

# Bay of Bengal



**Your Local Indian & Bengali Takeaway Cuisine**

**'Try the Bengal for Real Freshly Cooked Good Quality & Authentic Food at an Affordable Price'**



*\*We've been awarded the Tried & Tested Certificate for continuous high customer ratings in 2013/14/15 & 2016 for online ordering. Viewable on our website\**

## **\*Your Coronavirus (Covid-19 Defense)\***

*"A food for thought: We know that Prevention is the best way so why not use your body's natural defence system to combat nasty bugs & viruses. It's important that you follow the basic hygiene guidelines and also take steps to boost immunity like having a spice filled curry" Ali (Manager)*

## **Your Body: First & Last line of defence**

<https://economictimes.indiatimes.com/industry/healthcare/biotech/healthcare/india-did-have-an-innate-natural-shield-against-coronavirus-after-all/articleshow/74453719.cms?from=mdr>

<https://www.dailymail.co.uk/femail/article-8076849/The-foods-eating-protect-body-against-coronavirus.html>

<https://www.msn.com/en-in/health/familyhealth/coronavirus-anti-viral-foods-to-build-immunity-and-keep-diseases-away/ar-BBZBkpa>

<https://timesofindia.indiatimes.com/life-style/food-news/immunity-boosting-ways-to-use-tulsi-to-stay-safe-from-viruses-and-flu/photostory/73914126.cms?picid=73914197>



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**Open: everyday 5pm till 10pm (except Closed: Tuesdays)**

[www.bayofbengaltakeaway.co.uk](http://www.bayofbengaltakeaway.co.uk)

