

Vegetarian Specialties

Served with Basmati rice

57. **Malai Kofta** (GF) \$18.00
Paneer & potato dumpling cooked in a light and yet rich cream sauce
58. **Dal Makhni** (GF) \$18.00
Boiled black lentils tempered with butter, ginger, fresh tomatoes and coriander
59. **Shahi Paneer** (GF) \$18.00
Farmer's Cheese Cooked in Onion Tomato Creamy Sauce
60. **Palak Paneer** (GF) \$16.99
Farmer's Cheese cooked in garlic and cumin spinach puree
61. **Kadhai Paneer** (GF) \$16.99
Paneer cooked in slivers of ginger, onions, green peppers and tomatoes simmered in a rich sauce
62. **Bhindi Masala** (GF)(DF) \$16.00
Fresh okra cooked with onions, tomatoes, potatoes and a special blend of spices
63. **Channa Masala** (GF)(DF) \$16.00
Chickpeas prepared in Authentic Spices with Onions and Tomato
64. **Eggplant Bharta** (GF)(DF) \$18.00
Baked mashed eggplant cooked with fresh tomatoes, onions, green peas and a blend of spices
65. **Vegetable Korma** (GF) \$18.00
Vegetable cooked in Yogurt Creamy Cashew Curry Sauce
66. **Aloo Gobi** (GF)(DF) \$18.00
Braised Potatoes and Cauliflower, Cracked with Fenugreek, Dried Red Chilies, Cumin Curry
67. **Matter Paneer** (GF) \$18.00
Peas and Cheese Cooked in Onion Tomato Curry Sauce
68. **Dal Fry** (GF)(DF) \$16.00
Red and yellow lentils, and onions slowly simmered together
69. **Curry Pakora** (GF) \$16.00
Vegetable Pakoras simmered in spices, Channa flour and yogurt curry mixture
70. **Chili Paneer** (GF) \$18.00
Fried Paneer cooked in a combination of Indian Vegetables & Chinese flavour
71. **Butter Paneer** (GF) \$18.00
Paneer cooked in Creamy Tomato sauce
72. **Mixed Vegetables** (GF) \$18.00
Cauliflower, Bell Peppers, Okara, Potatoes
73. **Aloo Jerra** (GF)(DF) \$16.00
Potatoes and Cumin
74. **Vegetable Manchurian** (GF) \$16.95

Choose your spice level
Mild, Medium, Hot

Chicken Specialties

Served with Basmati rice

75. **Butter Chicken** (GF) \$17.50
Boneless Chicken Breast cooked in a Creamy Tomato Sauce
76. **Curry Chicken** (GF)(DF) \$19.50
Boneless Chicken cooked in curry sauce with fresh ginger & garlic
77. **Chicken Tikka Masala** (GF) \$19.50
Grilled Chicken cooked in onion, bell peppers & tomato based sauce
78. **Vindaloo Chicken** (GF)(DF) \$19.50
Boneless Chicken and Potatoes cooked in a zesty, tangy Curry Sauce (may contain nuts)
79. **Korma Chicken** (GF) \$19.50
Boneless Chicken cooked in a creamy Cashew sauce with Chef's special spices
80. **Kadai Chicken** (GF)(DF) \$19.50
Chicken cooked with fresh Onion, Green Pepper and Traditional Indian Spices
81. **Palak Chicken** (GF)(DF) \$19.50
Chicken tempered with Cumin folded into our Spinach Curry sauce
82. **Coconut Chicken** (GF)(DF) \$20.00
Boneless Chicken cooked with Coconut Sauce
83. **Mango Chicken** (GF) \$20.00
Boneless Chicken cooked with Mango Sauce
84. **Chili Chicken** (DF) \$19.50
Fried Chicken cooked in a combination of Indian Vegetables & Chinese flavour
85. **Chicken Pasanda** (DF)(GF) \$18.00
Chicken with mint sauce
86. **Chicken Manchurian** \$19.50

Rice & Biryani

87. **Cumin Basmati Rice** (GF)(DF) \$3.00
Famous Indian Basmati Rice
- 88A. **Green Pea Pulao Rice** (GF)(DF) \$5.99
Basmati rice cooked with Cumin, & Green Peas
- 88B. **Fried Rice** (GF)(DF) \$7.99
Basmati rice cooked with mixed veg. (\$1.50 extra for chicken)
89. **Fresh Vegetable Biryani** (GF) \$14.00
Basmati rice cooked with mixed vegetables & Indian Spices
90. **Flame Biryani** (GF) \$17.00
Your choose of lamb, goat, prawn or chicken with Indian Spices
91. **Papadum(3)** (GF)(DF) \$3.99
Lentils, black gram, chickpeas & rice flour

