

ALOO GOBI [G, F] 15
Cauliflower & potatoes in curry

BHENGAN BHARTA [G, F] 15
Eggplant in curry sauce

DAL MAHARANI [G, F] 15
Lentils in a savoury curry sauce

MIXED VEGETABLES [G, F] 15
Vegetables in curry

CHANA MASALA [G, D] 15
Chick peas in curry

BHINDI BHAJI [G, F] 16
Okra & vegetables in curry

PANEER PURJI [G] 16
Indian cheese & peas in curry

DRINKS

ASSORTED POP CANS 2^{.5}

MASALA CHAI 4

PLAIN, SWEET OR SALTY LASSI 4^{.5}

MANGO LASSI OR MILKSHAKE 5^{.5}

CHEF DON'S EXCLUSIVES \$19^{.5}

SERVED WITH RICE OR NAAN [G]

TANDOORI WILD SALMON MASALA

Marinated fish and vegetables in curry

TANDOORI RIBS

Marinated baby back pork ribs

SIDE ORDERS

NAAN

Plain/Garlic 2^{.5}/3^{.5}
Chili Cheese, Aloo Masala 6
Peshwari 6

OTHER BREADS

Papadum/Roti/Bhatura 1/2/3

YOGURT

Plain/Raita 3/3^{.5}

RICE

Plain/Pilau 3/4

PICKLE (Mango, Lime or Carrot) 1

CHUTNEY (Mango, Mint, Tamarind) 1

INDIAN SALAD 5

D - DAIRY FREE
F - DAIRY FREE ON REQUEST
G - GLUTEN FREE

PRICES SUBJECT TO CHANGE WITHOUT NOTICE
TAXES ARE NOT INCLUDED



Essence Of India

A true taste of India's finest

40367 Tantalus Road
Garibaldi Highlands
Squamish, BC
604-898-1000

HOURS

MONDAY - WEDNESDAY
4:30 TO 9:30
TUESDAY CLOSED
THURSDAY - SUNDAY
12:00 TO 9:30

DINE IN & TAKE OUT ONLY

APPETIZERS

PAKORAS	
Vegetable	6
Paneer	8
Chicken or Fish	13
ONION BHAJI	6
PAPRI CHAT	6
ALOO TIKKI	5
VEGETABLE SAMOSAS	4
With Chana Masala	8
KEBOBS (Chicken or Lamb)	7
TANDOORI WINGS	8
TIKKA	
Chicken or Paneer	13
Wild Salmon	15

MAIN DISHES

SERVED WITH RICE OR NAAN

MASALA [G, F]	
Meat cooked with vegetables in curry	
Chicken	17 ^{.5}
Lamb, Fish or Prawn	18
TANDOORI CHICKEN	
Half/Full	15/21

VINDALOO

Meat & vegetables cooked with coconut milk & vinegar in a curry sauce

Chicken [G]	17
Lamb or Goat [G, D]	17 ^{.5}
Prawn or Fish [G, D]	18

CURRY [G, D]

Meat served in curry

Chicken	17
Lamb or Goat	17 ^{.5}
Prawn or Fish	18

CHILI [G]

Meat or paneer cooked with vegetables in curry

Paneer	16
Chicken	17
Lamb or Goat	17 ^{.5}
Prawn or Fish	18

SAAG

Meat cooked with spinach & mustard leaves

Chicken [G]	17 ^{.5}
Lamb or Goat [G, F]	18
Prawn [G, F]	18 ^{.5}

KEEMA [G, F]

Ground meat & vegetables in curry

Chicken or Lamb	17 ^{.5}
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KORMA [G]

Meat or vegetables cooked in a creamy curry sauce (HAS NUTS)

Vegetable	15
Chicken	17 ^{.5}
Lamb or Goat	18
Prawn	18 ^{.5}

BUTTER CHICKEN [G]

16^{.5}

BIRYANI

Rice cooked in curry sauce with vegetables, almonds and raisins (NO EXTRA RICE/NAAN)

Vegetable [G, F]	16
Chicken [G]	17 ^{.5}
Lamb or Goat [G, F]	18
Prawn [G, F]	19

ROGANJOSH [G]

17^{.5}

Lamb or goat in yogurt, cream, coconut milk and curry

CHICKEN TIKKA MASALA [G]

17

Chicken & vegetables in a creamy curry sauce

SHAHI PANEER [G]

16

Indian cheese in a tomato cream sauce

PALAK

Vegetables or Indian cheese cooked in curried spinach

Aloo or Chana [G, F]	15 ^{.5}
Paneer [G]	16

KEEMA KOFTA [G]

Dumplings in a creamy curry sauce

Chicken	16
Lamb	16 ^{.5}

MALAI or PALAK KOFTA [G]

16

Vegetable dumplings in creamy sauce or curried spinach

MUTTER [G]

Indian cheese or potatoes in curry

Aloo	15
Paneer	16