka base with fried onions and coriander