Choose your spice level
Mild, Medium, Hot

Beef Specialties

Served with Basmati rice

92. **Curry Beef** (GF)(DF) \$19.75
Beef cooked in onion sauce with fresh ginger & spices
93. **Korma Beef** (GF) \$19.75
Beef cooked in a creamy Cashew sauce with Chef's special spices
94. **Vindaloo Beef** (GF)(DF) \$20.00
Boneless beef & potatoes, cooked in zesty curry sauce
95. **Palak Beef** (GF)(DF) \$20.00
Boneless beef cooked with spinach & spices
96. **Kadhai Beef** (GF)(DF) \$20.00
Boneless beef, stir fried with onions, ginger, bell peppers
97. **Coconut Beef** (GF)(DF) \$20.00
Boneless beef cooked with coconut sauce
98. **Mango Beef** (GF) \$20.00
Boneless beef cooked with mango sauce
99. **Beef Pasanda** (GF)(DF) \$20.00
Beef with sauce



Our 'Tandoor' is a Clay Oven

Fresh Baked Breads

100. **Naan Tandoori Flame** \$2.50
White leavened bread baked in our Tandoor oven (Add garlic or basil for \$1 each)
101. **Garlic & Basil Naan Tandoori Flame** \$3.50
102. **Spinach Paneer Naan** \$4.99
Stuffed with Spinach and Cottage cheese
103. **Chicken or Lamb Keema Naan** \$6.00
Bread stuffed with Tandoori roasted minced meat
104. **Paraththa Tandoori Flame** \$5.00
Your choice of Aloo, Onion and Paneer stuffed
105. **Lacha Paraththa Tandoori Flame** \$4.00
Flaky, multi-layered whole wheat bread
106. **Tandoori Flame Stuffed Naan** \$5.00
Your choice of Spinach, Onion, Potato, Cheese
107. **Bhatoora** \$3.50
Fried white bread (Lunch Only)
108. **Tandoori Flame Roti** \$2.50

Beverages

- Fresh Sweet Mango Lassi \$5.50
- Fresh Lassi Sweet or Salty \$5.50
- Fresh Chai Tea \$2.50
- Fresh Coffee \$2.50
- Pops, Orange or Apple Juice \$2.50
(Coke, Diet, Ice Tea, Ginger Ale, Root Beer, Crush, 7-Up)
- Fresh Vanilla Shake \$5.00
- Sweet Coconut Lassi \$5.00

Desserts

- Rice Pudding \$5.00
- Gulab Jamun \$4.00
Fried round milk cream balls dipped in sugar syrup
- Ras Malai \$5.00
Sweet milk patty in flavoured milk sauce
- Pista Kulfi or Mango Kulfi \$5.00
Frozen milk ice cream
- Fruit Kulfi or Oreo Kulfi \$5.00
Frozen milk ice cream
- Gajar Halwa (seasonal) \$5.00
Carrots cooked in milk and sugar
- Ice Cream \$5.00
Vanilla, Chocolate and Coconut



More about Gluten Free (GF): Your health and enjoyment is important to Fresh Tandoori Flavour. Please let your server know whether you have any allergies or sensitivities so that we can make every effort to ensure that your meal is prepared free of allergens. Please be advised that wheat flour is used in our kitchen and that our deep-fryer is used to cook gluten-containing items.

**Lunch
Buffet**
\$14.75 tax in

FRESH Tandoori Flavour INDIAN BISTRO

Our Story...

In the village of Kot Fatuhi in Northern India, a young boy grew up not knowing his destiny was to establish a restaurant in the far-off land of Canada. Yet, you hold in your hands the menu of that dream. We hope our traditional Indian spices and our flair for great food will please your palate. Enjoy... and let us know if anything displeases you.

Daily Hours: 11:00 — 9:00PM

Weekday Buffet 11:AM — :PM

Weekend Buffet 11:PM — :PM

5838 Trans-Canada Hwy
Duncan, BC V9L 3S1

250-748-0345

FreshTandooriFlavour.ca

We Deliver too.

We Specialize in Catering. Ask us!

Appetizers

All of our hot appetizers are served with our in-house traditional chutney

8. Tomato Soup (GF) \$5.95
9. Mulligatawny Soup (veg. or Chicken) \$6.99
10. Vegetable Platter (GF) \$12.95
11. Vegetable Pakora (GF) \$6.99
Delicately spiced fried chickpea batter vegetables
12. Vegetable Samosa (DF) \$6.99
Light flaky pastry envelope stuffed with seasoned potatoes and green peas.
13. Aloo Tikki (DF) \$6.99
Two pieces of spiced potato patty
14. Paneer Pakora (GF) \$10.99
Cottage Cheese Fingers, deep fried with Indian spiced batter
15. Chicken Pakora (GF)(DF) \$10.99
Chicken breast dipped in special batter and deep fried
16. Fish Pakora (GF)(DF) \$10.99
Marinated fish morsels coated in crispy batter
17. Cholle Bhature (DF) [Lunch Only] \$16.99
Fried bread with chickpeas cooked in onions and tomatoes served with Raita & Salad
18. Poutine Butter Chicken \$14.99
Butter Chicken on french fries and fresh Cheese
19. Masala Fries (DF) \$8.00
Fries seasoned with our Spices
20. Tandoori Chicken Caesar Salad \$14.99
Caesar salad & dressing with Tandoori Chicken
21. Samosa Chaat \$9.00
2 Samosa served with Channa Masala
22. Aloo Tikki Chaat \$9.00
2 spiced Potato patties dipped in chick pea batter served with Channa Masala

