



PUNJABI CANTEEN



MENU

 www.punjabicanteen.ca

 Merivale - canteenpunjabi@gmail.com
Barrhaven - canteenpunjabi.b@gmail.com
Vanier - canteenpunjabi.c@gmail.com

 +1 613-680-5900
+1 613-425-9544
+1 613-746-7783

PARANTHA'S



\$10.99

ALOO PARANTHA

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



\$10.99

MIX PARANTHA

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



\$11.99

PANEER PARANTHA

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



\$11.99

GOBI PARANTHA

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

Made with fresh Ingredients
and Served Food.



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STREET FOOD

NOODLE BURGER

Aloo Tikki, Onion, Lettuce, Tomatoes, Cucumber & Noodles in a Hamburger buns

\$8.99



\$8.99



DAHI BHALLE CHAAT

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

NOODLE PANEER BURGER

Sliced Paneer, Aloo Tikki, Onion, Lettuce, Tomatoes, Cucumber & Noodles in Hamburger buns

\$9.99



\$8.99



CHAAT PAPRI

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

CHOLE BHATURE

Deep Fried Bread Served with Channa Masala

\$13.99



\$10.99



PANEER PAKORA

Marinated deep Fried Paneer battered with Chickpea Flour.

AMRITSARI KULCHA

Potato Filled Naan Bread Served with Channa Masala.

\$13.99



\$13.99



ONION KULCHA

Onion stuffed naan bread served with Chana Masala.

ALOO TIKKI CHAAT

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

\$8.99



\$8.99



VEGETABLE PAKORA

Deep Fried Mix vegetable Battered with Chickpea Flour.

FRENCH FRIES

Deep fried Potatoes

\$4.99



\$3.99



SAMOSA

2 PC of deep fried Samosa with Chutney.

DAHI PURI

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

\$8.99



\$9.99



SAMOSA CHAAT

Deep Fried Samosa with onions, Spiced Chickpeas, Tomatoes and Flavoured with Tangy Sauces.

ONION BHAJI

Deep Fried Onions with chickpea flour and mix indian spice bleed.

\$8.99



\$9.99



SPRING ROLL(NOODLE)

Noodles Stuffed in deep fried puff pastry.

\$8.99



GOLGAPPE

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

\$16.99



FISH FRY

Deep Fried Basa Fish Marinated with house special Spices.

\$9.99



BUTTER CHICKEN

POUTINE

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

\$13.49



CHICKEN PAKORA

Marinated deep Fried chicken Battered with Chickpea Flour.



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INDO-CHINESE

VEG MANCHURIAN

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

\$14.99



CAULIFLOWER MANCHURIAN

Deep Fried Cauliflower Balls Finished in hot & Sour Manchurian Gravy

\$15.99



CHILLI MUSHROOMS

Deep Fried Mushrooms Marinated in a Chef's Special Hot Sauce.

\$14.99



CHILLI POTATOES

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

\$14.99



VEG NOODLE

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

\$12.99



CHILLI PANEER

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

\$16.99



VEG MOMO'S(FRIED)

Mixed Vegetables stuffed in puff pastry served with mayonese and chilli sauce(made in house)

\$12.99



VEG FRIED RICE

A combination of Rice, Mixed vegetables along with Herbs and Indian Spices.

\$9.99



CHILLI CHICKEN

Marinated Deep-Fried Chicken Cooked with Bell pepper in Soy and Tomato Based Sauce.

\$17.99



CHICKEN MANCHURIAN

Delicious Fried Chicken Finished in Hot and Sour Manchurian Gravy.

\$17.99



CHICKEN 65(SOUTH STYLE)

Deep fried chicken cooked in lemon juice & yogurt base gravy served with salad.

\$17.99



CHICKEN FRIED RICE

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

\$13.99



CHICKEN NOODLES

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

\$13.99



\$14.99



CHICKEN MOMO'S(FRIED)

Chicken stuffed in puff pastry then deep fried & served hot with mayonese & in house made chilli sauce.

IN FLAMES OF TANDOOR

VEG MOMOS(TANDOORI)

Momos stuffed with vegetable deep fried and then finished in tandoor after marinated served with mint sauce.

\$15.99



\$16.99



TANDOORI SOYA CHAAP

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

PANEER TIKKA

Marinated Paneer Fire-Roasted served with Chill Sauce.

\$17.99



\$16.99



TANDOORI MALAI CHAAP

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

GARLIC CHICKEN TIKKA

Garlic marinated Chicken fire Roasted served with Chilli Sauce.

\$18.99



\$18.99



CHICKEN TIKKA

Marinated Chicken Fire-Roasted Served with chilli Sauce.

TANDOORI CHICKEN(HALF)

Marinated Chicken cooked in Tandoor served with home made Sauces.

\$17.99



\$18.99



HARYALI CHICKEN TIKKA

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

CHICKEN SEEKH KEBAB

Ground chicken mix with ginger, garlic along with Indian Spices cooked in open fire.

\$17.99



\$23.99



TANDOORI CHICKEN(FULL)

Marinated Chicken Cooked in Tandoor Served with home made Sauces.

