



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

STREET FOOD

FRENCH FRIES

Deep fried Potatoes

\$4.99



\$3.99



SAMOSA

2 PC of deep fried Samosa with Chutney.

CHOLE BHATURE

Deep Fried Bread Served with Channa Masala

\$13.99



\$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.

AMRITSARI KULCHA

Potato Filled Naan Bread Served with Channa Masala.

\$13.99



\$10.99



PANEER PAKORA

Marinated deep Fried Paneer battered with Chickpea Flour.

ALOO TIKKI CHAAT

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

\$8.99



\$13.99



ONION KULCHA

Onion stuffed naan bread served with Chana Masala.

VEGETABLE

PAKORA

Deep Fried Mix vegetable Battered with Chickpea Flour.

FISH FRY

Deep Fried Basa Fish Marinated with house special Spices.

\$16.99



\$8.99



BUTTER CHICKEN POUTINE

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

\$9.99



\$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



\$15.99



CAULIFLOWER MANCHURIAN

Deep Fried Cauliflower Balls Finished in hot & Sour Manchurian Gravy

CHILLI MUSHROOMS

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

\$14.99



\$14.99



CHILLI POTATOES

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

VEG NOODLE

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

\$12.99



\$16.99



CHILLI PANEER

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

VEG MOMO'S(FRIED)

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

\$12.99



\$9.99



VEG FRIED RICE

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

CHILLI CHICKEN

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

\$17.99



\$17.99



CHICKEN MANCHURIAN

Delicious Fried Chicken Finished in Hot and Sour Manchurian Gravy.

CHICKEN 65(SOUTH STYLE)

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

\$17.99



\$13.99



CHICKEN FRIED RICE

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

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.

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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

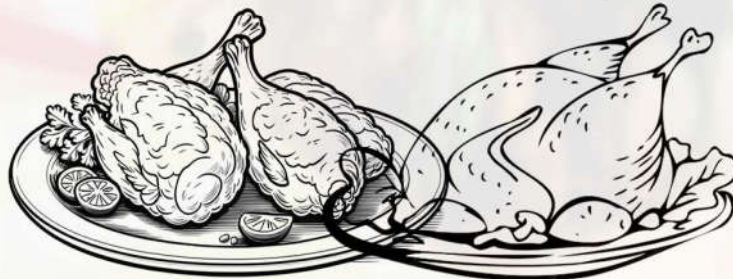


TANDOORI PRAWNS

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



BHINDI MASALA

Okra Stuffed with Indian Spices and Sauteed with Onion.

\$15.99



CHANA MASALA

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

\$14.99



KARHI PAKORA WITH RICE

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

\$16.99



EGG PLANT BHARTHA

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

\$15.99



\$14.99



DAAL TARKA

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

\$15.99



DAAL MAKHNI

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

\$16.99



VEG. JALFREZI

Mixed Vegetables Cooked in a Base of Tomato Sauce.

\$16.99



MALAI KOFTA

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

\$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



\$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 Cury 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 BRIYANI

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



MANGO LASSI

Creamy Mango
Flavoured Yogurt Drink.

\$5.49



POPS

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

\$2.49



\$5.49



SWEET LASSI

Creamy Sweet
Flavoured Yogurt
Drink.

\$5.49



SALTY LASSI

Traditional Creamy
Yogurt Drink Flavoured
with Namkeen and
Spices.