
































VEGETARIAN SELECTION

Subzi Balti 	6.95
(mixed vegetables, cooked in a traditional hot sauce)	
Chana Dhansak 	6.95
(sweet and sour chick peas and lentils, cooked in a lightly hot sauce)	
Malai Kofta  	6.95
(vegetable balls, made from fresh vegetables, cooked in a rich creamy sauce)	
Subzi Dhansak 	6.95
(sweet and sour vegetables and lentils, cooked in a slightly hot sauce)	
Dhingri Massala   	6.95
(mushrooms cooked in a sweet, tangy yoghurt and fresh cream sauce)	
Balti Bhindi 	6.95
(delicious okra, cooked with onions, peppers, herbs and spices in a bhuna sauce)	
Subzi Korma   	6.95
(mixed vegetables, cooked in a mild, exotic creamy sauce)	
Baigan Bhartha 	6.95
(fresh aubergines, cooked with onions, peppers, herbs and spices in a bhuna sauce)	
Saag Paneer  	7.50
(cottage cheese and spinach, stir-fried with onions, garlic, herbs and spices)	
















VEGETABLE SIDE DISHES

Aloo Gobi 	4.50
(potatoes and cauliflower, cooked with onions, garlic, herbs and spices)	
Subzi Bhajee 	4.50
(mixed vegetables cooked with onions, garlic, ginger, herbs and spices)	
Mushroom Bhajee 	4.50
(mushrooms, cooked with onions, ginger, garlic, herbs and spices)	
Saag Bhajee 	4.50
(spinach cooked with onions, garlic, herbs and spices)	
Bhindi Bhajee 	4.50
(fresh okra, cooked with onions, ginger, garlic, herbs and spices)	
Tarka Dhal 	4.50
(spicy lentils, cooked with fried garlic)	
Saag Aloo 	4.50
(spinach and potatoes, cooked with onions, ginger, garlic, herbs and spices)	
Chana Massala Bhajee   	4.50
(chick peas, cooked with massala sauce, onions, ginger, garlic, herbs and spices)	
Bombay Aloo 	4.50
(potatoes cooked with onions, peppers, ginger, garlic, herbs and spices)	
Baigan Bhajee 	4.50
(fresh aubergine, cooked with onions, peppers, ginger, garlic, herbs and spices)	
Saag Paneer  	5.50
(cottage cheese and spinach, stir-fried with onions, garlic, herbs and spices)	










SET MEALS

Non Vegetarian - Pappadam & Chutneys; Mixed Kebab Starter; Chicken Balti; Mushroom Bhajee; Pilau Rice and Naan Bread  	17.95 per person
Vegetarian - Pappadam & Chutneys; Vegetable Samosas; Subzi Balti; Saag Aloo; Pilau rice and Naan Bread  	14.95 per person

SUNDRIES

Boiled White Rice (plain basmati rice) 	2.80
Pilau Rice (basmati rice with an aromatic flavour) 	2.95
Egg Pilau Rice (basmati rice with egg, lightly spiced)  	3.50
Mushroom Pilau Rice (basmati rice with mushrooms) 	3.50
Vegetable Pilau Rice (basmati rice with mixed vegetables) 	3.50
Peas Pilau Rice (basmati rice with peas, lightly spiced) 	3.50
Keema Pilau Rice (basmati rice with minced lamb, lightly spiced) 	3.75
Special Pilau Rice (basmati rice with egg and peas, lightly spiced) 	3.75
Fried Mushrooms 	1.95
Half & Half (plain or pilau rice and chips) 	2.95
Chips 	1.95
Plain Pappadam	0.65
Spicy Pappadam	0.65
Plain Raitha Yoghurt 	1.50
Mixed Raitha Yoghurt (onions, tomatoes and cucumber) 	1.95
Chutney Tray 	1.95
Chutney (each) (mint sauce, mango chutney, onion chutney and Lime Pickle)	0.65

HOME-MADE BREAD

Plain Naan (traditional home-made bread, cooked in a clay oven) 	2.60
Peshwari Naan (traditional bread, filled with almonds, coconut, cream and sultanas) 	2.80
Keema Naan (traditional bread, filled with spicy minced lamb)	2.95
Garlic Naan (traditional bread, filled with sliced garlic) 	2.80
Vegetable Naan (traditional bread, filled with spicy vegetables) 	2.80
Plain Paratha (home-made bread, cooked with butter ghee) 	2.95
Aloo Paratha (home-made bread, filled with potatoes and cooked with butter ghee) 	3.25
Vegetable Paratha (home-made bread, filled with spicy vegetables and cooked with butter ghee) 	3.25
Tandoori Roti (home-made crispy bread, cooked in a clay oven) 	2.60
Chapati (home-made bread, thin and soft) 	1.75

10% discount

on takeaway meals

15% discount
on takeaway orders only
for students with NUS card



Ewch i food.gov.uk/ratings i ganfod sgôr hylendid bwyd ein busnes neu gofynnwch inni beth yw ein sgôr hylendid bwyd wrth archebu.

