

**ALOO GOBI [G, F]** 20  
Cauliflower & potatoes in curry

**BHENGAN BHARTA [G, F]** 20  
Mashed eggplant in curry sauce

**DAL MAHARANI or TARKA [G, F]** 20  
Lentils in a soup style curry sauce

**MIXED VEGETABLES [G, F]** 20  
Vegetables in curry

**BHINDI BHAJI [G, F]** 20  
Okra & vegetables in curry

**PANEER PURJI [G]** 21  
Grated Indian cheese & peas in curry

### DRINKS

**ASSORTED POP CANS** 3<sup>.5</sup>

**PERRIER SPARKLING WATER** 6<sup>.5</sup>

**ASSORTED JUICE** 6<sup>.5</sup>

**MASALA CHAI** 6

**PLAIN, SWEET or SALTY LASSI** 8

**MANGO LASSI** 9

**MILKSHAKE** 9

(vanilla, chocolate, strawberry or mango)

### CHEF DON'S EXCLUSIVES \$24 SERVED WITH PLAIN RICE [G] OR PLAIN NAAN

**TANDOORI WILD SALMON MASALA**  
Marinated fish and vegetables in curry

**TANDOORI RIBS**  
Marinated baby back pork ribs

### SIDE ORDERS

**NAAN**  
Butter/Garlic 3<sup>.5</sup>/4<sup>.5</sup>  
Chili Cheese, Aloo Masala 9<sup>.5</sup>  
Peshwari 9<sup>.5</sup>

**OTHER BREADS**  
Papadum/Roti/Bhatura 1/2/4

**YOGURT**  
Plain/Raita 4<sup>.5</sup>/5<sup>.5</sup>

**RICE**  
Plain/Pilau 4/5

**PICKLE** (Mango, Lime or Carrot) 2

**CHUTNEY** (Mango, Mint, Tamarind) 2

**INDIAN SALAD** 8

**SIDE OF ONIONS** 3



## Essence Of India

A true taste of India's finest

40367 Tantalus Road  
Garibaldi Highlands  
Squamish, BC

604-898-1000

Monday, Wednesday & Thursday  
4PM to 9PM  
Friday to Sunday  
12PM to 9PM  
CLOSED ON TUESDAY

### DINE IN & TAKE OUT

Serving Squamish since 2007!

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

PRICES SUBJECT TO CHANGE WITHOUT NOTICE  
TAXES NOT INCLUDED IN PRICES

## APPETIZERS

<b>PAKORAS</b>	
Vegetable [D, G]	9
Paneer [G]	13
Chicken or Fish	15
<b>ONION BHAJI [G, D]</b>	9
<b>PAPRI CHAT</b>	9
<b>ALOO TIKKI</b>	9
with Chana Masala	13
<b>VEGETABLE SAMOSAS</b>	7
With Chana Masala	13
<b>KEBOBS (Chicken or Lamb) [G, D]</b>	8
<b>TANDOORI WINGS [G]</b>	13
<b>TIKKA (Chicken or Paneer) [G]</b>	20
<b>MASALA FRIES</b>	7
<b><u>MAIN DISHES</u></b>	
SERVED WITH PLAIN RICE [G] OR PLAIN NAAN	
<b>MASALA [G]</b>	
Meat cooked with vegetables in curry	
Chicken or Paneer	21
Lamb	22
Fish or Prawn	23
<b>TANDOORI CHICKEN [G]</b>	
Half/Full	21/30

<b>BUTTER CHICKEN / LAMB [G]</b>	21/22
<b>CHANA MASALA [G, D]</b>	19
<b>VINDALOO</b>	
Meat & vegetables cooked with coconut milk & vinegar in a curry sauce	
Chicken [G] or Veggie	21
Lamb or Goat [G, D]	22
Prawn or Fish [G, D]	23
<b>CURRY [G, D]</b>	
Meat served in curry sauce	
Chicken	21
Lamb or Goat	22
Prawn or Fish	23
<b>CHILI [G]</b>	
Meat or paneer cooked with vegetables in curry	
Paneer or Veggie	21
Chicken	21
Lamb or Goat	22
Prawn or Fish	23
<b>SAAG</b>	
Meat cooked with spinach & mustard leaves	
Chicken [G]	21
Lamb or Goat [G, F]	22
Prawn [G, F]	23
<b>KEEMA [G, F]</b>	
Ground meat & vegetables in curry	
Chicken	21
Lamb	22
<b>CHICKEN / PANEER TIKKA MASALA</b>	21
Chicken or paneer & vegetables in a creamy curry sauce [G]	

<b>SHAHI PANEER [G]</b>	21
Indian cheese in a tomato cream sauce	
<b>KORMA [G]</b>	
Meat or vegetables cooked in a creamy curry sauce (HAS NUTS)	
Vegetable	20
Chicken	21
Lamb or Goat	22
Prawn	23
<b>BIRYANI</b>	
Rice cooked in curry sauce with vegetables, almonds and raisins (NO EXTRA RICE/NAAN)	
Vegetable [G, F]	20
Chicken [G]	22
Lamb or Goat [G, F]	23
Prawn or Fish [G, F]	25
<b>ROGANJOSH [G]</b>	22
Lamb/goat in yogurt, cream, coconut milk, curry	
<b>PALAK</b>	
Vegetables or Indian cheese cooked in spinach	
Aloo or Chana [G, F]	20
Paneer [G]	21
<b>KEEMA KOFTA [G]</b>	
Kebab pieces in a creamy curry sauce	
Chicken	21
Lamb	22
<b>MALAI or PALAK KOFTA [G]</b>	21
Vegetable dumplings in creamy sauce or curried spinach	
<b>MUTTER [G]</b>	
Indian cheese or potatoes in curry	
Aloo	20
Paneer	21