

APPETIZERS

MANCHURIAN GOBHI ^{VEGAN} Indo-chinese crispy cauliflower 14.5

SAMOSA ^{VEGAN} 3pc classic potato + pea pastry 10.50

DHOKLA CHAAT chickpea fritters topped w/ yoghurt, tamarind, mint chutney & pomegranate + mint- classic street food 12.5

SWEET POTATO ZUCCHINI PAKORA ^{GF} ^{VEGAN} Shredded sweet potato & zucchini fritters w/ tamarind chutney 10.5

PAO BHAJI GARLIC TOAST spiced mashed vegetable on garlic cheese toast 9.5

BHEL PURI YAM SUPREME FRIES ^{VEGAN} ^{GF} Sweet Potato Fries, Onion-Tomato, Green Onion, Tamarind, Green Chutney, Sour Cream, 12.5

HARYALI KEBAB spinach paneer & goat cheese fritters w/ tamarind chutney 13.5

TANDOORI MOMOS nepalese chicken momos finished in the tandoor 15.5

OKRA FRIES thinly sliced fresh okra in graham flour w/ a lime zest aioli 11.50

BUTTER CHICKEN POUTINE russet potatoes w/tandoori chicken, butter sauce and MTL cheese curds 15.9

CHILI CHICKEN BAO Spicy Hakka Chicken, vinegar Slaw, steamed bun 11.5

CHICKEN 65 South Indian style fried chicken in a South Indian tarka 12.5

LAMB GALOUTI SLIDERS lamb, mint raita, pickled onion, brioche 16

AMRITSARI FISH N CHIPS Punjabi style fried fish and fries 18.5

SOUPS + SALADS

TOMATO FENUGREEK SOUP ^{GF} w/ garlic naan croutons 7
add a garlic cheese naan +3

LENTIL & LEMON SOUP cumin & lentil soup w/ a slice of lemon 7.5

BEET ARUGULA GREEN SALAD ^{GF} ^{VEGAN} shaved tandoori beets, arugula, heirloom carrots, goat cheese, pumpkin seeds, cranberries, balsamic 9.5

TANDOORI CHICKEN SALAD Grilled or Crispy Tandoori Chicken, corn, chickpeas, pomegranate, romaine pappadum Strips 15
++add biryani rice to make it a bowl \$2

KACHUMBER SALAD Cucumber, carrots, onions, tomatoes w/ cucumber mint raita 7

STUFFED NAANS +FLATBREADS

SPINACH TRUFFLE

NAAN spinach, goat cheese + paneer 13.5

KEEMA NAAN lamb + peppers 13.5

**CORN MUSHROOM
NAAN FLATBREAD** white sauce, corn, chilli, cilantro 12.5

**TANDOORI CHICKEN
NAAN FLATBREAD** chicken or veg - peppers, onions, tomato sauce 12.5

**ALOO GAJJAR MATER
PARANTHA** Potato, Red Carrot+Pea - mom's speciality 9.5

DESI CHICKEN WINGS

1# - 16 /

2# - 28 /

3# - 40 /

HAKKA asian Indian hot, sweet, sour

Desi Hot green chilies, cilantro masala

Grilled Tandoori fire roasted in our tandoori marinade

VEGGIE WINGS ^{GF}
^{VEGAN} yes that's right order any of our wings VEG made from soy protein

HAPPY HOUR

EVERYDAY 3-5 / 9 - close

**WELL DRINKS / DRAFT
BEER / GLASS OF WINE**
6

GUAVA MARGARITA 9

ANY LUNCH BOWLS 15

1# WINGS 12

MASALA FRIES 5

SAMOSA 3

**MANCHURIAN
CAULIFLOWER** 12

YAM FRIES 5

VEG OR LAMB SLIDERS
5

GULAB JAMUN 6

ALL BURGERS 15

MANTRA

@MANTRABYHOST ON INSTAGRAM
FOLLOW US FOR EVENTS + PROMOS TAG US
FREEBIES :)

LUNCH SPECIALS

+add 1 samosa \$3 +add 1 naan/roti \$3
+add side salad \$3

Butter Chicken Bowl classic butter chicken, basmati rice, house salad 16
TRY HALF FRIES / HALF RICE for any bowls

Dal Makhni Bowl lentils, basmati rice, house salad 15.5

Chana Palak Bowl Sanjeev's fav lunch- chana masala, spinach, basmati rice & pickled onions 16.5

Hakka Bowl Basmati Rice, Chili Chicken or Cauliflower 14.95
upgrade to noodles +3

The Veg Tiffin ^{VEGAN} ^{GF} Veg Sabji, Dal, Rice & Samosa 19.5
all you can eat +9

The Chicken Tiffin Chicken Curry, Veg Sabji, Basmati Rice & Samosa 19.5
all you can eat + 9

Grilled Chicken Plate Biryani Rice, Corn Pepper Salad, Raita, Green Chutney, 17.95

Seekh Kebab Plate Biryani Rice, Corn Pepper Salad, Raita, Green Chutney, 17.95

LUNCH HANDHELDS

w side salad or fries

Butter Chicken Burger fried chicken, cilantro coleslaw, pickled onion, shredded lettuce sesame brioche 16.5

Chicken 65 Cesar Wrap indian fried chicken, romaine lettuce & garlic Caesar dressing in a flour tortilla 16.5

Pesto Paneer & Sun-dried Tomato tandoori paneer, garlic pesto, sun-dried tomato on a Ace Bakery Ciabatta 16.5

