

STARTERS

VEG

PANI PURI | \$7.99

(6 PIECES)

crispy deep-fried flour balls served with onions, chick peas, boiled mashed potatoes and special indian masala water

VEGGIE PAKORA | \$8.99

fresh spinach, onion, potato, garlic, ginger & indian spices mixed with chickpeas flour deep-fried in oil, served with fresh mint and tamarind sauce

PANEER PAKORA | \$13.99

cheese cubes, salted and spiced, mixed with chickpeas flour deep-fried in oil, served with fresh mint and tamarind sauce

CHAAT PAPRI | \$7.99

crispy fried mathris topped with boiled chickpeas, boiled potatoes, onions, curd, mint and tamarind sauce

SAMOSA | \$1.99

(1 PIECE)

samosa stuffed with potatoes, peas and Indian spices

BREAD PAKORA | \$2.49

(PER PIECE)

bread stuffed with spiced potato mixture, dipped in chickpea flour batter and deep-fried in oil, served with mint and tamarind sauce

CHANA SAMOSA | \$8.99

(2 PIECES)

two samosas served with chickpea gravy, onions, curd, mint and tamarind sauce

SPRING ROLL | \$11.99

spring rolls stuffed with noodles

made fresh and served hot



HONEY CHILLI POTATO | \$11.99

potatoes tossed in Indo-chinese sauces and honey garnished with sesame seeds.



DAHI PURI | \$8.99
(6 PIECES)

crispy deep-fried flour balls served with curd, onions, boiled chickpeas, mashed boiled potatoes, mint and tamarind sauce

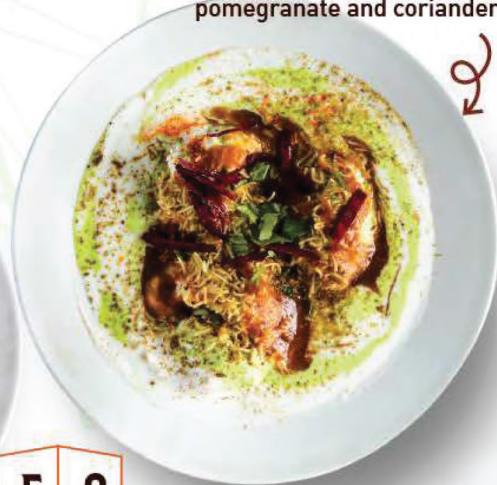


HONEY CHILLI GOBI | \$11.99

cauliflower tossed in Indo-chinese sauces and honey garnished with sesame seeds.

DAHI BHALLA | \$8.99

urad and moong dal deep-fried fritters, curd, mint and tamarind sauce, garnished with fresh pomegranate and coriander



ALOO TIKKI CHAAT | \$8.99
(2 PIECES)

two potato patties made in indian spices served with chickpea gravy, onions, curd, mint and tamarind sauce



NON - VEG

CHICKEN PAKORA | \$14.99

marinated boneless chicken dipped in batter, deep-fried and served with mint and tamarind sauce



FISH PAKORA | \$15.99

fish marinated in indian spices, deep-fried and served with punjab canteen special chutney, spicy salad and fries with a piece of lemon



TANDOOR



VEG

NON-VEG

PANEER TIKKA | \$13.99

cottage cheese marinated in a blend of yoghurt and indian spices, grilled in clay oven with capsicum and onion

MALAI CHAAP | \$11.99

soybean dough chunks marinated in a creamy batter, and cooked in Indian spices in a clay oven.

ACHAARI CHAAP | \$11.99

marinated soybean dough chunks cooked in sweet and sour Indian spices in a clay oven.

MASALA CHAAP | \$11.99

marinated soybean dough chunks cooked in Indian spices in a clay oven.



CHICKEN TANDOORI LEG | \$4.99 (PER PIECE)

chicken legs marinated in yoghurt, and cooked in Indian spices and yoghurt and grilled in clay oven

CHICKEN MALAI TIKKA | \$14.99

boneless chicken pieces marinated in a blend of yoghurt and ground Indian spices and grilled in clay oven

ACHAARI CHICKEN TIKKA | \$14.99

boneless chicken pieces marinated in a blend of yoghurt and sweet and sour Indian spices and grilled in clay oven

CHICKEN TIKKA | \$14.99

boneless chicken pieces marinated in a blend of yoghurt and ground Indian spices and grilled in clay oven



PUNJAB CANTEEN SPECIAL



CHANA BHATURA | \$11.99

(2 PIECES PER PLATE)

north Indian favourite punjabi dish with deep-fried puri/bread known as bhatura served with chickpeas cooked in Indian spices and served with salad, pickle and raita.



