

# PUNJABI CANTEEN



## MENU



[www.punjabicanteen.ca](http://www.punjabicanteen.ca)



[canteenpunjabi.b@gmail.com](mailto:canteenpunjabi.b@gmail.com)

## STREET FOOD

### SAMOSA CHAAT

Deep Fried Samosa with Onions, Spiced Chickpeas, Tomatas and Flavoured with Tangy Sauce.

\$7.99



\$2.99



### SAMOSA

2 PC of Deep Fried Samosa with Tamarind Sauce and Mint Chutney.

### SPRING ROLL

Mix Vegetables Stuffed in Deep Fried Puff Pastry.

\$5.99



\$7.99



### DAHI PURI

Puri Stuffed with boiled Potatoes along with Tangy Sauces, Yogurt, Onion & Served.

### GOLGAPPE

Deep Fried Puri served with Spiced Potatoes, Onion & Chickpea in a Flavourful Tangy Water.

\$8.99



\$7.99



### ONION BHAJI (8PCS)

Deep Fried Onions with Chickpea Flour and Mix Indian Spice Blend.

### DAHI BHALLA CHAAT

Deep Fried balls of Mixed Lendils Flavoured with tangy Sauces & Served in Yogurt.

\$14.99



\$7.99



### ALOO TIKKI CHAAT

Spiced Crispy Potato Patties Mixed with Chickpeas, Indian Soices, Fresh Coriander & Tangy Sauces.

### CHAAT PAPRI

Crispy Wafers Topped with Potatoes, Chickpeas, Spices, Sweet Yogurt And Sauces.

\$7.99



\$9.99



### BUTTER CHICKEN POUTINE

Fries are served topped with Melting Cheese & Butter Chicken Gravy.



### PANEER PAKORA

Marinated deep Fried Paneer battered with Chickpea Flour.

\$10.99



\$6.99

### VEGETABLE PAKORA

Deep Fried Mix Vegetable Bottered with Chickpea Flour.



### PANEER BURGER

Slice Panner Allo Tikki, Onion, Lettuce, Tomatoes, Cucumber & Noodles in a Hamburger Sauce.

\$8.99



\$8.49

### NOODLE BURGER

Allo Tikki, Onion, Lettuce, Tomatoes, Cucumber & Noodles in a Hamburger Sauce.



### CHOLE BHATURE

Deep Fried Bread Served with Channa Masala

\$12.99



\$12.99

### AMRITSARI

#### KULCHA

Potato Filled Naan Bread Served with Chana Masala.



### CHICKEN PAKORA

Marinated deep Fried Chicken Battered with Chickpea Flour.

\$13.49



\$14.99

### FISH FRY

Deep Fried Basa Fish Marinated with house special Species.



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## INDO-CHINESE

### VEG MANCHURIAN

Crispy and Delicious Balls made of Carrots Cabbage, Green Pepper and Ginger Finished with Manchurian Sauce.

\$13.99



\$15.99



### CHICKEN MANCHURIAN

Delicious Fried Chicken Finished in Hot and Sour Manchurian Gravy.

### VEG NOODLES

Thick Noodles Stir-Fried in Soy-Based Sauce with Onion/Bell Peppers, Carrots and Cabbage.

\$13.99



\$15.99



### CHICKEN NOODLES

Thick Noodles Stir-Fried in Soy-based Sauce with Marinated Chicken, Bell Peppers and Cabbage.

### VEG FRIED RICE

A Combination of Rice, Mixed Vegetables along with Herbs and Indian Spices.

\$9.99



\$15.99



### CHICKEN FRIED RICE

A Combination of Rice, Mixed Vegetables along with Herbs and Indian Spices.

### CHILLI PANEER

Marinated Deep-Fried Paneer Cooked with Bell Pepper in a Soy and Tomato Based Sauce.

\$15.99



\$17.99



### CHILLI CHICKEN

Marinated Deep-Fried Chicken Cooked with Bell Pepper in Say and Tomato Based Sauce.

