

STARTERS

VEGETARIAN

Veggie Samosa (two pieces) 	\$3.00
Crisp patties stuffed with potatoes, green peas, Indian herbs and spices.	
Aaloo Tikki (two pieces) 	\$3.50
Mashed potato patties mixed with traditional spices, deep fried.	
Chaat (Samosa or Tikki)	\$7.99
Samosa or Tikki served with chana, yogurt, tamarind and mint chutney.	
Chaat Papri	\$7.99
Crisp chips made with flour, mixed with potatoes, chick peas, tamarind sauce, mint sauce, yogurt and Indian spices.	
Veggie Pakora  	\$6.99
Fresh vegetables, potato, cauliflower, onions and spinach, mixed with spices and chick peas flour, deep fried.	
Paneer Pakora 	\$8.99
Paneer dipped in the batter of chick peas flour, special Indian herbs and spices, deep fried.	
Onion Bhaaji  	\$7.99
Special east Indian style onion rings.	
Channa Bhatura	\$11.99
Fried bread with special channa. <i>Available until 4:00pm.</i>	
Paneer 65	\$15.99
Paneer cooked with IndoChinese Fusion recipe.	
Paneer Tikka 	\$16.99
Paneer, onions and pepper marinated with yogurt and spices, cooked in tandoor.	

NON-VEGETARIAN





















Chicken Samosa (two pieces)	\$5.99
Crisp patties stuffed with minced chicken, Indian herbs and spices.	
Chicken Tikka 	\$15.99
Chicken breast marinated with yogurt, cream and saffron spices, roasted in clay oven.	
Chicken Tandoori 	\$13.99
Chicken marinated in traditional spices with ginger, garlic and yogurt, roasted in clay oven.	
Chicken Wings Tandoori 	\$11.99
Hot or Honey garlic made in clay oven.	
Chicken 65	\$16.99
Boneless chicken breast cooked with IndoChinese Fusion red pe.	
Chicken Pakora 	\$11.99
Boneless chicken marinated in spices dipped in chick pea flour batter deep fried.	
Fish Tikka 	\$16.99
Fish marinated with yogurt, saffron and spices, roasted in clay oven.	
Fish Pakora 	\$11.99
Fish marinated in special spices dipped in chick pea flour batter deep fried.	
Shrimp Pakora 	\$14.99
Shrimp marinated in special spices dipped in chick pea flour batter deep fried.	

VEGETARIAN FLAVOURS

PANEER GLUTEN FREE

Cheese Tomato 	\$13.99
Paneer cooked with tangy tomato sauce.	
Shahi Paneer 	\$14.99
Paneer cooked with ginger, garlic, creamy butter sauce, cashew nuts and spices.	
Paneer Zalfrezi 	\$13.99
Paneer cooked with green peppers, onions, tomatoes and traditional spices.	
Paneer Butter Masalla 	\$16.99
Paneer cooked with buttered Masala.	
Karahi Paneer 	\$14.99
Paneer cooked with wholesome spices with onions and bell peppers.	
Paneer Madras 	\$15.99
Paneer cooked in a rich and spicy coconut-based sauce.	
Palak Paneer 	\$ 13.99
A creamy baby spinach sautéed and braised with paneer.	
Paneer Amritsari 	\$15.99
Paneer cooked with homeblend spices with finely chopped onions and bell peppers.	
Matar Paneer 	\$13.99
Green peas and paneer cooked with special curry sauce and spices.	

VEGAN AND GLUTEN FREE

Chana Masala  	\$12.99
Chick peas cooked with authentic spices in curry sauce.	
Daal Handi  	\$11.99
Black lentils cooked with whole dhania, chillies, ginger and garlic.	
Yellow Daal Tadka  	\$11.99
Yellow lentils cooked with Indian spices.	
Mix Vegetables  	\$13.99
Green Vegetables cooked in curry sauce.	
Aaloo Gobhi  	\$13.99
Cauliflower cooked with potatoes, herbs and spices.	
Aaloo Matar  	\$13.99
Green peas cooked with potatoes, herbs and spices.	
Bhindi Masala  	\$13.99
Okra, tossed with sautéed onions and bell peppers with homemade spices.	
Baigan Bhartha  	\$13.99
Roasted eggplant cooked with onions, tomatoes, green peas and spices.	
Vegetable Zalfrezi  	\$ 13.99
Fresh vegetables, bell peppers, onions and tomatoes cooked with spices.	
Bombay Aaloo  	\$ 11.99
Boiled potatoes cooked with an exotic blend of garlic, ginger and special Indian herbs and spices.	