AMRITSARI KULCHA (POTATO | CAULIFLOWER)

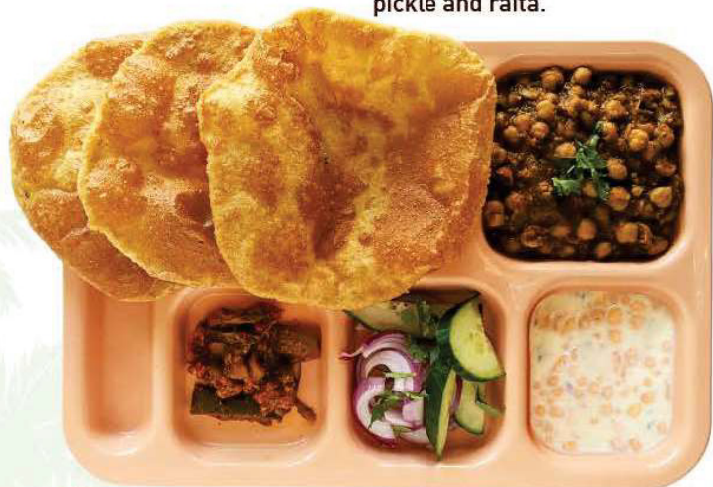
2 PIECES PER PLATE | \$14.99

Indian flat bread stuffed with punjabi canteen special mixture, served with white chickpeas cooked in indian spices, served with salad and pickle.

CHANA PURI | \$11.99

(3 PIECES PER PLATE)

deep-fried puri/bread served with chickpeas cooked in Indian spices and served with salad, pickle and raita.



QUICK BITES



NOODLE BURGER

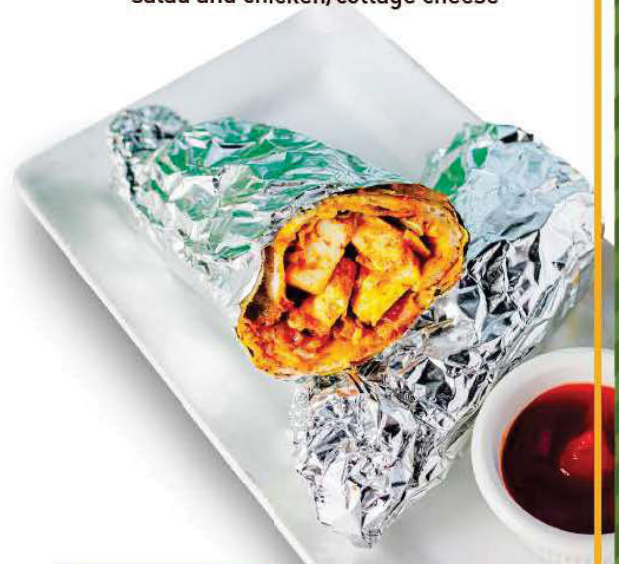
VEG | \$7.99
CHICKEN | \$9.99

punjab canteen special burger with special veg patty or chicken, onion, noodles, cheese, cream, salad, special punjab canteen sauce and mint sauce

KATHI ROLL

VEG | \$8.99
CHICKEN | \$11.99

Indian bread stuffed with onion, cheese, punjab canteen special sauce, salad and chicken/cottage cheese



STUFFED GOODNESS

CLASSIC BURGER

VEG | \$5.99
CHICKEN | \$7.99

burger with veg patty /chicken, onion, cheese, cream, salad and special punjab canteen sauce