### CHILLI MASHROOM

Deep Fried Mushrooms Marinated in a chef's special Hot Sauce.

\$13.99



\$11.99



### CHILLI POTATO

Deep fried Potatoes Marinated in a Chef's special Hot Sauce.

### CAULIFLOWER MANCHURIAN

Deep Fried Cauliflower Balls Finished in hot & Sour Manchurian Gravy.

\$14.99



\$14.99



### CHILLI WINGS

Deep Fried Chicken Wings Marinated in a chef's special Hot Sauce.



## TANDOORI JUNCTION

### PANEER TIKKA

Marinated Paneer Fire-Roasted served with Chill Sauce.

\$15.99



\$16.50



### TANDOORI SOYA CHAAP

Soyabean Dough Chunks Marinated in Yogurt and Cooked in Indian Sauce in a Clay Oven.

### MALAI CHAAP

Soyabean Dough Chunks Marinated in a Creamy Butter and Cooked in Indian Spices in a Clay Oven.

\$16.50



\$15.99



### VEG-MIX GRILL

Onions, Green Pepper, Cauliflower, Paneer & Soya Chaap.

### CHICKEN SEEKH KABAB

Ground Chicken Mix with Indian Spice and Chopped Ginger, Garlic.

\$17.99



\$18.99



### TANDOORI PRAWNS

Skewered Shrimp with Garlic Paste Grilled in the Tandoori Oven.

### LAMB SEEKH KABAB

Ground Lamb Mix with Indian Spice and Chopped Ginger, Garlic.

\$17.99



\$15.99



### HARYALI CHICKEN TIKKA

Coriander & Mint marinated chicken then Fire Roasted served with Chilli Sauce.

### GARLIC CHICKEN TIKKA

Garlic marinated Chicken fire Roasted served with Chilli Sauce.

\$17.99



\$23.99



### CHEF SPECIAL MIX GRILL(NON-VEG)

Mix Tikka, Malai Tikka, Haryali Tikka, Lamb Kabab, Chicken Seekh kabab, Tandoori Prawns (2Pc each).

## TANDOORI JUNCTION

\$17.99



### CHICKEN TIKKA

Marinated Chicken fire-Roasted  
Served with Chilli Sauce.

### TANDOORI CHICKEN(Full)

Marinated Chicken Cooked in Tandoori  
served with house made Sauces.  
(Half:-\$17.99)

\$22.99



\$17.99



### SALMON FISH TIKKA

Fish Fillet Marinated and Roasted in  
a Clay Oven and Cooked in a Creamy  
Seafood Masala.



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## SPECIAL COMBO'S

### COMBO A

Onion Bhaji, Channa Masala,  
Veg Coconut Curry, Rice, Naan  
& Dessert (2PCS Gulab Jamun)

**\$42.00**



### COMBO B

Samosa, Butter Chicken,  
Aloo Gobi, Rice, Naan,  
Dessert (2PCS Gulab Jamun)

**\$42.00**

### COMBO C

Chicken Pakora, Butter Chicken,  
Lamb Curry, Rice, Naan, Dessert  
(2PCS Gulab Jamun).

**\$48.00**



### COMBO D

Choice of Veg Curry, Rice,  
Naan & Pop

**\$14.99**

### COMBO E

Choice of Non-Veg Curry, Rice,  
Naan & Pop

**\$15.99**

### COMBO F (GLUTEN FREE)

Veg Pakora, Channa Masala,  
Butter Chicken, Rice, Poppadom

**\$42.00**



## VEGETARIAN CURRY'S

### ALOO GOBI

Cauliflower Cooked with Potatoes, Tomatoes, Onion, Herbs & Indian Spices.

\$14.99



### BHINDI MASALA

Okra Stuffed with Indian Spices and Sauteed with Onion.