Side Orders

23. Onion Salad (GF)(DF) \$5.00
Side of traditional onions
24. Mixed Raita (GF) \$3.50
Indian yogurt mixed with grated carrots, cucumber and spices
25. Indian Salad (GF)(DF) \$5.00
Tomato, cucumber, carrots, bell pepper and onion dressed with lemon juice and masala spice
26. Plain Yogurt (GF) \$3.00
27. Take-Out Samosa \$1.95

ALL MENU ALERT: (GF) = Gluten Free (DF) = Dairy Free. There may be traces of Nuts, Gluten and Dairy as they are made on the same surfaces. We can make anything dairy-free.

Tandoori Sizzlers

Served with in-house traditional chutney

Choose your spice level
Mild, Medium, Hot

28. Chicken Tikka (GF) \$19.50
Boneless Chicken spiced marinated grilled in Tandoor
29. Tandoori Flame Chicken (GF) \$19.50
Half Chicken marinated in Yogurt and Spices, grilled in Tandoor
30. Malai Tikka Chicken (GF) \$19.50
Boneless chicken breast marinated with our special ingredients & grilled in our Tandoor
31. Tangri Kebab (GF) \$19.50
Chicken leg pieces marinated in yogurt, ginger, garlic and spices, roasted in our Tandoor
32. Chicken Seekh Kebab (GF)(DF) \$19.50
Chicken mince, aromatic spices, flavored with fresh crush peppercorns and cooked in our Tandoor
33. Tandoori Lamb Seekh Kebab \$19.50
'Melt-in-the-Mouth' Lamb mince mixed with spices and cooked in our Tandoor
34. Tandoori Flame Fish Tikka (GF) \$20.00
Chunks of fish marinated and cooked in our Tandoor
35. Tandoori Flame Prawns (GF) \$20.00
Tiger Prawns marinated and cooked our Tandoor
36. Haryali Tikka (GF) \$19.50
Boneless chicken pieces are marinated in the mixture of curd, spinach and mint leaves cooked in our Tandoor
37. Tandoor Chicken Wings (GF) \$19.50
Tandoori spiced whole chicken wings made in our Tandoor
38. Assorted Tandoori Platter (GF) \$23.00
Two pieces each of chicken Tikka, tandoori flame chicken, fish tikka and seekh kebab cooked in our Tandoor
39. Paneer Tikka (GF) \$19.50
Paneer spice marinated grilled in Tandoor



40. Kid's Yummy Basket \$12.99
Chicken Tenders, Fries, Drink

Lamb Specialties

Served with Basmati rice

Choose your spice level
Mild, Medium, Hot

41. Lamb Curry (GF)(DF) \$19.75
Lamb cooked in onion sauce with fresh ginger and spices
42. Lamb Korma (GF) \$19.75
Lamb cooked in a creamy Cashew sauce with Chef's special spices
43. Lamb Vindaloo (GF)(DF) \$19.75
Boneless Lamb & potatoes, cooked in a zesty, tangy curry sauce
44. Lamb Palak (GF) \$19.75
Boneless Lamb cooked with spinach and spices
45. Lamb Kadhai (GF)(DF) \$19.75
Boneless Lamb, stir-fried with onions, garlic, ginger, bell pepper, and fine Indian sauce
46. Goat Curry (GF)(DF) \$19.75
Goat cooked in traditional sauces and spices
47. Lamb Kebab Masala (GF)(DF) \$19.50
Ground lamb kebab toasted with masala gravy
48. Lamb Coconut (GF)(DF) \$19.50
Boneless Lamb cooked with coconut sauce
49. Lamb Mango (GF) \$19.50
Boneless Lamb cooked with mango sauce
50. Lamb Pasanda (GF)(DF) \$19.75
Boneless Lamb with mint sauce



Choose your spice level
Mild, Medium, Hot

Seafood Specialties

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51. Curry Fish (GF)(DF) \$19.00
Deboned fish cooked in onion sauce with fresh ginger, garlic & spices
52. Masala Fish (GF)(DF) \$19.00
Fish cooked with onion and tomato in rich sauce
53. Masala Prawn (GF)(DF) \$19.00
Tiger prawns cooked with onions, garlic, ginger in rich flavourful tomato sauce
54. Curry Prawn (GF)(DF) \$20.00
Prawns cooked in traditional sauce & spices
55. Kadai Prawns (GF)(DF) \$20.00
Prawns cooked with slivers of ginger, green peppers, tomatoes simmered in a rich sauce
56. Fish or Prawn Malabar (GF)(DF) \$20.00
Seasoned with coconut and curry leaves