

<u>Appetizers</u>	
<u>Vegetable Pakora</u>	<u>5</u>
Battered and seasoned fried vegetables served with tamarind chutney	
<u>Paneer Pakora</u>	<u>8</u>
Battered and seasoned fried home-made cheese served with tamarind chutney	
<u>Fish Pakora</u>	<u>11</u>
Marinated, battered and seasoned fried fish served with mint chutney	
<u>Chicken Pakora</u>	<u>11</u>
Marinated, battered and seasoned fried chicken served with mint chutney	
<u>Papri Chat</u>	<u>5</u>
Yogurt dish with potatoes, chick peas and home-made wafers topped with mint and tamarind chutney, served cold	
<u>Aloo Tikki (2)</u>	<u>3.5</u>
Potato patties stuffed with spiced cheese served on yogurt and topped with shredded daikon, onions and green cabbage and mint and tamarind chutneys	
<u>Vegetable Samosas (2)</u>	<u>2.5</u>
Seasoned potatoes and vegetables wrapped in a light pastry and served with tamarind chutney	
<u>Samosas with Chana Masala</u>	<u>6</u>
Seasoned potatoes and vegetables wrapped in a light pastry and served with chick pea curry and tamarind chutney	
<u>Lamb Kebobs</u>	<u>5</u>
Seasoned ground lamb cooked in tandoor oven and served with mint chutney	
<u>Chicken Kebobs</u>	<u>5</u>
Seasoned ground chicken cooked in tandoor oven and served with mint chutney	
<u>Tandoori Wings (8)</u>	<u>7</u>
Chicken wings marinated in yogurt and Indian spices, cooked in tandoor oven	
<u>Chicken Tikka</u>	<u>10</u>
Chicken pieces marinated in yogurt and Indian spices, cooked in tandoor oven served on top of sautéed vegetables	

<u>Wild Salmon Tikka (6 oz)</u>	<u>12</u>
Wild salmon filet marinated in yogurt and Indian spices, cooked in tandoor oven served on top of curried vegetables	
<u>Chicken Specialities - Served with Rice or Naan</u>	
<u>Tandoori Chicken</u>	<u>1/2 13 Full 19</u>
Chicken marinated in yogurt and Indian spices cooked in tandoor oven	
<u>Chilli Chicken</u>	<u>15</u>
Boneless chicken marinated in yogurt and Indian spices cooked with onions and peppers in a creamy curry sauce	
<u>Butter Chicken</u>	<u>14.5</u>
Boneless chicken marinated in yogurt and Indian spices cooked in a tomato buttery cream sauce	
<u>Chicken Vindaloo</u>	<u>15</u>
Boneless chicken marinated in yogurt and Indian spices cooked with potatoes, mushrooms, peppers, onions, coconut milk and vinegar in a curry sauce	
<u>Chicken Tikka Masala</u>	<u>15</u>
Boneless chicken marinated in yogurt and Indian spices cooked with mushrooms and onions in a creamy curry sauce	
<u>Chicken Curry</u>	<u>14.5</u>
Boneless chicken cooked in traditional Indian curry sauce	
<u>Chicken Saag</u>	<u>15</u>
Boneless chicken marinated in yogurt and Indian spices cooked with freshly ground curried spinach and mustard leaves	
<u>Chicken Keema Kofta</u>	<u>15</u>
Home-made ground chicken dumplings cooked in a traditional creamy curry sauce	
<u>Chicken Korma</u>	<u>15.5</u>
Boneless chicken marinated in yogurt and Indian spices cooked with saffron and a home-made nut paste in a creamy curry sauce	