 **Gluten Free**  **Vegan**

NON-VEG. FLAVOURS

CHICKEN GLUTEN FREE

Butter Chicken 	\$15.99
Boneless chicken cooked in our special creamy butter sauce.	
Curry Chicken 	\$14.99
Boneless chicken pieces cooked in special curry sauce.	
Chicken Vindaloo 	\$14.99
Boneless chicken pieces cooked in tangy curry sauce.	
Palak Chicken 	\$15.99
Boneless chicken cooked with curried spinach.	
Chicken Korma 	\$15.99
Boneless chicken cooked with cashew nuts and mildly spiced creamy sauce.	
Methi Chicken 	\$15.99
Boneless chicken cooked with ginger, garlic, fenugreek leaves in creamy sauce.	
Chicken Madras 	\$15.99
Boneless chicken breast cooked with coconut-based curry.	
Chicken Zalfrezi 	\$14.99
Boneless chicken cooked with green peppers, onions, tomatoes and spices.	
Karahi Chicken 	\$15.99
Boneless chicken cooked with wholesome spices.	












LAMB OR BEEF GLUTEN FREE

Lamb or Beef Curry 	\$16.99
Boneless lamb or beef cooked with coconut milk and a special curry sauce.	
Lamb or Beef Goa Curry 	\$16.99
Boneless lamb or beef cooked with coconut milk and a special curry sauce.	
Lamb or Beef Vindaloo  	\$16.99
Boneless lamb or beef cooked in tangy curry sauce.	
Lamb or Beef Korma 	\$17.99
Boneless lamb or beef cooked with cashew nuts and mildly spiced creamy sauce.	
Lamb or Beef Karahi 	\$16.99
Boneless lamb or beef cooked with wholesome spices.	
Lamb or Beef Bhoona 	\$17.99
Boneless lamb or beef cooked in thick curry sauce and finely chopped onions and peppers.	
Lamb or Beef Madras  	\$16.99
Boneless lamb or beef cooked with coconut-based curry sauce.	
Lamb or Beef Palak 	\$15.99
Boneless lamb or beef cooked in freshly chopped spinach in Punjabi style.	
Lamb or Beef Masala 	\$16.99
Boneless lamb or beef tossed with onions, tomatoes and homemade special sauce.	

SEAFOOD GLUTEN FREE

Shrimp or Fish Curry 	\$16.99
Shrimp or fish cooked with green peppers, onions, tomatoes and traditional spices.	
Shrimp or Fish Zalfrezi 	\$17.99
Shrimp or fish cooked with green peppers, onions, tomatoes and traditional spices.	
Shrimp or Fish Masala 	\$17.99
Shrimp or fish tossed with onions, tomatoes and homemade special sauce.	





RICE SPECIALTIES

Basmati Rice  	\$2.99
Zeera Rice  	\$4.99
Rice cooked with cumin seeds.	
Saffron Rice 	\$5.99
Saffron Rice with Nuts 	\$7.99
Coconut Rice 	\$7.99
Rice cooked with coconut, a touch of cream, saffron and sweetness.	
Vegetable Biryani 	\$13.99
Rice cooked with fresh vegetables in special spices, saffron and yogurt.	
Chicken Biryani 	\$15.99
Boneless chicken cooked with garlic, ginger, exotic Indian herbs, rice and saffron.	
Lamb or Beef Biryani 	\$17.99
Lamb or beef cooked with exotic Indian herbs, rice and saffron.	
Shrimp or Fish Biryani 	\$17.99
Shrimp or fish cooked with garlic, ginger, exotic Indian herbs, rice and saffron.	

TANDOORI BREAD

Naan	\$1.99
Roti 	\$1.99
Whole wheat bread baked in tandoor.	
Garlic Naan	\$2.99
Leavened bread of fine flour with garlic, baked in tandoor.	
Butter Naan	\$2.99
Leavened bread of fine flour with butter, baked in tandoor.	
Aaloo Naan or Prantha	\$3.99
Leavened or whole wheat bread with potatoes, onions and herbs, baked in tandoor.	
Onion Garlic Naan or Parantha	\$3.99
Leavened or whole wheat bread with onion and garlic topping, baked in tandoor.	
Paneer Naan	\$5.99
Leavened bread stuffed with paneer and spices, baked in tandoor.	
Coconut Naan	\$5.99
Leavened bread stuffed with coconut and spices, baked in tandoor.	
Chicken Tikka Naan	\$6.99
Leavened bread stuffed with minced chicken tikka and spices, baked in tandoor.	
Besan Roti  	\$3.99
A gluten free flat bread made from chickpea flour.	

TID BITS

Papdum	\$0.99
Spicy lentil wafer roasted or deep fried.	
Raita 	\$2.99
Yogurt mixed with cucumbers, herbs, and spices.	
Dahi Bhalla 	\$5.99
Specially made lentil balls mixed yogurt and chutney.	
Salad  	\$2.99
<i>Ask server for details.</i>	

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 Indo-Chinese 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-Chinese Fusion recipe.

Paneer Chilly (Dry or Gravy) \$14.99

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-Chinese 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