

Bembì is a word used in Mumbai, India meaning the "belly button". It is the connection between the baby and its mother. Bembì signifies the link between that which exists and that which does not.

Through this culinary experience, we would like to connect Barcelona with India.

In Bembì, authentic Indian recipes are passionately prepared with the choicest ingredients and are presented in a modern stylish way. We are delighted to have you with us and we do hope you enjoy the Bembì experience!

Menu Degustacion (a little bit of everything...)

STARTERS

SAMUDRI RATTAN/ Sea Scallop

Juicy, grilled queen scallop cooked in a saffron sauce with a hint of garlic

LASOONI MURGH TIKKA/ Tandoori Chicken Tikka

Garlic flavoured chicken grilled to perfection

LUCKNOWI SEEKH/ Lamb Seekh Kebab

Mildly spiced skewered minced lamb, cooked in tandoor

PUNJABI SAMOSA

Golden triangle of mildly spiced potatoes and green peas

MAIN COURSES

KOHE - ROGANJOSH/ Lamb Rogan Josh

Braised lamb with sundried ginger, tomatoes and kashmiri chilli- a Kashmiri speciality!

MURGH MAKHANI/ Butter Chicken

Our house recipe of butter chicken - in a creamy fenugreek flavour tomato sauce

NARIYAL JHINGA/ Kerala Prawn Curry

Succulent prawns in a coconut based sauce

SAAG PANEER/ Spinach and Cottage Cheese

Home made cottage cheese in a creamy spinach sauce

ACCOMPANIMENTS

Raita

A chilled cumin flavoured yoghurt salad

Zafrani Pulao

Saffron flavoured Basmati rice

Naan

A classic bread with leavened dough

DESSERT

Chef's selection of dessert

26.50 + IVA euros per person

SHURUAAT / APPETISERS

SAMUDRI RATTAN / Sea scallops Juicy, grilled queen scallops cooked in a saffron sauce with a hint of garlic	8.90
SOFIANI MACHI / Spiced smoked Salmon Tandoori smoked salmon flavoured with fennel and dill leaves	8.50
MASALA FRIED FISH/ Crispy fried Sole Mildly spiced golden fried fish with carom seeds	8.20
LASOONI MURGH TIKKA / Tandoori Chicken Tikka Garlic flavoured chicken morsels grilled to perfection	8.40
LUCKNOWI SEEKH/ Lamb Seekh Kebab Mildly spiced skewered minced lamb, cooked in tandoor	8.60
PUNJABI SAMOSA Golden triangles of mildly spiced potatoes and green peas	7.20
ALOO TIKKI / Seed potato patties Shallow fried potato medallions served with a yoghurt and tamarind relish	7.20
BHAJIA BASKET / Assorted Vegetable Pakoras Golden fried assorted vegetable crisps served with a mango relish	7.70
RAJ PAPDI CHAAT Whole wheat crisps topped with a potato and chick pea relish, drizzled with yoghurt and tamarind	7.40

Recuerdos de Bembì A panorama of our finest starters recommended by our chef	10.90
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SOUP OF THE DAY	7.40
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KHANE KHAAS / MAIN COURSES

From our Tandoor...

The Moghul rulers brought tandoori cooking style to India. The Tandoori oven is made of special clay that lends a subtle aroma to the delicately spiced food. Meats are plunged into the over 450°C heat of the ovens. The searing heat traps the spices and natural juices within the food and it emerges cooked on the outside and moist in the inside, retaining the spices and its natural taste. This art of cooking has been handed down through the ages and is now available in Bembì. We use the authentic clay oven "Tandoor" to prepare our dishes.

TANDOORI JHINGA Charcoal grilled tiger prawns with cultured yoghurt and mild spices	15.90
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POLLO TANDOORI Plump juicy legs of chicken grilled to perfection- one of the most popular dishes ever!	12.90
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TANDOORI MIXED GRILL PLATTER

16.90

Our chef's selection of delectable tandoori grills served with accompanying sauces, salad and a naan

Curries

The origin of the word 'curry' itself is the stuff of legends, but most people have settled on the origins being the Tamil word 'kari' meaning spiced sauce. Curries are made from a combination of spices like (coriander, cumin, black pepper, white pepper, turmeric, chillies, cinnamon, nutmeg, cloves, cardamoms etc. blended in exact proportions. Our chef has selected the best of Indian curries for your pleasure. Enjoy!

MURGH MAKHANI / Butter Chicken

12.90

Our house recipe of butter chicken- in a creamy fenugreek flavour tomato sauce served with pilau rice

IMLI BATHAK / TAMARIND DUCK

14.70

Tender Barbary duck breast fillets laced with tamarind sauce served with coconut rice and smoked pineapple

NARIYAL JHINGA / Kerala Prawn Curry

14.90

Succulent prawns in Kerala curry sauce with a creamy coconut base served with steamed basmati rice

KONKANI MEEN / Roasted sea bass

14.90

Oven grilled whole sea bass with a tomato sauce tempered with mustard, served with steamed basmati rice

KOHE - ROGANJOSH / Lamb roganjosh

14.50

Braised lamb with sundried ginger, tomatoes and kashmiri chilli, served with pilau rice- a Kashmiri speciality

◆◆◆ PORK VINDALOO / GOAN PORK CURRY

13.80

A classic Goan spicy pickled pork served with steamed white basmati rice and pickled onions-*for the brave heart*

DUM KA BIRYANI

Saffron clad "basmati" rice mingled with an exotic myriad of flavour served with raita:

Lamb

14.90

Vegetable

13.70

SUBZ KI THALI/ Vegetarian Platter

15.70

Chef's selection of assorted vegetarian dishes served with rice and naan

SUBZ DIL FAREB /Vegetarian

SAAG PANEER / Spinach and Cottage Cheese

Home made cottage cheese in a creamy spinach sauce

10.20

JEERA ALOO / Cumin Sanded Potatoes

Seed potatoes tossed with cumin, onions and tomatoes

8.50

MANGALOREAN VEGETABLE CURRY /Stir fried vegetables

Garden fresh vegetables in a coconut and tomato sauce- best had with steamed rice

9.10

KHUMB MUTTAR METHI MASALA / Stir fried mushrooms and green peas

Home style mushroom and green peas masala flavoured with fenugreek leaves

10.20

GOBI MUTTAR / Cauliflower and green peas

A *ménage à trois* of cauliflower florets, green peas and fresh tomatoes- with mild Indian spices

8.50

TADKA DAL

Our supreme dish of tempered yellow lentils to enhance your meal

7.50

ROTIAN /Breads

Naan

A classic bread with leavened dough

2.65

Tandoori Roti

Wholemeal unleavened bread cooked in the Tandoor

2.25

Lachcha Paratha

A rich flaky bread enriched with butter

2.90

Kulcha (choose any one filling)

Naan breads with a filling of your choice: cheese/ potato/ lamb/ garlic/ fruit and nut

3.10

Assorted bread basket (for two persons)

6.80

BASMATI KHAZANA / RICE

STEAM RICE

Fluffy white long grained basmati rice

3.50

ZAFFRANI PULAO/ Saffron Rice

Basmati rice flavoured with saffron and garnished with nuts and raisins

4.50

Please Note:

All our food is non spicy- kindly ask your dish to be spiced up if you like spicy food.
All our Non Vegetarian main courses are served with an appropriate accompaniment
Pappadoms with Chutney are served on demand at a price of 1.05 Euros per piece
All prices are in Euros and does not include IVA

◆ ◆ ◆ - Extra Spicy