

PANAHAR 404-633-6655

Breads

- 46) **Naan:** Unleavened bread made in Tandoori Oven. Soft and fluffy. 2
- 47) **Garlic Naan:** Naan bread topped with roasted minced garlic. 3
- 48) **Cheese Naan:** Naan bread stuffed with shredded mozzarella cheese. 3
- 49) **Onion Naan:** Naan bread stuffed with chopped onion and cilantro. 3
- 50) **Mixed Naan:** Stuffed with cheese, chopped onion & garlic. 3
- 51) **Naarkelee Naan:** Stuffed with coconut and golden raisins. 3
- 52) **Keema Naan:** Naan bread stuffed with ground beef. 3
- 53) **Poraata:** Soft whole-wheat flat bread pan-fried in melted butter. 3
- 54) **Aloo Poraata:** Poraata stuffed with mashed potatoes and peas. 3
- 55) **Poori:** Whole wheat deep fried puffy bread. 2
- 56) **Rooti:** Unleavened whole wheat baked bread. Light and healthy. 2

Condiments

- 57) **Onion Chutney** 2
Spicy relish with chopped onion, tomatoes, red chilly, cilantro & lime juice.
- 58) **Raita** 2
Condiment made with homemade plain yogurt, whipped with ground black pepper, blended with chopped cucumbers and carrots.
- 59) **Aamer Chutney** 2
Mangoes cut and peeled. Sweet & slightly spicy mango pickle.
- 60) **Aamer Achaar** 2
Relish made with green mango marinated in very light vinegar and mustard oil, with black mustard seed, 'paach-foron', and a pinch of salt. Enhances the flavor and taste of any menu item.

Desserts

- 61) **Kulfi** 3
Homemade ice cream with mango and banana topped with pistachio.
- 62) **Laal-mohon** 3
Homemade cheese and milk whey balls, dipped in honey & sugar syrup.
- 63) **Firni** 3
Bangladeshi rice pudding, made with Baashmotee rice, milk, cardamom, cinnamon, bay leaves, raisins, almonds, etc.

Beverages

- 64) **Mango Lassi** 3
Sweet & sour smoothie-like drink made with homemade unsweetened yogurt and pure mango. Panahar signature drink.
- 65) **Spiced Iced Tea** 2
Bangladeshi tea leaves, freshly brewed with cardamom, cloves, cinnamon bark, bay leaves, and fresh ginger.
- 66) **Soft Drinks** 2
- 67) **Milk** 2

PANAHAR

DINNER HOURS

TUE - SUN

5:30 PM - 10:30 PM

**All You Can Eat
Lunch Buffet**

TUE - SUN

11:30 AM - 2:30 PM

DIRECTION(S)

From Outside the Perimeter, North of Atlanta :

- Take I-85 South to Exit #91 (Clairmont Road Exit)
- > Take Right at the Traffic Light
- > Go 1 mile > Take Left on Buford Hwy > Go 2 miles
- > Turn Left into Northeast Plaza Shopping Center
- > Veer Left > Panahar Restaurant is across from "Body Plex"

From Inside the Perimeter, North of Buckhead :

- Take Peachtree Road > Turn on Clairmont Road (it goes 1 way)
- > Go approximately 2 miles > Take Right on Buford Hwy
- > Go 2 miles > Turn Left into Northeast Plaza Shopping Center
- > Veer Left > Panahar Restaurant is across from "Body Plex"

From Midtown :

- Take Buford Hwy North
- > Turn Right into Northeast Plaza Shopping Center (Between North Druid Hills & Clairmont Road)
- > Veer Left > Panahar Restaurant is across from "Body Plex"

From Downtown or South of Downtown :

- Take I-75/85 North to I-85 North (Exit #251)
- > Take Exit #86 (Buford Hwy Exit)
- > Go Immediately To Far Left Lane & Travel 3.5 Miles
- > Turn Right into Northeast Plaza Shopping Center
- > Veer Left > Panahar Restaurant is across from "Body Plex"

