



The 1971

Bangladeshi Cuisine

MENU

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STORY BEHIND THE 1971:

The year 1971 is significant in the history of Bangladesh. It was when the Bangladeshi Liberation War, known as the 'Bangladeshi war of Independence Day' took place. That's when Bangladesh became its own independent country.

The 1971, Bangladeshi Cuisine now aims to honour that history and legacy while celebrating the historical contribution of our Bangladeshi ancestors in their sacrifice for freedom and independence and the many benefits passed down through the generations until today.

Many people are not aware of the fact that out of the 8500 Indian restaurants in the UK today, approximately 7200 are actually run by brilliant Bangladeshi's.

The 1971 is about to change all of that, as we become pioneers in highlighting the legacy and contribution of Bangladeshi's in the restaurant/catering industry.

We thank you for loving our cuisine so much and we hope that the next time you enjoy a hearty curry, you will remember the legacy and contributions of the Bangladeshi people.

THE 1971

36 STATION ROAD, HARPENDEN AL5 4ST.

01582 766954, 01582 761144

A discretionary 12.5% service charge
will be added to your bill.

FOOD ALLERGY

The 1971 is about to change all of that, as we become pioneers in highlighting the legacy and contribution of Bangladeshis in the restaurant/catering industry.



GLUTEN



CRUSTACEANS



EGGS



FISH



PEANUTS



TREE NUTS



SOYA



MUSTARD



SESAME



MILK



STARTERS

Papdum / Masala Papadum (Each)	£1.00
Chutney Tray (P/P) ^D	£2.00
Mango / Mint Sauce / Mixed Pickle / Onion Salad	
Salmon Baga ^{F D M}	£8.00
Salmon fillet marinated in spice & cooked in the tandoori oven.	
Chicken Tikka ^{D M}	£7.00
Lamb Tikka ^{D M}	£7.00
Pieces of chicken or lamb cooked in the tandoori oven.	
Lamb Chops ^{D M}	£9.00
Marinated in yoghurt with delicate herbs and spices barbecued in the tandoori clay oven.	
Sheek Kebab ^{D E}	£6.00
Minced lamb poignantly spiced, medium hot.	
King Prawn Puri ^{G C}	£8.00
Fried un-leavened bread topped with king prawns and cooked to our own recipe.	
Onion Bhajee ^{E G}	£5.00
Sliced onion mixed with egg and sealed herbs deep fried to perfection.	
Shingara ^{E G}	£5.00
Crispy pastry filled with lightly spiced vegetables.	
Classic Meat Samosas ^{E G}	£5.00
Samosas generously stuffed with potatoes, peas & minced meat.	
Samosa Chat ^{G E D}	£7.00
Punjabi vegetable samosas served with spiced chickpeas, potato and splashed with cool yoghurt and tamarind chutney.	
Dahi Puri ^{G E}	£5.00
Boiled chopped potato on top of tamarind chutney & green chutney.	
Pani Puri ^{G E D}	£5.00
Momo (3 Pcs) Chicken or Vegetables	£6.00
Hand crafted Nepali-style dumplings filled with a juicy mixture of minced chicken, finely chopped onions, ginger, garlic, and fresh coriander, subtly seasoned with spices. Steamed to tender perfection and served with a side of our signature spicy red chili-tomato chutney for dipping.	

INDO BENGAL STARTERS

Spicy Chilli Chicken ^{G E S}	£8.00
Calicut style Indo-Chinese chilli chicken with onion and peppers in soya sauce.	
Chilli Paneer	£8.00
Buttered cottage cheese tossed with onions & peppers in homemade sweet chilli sauces.	
Chatpatta Wings ^{G D}	£8.00
Home made chef special sauces cooked with soya sauces.	
Honey Wings ^{G E S}	£8.00
Sweet with honey, very favourite and popular.	

FROM THE AGUN

Tandoori Chicken (Half) G D	£11.00
Spring chicken on the bone marinated with yoghurt, herbs & spices cooked in a tandoori oven.	
Chicken Tikka G D	£11.00
Lamb Tikka G D	£12.00
Marinated and barbecued in a clay oven.	
Chicken Shashlik G D	£12.00
Lamb Shashlik G D	£13.00
Chicken or lamb with onions, green peppers and tomato cooked in the tandoori.	
Tandoori Mixed Grill G D	£16.00
Tandoori chicken, chicken tikka, lamb tikka, sheek kebab and lamb chop.	
Tandoori Lamb Chops G F D	£16.00
Marinated in yoghurt with delicate herbs, barbecued in the tandoori oven.	
Salmon Tikka G F D	£15.00
Cubes of salmon marinated with medium spices, cooked in a clay oven.	
Jhingha Shimla Mirch G C D	£15.00
Grilled king prawn marinated with puréed smoked red peppers & ground spices.	
Paneer Tikka G D	£12.00
Home-made Indian cheese cooked in the tandoor.	

