Aahar
THE TASTE OF INDIA
INDIAN CUISINE IS AS DIVERSE AS ITS CULTURE. EVERY MAJOR REGION OF INDIA BRINGS ITS OWN UNIQUE DISHES. IN CANADA, INDIAN FOOD IS PRIMARILY IDENTIFIED WITH FOOD FROM NORTH INDIA. AROMATIC SPICES ARE THE ESSENCE OF INDIAN CUISINE. THE ART IN INDIAN COOKING IS TO USE THE RIGHT AMOUNT OF SPICES TO CREATE A HARMONY OF FLAVOURS.

AT AAHAR, WE TRY TO CREATE SUCH A HARMONY. STARTING FROM PREPARATION OF RAW INGREDIENTS TO THE COMPLETION OF THE FINAL DISHES, WE FOLLOW TRADITIONAL INDIAN PRACTICES. OUR KITCHEN IS FULL OF PASSION TO CREATE THE BEST AUTHENTIC INDIAN DISHES.

WE INVITE YOU TO TRY!

MILDLY SPICY • VERY SPICY • GLUTEN FREE • LACTOSE FREE

PLEASE MENTION ANY ALLERGY BEFORE PLACING AN ORDER. MOST OF OUR DISHES ARE NATURALLY GLUTEN FREE. PRICES DO NOT INCLUDE TAXES AND ARE SUBJECT TO CHANGE WITHOUT NOTICE.
STARTERS

* ALL STARTERS ARE SERVED WITH SAUCES (TAMARIND, MINT) OR KETCHUP

SAMOSA (VEGETARIAN) $3.50 (CHICKEN/ BEEF) $4.00
(2 PER SERVING) - DEEP FRIED PASTRY SHELLS STUFFED WITH
(POTATOES/ MINCED CHICKEN/MINCED BEEF), PEAS AND
INDIAN SPICES.

ONION BHAJI (8-10 PIECES) $4.50
FRESH LEAFS OF SPINACH AND SLICED ONIONS
BATTERED IN CHICKPEA FLOUR AND DEEP-FRIED.

ALLO TIKKI (2 PATTIES PER SERVING) $5.50
SPICED POTATO TOPPED WITH CURRIED CHICKPEAS,
TAMARIND SAUCE, MINT SAUCE, AND YOGURT-
GARNISHED WITH FRESH CORIANDER.

VEGETABLE PAKORA $4.95
VEGETABLES BATTERED IN LIGHTLY SEASONED LENTIL
FLOUR AND DEEP FRIED, SPRINKLED WITH INDIAN SPICES.

SHRIMP PAKORAS (8 PIECES) $7.50
SHRIMPS LIGHTLY BATTERED WITH FRESH HERBS
AND OUR SPECIAL SPICES, DEEP-FRIED.
**STARTERS CONT’D**

*All starters are served with sauces (tamarind, mint) or ketchup*

**SHEEKH KEBAB $10.95**
Mildly spiced minced beef rolls skewered and broiled in tandoor. A must try item! *Available only at Aahar.*

**PANEER PAKORA (6 PIECES) $6.50**
Homemade cheese squares filled with mint sauce, deep fried in lightly seasoned chickpea flour and sprinkled with Indian spices.

**FISH PAKORAS $7.50**
Boneless marinated fish battered in spiced flour and deep fried.

**CHICKEN PAKORAS $6.95**
Tender pieces of spiced chicken battered in chickpea flour and fried to deliciousness.

**BOMBAY MUSSELS $12.50**
Succulent mussels covered in a creamy curry sauce, served with garlic naan.

**SOUPS**

**DAAL SOUP $3.75**
Specially prepared delicately spiced lentil soup.

**MULLAGATAWNY SOUP $3.99**
A mildly flavoured lentil soup enriched with chicken and rice.

**KHUMBA RAS SOUP $3.99**
A creamy mushroom soup tempered with light spices.
MAIN VEGETARIAN DISHES
*ALL MAIN VEGETARIAN AND NON-VEGETARIAN DISHES ARE MADE WITH TRANS-FAT FREE AND CHOLESTEROL FREE CANOLA OIL.*

NAVRATAN KORMA $11.50
(MIXED VEGETABLES)
VEGETABLES COOKED WITH TOMATOES, ONIONS AND INDIAN SPICES TOPPED WITH GRATED CHEESE AND CHOPPED CORIANDER.

