



Ontario's Healthy
Restaurant Program

Meal Deal

for 2 ~ \$65.⁰⁰
for 3 ~ \$90.⁰⁰



1st Course

Aap Ke Swagat Main "Appetizers"

Meal for 2 ~ Please select 1

Meal for 3 ~ Please select 1

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| 1. Onion Bhaji | Onions battered with gram flour and spices |
| 2. Vegetable Pakora | Mixed vegetables battered with gram flour and spices |
| 3. Murg Pakora | Marinated chicken battered with gram flour and spices |
| 4. Chicken Wings | Chicken wings marinated with Tandoori spices, lightly battered and fried |
| 5. Amritsari Machhi | Fish marinated with chilli paste, battered with gram flour and spices |

2nd Course

Tandoor Ki Khaas Peshkash "From our clay oven"

Meal for 2 ~ Please select 1

Meal for 3 ~ Please select 1

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| 6. Paneer Tikka | Indian cheese marinated with Tandoori spices |
| 7. Achari Murg Tikka | Tender pieces of chicken marinated with Tandoori spices and yogurt |
| 8. Half Tandoori Chicken | Chicken marinated in traditional Tandoori spices |
| 9. Achari Machhi Tikka | Fish marinated with Tandoori spices and yogurt |

Entrées

Meal for 2 ~ Please select 2

Meal for 3 ~ Please select 3

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| 10. Aloo Gobi | Potatoes and cauliflower a traditional combination |
| 11. Sabz Sangam | Mixed vegetable curry |
| 12. Baingan Bhartha | Roasted mashed eggplant cooked with tomatoes and onions |
| 13. Mattar Paneer | Indian cheese and green pea curry |
| 14. Murg Dhaba | Chicken in traditional spices as served on roadside eating places in Punjab |
| 15. Murg Makhani | Marinated chicken in a tomato sauce finished with butter and cream |
| 16. Gosht Roganjosh | Tender masala lamb in a roгани gravy flavoured with Kashmiri spices |
| 17. Gosht Vindaloo | A Goan lamb speciality, extra hot |
| 18. Machhi Masala | Boneless fish curry, authentically Indian |
| 19. Machhi Vindaloo | A Goan fish speciality, extra hot |

India Gate Ka Basmati Khazana "Basmati Rice"

Meal for 2 ~ Please select 1

Meal for 3 ~ Please select 1

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| 20. Saade Chawal | Basmati rice steamed to perfection |
| 21. Jeera Pulao | Basmati rice steamed to perfection and sautéed with cumin seeds |
| 22. Pea Pulao | Basmati rice steamed to perfection and sautéed with peas |

Roti Ki Misaal "Indian Bread"

Meal for 2 ~ Please select 1

Meal for 3 ~ Please select 2

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| 23. Naan | Traditional Indian unleavened white flour bread |
| 24. Tandoori Roti | Unleavened whole wheat bread |

3rd Course

Kuch Meetha Ho Jaye "Desserts"

Meal for 2 ~ Please select 1 each

Meal for 3 ~ Please select 1 each

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| 25. Mango Kulfi | Milk ice-cream flavoured with mangos |
| 26. Badami Kheer | Authentic Indian rice pudding with almonds and raisins |

