

STARTERS		VEGETARIAN FLAVOURS		NON-VEG. FLAVOURS		RICE SPECIALTIES				
VEGETARIAN		PANEER GLUTEN FREE		CHICKEN GLUTEN FREE						
Veggie Samosa (two pieces) 	\$3.00	Cheese Tomato 	\$13.99	Butter Chicken 	\$15.99	Basmati Rice  	\$2.99			
Crisp patties stuffed with potatoes, green peas, Indian herbs and spices.		Paneer cooked with tangy tomato sauce.		Boneless chicken cooked in our special creamy butter sauce.		Zeera Rice   <small>Rice cooked with cumin seeds.</small>				
Aaloo Tikki (two pieces) 	\$3.50	Shahi Paneer 	\$14.99	Curry Chicken 	\$14.99	Saffron Rice 	\$5.99			
Mashed potato patties mixed with traditional spices, deep fried.		Paneer cooked with ginger, garlic, creamy butter sauce, cashew nuts and spices.		Boneless chicken pieces cooked in special curry sauce.		Saffron Rice with Nuts 	\$7.99			
Chaat (Samosa or Tikki)	\$7.99	Paneer Zalfrezi 	\$13.99	Chicken Vindaloo 	\$14.99	Coconut Rice 	\$7.99			
Samosa or Tikki served with chana, yogurt, tamarind and mint chutney.		Paneer cooked with green peppers, onions, tomatoes and traditional spices.		Boneless chicken pieces cooked in tangy curry sauce.		<small>Rice cooked with coconut, a touch of cream, saffron and sweetness.</small>				
Chaat Papri	\$7.99	Paneer Butter Masalla 	\$16.99	Palak Chicken 	\$15.99	Vegetable Biryani 	\$13.99			
Crisp chips made with flour, mixed with potatoes, chick peas, tamarind sauce, mint sauce, yogurt and Indian spices.		Paneer cooked with buttered Masalla.		Boneless chicken cooked with curried spinach.		<small>Rice cooked with fresh vegetables in special spices, saffron and yogurt.</small>				
Veggie Pakora  	\$6.99	Karahi Paneer 	\$14.99	Chicken Korma 	\$15.99	Chicken Biryani 	\$15.99			
Fresh vegetables, potato, cauliflower, onions and spinach, mixed with spices and chick peas flour, deep fried.		Paneer cooked with wholesome spices with onions and bell peppers.		Boneless chicken cooked with cashew nuts and mildly spiced creamy sauce.		<small>Boneless chicken cooked with garlic, ginger, exotic Indian herbs, rice and saffron.</small>				
Paneer Pakora 	\$8.99	Paneer Madras 	\$15.99	Methi Chicken 	\$15.99	Lamb or Beef Biryani 	\$17.99			
Paneer dipped in the batter of chick peas flour, special Indian herbs and spices, deep fried.		Paneer cooked in a rich and spicy coconut-based sauce.		Boneless chicken cooked with ginger, garlic, fenugreek leaves in creamy sauce.		<small>Lamb or beef cooked with exotic Indian herbs, rice and saffron.</small>				
Onion Bhaaji  	\$7.99	Palak Paneer 	\$ 13.99	Chicken Madras 	\$15.99	Shrimp or Fish Biryani 	\$17.99			
Special east Indian style onion rings.		A creamy baby spinach sautéed and braised with paneer.		Boneless chicken breast cooked with coconut-based curry.		<small>Shrimp or fish cooked with garlic, ginger, exotic Indian herbs, rice and saffron.</small>				
Channa Bhatura	\$11.99	Paneer Amritsari 	\$15.99	Chicken Zalfrezi 	\$14.99	TANDOORI BREAD				
Fried bread with special channa.		Paneer cooked with homeblend spices with finely chopped onions and bell peppers.		Karahi Chicken 				\$15.99		
<small>Available until 4:00pm.</small>		Matar Paneer 		Boneless chicken cooked with wholesome spices.						
Paneer 65	\$15.99	VEGAN AND GLUTEN FREE		LAMB OR BEEF GLUTEN FREE		Naan	\$1.99			