ALLO MATTAR (WITH CREAM) $12.00 (NO CREAM) $11.00
POTATOES AND PEAS COOKED IN ONIONS, TOMATOES, GARLIC, GINGER AND INDIAN SPICES WITH FINELY CHOPPED CORIANDER ON TOP.

SHahi PANEER $13.95
HOMEMADE CHEESE COOKED IN BLENDED INDIAN SPICES WITH WHIPPING CREAM, CRUSHED CARDAMOM, MILK, TOMATO PASTE, AND CHOPPED ONIONS. GARNISHED WITH GRATED CHEESE, CHOPPED CORIANDER AND DRIZZLED WITH WHIPPING CREAM. NUTS OPTIONAL.

PANEER TIKKA $14.95
HOMEMADE CHEESE SQUARES MARINATED IN FRESH YOGURT AND INDIAN SPICES GRILLED TO PERFECTION IN THE TANDOOR. SERVED ON SIZZLER

PANEER TIKKA $14.95
HOMEMADE CHEESE SQUARES MARINATED AND SAUTEED IN KADAI (INDIAN WOK)

MATTAR MUSHROOM PANEER $14.50
HOMEMADE CHEESE PIECES COOKED WITH FRESH MUSHROOMS, PEAS, ONIONS AND INDIAN SPICES WITH FINELY CHOPPED CORIANDER.

MATTAR PANEER (WITH CREAM) $12.00 (NO CREAM) $11.00
HOMEMADE CHEESE PIECES AND PEAS COOKED IN ONION AND TOMATO PASTE WITH BLENDED INDIAN CURRY SPICES

CHILLI PANEER $15.95
HOMEMADE CHEESE BATTERED IN BESAN, FRIED THEN COOKED WITH SAUTÉED VEGETABLES AND TOSSED IN OUR SPECIAL HOT N SPICY CHILLI SAUCE. ADD EGG (OPTIONAL)

SAAG PANEER $12.95
HOMEMADE CHEESE COOKED WITH OUR BLEND OF HEALTHY GREENS, FRESH SPINACH AND SPICES AND DRIZZLED WITH HOMEMADE BUTTER (MAKHAN) AND CORIANDER.

KADAI PANEER $12.95
HOMEMADE CHEESE CUBES (PANEER) MARINATED AND SAUTÉED IN KADAI (INDIAN WOK)
PANEER DILRUBA $13.95
PIECES OF PANEER FRIED IN OIL AND CURRY LEAVES IN CREAMY SAUCE.

VEGETABLE DILRUBA $13.95
MIXED VEGETABLE COOKED WITH CURRY LEAVES IN CREAMY SAUCE
AND INDIAN SPICES.

CHANNA MASALA $12.95
CHICKPEAS COOKED DELICATELY WITH ONIONS,
TOMATOES AND MASALA (BLENDED INDIAN SPICES).

PUNJABI KADHI (CURRY) $12.95
A SPICED UP YOGURT BASED CURRY-KNOWN FOR
ITS SOURNESS AND FLOURS OF ASAFOETIDA, PAKORAS,
FRIED DUMPLINGS AND DELICIOUSNESS. A MUST TRY ITEM!

SARSON DA SAAG (VERY PUNJABI!!) $13.95
A VERY HEALTHY BLEND OF ALL DESI GREENS-MUSTARD
LEAVES, FENUGREEK LEAVES, RAPPINI AND SPINACH
COOKED IN PUNJABI STYLE.

DAL MAHKHI $12.95
URID LENTIL COOKED IN CREAMY SAUCE, BUTTER
WITH GRINDED ONIONS, GINGER, GARLIC DRIZZLED
WITH INDIAN HOMEMADE BUTTER.

DAL TADKA $11.95
WASHED MOONG LENTIL AND RED LENTIL (MASARI)
COOKED WITH ONION, GINGER, GARLIC, CUMIN
AND INDIAN SPICES.

BEGAN BARTHA $13.95
ROASTED EGGPLANT COOKED WITH ONIONS, TOMATOES
AND INDIAN SPICES GARNISHED WITH CHOPPED CORIANDER.

BHINDI MASALA (SEASONAL) $12.95
FRESH OKRA COOKED WITH SLICED ONIONS,
CUMIN AND INDIAN SPICES.