\$15.99



### CHANA MASALA

Chickpeas Cooked in a Gravy of Onion, Tomatoes, Garlic, Ginger and Topped with Fresh Herbs.

\$13.99



### KADHI PAKORA

Thick Gravy Based on Gram Flour and Contains Vegetables Fritter Served with Rice.

\$16.99



### EGG PLANT BHARTA

Oven baked Eggplant roasted, Peeled and Pureed than Cooked with Onions Tomatoes and Spices.

\$14.99



\$13.99



### DAAL TAKDA

Yellow Lentils Cooked with fresh Garlic, Ginger Tomato, cumin and Spices.

\$13.99



### DAAL MAKHNI

Black Lentils, Butter, Tomatoes, Paprika and Other Spices.

\$14.99



### VEG. JALFREZI

Mixed Vegetables Cooked in a Base of Tomato Sauce.

\$15.99



### MALAI KOFTA

Veg Fried Balls Cooked in a Rich and Creamy milk Gravy.

\$14.99



### VEG-COCONUT CURRY

Mix Veg. Cooked in Vegetarian Curry Along with Coconut Milk & Indian Spices.



### SHAHI PANEER

Cubes of Malai paneer  
Cooked in Cream and  
Buttery Sauce.

\$15.99



### PANEER BUTTER MASALA

Paneer Cooked in BUTter  
Sauce with Fresh Indian  
Spices.

\$15.99



### MATAR PANEER

Indian Curry made Green  
Peas and Indian Cottage  
Cheese.

\$15.99



### PANEER MADRAS

South Indian Dish made  
with paneer, Coconut  
sauces and Spices

\$14.99



### NAVRATAN KORMA

Rich Creamy & Flavourful  
dish made with Vegetables  
& Cottage Chese

\$14.99



\$15.99



### KADAI PANEER

Malai Paneer Cooked  
With Bell Peppers in  
Thick Tomato, Onion,  
Ginger and Garlic Paste.

\$15.99



### CHILLI PANEER

Marinated Deep-Fried  
Paneer Cooked with Bell  
Pepper in a Soy and  
Tomato Based Sauce.

\$15.99



### PALAK PANEER

North Indian Cuisine  
made with Fresh Spinach  
Onion and Indian  
Cottage Cheese.

\$16.99



### PANEER TIKKA MASALA

Grilled Paneer along with  
Onion & Green Peppers  
served in a Spicy Masala  
Gravy

\$15.99



### Mashroom Masala

Mashroom Cooked with  
Coconut Onion & Tomato  
based Gravy

## NON - VEGETARIAN CURRY'S

### BUTTER CHICKEN

Overnight Marinated Chicken Cooked in a Rich Gravy made with Tomato, Butter, and a Special Spice Blend as a Base.

\$17.99



\$17.99



### LAMB CURRY

Lamb Cooked in an Onion Based Sauce Flaavoured with Indian Spices

### CHICKEN VINDALOO

Chicken Cooked in Vindaloo Sauce made with Rich indian Spices.

\$16.99



\$16.99



### CHICKEN COCONUT CURRY

Chicken Cooked in Vegetarian Curry Along with Coconut Milk and Indian Spices.

### LAMB VINDALOO

Lamb Cooked in Vindaloo Sauce made with Rich Indian Spices.

\$17.99



\$16.99



### CHICKEN CURRY

Chicken Cooked in a Onion Based Sauce Flavored with Indian Spices.

### CHICKEN KORMA

Chicken Cooked in a Mild Cream Gravy Spiced with Indian Spices.

\$16.99



\$17.99



### LAMB KORMA

Chicken Cooked in Mild Cream Gravy Spiced with Indian Spices.

### CHICKEN JALFAEZI

Chicken Cooked with Mixed vegetables in a Tomato sauce.

