

Vegetarian Delights

- ALOO GOBHI**   \$17
A COMBINATION OF POTATOES AND FRESH CAULIFLOWER COOKED WITH HERBS AND SPICES
- CHANA MASALA**   \$17
TENDERED CHICKPEAS COOKED WITH TOMATOES, ONIONS AND RECOMMENDED WITH A BHATURA IN BREAD SELECTION
- BHINDI BHAJI**
BHINDI ALOO   \$17
TENDER BABY OKRA SAUTÉED WITH YOUR CHOICE OF ONIONS OR POTATO TOSSED WITH TOMATOES, HERBS AND SPICES
- DAL TADKA**   \$17
YELLOW LENTILS TEMPERED WITH FRESH TOMATOES, HERBS AND SPICES
- KADHAI PANEER**   \$20
HOMEMADE COTTAGE CHEESE COOKED IN THICK CURRY SAUTÉED WITH ONIONS, BELL PEPPERS AND TOMATOES
- PALAK PANEER**  \$20
FRESH SPINACH AND COTTAGE CHEESE MAKES A HEALTHY DISH
- MATTAR PANEER**   \$20
PEAS AND COTTAGE CHEESE COOKED IN HOMEMADE SAUCE
- MALAI KOFTA**   \$20
SOFT AND CRISPY HOMEMADE DUMPLINGS DIPPED IN CREAMY SAUCE
- MUSHROOM DO-PIYAZA**   \$18
FRESH MUSHROOMS COOKED WITH TOMATO ONION GRAVY
- DAL MAKHNI**   \$17
A MIXTURE OF BLACK LENTILS AND KIDNEY BEANS COOKED WITH BUTTER AND CREAM

Rice

- BASMATI RICE** \$6
STEAMED WHITE BASMATI RICE
- SAFFRON RICE** \$7
SAFFRON FLAVOURED YELLOW RICE
- COCONUT BASMATI RICE** \$8
COCONUT FLAVOURED WHITE BASMATI RICE
- VEGETABLE BIRYANI** \$18
YELLOW BASMATI RICE SIMMERED WITH MIXED VEGETABLES, SAFFRON, SPICES AND A HINT OF FRESH MINT LEAVES
- CHICKEN BIRYANI** \$21
TAN BASMATI RICE SIMMERED WITH CHICKEN IN MACE, HERBS, SPICES AND A HINT OF FRESH MINT LEAVES
- BEEF BIRYANI** \$22
YELLOW BASMATI RICE SIMMERED WITH BEEF IN MACE, HERBS, SPICES AND FRESH MINT
- LAMB/GOAT BIRYANI** \$24
YELLOW BASMATI RICE SIMMERED WITH LAMB OR GOAT IN MACE, HERBS, SPICES AND FRESH MINT
- PRAWN BIRYANI** \$26
YELLOW BASMATI RICE SIMMERED WITH PRAWNS IN MACE, HERBS, SPICES AND FRESH MINT

Breads & Naan

- WHOLE WHEAT & FRIED BREAD**
- LACHCHA PRATHA** \$6
LEAVENED WHOLE WHEAT BREAD
- TANDDOORI ROTI** \$4
WHOLE WHEAT BREAD
- BHATURA** \$5
DEEP FRIED LEAVENED WHITE BREAD
- FLAVOURED NAAN**
- BUTTER NAAN** \$4
TOPPED WITH BUTTER
- GLUTEN FREE NAAN** \$6
NAAN MADE WITH CHICKPEA FLOUR
- GARLIC NAAN** \$6

STUFFED NAAN

- COCONUT NAAN** \$6
- ALUWALA NAAN** \$6
STUFFED POTATO
- CHEESE NAAN** \$6
MOZZARELLA CHEESE STUFFED
- CHICKEN NAAN/BEEF NAAN** \$8
NAAN STUFFED WITH FINELY CHOPPED CHICKEN OR MINCED BEEF, SPICES AND HERBS
- PANEER WALLA NAAN** \$7
FRESHLY GRATED CHEESE

Sides & Beverages

- | | |
|--|--|
| ACHAR \$5
MIXED PICKLES AND PRESERVED LIME | LASSI \$5
SWEET/SALTY |
| CHUTNEY \$5
CHOOSE YOUR FLAVOUR: MINT, MANGO OR TAMARIND | LASSI \$6
YOGURT SMOOTHIE (MANGO/STRAWBERRY/COCONUT) |
| RAITA \$6
VEGGIE YOGURT | CHAI \$3.5 |
| PAPADUM \$6
CRISPY, 4 PC | CANNED POP \$2.5 |

Desserts

- | | |
|------------------------|--|
| GULAB JAMUN \$6 | PUDDING \$6
SELECT YOUR FAVOURITE: RICE PUDDING OR MANGO PUDDING |
|------------------------|--|

ALL MENU ITEMS ARE NOT FREE.
PLEASE NOTIFY US FOR ANY ALLERGY.



