

PUNJABI CANTEEN



MENU

🌐 www.punjabicanteen.ca
✉ canteenpunjabi@gmail.com
☎ +1-613-680-5900

BREAKFAST(Until 3PM)

\$10.99



ALOO PARANTHA

2 Pcs Whole Wheat Bread Stuffed with Potatoes and Spices Served with Yogurt and Pickle.

PANEER PARANTHA

2 Pcs Whole Wheat Bread Stuffed with Paneer and Spices Served with Yogurt and Pickle.

\$11.99



\$10.99



MIX PARANTHA

2 Pcs Whole Wheat Bread Stuffed with Mix Vegetables and Spices Served with Yogurt and Pickle.

GOBI PARANTHA

2 Pcs Whole Wheat Bread Stuffed with Cauliflower and Spices Served with Yogurt and Pickle.

\$11.99



**Made with fresh Ingredients
and Served Food.**



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STREET FOOD



\$2.99

SAMOSA

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



\$7.99

SAMOSA CHAAT

2 PC of Deep Fried Samosa with Onions, Spiced Chickpeas, Flavoured with Taangy Sauce, Sweet Yougurt and Spicy Chutney.



\$7.99



\$6.99

ALOO TIKKI CHAAT

2 PC of Potatoes Patties, Onions, Spiced Chickpeas, Flavoured with Tanga Sauce, Sweet Yogurt and Spicy Chutney.



\$7.99

CHAAT PAPRI

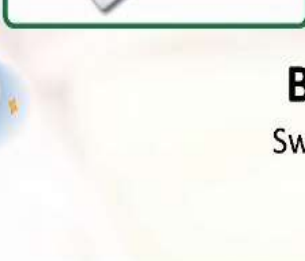
Crispy Wafers Topped with Potatoes, Chickpeas, Spices, Sweet Yogurt And Sauces.



\$6.99

PANI PURI (SEASONAL)

Crispy Fried Sphere's served with Spiced Potatoes and House Special Water.



\$4.99

BADANA BHUJIA

Sweet Salty Grams Mixed with Salty Noodles.



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\$7.99

DAHI BHALLA CHAAT

Deep Fried Balls of Mixed Lentils,
Flavoured with Chutneys and
Served in Yogurt.

SPRING ROLL

Mix Vegetables Stuffed in
Deep Fried Puff Pastry.

\$5.99



\$12.99

AMRITSARI KULCHA

Potato Filled Naan Bread
Served with Channa Masala.

CHOLE BHATURE

Deep Fried Bread Served
with Channa Masala

\$12.99



\$8.49

VEG NOODLE BURGER

Aloo Veg Tikki, Onions, Lettuce,
Tomatoes, Cucumbers, Veg Patty,
Noodles in Hamburger Bun.



PANEER BURGER

Sliced Paneer, Onions, Lettuce,
Tomatoes, Cucumbers, Veg Patty,
Noodles in Hamburger Bun.

\$8.99



\$6.99

ONION BHAJI (8PCS)

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



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INDO-CHINESE

VEG HAKKA NOODLES

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

\$13.99



CHICKEN HAKKA NOODLES

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

\$15.99

VEG MANCHURIAN

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

\$13.99

CHICKEN MANCHURIAN

Delicious Fried Chicken Finished in hot and Sour Manchurian Gravy.

\$15.99



PAKORA'S

VEGETABLE PAKORA

Deep Fried Mixed Vegetables Battered with Chickpea Flour.

\$6.99



PANEER PAKORA

Marinated Deep Fried Paneer Battered with Chickpea Flour.

\$10.99

CHICKEN PAKORA

Marinated Deep Fried Chicken Battered with Chickpea flour

\$13.49

FISH FRY

Deep Fried Basa Fish Marinated with Chef Special Species

\$14.99



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TANDOORI

PANEER TIKKA

Marinated Paneer Fire-Roasted Served with Chilli Sauce.

\$15.99



\$17.99

CHICKEN TIKKA

Marinated Chicken Fire-Roasted Served with Chilli Sauce.



\$17.99



TANDOORI CHICKEN(4PCS)

Marinated Chicken Cooked in Tandoor Served with House Made Sauces.

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



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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



\$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.



Made with fresh Ingredients
and Served Food.



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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 OR BEEF KORMA

Lamb/Beef Cooked in Mild Cream Gravy Spiced 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 OR BEEF VINDALOO

Lamb/Beef 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 OR BEEF CURRY

Lamb Stewed in an Onion Based Sauce Flavored with Indian Spices.

CHICKEN JALFAEZI

Chicken Cooked with Mixed vegetables in a Tomato sauce.

\$16.99



\$17.99



LAMB OR BEEF COCONUT CURRY

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

LAMB or BEEF SAAG

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

\$18.99



\$17.99



LAMB OR BEEF 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 OR BEEF BHUNA

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

LAMB OR BEEF 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



\$3.99

RAITA

Yogurt Flavored with Spices.

CHUTNEY
Tamarind & Mint

\$0.99



\$2.99

TANDOORI ROTI



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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



\$9.99



VEG FRIED RICE

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

CHICKEN FIRED RICE

A combination of Rice, Chicken, Mixed Vegetables Along with Herbs and Indian Spices.

\$13.99



\$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.

BEEF BIRYANI

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

\$16.99



\$16.99



LAMB BIRYANI

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

SALAD

GREEN SALAD

\$4.99

CUCUMBER SALAD

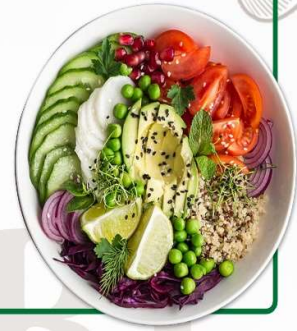
\$5.99

LACHA ONION

\$3.99

CHICKEN TIKKA SALAD

\$11.99



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



BOTTLED DRINKS

Jarritos, Fanta, Limca,
Thums up.

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SWEET

BADAM BURFI

Finely Grinded almonds and a Traditional Creamy Milk Pasta Blended to Perfection.

\$12.49



\$9.99



VESAM LADDU

Sweet and Nutty, Crumbles on the first bite.

PETHA

A Pumpkin Confectionary Soaked in Sugary Syrup.

\$10.49



\$9.99



BOONDI LADDU

Soft and Traditional Sweet is a Popular Choice for Celebrations.

VESAM BURFI

Creamy Mango Flavoured Yogurt Drink

\$8.49



\$12.49



KAJU KATLI

MOTICHOOR LADDU

\$9.99



\$12.99



KALAKAND

ALSI PINNI

Traditional and Health Balls made from Whole-White Flour, Ghee, Sugar and Nuts.

\$12.99



\$13.49



MILK CAKE

A Soft and Crumbly Sweet made with and Nuts.

KHOYA PINNI

Balls made from Creamy Soft Milk and Nuts.

\$11.99



\$11.49



RASGULLE

Ball Shaped Dumplings of Semolina Dough in Sweet Syrup.

GULAB JAMUN

Soft and Succulent Dessert Indulged in a Sweet Syrup, Flavoured with Cardamom.

\$11.49



\$12.99



CHUM-CHUM

Eclair-Shaped Soft and Creamy Dessert Indulged in Sweet Syrup with Traditional Creamy Milk Paste(Khoya) Filling.