\$16.99



\$17.99



### LAMB COCONUT CURRY

Lamb Cooked in a Gravy of Onion, Tomatoes, Garlic, Ginger and Topped with Fresh Herbs

\$19.99



### GOAT CURRY

Meat Cooked in an Onion based Sauce Flavoured with Indian Spices Chicken



### LAMB SAAG

Classically Cooked Lamb with Spinach and Cream that is Stewed together untill Thick and Creamy.

\$18.99



\$17.99



### LAMB JALFEREZI

Lamb Cooked with Mixed Vegetables in a Base of Tomato Sauce.

### CHICKEN BHUNA

North Indian Dish Cooked in a Gravy Mixed with Roasted Whole Spices.

\$16.99



\$17.99



### LAMB BHUNA

North Indian Dish Cooked in a Gravy Mixed with Roasted Whole Spices.

### LAMB MADRAS

South Indian Dish of Lamb Cooked in Coconut sauce with Indian Spices.

\$17.99



\$16.99



### CHICKEN MADRAS

South Indian Dish of Chicken Cooked in Coconut Sauce with Spices.

### DHABA CHICKEN

Marinated Chicken Drumsticks Cooked in a Flavorful Gravy.

\$18.99



\$17.99



### KADAI CHICKEN

Chicken Chunks Cooked with Bell Peppers, Onions & Tomato Base Gravy.

### CHILLI CHICKEN

Marinated Deep-Fried Chicken Cooked with Bell Pepper in Say and Tomato Based Sauce.

\$17.99



\$17.99



### CHICKEN SAAG

Classically Cooked Chicken with Spinach and Cream that is Stewed Together Until Thick and Creamy.

### TAWA CHICKEN

Marinated Chicken Pieces Cooked in Aromatic Cury Base.

\$18.99



\$17.99



### CHICKEN TIKKA MASALA

Roasted Marinated Chicken Chunks Cooked in Spiced Curry Sauce

## BREAD AND SIDES



\$3.49

### **GARLIC NAAN**

Traditional Indian Naan  
Coated with Garlic Butter  
Fresh from the Tandoor.

### **PLAIN NAAN**

A White Flour Bread Baked in  
Tandoor Served with Butter.

\$2.49



\$4.00

### **LACHA PARANTHA**

An Indian Flatbread, Crisp Flaky,  
Layered Parantha

### **TANDOORI ROTI**

A Wheat Flour Bread Baked  
in Tandoor served with  
Butter

\$2.99



\$0.99



### **CHUTNEY**

Tamarind & Mint

### **POPPADUM**

A papadam or appalam is an  
Indian deep fried dough of  
black gram bean flour, either fried  
or cooked with dry heat until crunchy.

\$1.99



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## RICE & BIRYANI

### PULAO RICE

Rice Mixed with Assorted Vegetables and Spices

\$6.99



\$3.99



### PLAIN RICE

Steamed Hot Basmati Rice

### ZEERA RICE

Basmati Rice Cooked and Flavored with Cumin Seeds.

\$4.99



\$5.99



### COCONUT RICE

Indian Style Rice Dish Made with Coconut to Lend+Fabulous Flavor.

### VEG BIRYANI

Basmati Rice Cooked with Vegetable Mix with Herbs and Indian Spices.

\$14.99



\$15.99



### CHICKEN BIRYANI

Tender Pieces of Chicken Cooked with Vegetable Mix, Herbs and Spices.

### GOAT BIRYANI

Tender Piece of Goat Cooked with Vegetable Mix, Herbs and Spices.

\$16.99



\$16.99



### LAMB BIRYANI

Basmati Rice Cooked with Vegetable Mix with herbs and Indian Spices.

### CHICKEN BIRYANI

#### with Bones

Tender Pieces of Chicken Cooked with Vegetable Mix, Herbs and Spices.