East Indian Cuisine

Phone: 780-962-9625

213 Calahoo Road
Spruce Grove
Alberta T7X 1R1

www.tandoorigourmet.ca

10% Off Take Out

Catering Available

Contact Restaurant for more information

Restaurant Operation Hours:

Monday - Sunday
11:30am - 9:00pm

Please view our latest updates and promotions on our website, facebook page and instagram.



SCAN ME

MAKE YOUR CHOICE FROM THE SPICE/HOT METER
MILD MEDIUM HOT

GLUTEN FREE  DAIRY FREE  VEGAN  VEGETARIAN 

MAKE YOUR CHOICE FROM THE SPICE/HOT METER
MILD MEDIUM HOT

GLUTEN FREE  DAIRY FREE  VEGAN  VEGETARIAN 

Appetizer

VEGGIE PAKORA  \$7

CHICKPEA FLOURED SERVING OF MIXED VEGGIES MADE IN DUMPLINGS THEN FRIED TO A GOLDEN FINISH

VEGGIE SAMOSA  \$7

2 PIECES OF CRISPY DOUGH WAFER STUFFED WITH POTATO, GREEN PEAS, HERBS & SPICES

BEEF SAMOSA \$8

2 PIECES OF CRISPY DOUGH WAFER STUFFED WITH BEEF

VEGGIE SPRING ROLLS  \$12

GOLDEN FRIED CRISPY ROLLS, FILLED WITH FLAVOURFUL VEGETABLES

PANEER PAKORA   \$12

CHICKPEA FLOUR COATED HOMEMADE COTTAGE CHEESE FRIED TO GOLDEN PERFECTION

BUTTER CHICKEN POUTINE \$14

FRENCH FRIES TOPPED WITH BUTTER CHICKEN SAUCE AND CHEESE

FISH PAKORA   \$15

CAROM FLAVOURED BATTERED FRIED FISH

CHICKEN 65  \$16

CHICKEN STRIPS BATTERED WITH CHETTINAD SPICES, MUSTARD & CURRY LEAVES

CHICKEN TIKKA  \$16

CHICKEN BREAST MARINATED IN YOGURT AND GINGER GARLIC PASTE, BAKED ON LOW FLAME TO PERFECTION

HONEY CHILI FRIES  \$12

HOME-MADE FRIES GLAZED IN HONEY AND TOSSED WITH SCHEZWAN SAUCE

Soups & Salads

TOMATO SOUP \$7

LENTIL SOUP   \$7

CHICKEN HOT & SOUR SOUP   \$8

GREEN SALAD  \$8

CHICKPEA SALAD  \$8

Tandoori Classics

SERVED WITH RICE AND POTATOES

BEEF KEBAB  \$20

MINCED BEEF MIXED WITH HOMETOWN SPICES, SKEWERED AND COOKED IN CLAY OVEN

FISH KEBAB  \$22

SEA BASA FISH AND BELL PEPPER MARINATED WITH MILD SPICES AND BAKED IN OUR CLAY OVEN

TANDOORI SALMON  \$26

SALMON AND BELL PEPPER MARINATED WITH MILD SPICES IN OUR CLAY OVEN

TANDOORI PRAWNS  \$26

DELICIOUS STARTER, PRAWNS MARINATED AND BAKED IN OUR CLAY OVEN TO PERFECTION

SEAFOOD PLATER  \$30

COMBINATION OF JUMBO PRAWNS, MUSSELS, SQUID AND BASA FISH SAUTÉED WITH HOMEMADE SPICES

TANDOORI CHICKEN  **HALF (4 PCS) / FULL (8 PCS)** \$21/32


MARINATED BONE-IN THIGHS AND DRUMS OF CHICKEN SPICED LIGHTLY AND BAKED IN THE CLAY OVEN

TANDOORI MIX GRILL  \$30

COMBINATION OF MEAT KEBABS SERVED ON A SIZZLING PLATTER

CHICKEN MALAI TIKKA  \$22

SOFT MORSELS OF CHICKEN BATHED IN CREAM CHEESE MARINATED WITH GINGER GARLIC PASTE, COOKED IN CLAY OVEN

TANDOORI LAMB CHOPS  \$28

1 LB. BONE-IN LAMB CHOPS & VEGGIES MARINATED WITH CREAM CHEESE & HOMEMADE SPICES, SKEWERED AND COOKED IN OUR CLAY OVEN

MULTANI PANEER TIKKA   \$20

HOMEMADE COTTAGE CHEESE AND BELL PEPPERS MARINATED IN CREAM CHEESE AND SPICE, BAKED IN THE CLAY OVEN