<u>Chicken Keema</u>	<u>15</u>
Ground chicken and peas seasoned and spiced cooked in a curry sauce	
<u>Chicken Masala</u>	<u>15</u>
Boneless chicken cooked with onions, peppers and mushrooms in a curry sauce	
<u>Lamb Specialities - Served with Rice or Naan</u>	
<u>Lamb Vindaloo</u>	<u>15.5</u>
Boneless lamb cooked with potatoes, mushrooms, peppers, onions, coconut milk and vinegar in a curry sauce	
<u>Lamb Curry</u>	<u>15</u>
Boneless lamb cooked in traditional Indian curry sauce	
<u>Lamb Roganjosh</u>	<u>15.5</u>
Boneless lamb cooked with onions, tomatoes, yogurt, coconut milk and cream in a curry sauce	
<u>Lamb Saag</u>	<u>15.5</u>
Boneless lamb cooked with freshly ground curried spinach and mustard leaves in a curry sauce	
<u>Lamb Korma</u>	<u>16</u>
Boneless lamb cooked with saffron and home-made nut paste in a creamy curry sauce	
<u>Lamb Keema Kofta</u>	<u>15.5</u>
Home-made ground lamb dumplings cooked in a creamy curry sauce	
<u>Chilli Lamb</u>	<u>15.5</u>
Boneless lamb cooked with onions and peppers in a creamy curry sauce	
<u>Lamb Masala</u>	<u>15.5</u>
Boneless lamb cooked with onions, peppers and mushrooms in a curry sauce	
<u>Goat Specialities - Served with Rice or Naan</u>	
<u>Goat Vindaloo</u>	<u>15.5</u>

Goat cooked with potatoes, mushrooms, peppers, onions, coconut milk and vinegar in a curry sauce	
<u>Goat Curry</u>	<u>15</u>
Goat cooked in traditional Indian curry sauce	
<u>Goat Roganjosh</u>	<u>15.5</u>
Goat cooked with onion, tomato, yogurt, coconut milk in a curry sauce with a touch of cream	
<u>Goat Saag</u>	<u>15.5</u>
Goat cooked with freshly ground curried spinach and mustard leaves in a curry sauce	
<u>Goat Korma</u>	<u>16</u>
Goat cooked with saffron and home-made nut paste in a creamy curry sauce	
<u>Chilli Goat</u>	<u>15.5</u>
Goat cooked with onion and peppers in a creamy curry sauce	
<u>Fish Specialities - Served with Rice or Naan</u>	
<u>Chilli Fish</u>	<u>15</u>
Cod marinated in Indian spices cooked in tandoor oven then sautéed with onions, peppers in a curry cream sauce	
<u>Fish Masala</u>	<u>15</u>
Cod marinated in Indian spices cooked in tandoor oven then sautéed with onions, peppers and mushrooms in a curry sauce	
<u>Fish Curry</u>	<u>14.5</u>
Cod marinated in Indian spices cooked in tandoor oven and served in a traditional Indian curry sauce	
<u>Fish Vindaloo</u>	<u>15</u>
Cod marinated in Indian spices cooked in tandoor oven with potatoes, mushrooms, peppers, onions, coconut milk and vinegar in a curry sauce	

**Prawn Korma** 16<sup>5</sup>

Prawns cooked with saffron and home-made nut paste in a creamy curry sauce

**Prawn Vindaloo** 16

Prawns cooked with potatoes, mushrooms, peppers, onions, coconut milk and vinegar in a curry sauce

**Curry Prawns** 15<sup>5</sup>

Prawns cooked in traditional Indian curry sauce

**Chilli Prawns** 16

Prawns cooked with onions and peppers in a creamy curry sauce

**Chef Don's Creations**

**Wild Salmon Masala (9 oz.)** 16

Wild salmon filet marinated in yogurt and Indian spices, cooked in tandoor oven and served on top of green and red peppers, green cabbage, mushrooms and onions cooked in a curry sauce