ADD FRIES
AND ONE
DRINK
TO MAKE
COMBO
WITH ANY
BURGER OR
KAATHI ROLL
FOR \$3



MAIN COURSE

VEG

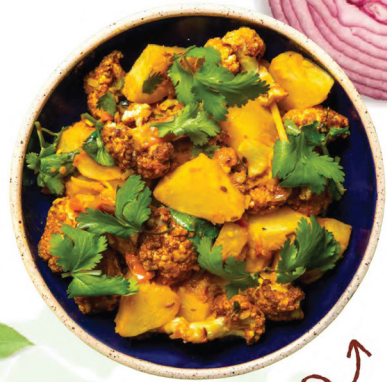


DAL MAKHANI | \$11.99

a mix of black lentil,
red kidney beans, spices,
butter and cream

BAINGAN BHARTA | \$11.99

fire roasted eggplant, mashed
and cooked in Indian spices



ALOO GOBI | \$11.99

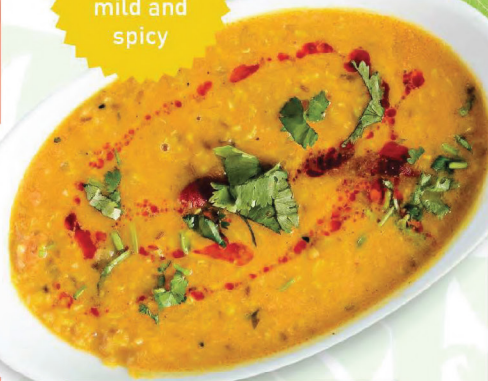
potatoes and cauliflower
cooked in Indian spices

choose
between
mild and
spicy



RAJMA CURRY | \$11.99

red kidney beans
cooked in onion and
tomato based gravy
with Indian spices
and herbs



DAL TADKA | \$11.99

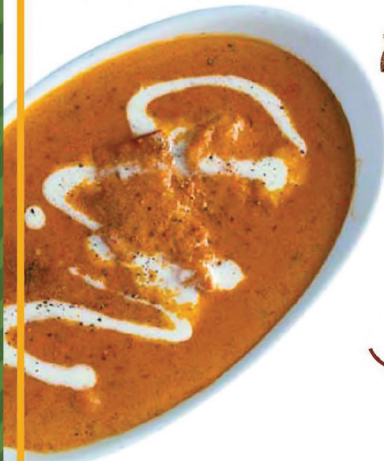
yellow lentil cooked
with fresh garlic, coriander,
and Indian spices

BHINDI MASALA | \$13.99

diced okra stir fried with
onions, tomatoes, herbs
and spices

MIX VEG CURRY | \$12.99

assorted veggies cooked
with indian spices



SHAHI PANEER | \$13.99

cottage cheese cooked in
tomato and onion based gravy
in Indian spices and cream





CHANA MASALA | \$10.99

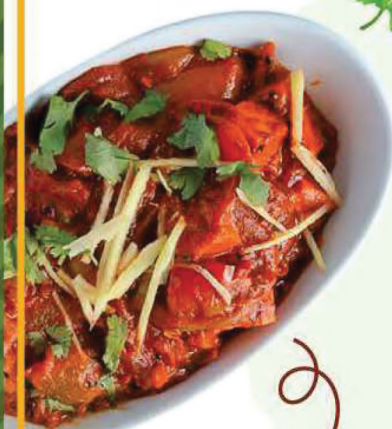
chickpeas cooked in onions and tomato based gravy with indian spices

MUTTER PANEER | \$14.99

cottage cheese cooked with peas in spices in a tomato based gravy.

SAAG PANEER | \$13.99

cottage cheese cubes in a blend of mustard leaves, spinach and onions cooked in Indian herbs and spices



PANEER TIKKA MASALA | \$14.99

cheese cubes sautéed with onions, peppers and a mixture of Indian spices in a semi-dry sauce

PANEER BUTTER MASALA | \$14.99

cottage cheese cubes, cooked in a creamy and buttery, onion and tomato based gravy with Indian spices and coconut



SAAG | \$11.99

a blend of mustard leaves, spinach and onions cooked in Indian herbs and spices



MALAI KOFTA | \$15.99

balls made of potatoes and veggies, cheese, onion and tomato gravy & cream

KADAHI PANEER | \$14.99

cottage cheese cooked with tomatoes, onions and bell peppers in Indian spices

CHANA PANEER | \$12.99

chickpeas and cheese cubes, cooked in onion and tomato based gravy with Indian spices