ALLO GOBI $11.95
FRESH CAULIFLOWER, POTATOES, ONIONS, TOMATOES
COOKED WITH INDIAN SPICES GARNISHED WITH FINELY
CHOPPED CORIANDER AND GRATED CHEESE.

AAHAR KE KOFTE $13.95
POTATO BALLS STUFFED WITH HOMEMADE CHEESE
AND DRY FRUITS COOKED WITH MILD CREAMY SAUCE.
GARNISHED WITH CHOPPED CORIANDER.

SABZI (MIX VEGETABLES) $11.95
VEGETABLES COOKED WITH TOMATOES, ONIONS,
AND INDIAN SPICES. TOPPED WITH CHOPPED CORIANDER

AAHAR KI THALI (MEAL FOR ONE)
VEGETARIAN $17.95
A TRADITIONAL COMPLETE VEGETARIAN MEAL THAT
INCLUDES VARIETY OF DELICATELY COOKED SABZIS
(Vegetables), DAAL, RIATA, CHUTNEY OF YOUR
CHOICE AND DESSERT. SERVED WITH BASMATI
RICE AND NAAN BREAD.
**MAIN CHICKEN DISHES**

**BUTTER CHICKEN $16.95**
Marinated roasted chicken pieces cooked with onions, blended tomatoes and fresh homemade yogurt drizzled with cream and butter. A must try item!

**CHICKEN CURRY $14.95**
Chicken pieces cooked delicately with blended onions, tomatoes, and Indian spices.

**CHICKEN TIKKA MASALA $15.95**
Marinated boneless chicken cooked with sliced onions, tomatoes, green peppers, Indian spices and chopped coriander.

**CHICKEN KADAI $13.95**
Chicken pieces tossed with fresh herbs and spices, freshly cooked in special Indian wok.

**PALAK CHICKEN $15.95**
Roasted chicken pieces cooked with fresh leafy spinach and Indian spices.

**CHILLI CHICKEN $15.95**
Pieces of boneless chicken battered and fried then tossed in our special hot n spicy chilli, soya and tomato sauce n sautéed vegetables. (ADD EGG (OPTIONAL))

**CHICKEN DILRUBA $15.95**
Boneless pieces of chicken cooked with special cream sauce tempered with curry leaves and green chillies.

**CHICKEN MADRAS $15.95**
A tangy chicken curry cooked with fresh coconut, curry leaves, and chillies.

**CHICKEN VINDALOO $15.95**
Pieces of chicken with potatoes (vindaloo) in red hot curry sauce and hot Indian spices.

**BHUNA CHICKEN $15.95**
Boneless pieces of chicken cooked in rich tomato, onion and fenugreek sauce.

**AAHAR KI THALI (NON-VEGETARIAN) $19.95**
A delicious match of variety of non-vegetarian delicacies includes main course, condiments and dessert. Start from your choice of mouth watering lamb, beef or chicken curry, raita, chutney and dessert, served with fresh basmati rice and naan bread.
MAIN LAMB AND BEEF DISHES

PALAK LAMB $16.95
Boneless lamb pieces cooked with fresh spinach and spices.

LAMB CURRY $15.95
Morsels of lamb cooked delicately with onions, tomatoes and Indian spices.

LAMB KORMA $15.95
Pieces of lamb cooked delicately with Indian spices, onions, tomatoes and milk cream.

BHUNA LAMB $15.50
Boneless pieces of lamb cooked in rich tomato, onion and fenugreek sauce.

BEEF CURRY $13.95
Pieces of beef cooked delicately with Indian spices, onions, tomatoes.

LAMB MADRAS $15.95
A tangy lamb curry cooked with green n red chillies, curry leaves and fresh coconut.

LAMB CHOPS $15.95
Fresh ginger flavoured lamb chops, marinated with Indian spices, grilled in tandoor.

VINDALOO $15.95
Pieces of lamb/beef cooked with Indian potatoes (vindaloo) in red hot curry sauce and hot Indian spices (a very hot item!)
CHICKEN TANDOORI DISHES

TANDOORI CHICKEN
(HALF) $14.95 (FULL) $25.95
Spring chicken marinated overnight with special Indian sauce made from yogurt, fresh herbs and spices, grilled in the Tandoor.

CHICKEN TIKKA $14.95
Boneless chicken pieces cooked with sliced onions, tomatoes and Indian spices.