\$15.99



## SALAD & RAITA

### GREEN SALAD

Tomato, Onion, Cucumber, Lettuce

\$5.99

### LACHA ONION

\$4.99

### CUCUMBER RAITA

\$3.49

### BOONDI RAITA

\$3.49



## SOUPS

### DAAL SOUP

One of the Best  
nourishing that is  
rich in Protein

\$5.99



\$6.99

### SPICY NOODLE SOUP

Noodle Soup is Flavoured  
with Chicken, Ginger, with  
hot Garlic & Say Sauce



\$5.49

### SWEET & SOUR SOUP

Chicken Stock is flavoured with Say Sauce,  
Sugar, Peppers, Ginger & Garlic





## TASTE THE BEERS

<b>CORONA</b>	<b>\$6.99</b>
<b>HEINEKEN</b>	<b>\$6.99</b>
<b>BUDWEISER</b>	<b>\$6.99</b>
<b>MOLSON CANADIAN</b>	<b>\$6.99</b>
<b>COORS LIGHT</b>	<b>\$6.99</b>
<b>ALEXANDER KEITH'S</b>	<b>\$6.99</b>
<b>KING FISHER</b>	<b>\$6.99</b>
<b>CHEETAH LIGHT</b>	<b>\$6.99</b>
<b>CHEETAH MANGO</b>	<b>\$6.99</b>
<b>CHEETAH DARK</b>	<b>\$6.99</b>



## MOCKTAILS AND COCKTAIL CONNECTION

### MOCKTAILS:-

<b>LEMON MINT</b>	<b>\$8.99</b>
<b>STRAWBERRY</b>	<b>\$8.99</b>
<b>MANGO</b>	<b>\$8.99</b>
<b>GRAPES</b>	<b>\$8.99</b>

### COCKTAILS:-

<b>WHISKY SOUR</b>	<b>\$10.99</b>
<b>CAESAR</b>	<b>\$10.99</b>

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## LOVE THE RED WINE

BY THE GLASS	60Z	1/2 LITRE	BOTTLE
MERLOT, JACKSON TRIGGS ONTARIO, CANADA	\$7.99	\$16.99	\$29.99
CABERNET SAUVIGNON, PELLER ESTATE, ONTARIO CANADA	\$8.99	\$17.99	\$34.99
SHIRAZ, NAKED GRAPE, JACKSON TRIGGS, ONTARIO CANADA	\$8.99	\$17.99	\$34.99

## ENJOY THE WHITE WINE

BY THE GLASS	60Z	1/2 LITRE	BOTTLE
CHARDONNAY, JACKSON TRIGGS, ONTARIO, CANADA	\$7.99	\$16.99	\$29.99
SAUVIGNON BLANC, PELLER ESTATE, ONTARIO CANADA	\$8.99	\$17.99	\$34.99
PINOT GRIGIO NAKED GRAPE, ONTARIO, CANADA	\$8.99	\$17.99	\$34.99

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## BARSHOT

### BARSHOT

CHIVAS REGAL

\$8

\$12

CROWN ROYAL

\$8

\$12

JACK DANIELS

\$8

\$12

JAMESON

\$8

\$12

CANADIAN CLUB

\$8

\$12



### PREMIUM WHISKY

30ML

60ML

RED LABEL

\$9.99

\$13.99

BLACK LABEL

\$9.99

\$13.99



### VODKA

30ML

60ML

ABSOLUTE

\$8.99

\$12.99

GREY GOOSE

\$8.99

\$12.99

SMRINOFF

\$8.99

\$12.99



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## BEVERAGES

### MASALA CHAI

Black Tea Brewed  
with Indian Spices.

\$3.00



### MANGO LASSI

Creamy Mango  
Flavoured Yogurt Drink.

\$5.49



### POPS

Coca-Cola, Pepsi, Sprite,  
Diet Coke, Canada Dry,  
7up, Fanta.

\$1.99



\$5.49



### SWEET LASSI

Creamy Sweet  
Flavoured Yogurt  
Drink.

\$5.49



### SALTY LASSI

Traditional Creamy  
Yogurt Drink Flavoured  
with Namkeen and  
Spices.

\$3.99



### COFFEE



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