Go to food.gov.uk/ratings to find out the food hygiene rating of our business or ask us for our food hygiene rating when you order.



PANAMA
Fine Indian and Bangladeshi Cuisine

Allergy Key:



15 Whitchurch Road Cardiff CF14 3JN

Telephone (029) 2062 1398

find us on



www.thepanama.co.uk

email: ahmed@thepanama.co.uk

Open seven days a week including Bank Holidays.

Opening Hours: Sunday to Thursday 5:30pm to 11:30pm

Friday & Saturday 5:30pm to 12:30am

10% Discount on Takeaway Meals.

15% Discount for Students on Takeaway Meals only.

Telephone orders and bookings taken. All major credit and debit cards accepted.

Please note that we do not accept cheques.



PANAMA

Fine Indian and Bangladeshi Cuisine

menu



Food Information

All of our food is prepared in our kitchen where nuts, gluten and other allergens could be present. Our food menu descriptions cannot include all ingredients so if you suffer with any food allergies please let us know before ordering. Full allergy information can be provided by our staff.

Allergy Key:**STARTERS**

Onion Bhajee 2.95

(onions, lentils, herbs deep fried til golden & crispy)

Meat or Vegetable Samosa 2.95

(crispy pastry. stuffed with minced lamb or veg, lightly spiced)

Prawn Puri 4.95

(prawns cooked with onions, herbs & spices in a thick spicy sauce, served on a home-made bread)

Aloo Chat 3.50

(spicy potatoes, lightly hot, cooked with onions, garlic and special chat massala sauce)

Prawn Cocktail 3.75

(prawns in a seafood sauce, topped with tomatoes and cucumber)

King Prawn Puri 6.50

(king prawns cooked with onions, herbs and spices in a thick spicy sauce, served on home-made bread)

Chicken or Lamb Passanda 4.95

(pieces of lamb, cooked in a delicate cream and almond sauce)

Vegetable Puri 4.50

(Mixed vegetables with onions, herbs and spices in a thick spicy sauce, served on home-made bread)

Chicken Chat 4.50

(spicy chicken, lightly hot, cooked with onions, garlic and a special chat massala sauce)

Kebab Puri 4.95

(spicy minced lamb, cooked with onions, herbs and spices in a thick sauce, served on home-made bread)

Chicken or Lamb Tikka 3.95

(cubes of chicken or lamb tikka, lightly spiced, cooked in a clay oven)

Tandoori Chicken 4.25

(quarter of chicken on the bone, lightly spiced, cooked in the clay oven)

Sheek Kebab 3.95

(marinated minced lamb, cooked with herbs and spices in the clay oven)

Shamme Kebab 3.95

(marinated minced lamb, cooked with herbs and spices, shaped like a burger and deep fried)

Mixed Kebab 5.95

(sheek kebab, chicken tikka and lamb tikka, lightly spiced)

PANAMA SPECIALS (MEDIUM HOT)

Chicken or Lamb Tikka Bhuna 7.95

(cubes of chicken or lamb, chargrilled, cooked with tomatoes, onions and green peppers in a light spicy sauce)

Chicken or Lamb Tikka Akbari 8.50

(grilled cubes of chicken or lamb, cooked with aromatic spices, green beans and tomatoes in a thick spicy sauce, topped with an omelette)

Chicken or Lamb Tikka Roshun 8.50

(grilled cubes of chicken or lamb, in a thick spicy sauce, topped with garlic)

King Prawn Korahi 12.95

(king prawns cooked with ginger, garlic, sliced onions, tomatoes, peppers, coriander, herbs and spices, in a thick spicy sauce)

Saag King Prawns 12.95

(king prawns, cooked with spinach, herbs and spices, in a thick spicy sauce)

Chicken or Lamb Tikka Korahi 7.95

(chicken or lamb, cooked with ginger, garlic, sliced onions, peppers, tomatoes, herbs and spices in a thick spicy sauce)

Chicken Maari 7.95

(spicy breast of chicken, cooked with ground black pepper, herbs and spices)

Murghi Massala 8.95

(thin fillets of chicken, cooked with minced lamb, in a light spicy massala sauce)

MILD & CREAMY DISHES - Choice of Chicken, Lamb or Prawns

Makhani 7.50

(cooked with onions and butter ghee in a mild exotic creamy sauce)

Korma 6.95

(cooked in a sweet, creamy, almond and coconut sauce)

Passanda 7.50

(cooked in a creamy, almond and coconut sauce, with Kashmiri spices)

Peshwari 7.50

(thick almond and coconut sauce with fresh cream, Masala sauce, sultanas and Kashmiri spices)

MEDIUM CURRY DISHES - Choice of Chicken, Lamb or Prawns

Medium Curry 6.95

(cooked with ginger, garlic, coriander and spices)