TANDOORI SOYA CHOPS   \$20

SOYA CHOP GLAZED WITH HOUSE TANDOORI MASALA AND BAKED IN TANDOOR



Specialties

CHILI FISH   \$21

BATTER FRIED FISH AND BELL PEPPERS TOSSED IN SCHEZWAN SAUCE

GARLIC CHILI PRAWNS   \$25

BATTER FRIED PRAWNS AND BELL PEPPERS TOSSED IN SCHEZWAN SAUCE

CHILI PANEER   \$21

BATTER FRIED HOMEMADE COTTAGE CHEESE AND BELL PEPPERS TOSSED IN SCHEZWAN SAUCE

VEGETABLE MANCHURIAN   \$19

MIX VEGGIE BALLS COOKED IN CHILI GARLIC SAUCE

CHILI CHICKEN   \$22

BATTER FRIED CHICKEN AND BELL PEPPERS TOSSED IN SCHEZWAN SAUCE

HONEY CHILI GOBHI  \$17

BATTER FRIED CAULIFLOWER GLAZED IN HONEY AND TOSSED WITH SCHEZWAN SAUCE

VEGGIE   / **CHICKEN**  **HAKKA NOODLE** \$17/20

PAN TOSSED NOODLES WITH MIXED VEGETABLES AND HOMEMADE SPICE OR CHICKEN

VEGGIE FRIED RICE    \$17

CHICKEN FRIED RICE   \$20

Chef Signature

SERVED WITH NAAN

BUTTER CHICKEN  \$22

GRILLED CHICKEN BREAST PIECES COOKED IN TOMATO BASED BUTTER SAUCE

CHICKEN TIKKA MASALA  \$22

MARINATED CHICKEN BREAST COOKED IN THICK CREAMY CONDENSED SAUCE

KALI MIRCH CHICKEN  \$22

BONELESS WHITE CHICKEN COOKED IN SPECIAL CREAMY BLACKPEPPER SAUCE.

PRAWN BUTTER MASALA  \$26

OUR ROYAL FEAST OF PRAWNS COOKED TO PERFECTION IN A BUTTER SAUCE

MUGHLAI BEEF KORMA  \$23

PIECES OF BEEF IN A SPECIAL SAUCE CREATED WITH AROMATIC GROUND SPICES

SHAHI PANEER   \$21

HOME MADE COTTAGE CHEESE WITH THICK AND CREAMY GRAVY

NAVRATAN VEG KORMA   \$20

A VEGETARIAN'S DREAM OF RAINBOW VEGETABLES AND HOMEMADE PANEER COOKED IN A THICK CREAMY SAUCE

DUM ALOO   \$20

POTATOES STUFFED WITH CHEESE AND COOKED IN A FRAGRANT CREAMY SAUCE

Curry & Masala

OUR PREMIUM BLEND OF CURRIES MADE IN HOUSE BY THE CHEF DAILY. ENJOY THE MEAL!

CHOOSE YOUR PROTEIN:

CHICKEN	\$20	BEEF	\$22
GOAT	\$23	FISH	\$20
LAMB	\$23	PRAWN	\$24

CHOOSE YOUR SAUCE:

CURRY  

AN ONION AND TOMATO BASED GRAVY COOKED UNDER A SLOW FIRE

CHETTINAD  

COCONUT-BASE CURRY WITH A HINT OF MUSTARD SEEDS AND CURRY LEAVES

MASALA  

THICK GRAVY WITH ONIONS, TOMATO AND GINGER GARLIC PASTE

KADHAI  

SAUTÉED ONIONS, BELL PEPPERS AND TOMATOES COOKED IN GRAVY, THICKENED WITHOUT CREAM

ROGANJOSH  

RED THIN CURRY COOKED WITH CRACKED WHOLE SPICES

KORMA 

HOMEMADE CREAMY SAUCE

VINDALOO  

SOUTH INDIAN CURRY WITH A TOUCH OF TAMARIND AND TOPPED WITH SHREDDED COCONUT

MAKE YOUR CHOICE FROM THE SPICE/HOT METER

MILD MEDIUM HOT

GLUTEN FREE  DAIRY FREE  VEGAN  VEGETARIAN 

MAKE YOUR CHOICE FROM THE SPICE/HOT METER

MILD MEDIUM HOT

GLUTEN FREE  DAIRY FREE  VEGAN  VEGETARIAN 

MAKE YOUR CHOICE FROM THE SPICE/HOT METER

MILD MEDIUM HOT

GLUTEN FREE  DAIRY FREE  VEGAN  VEGETARIAN 

MAKE YOUR CHOICE FROM THE SPICE/HOT METER

MILD MEDIUM HOT

GLUTEN FREE  DAIRY FREE  VEGAN  VEGETARIAN 