MALAI KABAB $16.95
Tender pieces of chicken breast marinated in cashew nut cream cheese paste with our special spices and grilled in the Tandoor to perfection.

HARAYALI KABAB $17.95
Boneless chicken marinated in mint, coriander and fenugreek broiled in the Tandoor. Drizzled with fresh lemon juice and garnished with coriander, fresh peppers and onions.

CHICKEN KEBAB $12.95
Minced chicken with ginger, garlic, fresh coriander chillies skewered and broiled in Tandoor.
SEA FOOD AND TANDOORI DISHES

SHRIMP TANDOORI $19.95
Jumbo shrimps marinated with the hint of garlic and slowly broiled over tandoor.

PALAK SHRIMP $17.50
Jumbo shrimps marinated overnight cooked with fresh leafy spinach and hint of ginger and onion sauce.

SALMON TIKKA $17.95
Salmon cubes marinated in special sauce then grilled in the tandoor. Served with basmati rice and curry sauce.

BHUNA SHRIMP $17.95
Succulent jumbo shrimps cooked in tangy tomato and onion sauce.

TANDOORI FISH $17.95
Cooked with fresh yogurt, garlic, ginger and lemon. A blend of chilli powder and Indian spices added for a mouthwatering taste.

LOBSTER MASALA $25.90
Succulent lobster tails gently cooked in Punjabi style with fresh onions, tomatoes and coriander.
**RICE**

**RICE $2.95**
BASMATI RICE LIGHTLY FRIED WITH CUMIN SEEDS IN VEGETABLE OIL.

**VEGETABLE BIRYANI $10.95**
BASMATI RICE FRIED IN CUMIN SEEDS AND PREPARED WITH MIXED VEGETABLES AND DRY FRUITS.

**CHICKEN/BEEF BIRYANI $12.95**
BASMATI RICE PREPARED WITH CUMIN, ONIONS, INDIAN SPICES, CHICKEN/BEEF PIECES.

**LAMB BIRYANI $14.95**
BASMATI RICE PREPARED WITH CUMIN SEEDS, ONIONS, SPICES, LAMB PIECES.

**EGG BIRYANI $10.95**
BASMATI RICE PREPARED WITH CUMIN, ONIONS, INDIAN SPICES AND BOILED FRIED EGGS.

**HYDRABADI BIRYANI**

- **VEGETABLE $13.95**
- **BEEF $14.95**
- **CHICKEN $15.95**
- **LAMB $17.95**
BREADS

TANDOORI ROTI (WHOLE WHEAT) $1.95
TRADITIONAL INDIAN WHEAT BREAD PREPARED IN THE TANDOOR LIGHTLY COATED WITH BUTTER.

MAKKI DI ROTI $3.00
FLAT BREAD MADE WITH CORN FLOUR ON THE TAWA (FLAT GRIDDLE) DRIZZLED WITH MAKHAN.

TANDOORI MISSI ROTI $4.25
TANDORRI FLAT BREAD MADE FROM MIXTURE OF GRAM FLOUR, WHEAT FLOUR, ONIONS, CUMIN SEEDS N SPICES DRIZZLED WITH BUTTER.

NAAN $2.50
INDIAN BREAD MADE WITH WHEAT FLOUR, YEAST, HINT OF SALT, SUJI (CREAM OF WHEAT) MILK, AND CANOLA OIL TOPPED WITH PARSLEY AND CORIANDER.

GARLIC NAAN $2.99
TRADITIONAL INDIAN NAAN COATED WITH GARLIC BUTTER, FRESH FROM THE TANDOOR.

ONION PARATHA $3.95
MULTI-LAYERED BREAD MADE FROM WHEAT FLOUR AND CHICKPEA FLOUR WITH ONIONS AND ENRICHED WITH BUTTER.

PANEER NAAN/PARATHA $4.95
FRESH TANDOORI NAAN/PARATHA STUFFED WITH HOMEMADE CHEESE AND INDIAN SPICES.

LACHHA PARATHA $2.95
MULTI-LAYERED UNLEAVENED BREAD LAYERED AND ENRICHED WITH BUTTER.

ALOO PARATHA $3.95
MULTI-LAYERED WHEAT BREAD ENRICHED WITH BUTTER AND STUFFED WITH POTATOES, GINGER PASTE, CRUSHED CORIANDER SEEDS, GREEN CHILLIES, LEAFY CORIANDER, AND SPICES.