Rogon 6.95

(cooked in various herbs and spices, with onions, chopped tomatoes and fresh coriander)

Dopiaza 6.95

(cooked with onions, green peppers, tomatoes, garlic, ginger, herbs and spices)

Bhuna 6.95

(cooked with ginger, garlic, tomatoes, onions, herbs and spices in a thick spicy sauce)

Saag 7.50

(cooked with spinach, onions, ginger, garlic, tomatoes, herbs and spices in a thick spicy sauce)

HOT AND SPICY - Choice of Chicken, Lamb or Prawns

Madras or Vindaloo 6.95

(hot and extra hot curry with ginger, garlic, herbs and spices)

Dhansak 7.50

(sweet, sour and hot lentil sauce, with a twist of lemon)

Pathia 7.50

(sweet, sour, cooked with onions, ginger, herbs and spices, with a twist of lemon)

Chilli 7.50

(spicy, cooked with onions, tomatoes, ginger, garlic and topped with green chillies)

Jalfrezi 7.95

(spicy, cooked with sliced onions, green peppers, tomatoes, ginger and garlic, topped with green chillies)

FROM THE TANDOOR - All Tandoori dishes are marinated with

yoghurt, herbs, spices and Kashmiri Massala. Cooked over a charcoal fire. All the dishes are served with a fresh salad.

Chicken or Lamb Tikka 8.50

(marinated chicken or lamb cubes, lightly spiced and chargrilled)

Tandoori Chicken (half) 8.50

(marinated pieces of chicken on the bone, lightly spiced and chargrilled)

Anarkali Bahar 8.95

(pieces of chicken, garnished with herbs and spices, cooked with onions, peppers, tomatoes and coriander, served with massala sauce)

Chicken or Lamb Shashlick 8.95

(chicken or lamb marinated with herbs and spices, chargrilled onions, tomatoes and peppers, served with massala sauce)

Tandoori Mixed Grill 11.95

(combination of a quarter tandoori chicken, lamb tikka, chicken tikka, sheek kebab, served with massala sauce)

Tandoori King Prawns 15.95

(marinated king prawns, lightly spiced, served with massala sauce)

MASSALA DISHES

Chicken or Lamb Tikka Massala 7.50

(cubes of chicken or lamb, chargrilled, cooked in a sweet, tangy flavoured yoghurt and fresh cream sauce, topped with almonds)

King Prawn Massala 12.95

(king prawns in a sweet, tangy flavoured yoghurt and fresh cream sauce, topped with almonds)

Vegetable Massala 6.95

(mixed vegetables cooked in a sweet, tangy flavoured yoghurt and fresh cream sauce)

Chana Massala 6.95

(chick peas cooked in a sweet, tangy flavoured yoghurt and fresh cream sauce)

Chicken or Lamb Tikka Green Massala 7.95

(grilled pieces of chicken or lamb, cooked with mint, green beans, herbs and spices, in a tangy flavoured yoghurt sauce)

BALTI DISHES - All Balti dishes are cooked with freshly blended spices, fresh tomatoes, capsicum, coriander and aromatic spices.

Chicken, Lamb or Prawn Balti 7.50

Chicken, Lamb or Prawn Balti with Mushroom 7.95

Chicken, Lamb or Prawn Balti with Vegetables 7.95

Chicken, Lamb or Prawn Balti with Spinach 7.95

King Prawn Balti 12.95

Chicken or Lamb Tikka Balti 7.95

Balti Lahore 8.95

(cooked with chicken, lamb, prawns and spinach)

BIRYANI DISHES - Served with a vegetable curry sauce.

Persian Chicken Biryani 8.95

(pieces of chicken, pineapple, sultanas, pilau rice, mixed together and cooked with fried onions, served with a thin omelette on top)

Moghlai Chicken Biryani 8.95

(pieces of chicken, prawns, pilau rice, mixed together and cooked with fried onions, served with a thin omelette on top)

Shahi Chicken Biryani 8.95

(pieces of chicken, prawns, mushrooms, pilau rice, mixed together and cooked with fried onions, served with a thin omelette on top)

King Prawn Biryani 13.95

(king prawns cooked with herbs and spices, mixed together with pilau rice and cooked with fried onions)

Chicken Tikka Biryani 8.95

(cubes of marinated chicken, cooked with herbs and rich spices, mixed together with pilau rice, cooked with fried onions)

Chicken, Lamb or Prawn Biryani 8.50

(chicken, lamb or prawns in light herbs and spices, mixed together with pilau rice, cooked with fried onions)

Panama Special Biryani 9.95

(chicken, lamb and prawns in rich herbs and spices, mixed together with pilau rice, cooked with fried onions and served with a thin omelette on top)

Subzi Biryani 7.95

(mixed vegetables with light herbs and spices, mixed together with pilau rice, cooked with fried onions)