**3375 Buford Hwy. Suite 1060
(inside Northeast Plaza Shopping Center)**

Atlanta, GA 30329

404-633-6655

www.panahar.com



**Take-out
Menu**

e-mail:

panahar@aol.com

www.panahar.com

**3375 Buford Hwy
Suite 1060
Atlanta, GA 30329**

**(inside Northeast Plaza
Shopping Center;
between
Clairmont & North
Druid Hills Rd.)**

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Bangladeshi Cuisine

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**ALL PRICES
INCLUDE SALES TAX**

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Appetizers

- 1) **Appetizer Platter (for two guests)** 5
Combination of Chicken Shingaara, Vegetable Shingaara and Pakoras.
- 2) **Vegetable Shingaara (for two guests)** 4
Triangular whole-wheat pastry spiced with paach-foron. Stuffed with cubed coconut, carrots, peas and potatoes.
- 3) **Chicken Shingaara (for two guests)** 4
Triangular whole-wheat pastry, spiced with paach-foron. Stuffed with minced chicken, peas and potatoes.
- 4) **Pakora (for two guests)** 4
Fresh sliced vegetables mixed with gram flour, coriander, and onions.
- 5) **Poori Chicken Teek-ka (single serving)** 5
Chicken Teek-ka cooked with sautéed onions and Chef's special herbs and spices, served with fluffy Poori (bread).
- 6) **Poori Shrimp (single serving)** 5
Shrimp with sautéed onions and Chef's special spices, served with fluffy Poori (bread).

Soups

- 7) **Halim** 2
Spicy vegetarian soup with pureed mixed vegetable in different kind of lentils.
- 8) **Mulligatawny Soup** 2
'Moshoorer Daal' (orange lentils) soup made with peeled tomato, lemon juice, cumin, and Chef's special herbs & spices.

Tondoori Specialties

- 9) **Chicken Teek-ka** 11
Tender pieces of boneless white meat chicken marinated in special 'Tondoori sauce' made with yogurt, freshly ground aromatic herbs & spices, and then barbecued on skewers over charcoal fire in 'Tondoori clay oven'.
- 10) **Tondoori Chicken** 11
Chicken leg quarters (on the bone) marinated in 'Tondoori sauce' with fresh herbs & selected spices.
- 11) **Sheek Kabab** 11
Minced beef spiced with ginger, herbs and onions, roasted on skewers.
- 12) **Tondoori Lamb** 12
Cubed marinated boneless leg of lamb spiced with ginger and herbs roasted.
- 13) **Tondoori Shrimp** 14
Jumbo shrimp delicately marinated in fresh ginger and spices.
- 14) **Mixed Tondoori Platter** 15
An assortment of Tondoori specialties, including five different Tondoori items: Chicken Tikka, Tondoori Chicken, Sheek Kabab, Tondoori Lamb & Tondoori Shrimp.
- 15) **Chicken Makhani** 11
Boneless chicken strips marinated in 'Tondoori sauce' made with yogurt, fresh herbs & selected spices. Barbecued on skewers in 'Tondoori clay oven'. Cooked again in a special buttery, zesty tomato sauce with aromatic herbs & cream sauce.
- 16) **Teek-ka Moshol-la**
Succulent pieces of boneless cubed meat, peeled shrimp, or homemade cheese marinated in 'Tondoori sauce'. Barbecued on skewers in 'Tondoori Clay Oven' and cooked again in a special flavorful sauce with peeled tomato, herbs & cream sauce.

Poneer 12 Chicken 12 Lamb 13 Shrimp 14

Specialty Items

- 17) **Biriyani**
Baashmottee rice, sautéed with mixed vegetables or meat, cooked in Biriyani Moshol-la.
Veg. 10 Chicken 11 Beef 11 Lamb 12 Shrimp 13 Goat 13
- 18) **Panahar Special Biryani** 13
Baashmottee rice cooked in aromatic Biriyani Moshol-la, with Shrimp, Lamb, Chicken, and mixed vegetable.
- 19) **Fish Dopiazza** 12
Boneless fillet of fish, slightly sautéed in Chef's special recipe, with turmeric, black mustard, cumin, etc. Topped with freshly sliced grilled onions and cilantro. Served with lime wedge. Panahar signature dish.

