



INDIAN BENTO

Monday

VEGETARIAN

\$12.99 + Tax

VEGGIE SAMOSA

Crispy patties stuffed with seasoned potatoes.

TRI-PEPPER CORN CHAT

Bell peppers, fresh sweet corn kernels tossed in tangy chat masala dressing.

GOBHI ALOO

Home style cooked cauliflower, potatoes with aromatic spices and tomato sauce.

PALAK PANEER

Cottage Cheese cooked in fresh Ontario baby Spinach and Tomato with touch of cream.

OR MATAR PANEER

Cottage Cheese and Green peas simmered in a silky tomato gravy flavoured with royal cumin seeds and dried fenugreek leaves.

DAL TADKA

Split lentil cooked with tomato and onion, seasoned with spices and herbs (in hyderabadi style).

NAAN

Flattened baked milk bread.

NON-VEGETARIAN

\$14.99 + Tax

CHICKEN SAMOSA

Crispy patties stuffed with five spice minced chicken.

TRI-PEPPER CORN CHAT

Bell peppers, fresh sweet corn kernels tossed in tangy chat masala dressing.

GOBHI ALOO

Home style cooked cauliflower, potatoes with aromatic spices and tomato sauce.

BUTTER CHICKEN

Oven roasted Chicken Tikka slow cooked in rich tomato, fenugreek and cream gravy.

OR CHICKEN VINDALOO

Chicken cooked in flavours of mustard with turmeric, ginger, garlic vinegar.

NAAN

Flattened baked milk bread.

DAL TADKA

Split lentil cooked with tomato and onion, seasoned with spices and herbs (in hyderabadi style).

SAFFRON RICE

Saffron seasoned basmati rice cooked in fragrant spices.

GULAB JAMUN

Fried milk dumplings stuffed with pistachio cardamom, dipped in saffron honey syrup.

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Fried milk dumplings stuffed with pistachio cardamom, dipped in saffron honey syrup.

Tuesday

VEGETARIAN

\$13.99 + Tax

PAKODAS

Fritters of mix vegetables dipped in a batter of Bengal gram flour, deep fried.

KACHUMBAR SALAD

Onion, tomato and cucumber tossed with Indian spices and drizzled with lemon dressing.

MALAI KOFTA

Saffron flavoured Cottage Cheese croquettes cooked in cashew nut sauce.

OR SHAHI PANEER

Homemade Cottage Cheese cooked in rich tomato, onion and cashew nut gravy, seasoned to perfection.

DAL MAKHANI

Slow cooked whole black lentils cooked in tomato, cream and herbs in clay oven.

CUMIN CORIANDER RICE

Basmati rice sautéed with cumin and cooked in coriander paste.

GARLIC NAAN

Tandoori bread topped with garlic, cilantro and Indian herbs.

NON-VEGETARIAN

\$15.99 + Tax

TANDOORI CHICKEN

Chicken marinated in ginger and garlic paste, yogurt, ground spices, cooked in clay oven.

KACHUMBAR SALAD

Onion, tomato and cucumber tossed with Indian spices and drizzled with lemon dressing.

CHICKEN TIKKA MASALA

Boneless pieces of chicken cubes marinated with spices, herbs, ginger and garlic paste, grilled in tandoor cooked in tangy gravy.

OR CHICKEN XACUTI

A traditional Goanese speciality of chicken cooked in a paste of roasted dry spices and coconut.

DAL MAKHANI

Slow cooked whole black lentils cooked in tomato, cream and herbs in clay oven.

CUMIN CORIANDER RICE

Basmati rice sautéed with cumin and cooked in coriander paste.

GARLIC NAAN

Tandoori bread topped with garlic, cilantro and Indian herbs.

RASMALAI

Cottage cheese patties cooked in milk, flavoured with cardamom and rose water.

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Wednesday

VEGETARIAN

\$12.99 + Tax

VEG SPRING ROLLS

Chinese seasoned vegetables wrapped in rice paper, deep fried.

TABBOULEH

A traditional Lebanese salad tossed with chickpeas and pomegranate, mixed with Indian herbs.

VEGETABLE MARINARA

Assorted vegetable cooked in marinara sauce with a hint of Indian spices.

OR KHAJURI BHARWAN ALOO

Dates stuffed potatoes cooked in a navratan curry.

BAKED BEANS CURRY

Oven baked kidney beans in garlic tomato aioli.

SAFFRON PEAS PULAO

Saffron basmati rice cooked with green peas, onion and yogurt.

MULTI GRAIN ROTI

MANGO PUDDING

Rice cooked on low heat with milk and mango puree, garnished with pistachio.

NON-VEGETARIAN

\$16.99 + Tax

SUNDRIED CHICKEN LOLLIPOP

Chicken drumstick marinated overnight in sundried tomato gravy, grilled on tandoor.