IN FLAMES OF TANDOOR

SALMON FISH TIKKA

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

\$19.99



\$19.49



LAMB SEEKH KEBAB

Ground Lamb mix with ginger, garlic along with Indian spices cooked in clay oven.

CHEF SPECIAL MIX GRILL(NON-VEG)

2 pieces each of non-veg tikka's, kebab's and tandoori prawns.

\$24.99



\$16.99



CHICKEN MOMOS(TANDOORI)

Momos stuffed with chicken deep fried and then finished in tandoor after marinated served with mint sauce.

\$18.99



TANDOORI PRAWNS

Skewered Shrimp with Garlic Paste Grilled in the Tandoori Oven.



Made with fresh Ingredients and Served Food.



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SOUP

DAAL SOUP

one of the best nourishing lentil soup
that is rich in protein

\$5.99

SPICY NOODLE SOUP(CHICKEN)

Noodles is flavoured with chicken, ginger,
hot garlic and soy sauce

\$6.99

SWEET CORN SOUP

Sweet corn soup made with corn Kernels,
spices & herbs

\$6.49



SPECIAL COMBO'S

COMBO A

Onion Bhaji, Channa Masala, Karahi Panner, Rice,
Naan & Dessert (2PCS Gulab Jamun)

\$44.00

COMBO B

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

\$44.00

COMBO C

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

\$50.00

COMBO D(GLUTEN FREE)

Veg Pakora, Dal Makhni, Butter Chicken, Rice, Poppadom

\$44.00

COMBO E(DAIRY FREE)

Onion Bhaji, Chana Masala, Aloo Gobi,
Tandoori Roti, Rice

\$44.00

COMBO F(VEGAN)

Samosa, Daal Tarka, Channa Masala, Tandoori Roti, Rice

\$44.00

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VEGETARIAN CURRY'S

ALOO GOBI

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

\$15.99



\$14.99



DAAL TARKA

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

BHINDI MASALA

Okra Stuffed with Indian Spices and Sauteed with Onion.

\$15.99



\$15.99



DAAL MAKHNI

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

CHANA MASALA

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

\$14.99



\$16.99



VEG. JALFREZI

Mixed Vegetables Cooked in a Base of Tomato Sauce.

KARHI PAKORA WITH RICE

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

\$16.99



\$16.99



MALAI KOFTA

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

EGG PLANT BHARTHA

Oven baked Egg plant pured then cooked with onion Tomatoes and Spices.

\$15.99



\$15.99



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.

\$16.99



PANEER BUTTER MASALA

Paneer Cooked in Butter Sauce with Fresh Indian Spices.

\$16.99



MATAR PANEER

Indian Curry made with Green Peas and Indian Cottage Cheese.

\$16.99



PANEER MADRAS

South Indian dish made with paneer coconut sauces and spices.

\$16.99



NAVRATAN KORMA

Mixed vegetables cooked in creamy sauces with fresh Indian Spices.

\$17.99



PANEER BHURJI

Crumbled paneer is cooked with a mixture of onion, tomatatoes, peas ginger-garlic green chilli & some indian spices.

\$17.99



\$16.99



KARAHI PANEER

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

\$16.99



PANEER TIKKA MASALA

Grilled Paneer along with onion and green pepper served in a Spicy masala gravy.

\$16.99



PALAK PANEER

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

\$16.99



MUSHROOM MASALA

Mushroom cooked with onion and Tomato based gravy.

\$16.99



PANEER TAK-A-TAK

Paneer TAK-A-TAK is tangy, spicy & flavourful semi-gravy curry.

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.

\$18.99



\$19.49



LAMB COCONUT CURRY

Lamb Cooked in a Gravy of Onion, Tomatoes, Garlic, Ginger and Topped with Shredded coconut

CHICKEN VINDALOO

Chicken Cooked in Vindaloo Sauce made with Rich Indian Spices.

\$17.99



\$17.99



CHICKEN CURRY

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

LAMB VINDALOO

Lamb Cooked in Vindaloo Sauce made with Rich Indian Spices.

\$19.49



\$19.49



LAMB CURRY

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

CHICKEN KORMA

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

\$17.99



\$19.49



LAMB JALFAREZI

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

CHICKEN JALFREZI

Chicken Cooked with Mixed vegetables in a Tomato sauce.

\$17.99



\$19.49



LAMB BHUNA

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

LAMB KORMA

Lamb Cooked in Mild Cream Gravy Spiced with Indian Spices.

\$19.49



\$17.99



CHICKEN MADRAS

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

CHICKEN

COCONUT CURRY

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

\$17.99



\$17.99



KARAHI CHICKEN

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

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LAMB SAAG

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

\$19.49



\$17.99



CHICKEN SAAG

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

CHICKEN BHUNA

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

\$17.99



\$17.99



CHICKEN TIKKA MASALA

Roasted Marinated Chicken Chunks Cooked in Spiced Curry Sauce

LAMB MADRAS

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

\$19.49



\$17.99



CHICKEN TAK-A-TAK

Chicken cooked in a tangy spicy & flavourful semi-gravy curry.

MANGO CHICKEN

Chicken piece cooked in Mango & Onion based gravy finished with cream.