Aloo Tikki Burger ^{VEGAN} Veggie Potato Patty, Garlic Coleslaw, Ace Bakery Bun 15.5

Lamb Seekh Wrap lamb kebab, peppers, onions in a naan w/ raita & green chutney 16

TANDOOR BBQ GRILL

Add biryani rice & house salad +4.5

Chicken Tikka Trio 3 Kinds of Boneless chicken breast tikka - tandoori **19.5**

O.G. Tandoori Chicken on the bone chicken in traditional ginger garlic marinade 4pc **18.5**

Chachu's Fish Tikka BC salmon in a spicy Punjabi marinade **22.5**

Yellow Chili Jumbo Prawns large prawns in a yellow chilli marinade. 6pc **32**

Ontario Lamb Chops 30yr Host recipe **4PC 36 6PC 41**

Lamb Seekh Kebab minced lamb kebab **17.5**

Tulsi Paneer Tikka 🍷 Basil marinated paneer **18.5**

Truffle Stuffed Mushrooms 🍷 w/ paneer + spinach **17.95**

Grilled Veggies 🍷🌱 broccoli,mushroom,peppers, **13.5**

Family Platter 4pc Malai Tikka, 4pc Haryali Tikka, 4pc Tandoori Chicken, 4pc Seekh Kebab, Biryani Rice, Salad, Grilled Veggies, Salad, Raita **\$79**
add Fish Tikka for \$12

Deluxe Platter 4pc Malai Tikka, 4pc Haryali Tikka, 4pc Tandoori Chicken, Seek Kebab,4pc Prawn,4pc Fish Tikka, 4pc Lamb Chop, 4pc Samosa, Biryani Rice, Salad **\$109**
add lobster for \$19

Seafood Platter 4pc Fish Tikka, 4pc Prawns, Whole Fish Biryani Rice, Grilled veg **\$99**
add lobster for \$19

Veggie Platter Grilled Veg, Tandoori Mushrooms, Paneer Tikka, Biryani Rice , Raita **\$39**

DUM BIRYANI

spiced rice covered in naan dough

CHICKEN 19.5 / LAMB 21.5 / VEG 18.5 /

CURRY

Dishes are medium spice - like it spicy? ask for DESI STYLE! & if you don't see a dish you're looking for just ask your server we may be able to do something !

Jackfruit Masala 🌱🍷 Punjabi style jackfruit curry **18.5**

Dal Makhni or Dal Tarka 24hr braised black lentils w/ butter or homestyle yellow lentils w/ ghee **16.5**

Swiss Chard Palak Paneer 🍷 Homestyle spinach + cheese **19.5**

Rose Malai Kofta 🍷 Paneer & khoya balls in a cashew rose curry **19.5**

Purple Aloo Gobhi 🌱🍷 Potatoes + Cauliflower Sabji **17.5**

Baingan Patiala 🌱🍷 Eggplant W/ a spicy sweet onion gravy **18.5**

Paneer Tikka Masala medium spicy peppers and paneer curry **19.5**

Delhi Butter Chicken tomato based curry w/ tandoori chicken **22.5**
***If you want it spicy you have to say DESI STYLE

Kashmiri Lamb Rogan Josh Our style of a braised lamb curry **21.5**

Roadside Chicken Curry This is what chicken curry should be **19.5**

Chili Phall Chicken Curry Forget Vindaloo - this is a SUPER spicy chilli based chicken curry **19.5**

Kerala Halibut Coconut ,curry leaf, South Indian fish curry **23.5**

Lamb Pepper Fry south indian style peppers w/ lamb **21.5**

Tamarind Prawn Vindaloo Goan style tangy spicy shrimp curry **26.5**

SIDES / ROTI / NAAN

Pappadum 5

Raita 4

Rice 5

Onion Salad 5

Achar 3.95

Roti 3.5

Butter Naan 4

Garlic Naan 4.5

Lacha Parantha 4.5

Onion Chili Roti 4.5

CHEF SPECIALS

Lamb Chop Dinner Braised Lamb Chops on Celeriac Potato Puree w/ achari carrots and rogan josh gravy **31.5**

Stuffed Butter Chicken cheese stuffed chicken w/ butter chicken gravy on mashed potatoes & swiss chard **24**

Tandoori Lobster lobster on lemon rice w/ Kerala coconut sauce **39**

Hakka Noodles 🌱 Indo Chinese noodles w/ carrots, cabbage and green onion **18**
add chicken +5
add shrimp +12

3 COURSE DINNER \$39

CHOOSE 1 APP / 1 MAIN / 1 DESSERT ask your server for the menu

Whole Tandoori Branzino whole branzino w/ a haryali and a tandoori marinade **39**

Tandoori Raan by special order ONLY - whole leg of lamb tandoori roasted served with a biryani made from the lamb leg + sliced tandoori raan feeds 8-10 ppl **180**

हर सूफी सच्चा नहीं होता

PLEASE NOTIFY YOUR SERVER OF
ANY DIETARY RESTRICTIONS

DESSERTS

Gajjar Halwa Cheesecake Cheesecake w/ carrot cake & indian carrot pudding **12.5**

Warm Brownie w/ Berries 🌱🍷 Topped with mint berry coulis **10.5**

Rasmalai Tiramisu Coffee chiffon cake,Bavarian cream, Rasmalai Milk **12.5**

Traditional Kulfi Falooda Rabri kulfi, sweet noodles, coconut whip cream, Pistachios & rose syrup **9.5**

Gulab Jamun Indian style donuts - but not really. **9.5**