Entrees

The Following Selections are served with:

Chicken 10 Beef 10 Lamb 11 Shrimp 12 Goat 13

- 20) **Korma**
Mildly spiced, cooked in a cream sauce, with cashews, raisins and shredded coconut. A rich traditional Bangladeshi dish, absolutely delightful.
 - 21) **Dhaan-shaag**
Cubed meat cooked in 'Moshoorer Daal' (orange lentils), with herbs and spices -- slightly spicy. Chef's special recipe creates a unique hot, sweet & sour combination taste.
 - 22) **Niramish Maang-sho**
Cubed meat cooked in a delightful assortment of fresh vegetables. Vegetables include carrots, green peas, potatoes, green beans, celery, yellow squash, cauliflower, bell pepper, onions, and more.
 - 23) **Shaag Maang-sho**
Meat cooked with sautéed chopped 'paalong shaag' (spinach); spiced with grilled onions, tomatoes, 'paach-foron', black cumin seeds, and chef's special herbs.
 - 24) **Shaag Poneer Maang-sho**
Meat cooked with chopped 'Paalong Shaag' (spinach) cooked in a cream sauce with 'Poneer' (homemade cheese) in a wonderful spicy mix.
- The Following Selections are served with:
- Chicken 10 Beef 10 Lamb 11 Shrimp 12 Fish 12 Goat 13**
- 25) **Bhoona Maang-sho**
Juicy spiced meat stir-fried in a Korai (Bangladeshi wok) with fresh onions, tomatoes & green bell peppers.
 - 26) **Aloor Jhol**
Mildly spiced meat cooked in a combination of chef's special blend of spices, with cubed 'aloo' (potatoes).
 - 27) **Vindaloo**
Hot & Spicy dish, prepared with 'aloo' (potatoes).

Vegetarian Selections

- 28) **Niramish**
A delightful assortment of fresh vegetables mixed together. Includes carrots, green peas, potatoes, green beans, celery, yellow squash, cauliflower, green bell pepper, onions, and more.
- 29) **Shobjeer Korma**
Mixed vegetables sautéed in creamy herb sauce with cashew, raisins, and shredded coconut.
- 30) **Aloo Kopi**
'Aloo'(potatoes) sautéed with 'Fool-Kopi'(cauliflower) in herbs and spices.
- 31) **Aloo Begoon**
'Aloo'(potatoes) cooked with sautéed pureed 'Begoon'(eggplant).
- 32) **Aloo Motor**
'Aloo'(potatoes) cooked in a cream sauce with 'Motor-Shooti'(green peas).
- 33) **Aloo Daal**
'Aloo'(potatoes) cooked with 'Moshoorer Daal'(orange lentils).
- 34) **Moshoorer Daal**
'Moshoorer Daal'(orange lentils), cooked in chef's special blend of spices with a touch of roasted garlic and onions.
- 35) **Channa Moshol-la**
'Channa Daal'(garbanzo beans), cooked in a special mild blend of spices, with sliced onions and whole red chili pepper.
- 36) **Begoon Bhorta**
Roasted pureed skinless 'Begoon'(eggplant) cooked with tomatoes and onions.
- 37) **Channa Begoon**
Garbanzo beans cooked with roasted pureed skinless egg plant. An absolute delight.
- 38) **Daal Makhani**
'Moog Daal' (yellow lentils), cooked in a creamy sauce with tomato paste, onions, and chef's special blend of herbs and spices.
- 39) **Motor Poneer**
'Motor-Shooti'(green peas) cooked delicately in a cream sauce, with cubed 'Poneer'(homemade unsalted cheese).
- 40) **Dharosh Bhaaji**
Fresh cut 'Dharosh'(okra) slightly sautéed with tomatoes, onions & herbs. Light and healthy.
- 41) **Shaag Bhaaji**
Chopped 'Paalong Shaag'(spinach) sautéed with roasted garlic cloves, onions and other herbs & spices.
- 42) **Shaag Aloo**
Chopped 'Paalong Shaag'(spinach) cooked with cubed potatoes.
- 43) **Shaag Poneer**
Chopped 'Paalong Shaag'(spinach) cooked in a cream sauce with 'Poneer' (homemade cheese) in a wonderful spicy mix.
- 44) **Shaag Aloo Poneer**
Chopped 'Paalong Shaag'(spinach) cooked with potatoes and homemade cubed cheese.
- 45) **Malai Kopta**
Freshly grated vegetable fritters cooked in a peeled tomato, cream and onion sauce.

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