\$17.99



\$22.99



GOAT CURRY

Goat cooked in onion based sauce flavoured with indian spices.

LAMB ROGAN JOSH

Deep red Spicy meat curry is the signature dish of Kashmir known for its rich flavours.

\$20.49



\$23.99



GOAT ROGAN JOSH

Deep red spicy meat Curry is the signature dish of Kashmir known for its rich flavours and tender meat.

GOAT VINDALOO

Goat cooked in vindaloo sauce made with rich Indian spices.

\$23.99



\$19.49



PUNJABI STYLE DHABA CHICKEN

Marinated Chicken Drumsticks Cooked in a Flavorful Gravy.

TAWA CHICKEN

Marinated Chicken Pieces Cooked in Aromatic Curry Base.

\$19.49



\$20.99



SHRIMP CURRY

Shrimp cooked in onion base gravy flavoured with Indian spices.

FISH CURRY

Fish cooked in onion base gravy flavoured with Indian spices.

\$20.99



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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



MURGH BIRYANI

Tender piece of Chicken cooked with Vegetable Mix, Herbs and Spices.

LAMB BIRYANI

Basmati Rice cooked with lamb with herbs and Indian spices

\$16.99



\$17.99



GOAT BIRYANI

Tender piece of Goat cooked with vegetable, mix herbs and spices.

SALAD & RAITA

GREEN SALAD

\$5.99

LACHA ONION

\$4.99

CUCUMBER RAITA

\$3.49

BOONDI RAITA

\$3.49

MIX-VEG RAITA

\$3.99

PLAIN YOGURT

\$2.99



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BREAD AND SIDES

PLAIN NAAN

A white Flour Bread Baked in tandoor served with Butter.

\$3.49



\$3.49



TANDOORI ROTI

A Wheat Flour Bread Baked in Tandoor served with Butter

LACHA PARANTHA

An Indian Flatbread, Crisp Flaky, Layered Parantha

\$4.99



\$4.49



GARLIC NAAN

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

CHUTNEY'S

Tamrind, mint, sweet chilli & yogurt base sweet sauce.

\$0.99



\$1.99



PAPADUM(2PCS)

A papadum is an Indian deep fried dough of black gram bean flour.

LAMB KEEMA NAAN

Ground Lamb along with other indian spices stuffed in naan bread and cooked in oven

\$15.99



\$14.99



CHICKEN KEEMA NAAN

Ground chicken along with other indian spices stuffed in naan bread and cooked in oven

DESERTS

Gulab Jamun (Hot) 2 Pieces

\$4.99



\$4.99



Rasmalai

Juicy and creamy desert

BEVERAGES

MASALA CHAI

Black Tea Brewed with Indian Spices.

\$3.49



\$5.49



SWEET LASSI

Creamy Sweet Flavoured Yogurt Drink.

\$5.49



MANGO LASSI

Creamy Mango Flavoured Yogurt Drink.

\$5.49



SALTY LASSI

Traditional Creamy Yogurt Drink Flavoured with Namkeen and Spices.

POPS

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

\$2.49



MOCKTAILS

LEMON MINT

\$8.99

STRAWBERRY

\$8.99

MASALA SODA

\$8.99

MANGO

\$8.99



SWEETS

RASGULE

Ball shaped dumplings of semolina dough in sweet syrup.

\$11.99



\$11.99



GULAB JAMUN

Soft and succulent dessert indulged in a sweet syrup, flavoured with cardamom.

DILBAHAR (CHUM CHUM)

Eclair-shaped soft & creamy dessert indulged in sweet syrup with traditional creamy milk paste(khoya) filling.

\$12.99



\$13.49



MILK CAKE

A soft and crumbly sweet made with and nuts.

MOTICHOOR LADDU

Sweet balls made of gram flavor, sugar and spices.

\$12.99



\$12.99



KALAKAND

Made with condensed milk, sugar and cardamom powder.

BESAN LADDU

Round shaped sweet made of chickpea flour, gram flavor with ghee and sugar.

\$9.99



\$9.99



BESAN BURFI

Made of chickpea flour and sugar.

KAJU KATLI

A Diamond shaped sweet made with cashew nuts, sugar & cardamom Powder.

\$13.99



\$9.99



BOONDI LADDU

Soft balls made by combining lovely little bits of fried and sugar-soaked batter.

PINK SANDWICH

This mouth watering sweet made of milk paneer with strawberry flavor.



\$12.99



RASMALAI

Popular sweet made with thickened milk and juicy cheese discs.

WHITE SANDWICH

Made of milk sugar with whipped cream in middle.



\$12.99



\$11.99

WHITE PERRA

Dumpling shaped sweet made of condensed milk and sugar.

BADANA

Sweet boondi made of tiny dusters of flour filled with sugar syrup.



\$9.99



\$9.99

MATHI

This salty flaky biscuits made of flour, water and carom seeds.

BHUJIA

Crispy and salty snack made of moth bean flour, gram flour and spices.



\$9.99



\$12.99

BURFI(KHOYA)

Made with evaporated solid milk(khoya), sugar and some flavoring.



Made with fresh Ingredients and Served Food.