TABBOULEH

A traditional Lebanese salad tossed with chickpeas and pomegranate, mixed with Indian herbs.

MURG TANGDHI

Chicken drumsticks marinated in yogurt and ground spices, grilled in tomato, garlic aioli.

OR LAMB VINDALOO

Lamb cooked in flavours of mustard with turmeric, ginger, garlic and vinegar.

BAKED BEANS CURRY

Oven baked kidney beans in garlic tomato aioli.

SAFFRON PEAS PULAO

Saffron basmati rice cooked with green peas, onion and yogurt.

MULTI GRAIN ROTI

MANGO PUDDING

Rice cooked on low heat with milk and mango puree, garnished with pistachio.

Thursday

VEGETARIAN

\$14.99 + Tax

CHILLY PANEER DRY

Crispy Cottage cheese with tossed bell peppers in dry sesame sauce.

BOK CHOY AND SNOW PEAS SALAD

Blanched snow peas and bok choy, tossed in sweet and sour siracha sauce.

MEDLEY OF SEASONED FARM VEGETABLES

Fresh baby corn, cottage cheese, beans and Brussel sprouts cooked in a kadhai sauce.

OR THAI VEG. CURRY

Assorted vegetables cooked in traditional red curry with coconut milk, bamboo shoots and basil leaves.

VEG HAKKA NOODLES

Pan fried noodles tossed with seasoned vegetables juliennes.

CURRIED CHICKPEAS

Overnight slowly simmered chickpeas with whole spices, cooked with dry pomegranate and ginger tomatoes tadka.

CORIANDER CHILLY BREAD

Flattened milk bread coated on the top with green chilies and chopped coriander, baked in clay oven.

CHOCOLATE GULAB JAMUN

Chocolate stuffed fried milk dumplings dipped in saffron honey syrup.

NON-VEGETARIAN

\$16.99 + Tax

CHILLY CHICKEN DRY

Spiced yogurt marinated chicken cubes tossed with seasoned peppers and onions.

BOK CHOY AND SNOW PEAS SALAD

Blanched snow peas and bok choy, tossed in sweet and sour siracha sauce.

SHRIMP TAK-A-TAK

Pepper, onions and tossed shrimp in malabar sauce

OR ROASTED HERB FISH IN CUMIN CAULIFLOWER SAUCE

Fish coated with coriander herbs and cooked in creamy cauliflower sauce

CHICKEN HAKKA NOODLES

Stir fry noodles tossed with crispy baked chicken.

CURRIED CHICKPEAS

Overnight slowly simmered chickpeas with whole spices, cooked with dry pomegranate and ginger tomatoes tadka.

CORIANDER CHILLY BREAD

Flattened milk bread coated on the top with green chilies and chopped coriander, baked in clay oven.

CHOCOLATE GULAB JAMUN

Chocolate stuffed fried milk dumplings dipped in saffron honey syrup.

Friday

VEGETARIAN

\$14.99 + Tax

IMILI PANEER TIKKA

Cubes of cottage cheese marinated in tamarind puree and yogurt, cooked in tandoor.

QUINOA CHANAA SALAD

Fresh saffron butter quinoa with chopped peppers, tomatoes tossed with chaat masala.

JACKFRUIT MASALA

Diced Jackfruit (katahal) marinated in yogurt cooked in tangy gravy.

OR MUSHROOM MEDLEY

Shitake and button mushrooms cooked in Tomato, cream sauce.

DAL JAIPURI

3 types of lentils cooked together in mango and onion tomato tadka.

ONION KULCHA

Tandoori bread stuffed with onions, cilantro and spices.

SOUTH INDIAN SPICED RICE

Basmati rice seasoned with curry leaves, mustard and peanuts.

STRAWBERRY CHEESE CAKE SLICE

New York style strawberry cheese cake with pistachio stuffing.

NON-VEGETARIAN

\$15.99 + Tax

AMRITSARI FISH TIKKA

Cubes of seasonal fish marinated in sour cream, carom, aromatic herbs, skewered and cooked in tandoor.

QUINOA CHANAA SALAD

Fresh saffron butter quinoa with chopped peppers, tomatoes in chaat masala sauce.

BUTTER CHICKEN

Oven roasted Chicken Tikka slow cooked in rich tomato, fenugreek and cream gravy.

OR CHICKEN BOLOGNESE

Tender chicken pieces cooked slowly in basil sauce topped with oregano herbs

DAL JAIPURI

3 types of lentils cooked together in mango and onion tomato tadka.

ONION KULCHA

Tandoori bread stuffed with onions, cilantro and spices

SOUTH INDIAN SPICED RICE

Basmati rice seasoned with curry leaves, mustard and peanuts

STRAWBERRY CHEESE CAKE SLICE

New York style strawberry cheese cake with pistachio stuffing.