HOUSE SPECIALTIES

Chicken Tikka Masala N M D	£14.00
Lamb Tikka Masala N M D	£15.00
Chicken or lamb barbecued in the tandoori oven and immersed in a tomato-flavoured sauce.	
Chicken Achari	£14.00
Cooked in a rich flavour tomato purée spiced with ginger, coriander pickle & herbs.	
Lamb Achari	£15.00
Green Mossala Chicken	£14.00
Spicy diced chicken cooked fresh with green chilli, coriander & green peppers.	
Lamb Mezbaani	£15.00
Cooked with potato, green pepper, green chilli, onion and ginger, garlic, lightly hot.	
Tandoori Garlic Chicken M D	£15.00
Clay oven roasted breast of chicken cooked with medium spices & fresh garlic.	

BALTI SPECIALITIES

Balti King Prawn Jalfrezi ③	£16.00
Tandoori king prawns cooked with balti sauce with Jalfrezi recipe improved with naga chilli sauce, fairly hot.	
Balti Chicken Tikka Jalfrezi ③ ④	£14.00
Balti Lamb Tikka Jalfrezi ③ ④	£15.00
Chicken tikka or lamb cooked in our own special balti sauce Jalfrezi style with a hint of naga chilli flavour, with fresh capsicums, green chillies and onions.	
Balti Peri Peri Chicken ③ ④	£15.00
Chicken grilled then cooked in medium balti sauce with chef special peri peri sauce.	
Seven Chilli Chicken	£16.00
Cooked with naga & mixture of roasted chillies - very hot dish.	

CHICKEN OR LAMB DISHES

Chicken Korai	£12.00
Lamb Korai	£13.00
Diced chicken or lamb cooked in curry sauce delicately flavoured with herbs & spices.	
Chicken Dansak	£12.00
Lamb Dansak	£13.00
Chicken or lamb cooked with lentils - sweet & sour hot.	
Chicken Bhuna	£12.00
Lamb Bhuna	£13.00
Cooked with thick sauce - medium spiced.	
Sag Chicken	£13.00
Sag Lamb	£14.00
Cooked with fresh spinach and fresh garlic.	
Chicken Korma ④	£13.00
Cooked with mild creamy sauce - very popular dish.	
Lamb Korma ④	£14.00
Chicken Rogan	£12.00
Lamb Rogan	£13.00
Chicken or lamb cooked with fresh tomatoes & herbs.	

SIGNATURE DISHES

Nalli Ghosht	£17.00
Slow braised lamb shank in an aromatic nihari spice with gravy.	
1971 Special (Chicken only) ③ ④	£15.00
Fresh spring chicken with paper onion cooked with chef's own special sauce - medium to hot.	
1971 Baburchi Bhuna (Chicken or Lamb) ③ ④	£16.00
Chicken or lamb with peppers, onion, tomato cooked in tandoori with chef special sauces.	
Nawabi King Prawn ③	£17.00
Infused with aromatic spices with shell on and served on a smoked aubergine.	
Gold Butter Chicken ③ ④	£15.00
Chicken tikka simmered in a rich, caramelised creamy sauce with dried fenugreek leaves.	

BIRYANI

King Prawan 🍽️	£17.00
Big prawn with aromatic rice served with tarka dall.	
Hyderabadi Dum 🍽️	£15.00
Chicken or lamb cooked in a dum style, served with tarka dall.	
Fresh Mixed Vegetable Biryani	£12.00
Mixed vegetables with rice served with tarka dall.	

VEGETABLE MAIN DISH

Tikka Paneer Jalfrezi 🍽️ 🍽️	£12.00
Cheese cooked with green pepper, fresh chilli & onion.	
Tikka Paneer Masala 🍽️ 🍽️	£12.00
Home-made Indian cheese cooked in tandoori oven with masala sauce.	
Fresh Vegetable Jalfrezi	£11.00
Assorted mixed vegetables cooked with fresh chillies & special spices.	
Navratan Korma 🍽️	£13.00
A rich, creamy and flavourful dish that literally translates to nine-gem curry. The “gems” are the fruits, vegetables and nuts that make up the curry.	

VEGETABLE SIDE

Sag Aloo 🍽️	£6.00
Spinach with baby potatoes.	
Bombay Aloo 🍽️	£6.00
Fresh potatoes with special spices.	
Mushroom Bhajee	£6.00
Fresh mushroom.	
Chana Masala	£6.00
Curried chickpeas cooked with herbs and spices.	
Tarka Dall 🍽️	£6.00
Lentils with fresh garlic.	
Bhindi Bhajee	£6.00
Fresh okra with caramelised onions.	
Sag Ponir 🍽️	£6.00
Fresh spinach and cheese.	
Brinjal Bhajee	£6.00
Fresh aubergine.	
Sag Dall 🍽️	£6.00
Spinach with lentils and fresh garlic.	
Cauliflower Bhajee	£6.00
Fresh cauliflower.	

RICE

Garlic Rice D	£4.50
Mushroom Rice D	£4.50
Keema Rice D	£4.50
Egg Rice E	£4.50
Pilau Rice D	£4.00
Steam Rice	£4.00

SUNDRIES

Plain Nan G E D	£3.00
Garlic Nan G E D	£4.00
Keema Nan G E D	£4.00
Peshwari Nan G E D N	£4.00
Cheese Nan G E D	£4.00
Vegetable Paratha G	£4.00
Paratha G	£3.00
Tandoori Roti G	£3.00
Chapathi G	£2.00
Chips	£4.00
Raitha G	£4.00
Green Salad	£4.00