PALAK PANEER | \$14.99

cottage cheese cooked with spinach in a blend of Indian herbs and spices



NON - VEG

KADAHI CHICKEN | \$15.99

boneless chicken cooked with tomatoes, onions, bell peppers in a blend of Indian spices



CHICKEN CURRY

WITH BONE | \$13.99
BONELESS | 14.99

chicken cooked with onions and tomato, curry sauce, various herbs and spices



CHICKEN JALFREZI | \$15.99

boneless chicken cooked with onions, capsicum, carrots and cabbage in Indian spices in a semi-dry gravy



CHICKEN TIKKA MASALA | \$15.99

boneless chicken tikka, sautéed with onions, peppers and a mixture of Indian spices in a semi-dry sauce



BUTTER CHICKEN | \$15.99

marinated boneless chicken cooked in a creamy and buttery sauce with Indian spices



spiced to perfection

LAMB ROGAN JOSH | \$16.99

signature dish of Kashmir, lamb curry that comes from Persian origin is a combination of intense spices in a tomato gravy

KADAHI LAMB | \$16.99

lamb cooked with tomatoes, onions, bell peppers, and blend of Indian spices



LAMB CURRY | \$15.99

lamb cooked with onions and tomato, curry sauce, various herbs and spices



THALIS

available only till 5pm

VEG THALI | \$14.99

NON-VEG THALI | \$16.99

choose 2 curries from our thali curry list:

shahi paneer | dal makhani | dal tadka
chana paneer | chana masala | aloo gobi | rajma

for non-veg thali, choice of 1 veg and 1 non veg

choose 1 curry from our non-veg curry list:

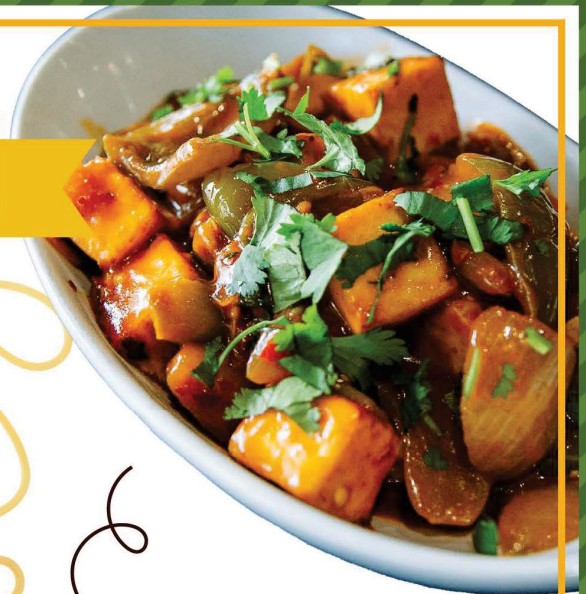
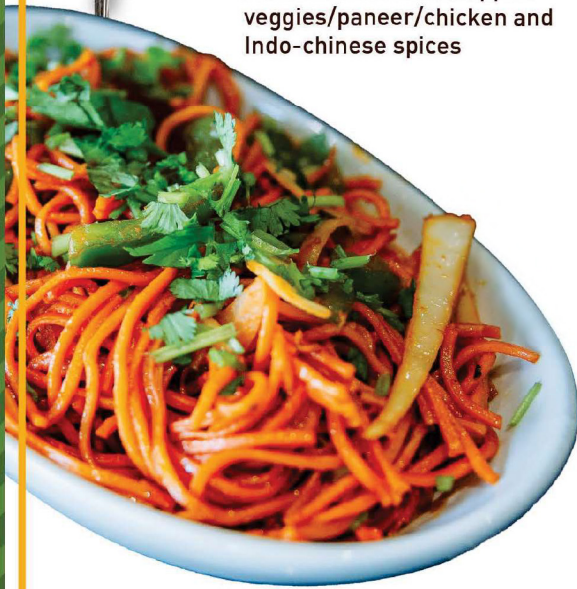
chicken curry | butter chicken | lamb curry

comes with raita, rice, 2 tawa rotis or 1 naan
and a piece of gulab jamun

INDIAN FUSION



NOODLES
VEG \$9.99 | PANEER \$11.99
CHICKEN \$11.99
noodles tossed in chopped
veggies/paneer/chicken and
Indo-chinese spices