**Tandoori Ribs** 17

Baby back pork ribs marinated in yogurt and Indian spices cooked in tandoor oven

**Biryani Specialities**

Basmati rice cooked in curry sauce with vegetables, almonds and raisins

**Vegetarian** 14

**Chicken** 15

**Lamb** 16

**Goat** 16

**Prawns** 17

**Vegetarian Specialities - Served with**

**Rice or Naan**

**Chilli Paneer** 13<sup>5</sup>

Home-made cheese cooked with onions and peppers in a curry cream sauce

**Palak Paneer** 13<sup>5</sup>

Home-made cheese cooked in freshly ground curried spinach

**Shahi Paneer** 13

Home-made cheese cooked in a tomato based cream sauce

**Mutter Paneer** 13<sup>5</sup>

Home-made cheese cooked with green peas in a traditional curry sauce

**Aloo Mutter** 13

Chopped potatoes & green peas cooked in a traditional curry sauce

**Aloo Palak** 13

Chopped potatoes cooked in freshly ground curried spinach

**Aloo Gobi** 13

Chopped potatoes and cauliflowers sautéed with onions in a traditional curry sauce

**Chana Palak** 13

Chick peas cooked in freshly ground curried spinach

**Chana Masala** 13

Chick peas cooked in a traditional Indian curry sauce

**Bhengan Bharta** 13

Eggplant roasted in the tandoor oven then mashed & cooked with peas in curry sauce

**Mixed Vegetables** 13

Mixed vegetables cooked a in traditional curry sauce

**Dal Maharani** 13

Indian lentils cooked with tomatoes and ginger in a savoury curry sauce

**Vegetable Korma** 13<sup>5</sup>

Vegetables cooked with saffron and a home-made nut paste in a creamy curry sauce

**Malai Kofta** 13<sup>5</sup>

Dumplings made of squash, zucchini, potato and home-made cheese cooked in a creamy curry sauce

**Paneer Phurji** 13<sup>5</sup>

Home-made shredded cheese cooked with tomatoes and peas in a curry sauce

**Bhindi Bhaji** 13

Okra cooked with onions, peas and tomatoes in a curry sauce

**Extras**

**Naan** 2      **Raita** 3<sup>5</sup>

**Garlic Naan** 3      **Dahi** 3

**Keema Naan** 4      **Papadum** 0<sup>5</sup>

**Bhatura** 1<sup>5</sup>      **Roti** 1

**Plain Rice** 2      **Rice Pilau** 3

**Pickle (Mango, Lime or Carrot)** 1

**Chutney (Mango, Mint or Tamarind)** 1

**Indian salad** 4<sup>5</sup>

**Desserts**

**Gulab Jamun (4)** 3<sup>5</sup>

Deep fried milk solids (similar to a donut) soaked in light simple syrup flavored with green cardamom and rosewater.

**Rasgulla (4)** 3<sup>5</sup>

Dumpling made out of Indian cottage cheese that are fried in sugared water and served in sugar syrup.

**Raz Malai (2)** 3<sup>5</sup>

Flattened dumpling of paneer soaked in cream flavored with cardamom, rose water and pistachio

**Drinks**

**Pop** 2

Coke, Diet Coke, Coke Zero, Pepsi, 7<sup>up</sup>, Diet 7<sup>up</sup>, Sprite, Ginger Ale, Root Beer, Orange Crush, Grape Crush, Cream Soda, Tonic

**Juice** 2

Ice tea, mango, orange, apple or cranberry

**Mango Lassi** 4

**Plain, sweet or salty lassi** 3

**Mango milkshake** 4<sup>5</sup>

**Masala chai** 2<sup>5</sup>

Prices subject to change without notice



# Essence Of India

A true taste of India's finest

[www.EssenceOfIndiaRestaurant.com](http://www.EssenceOfIndiaRestaurant.com)

**Phone (604)898-1000**

**Hours of operation**

**Monday**      **4:30-9:30**

**Tuesday**      **Closed**

**Wednesday**      **4:30-9:30**

**Thursday**      **12-9:30**

**Friday**      **12-9:30**

**Saturday**      **12-9:30**

**Sunday**      **12-9:30**