ONION KULCHA $4.25
TANDORRI FLAT BREAD MADE FROM MIXTURE OF GRAM FLOUR, WHEAT FLOUR, ONIONS, CUMIN SEEDS N SPICES DRIZZLED WITH BUTTER.
CHUTNEYS

MINT CHUTNEY $1.50
COCONUT CHUTNEY $1.50
MANGO CHUTNEY $1.50
MIX PICKLE $1.50
CHUTNEY THALI $5.00
(CONTAINS ALL FOUR CHUTNEYS)

SIDE DISHES

PAPADAM $0.75
A THIN SPICED DELICATE ROASTED BREAD OF MIXED LENTIL FLOURS

RAITA $3.95
YOGURT WITH CUCUMBERS, CUMIN AND SPICES

SALAD $3.45
ONION, LETTUCE, TOMATOES, CUCUMBERS, MIXED IN AN INDIAN DRESSING AND LEMON JUICE.

CHUTNEY $1.50
YOUR CHOICE OF MINT/TAMARIND/MANGO/COCONUT CHUTNEY TO ENHANCE YOUR EXPERIENCE!

MIXED PICKLE $1.50
DESSERTS

KHEER $5.50
Indian rice pudding made from milk, rice garnished with sliced almonds unsalted pistachios, crushed cardamom.

GULAB JAMUN $4.50
Light pastry balls dipped in cardamom flavoured syrup and garnished with unsalted chopped pistachios (optional).

RAS MALAI (2 PER SERVING) $5.50
Cheese dumplings in a thick creamy sauce made with milk, sugar, rose essence, cardamom powder with sliced almonds and unsalted pistachios on the top.

CARROT HALWA $6.95
Indian dessert made from milk, and carrots cooked with slight butter and dry fruits.

AAHAR KI KULFI $5.00
Beverages

Lassi (Sweet/Salty) $3.95
Traditional Punjabi drink made from yogurt, milk.

Mango Lassi $4.95
Indian drink made from mango pulp, yogurt and milk
Our speciality!

Shikanjvi $2.95
Traditional Indian lemonade

Juice $3.95
Apple, orange, mango

Bottled Water (500 ml) $1.95

Kadak Chai $3.50

Masala Chai $3.50
Black tea brewed with selected Indian spices (clove, cinnamon stick, cardamom pods, dried green soanph and milk).

Rooh Afza $3.50
Refreshing blend of milk, hint of sugar and n rooh afza cooling herbal syrup.

Jal Jerra $3.50
Refreshing cumin and mint flavoured spiced Indian lemonade.
ALCOHOLIC BEVERAGES

BEER

INDIAN BEER
KINGFISHER $5.50
CHEETAH (REGULAR) $5.50
CHEETAH (DARK) $5.50
COBRA $5.50

PREMIUM BEER
HEINEKEN $5.50
ALEXANDER KEITHS $5.50
SLEEMANS HONEY BROWN $5.50
NEW CASTLE BROWN $5.50
CORNAXTRA $5.50

REGULAR BEER
CANADIAN $4.50
BLUE $4.50
BLUE LIGHT $4.50
BUDWEISER $4.50
COOR'S LIGHT $4.50

SPIRIT COOLER
SMIRNOFF ICE $4.95
MIKE'S HARD LEMONADE $4.95

WINE

OUR HOUSE WINE
JACKSON – TRIGGS NIAGARA

CABERNET SAUVIGNON (RED)
CHARDONNAY (WHITE)

GLASS $6.50 1/2 LITRE $14.50 LITRE $25.50

RED WINE
MOUTON CADET BORDEAUX (FRANCE) $32.95
FAT BASTARD SHIRAZ (FRANCE) $35.95
LINDEMAN'S MERLOT (AUSTRALIA) $28.95
SANTA CAROLINA CABERNET $26.95
SAUVIGNON (CHILE)

WHITE WINE
MOUTON CADET BORDEAUX (FRANCE) $31.95
FAT BASTARD CHARDONNAY (FRANCE) $34.95
WOODBRIDGE SAUVIGNON BLAY
ROBERT MANDAVI (CALIFORNIA) $28.95
INNISKILLIN REISLING -VQA (NIAGARA) $27.95