CHEESE CHILLI | \$14.99
cottage cheese cooked
with onions, ginger garlic and green
pepper in hot and spicy sauces

CHICKEN CHILLI | \$15.99
diced chicken cooked with onions,
ginger garlic and green pepper
in hot and spicy sauces

FRIED RICE
VEG \$9.99 | CHICKEN \$11.99
rice tossed in vegetables/chicken,
Indo-chinese sauces and spices

VEG MANCHURIAN | \$12.99
(5 PIECES)

vegetable balls fried and sauteed
in a dark soy asian gravy

CHICKEN MANCHURIAN | \$14.99
(5 PIECES)

minced chicken balls fried and
sauteed in a dark soy asian gravy

ask your
server for
dry and gravy
options



BREADS

TAWA ROTI | \$0.99

TANDOORI BUTTER ROTI | \$2.49

LACCHA PARATHA | \$3.99

BUTTER NAAN | \$2.99

GARLIC NAAN | \$3.99

ALOO NAAN | \$4.99

ONION NAAN | \$4.99

CHEESE NAAN | \$5.99



freshly baked, straight from the tandoor -
perfectly soft, crisp, and full of flavor!

STUFFED PARATHAS

(2 PIECES PER PLATE)

VEG

ALOO | \$12.99
potato mixture

GOBI | \$12.99
cauliflower mixture

PYAAZ | \$12.99
onion mixture

PANEER | \$14.99
cottage cheese mixture

MIX VEG | \$12.99
assorted veggies mixture

NON-VEG

CHICKEN KEEMA | \$15.99
minced chicken mixture



SPÉCIAL CANTINE DU PUNJAB



RICE



BIRYANI

basmati rice cooked with aromatic Indian spices and traditional herbs

VEG | \$9.99

CHICKEN | \$12.99

LAMB | \$14.99



STEAMED RICE | \$3.99



JEERA RICE | \$4.99

rice cooked with cumin and condiments



ADD ONS

SALAD | \$4.99

onion, cucumber,
green chillies & lemon

**TAMARIND
SAUCE | \$0.99**

Indian style tamarind
and jaggery sauce

FRENCH FRIES | \$2.99

PICKLE | \$0.99

PLAIN YOGHURT | \$2.99

MINT CHUTNEY | \$0.99

Indian style mint sauce

MINT SAUCE | \$0.99

Indian style mint sauce and
yoghurt mixture



RAITA | \$4.99

Indian style spiced
yoghurt



DRINKS

COKE | PEPSI

CANADA DRY

CRUSH

SPRITE | 7-UP

WATER

\$1.99

LIMCA | FANTA

THUMBS UP

MIRINDA

\$2.99

MAAZA | \$2.99

mango flavoured
soft drink

**MASALA
LEMONADE | \$4.99**

a refreshing sweet
and salty drink with lemon,
pop soda and ice



**MANGO
LASSI | \$3.99**

Indian style
mango smoothie

**SUGARCANE
DRINK | \$6.99**

**SALTY
LASSI | \$3.99**

Indian style
salty smoothie

**SWEET
LASSI | \$3.99**

Indian style
sweet smoothie

**MANGO
SHAKE | \$4.99**

fresh mango shake
with ice cream

**KASHMIRI
TEA | \$4.99**

special Kashmir
style tea



MASALA TEA | \$4.99

special Indian style tea with spices

**CARDAMOM
TEA | \$4.99**

special Indian style
tea with cardamom

DESSERTS



GULAB JAMUN
| \$4.99 (2 PIECES)



RASMALAI | \$4.99
(2 PIECES)



KULFI | \$3.99
Indian style ice-cream
MALAI | **MANGO**
FALOODA | **PISTACHIO**



PAAN ICE-CREAM |
\$6.99
(2 SCOOPS)

www.punjabcanteen.ca

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Our food may contain common allergens, such as dairy, eggs, wheat, soybeans, tree nuts, peanuts, fish or shellfish.

We also take orders for catering and need to take order 24 hrs in advance.

We can also make recipes out of menu on special request - available for dining customers.

For any suggestions or complaint call us or send an email to the respective location.