Paneer cooked with IndoChinese Fusion recipe.				Lamb or Beef Curry 		\$16.99	Roti 	\$1.99		
Paneer Tikka 	\$16.99			Lamb or Beef Goa Curry 		\$16.99	<small>Whole wheat bread baked in tandoor.</small>			
Paneer, onions and pepper marinated with yogurt and spices, cooked in tandoor.		Chana Masala  	\$12.99	Boneless lamb or beef cooked with coconut milk and a special curry sauce.		Garlic Naan	\$2.99			
NON-VEGETARIAN		Daal Handi  	\$11.99	Lamb or Beef Vindaloo 		\$16.99	Butter Naan	\$2.99		
		Black lentils cooked with whole dhania, chillies, ginger and garlic.		Boneless lamb or beef cooked in tangy curry sauce.		<small>Leavened bread of fine flour with butter, baked in tandoor.</small>				
		Yellow Daal Tadka  	\$11.99	Lamb or Beef Korma 		\$17.99	Aaloo Naan or Prantha	\$3.99		
Yellow lentils cooked with Indian spices.		Mix Vegetables  	\$13.99	Boneless lamb or beef cooked with cashew nuts and mildly spiced creamy sauce.		<small>Leavened or whole wheat bread with potatoes, onions and herbs, baked in tandoor.</small>				
Green Vegetables cooked in curry sauce.		Aaloo Gobhi  	\$13.99	Lamb or Beef Karahi 		\$16.99	Onion Garlic Naan or Parantha	\$3.99		
Cauliflower cooked with potatoes, herbs and spices.		Aaloo Matar  	\$13.99	Boneless lamb or beef cooked with wholesome spices.		<small>Leavened or whole wheat bread with onion and garlic topping, baked in tandoor.</small>				
Green peas cooked with potatoes, herbs and spices.		Bhindi Masala  	\$13.99	Lamb or Beef Bhoona 		\$17.99	Paneer Naan	\$5.99		
Okra, tossed with sautéed onions and bell peppers with homemade spices.		Baigan Bharcha  	\$13.99	Boneless lamb or beef cooked in thick curry sauce and finely chopped onions and peppers.		<small>Leavened bread stuffed with paneer and spices, baked in tandoor.</small>				
Roasted eggplant cooked with onions, tomatoes, green peas and spices.		Vegetable Zalfrezi  	\$ 13.99	Lamb or Beef Madras 		\$16.99	Coconut Naan	\$5.99		
Fresh vegetables, bell peppers, onions and tomatoes cooked with spices.		Bombay Aaloo  	\$ 11.99	Boneless lamb or beef cooked with coconut-based curry sauce.		<small>Leavened bread stuffed with coconut and spices, baked in tandoor.</small>				
Boiled potatoes cooked with an exotic blend of garlic, ginger and special Indian herbs and spices.		 Gluten Free  Vegan		Lamb or Beef Palak 		\$15.99	Chicken Tikka Naan	\$6.99		
Boneless lamb or beef cooked in freshly chopped spinach in Punjabi style.				Lamb or Beef Masala 		\$16.99	<small>Leavened bread stuffed with minced chicken tikka and spices, baked in tandoor.</small>			
Boneless lamb or beef tossed with onions, tomatoes and homemade special sauce.				SEAFOOD GLUTEN FREE		Shrimp or Fish Curry 		Besan Roti  		\$3.99
								<small>A gluten free flat bread made from chickpea flour.</small>		
								TID BITS		
								Papdum		\$0.99
						<small>Spicy lentil wafer roasted or deep fried.</small>				
						Raita 		\$2.99		
						<small>Yogurt mixed with cucumbers, herbs, and spices.</small>				
						Dahi Bhalla 		\$5.99		
						<small>Specially made lentil balls mixed yogurt and chutney.</small>				
						Salad  		\$2.99		
						<small>Ask server for details.</small>				

CHEF'S SPECIALS

VEGETARIAN

Paneer Tikka Masala ● \$15.99
Marinated paneer cooked in clay oven and tossed with onions and peppers in a special sauce with cashew nuts.

Vegetable Korma ● \$13.99
Green vegetables cooked in a sauce done with cream and cashew nuts.

Paneer Methi ● \$16.99
Paneer cooked with ginger, garlic, fenugreek leaves in a creamy sauce.

Malai Kofta \$13.99
Dumplings made with paneer and potatoes, cooked in mild exotic creamy butter sauce and nuts.

Daal Makhni ● \$11.99
Creamed Lentils with aromatic spices.

Kaari Pakora ● \$11.99
Thick tangy gravy made with yogurt and chickpea flour.

Zucchini Masala ●● \$13.99
Fresh zucchini cooked with onions and peppers in traditional Indian style.

NON-VEGETARIAN

Chicken Tikka Masala ● \$16.99
Marinated and roasted boneless chicken breast pieces, cooked in clay oven and tossed with onions and peppers in a special sauce with cashew nuts.

Chicken Masala ● \$15.99
Boneless chicken tossed with onions and tomatoes with homemade special sauce.

Fish Tikka Masala ● \$16.99
Marinated fish cooked in clay oven and tossed with onions and peppers in a special sauce with cashew nuts.

SIGNATURE DISH

Josan's Special Chana ●● \$14.99
What would you eat if you could only eat one dish for the rest of your life? For Sukhi Josan, the answer was inevitable: Chana Masala. It has taken him years to perfect this recipe to create a masterpiece.



Try our Special Chana with a secret blend of spices and maybe you will find your special dish as well.

Sukhi Josan

INDO-CHINESE FUSION

VEGETARIAN

Vegetable Noodles \$12.99

Vegetable Manchurian (Dry or Gravy) \$13.99
An IndoChinese dish made of steamed mixed vegetables formed into dumplings, deep fried and cooked in a dry or tangy sauce.

Vegetable Fried Rice \$12.99

Basmati rice cooked with fresh vegetables using Indo-Chines Fusion recipe.

Paneer Chilly (Dry or Gravy) \$15.99

Paneer tossed and cooked with bell peppers and onions in soya sauce.

Gobhi Manchurian (Dry or Gravy) \$13.99

Crispy cauliflower served in a dry or gravy sauce.

NON-VEGETARIAN

Chicken Noodles \$14.99

Chicken Manchurian (Dry or Gravy) \$15.99
Crispy chicken served in a dry or gravy sauce.

Fish Manchurian (Dry or Gravy) \$15.99

Crispy fish served in a dry or gravy sauce.

Chicken Fried Rice \$14.99

Basmati rice cooked with chicken using Indo-Chines Fusion recipe.

Chicken Chilly (Dry or Gravy) \$15.99

Chicken breast tossed and cooked with bell peppers and onions in soya sauce.

Fish Chilly (Dry or Gravy) \$15.99

Fish tossed and cooked with bell peppers and onions in soya sauce.

Chicken Black Pepper \$16.99

Sautéed Chicken with black pepper and bell pepper.

Fish Black Pepper \$16.99

Sautéed fish with black pepper and bell pepper.

SOUP OF THE DAY

Soup of the Day \$6.99
Please ask your server for soup Special of the Day .

DESSERTS

Ras Malai \$2.99
Made from fresh paneer served in cold sweetened milk.

Gulab Jamun (two pieces) \$3.99

Kheer (Rice Pudding) ● \$3.99
Rice, milk, sugar cooked together.

Mango Lassi \$3.99

Ask for our Drink Menu

TAKE-OUT SPECIALS

Take-Out Special A \$22.00
Fish or Chicken Pakora and Tandoori Chicken.

Take-Out Special B \$29.99
Paneer Tikka Masala and Daal Makhni with four Naan.

Take-Out Special C \$34.99
Paneer Amritsari and Vegetable Manchurian with four garlic Naan.

COMBO MEALS

Combo Meal for One \$17.99
Butter Chicken with Samosa, Rice and Naan.

Combo Meal for Two \$34.99
Starters: Veggie Samosa or Veggie Pakora.
Main Course: Butter Chicken or Lamb or Beef Curry, Chana Masala or Daal Makhni, two Naans and Saffron or Zeera Rice.

Add two pieces of Tandoori Chicken \$4.99

Combo Meal for Four \$66.99

Starters: Veggie Samosa or Veggie Pakora.
Main Course: Butter Chicken and Lamb or Beef Curry, four pieces of Tandoori Chicken, Chana Masala or Mix Vegetables. Served with two Naans and two Saffron or Zeera Rice.



● **Gluten Free** ● **Vegan**

Ask for Mild, Medium or Hot

FLAVOURS OF INDIA

Licensed Restaurant



Dine-In • Take-Out • Delivery



Lunch Specials

Evening Dinner Menu

Monday - Saturday 11:30am to 9:00pm

Sunday 1:00pm to 9:00pm

305 Victoria Avenue East, Regina

(306) 757-5353



Follow us on  for Coupons & Promotions.

*Prices are subject to change without notice.

www.flavoursofindia.ca