

# STARTERS

V E G

## 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

## GOBI PAKORA | \$11.99

cauliflower & indian spices mixed with chickpeas flour deep-fried in oil, served with fresh mint and tamarind sauce

## 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

## 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

## BHEL PURI | \$7.99

mixture of puffed rice, onions, chopped boiled potatoes, 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



**N O N - V E G**

**CHICKEN  
PAKORA | \$14.99**

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



**CHICKEN  
POPCORN | \$12.99**

marinated boneless chicken  
dipped in batter, deep-fried and  
served with hot 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



**THE PLACE WHERE  
MONTREAL  
MEATS PUNJAB**



# TANDOOR



V E G

## 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

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

## ACHAARI CHAAP | \$11.99

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

## MASALA CHAAP | \$11.99

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

N O N - V E G

## 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

## FISH TIKKA | \$16.99

fish pieces marinated in a blend of 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.



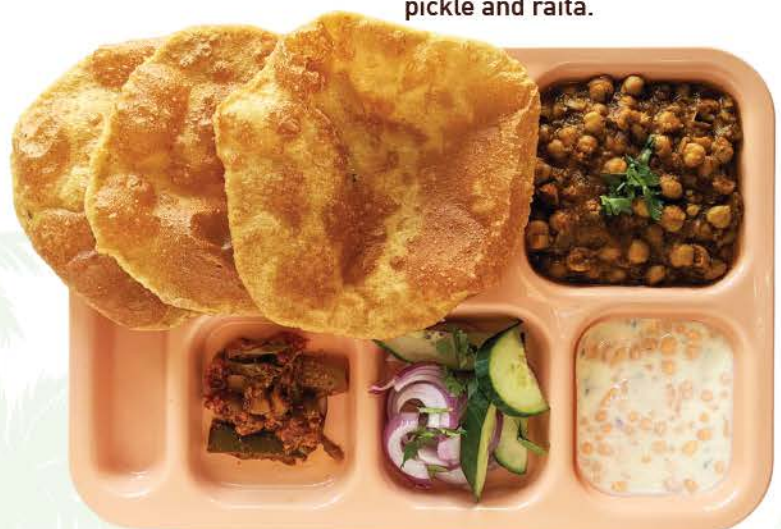
## AMRITSARI KULCHA (POTATO | CAULIFLOWER)

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

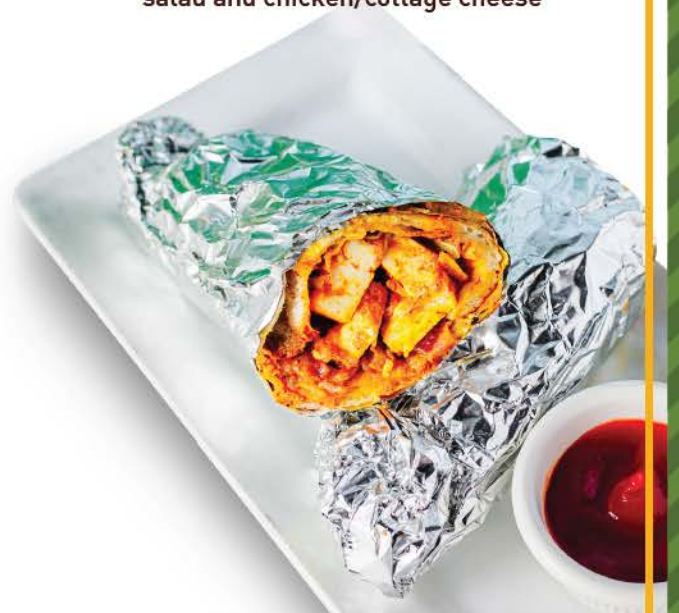
punjab canteen special burger with special veg patty or chicken, onion, noodles, cheese, cream, salad, special punjab canteen sauce and mint sauce

## 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

V E G



## DAL MAKHANI | \$11.99

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

## RAJMA CURRY | \$11.99

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

## KADHI PAKORA | \$11.99

veggie pakoras cooked in a chickpea flour and yoghurt based gravy made with Indian spices and herbs

## BAINGAN BHARTA | \$11.99

fire roasted eggplant, mashed and cooked in Indian spices

choose between mild and spicy



## DAL TADKA | \$11.99

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

## ALOO SHIMLA MIRCH | \$11.99

potatoes and capsicum cooked in Indian spices

## ALOO GOBI | \$11.99

potatoes and cauliflower cooked in Indian spices

## BHINDI MASALA | \$13.99

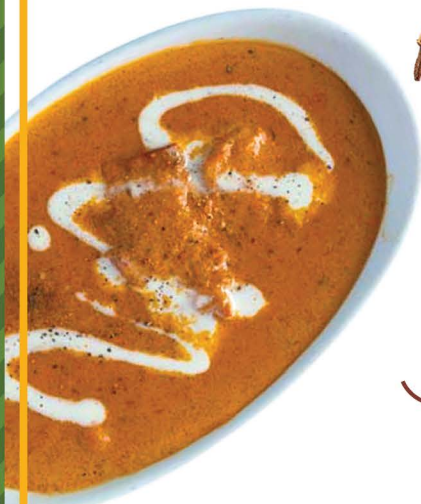
diced okra stir fried with onions, tomatoes, herbs and spices

## MIX VEG CURRY | \$12.99

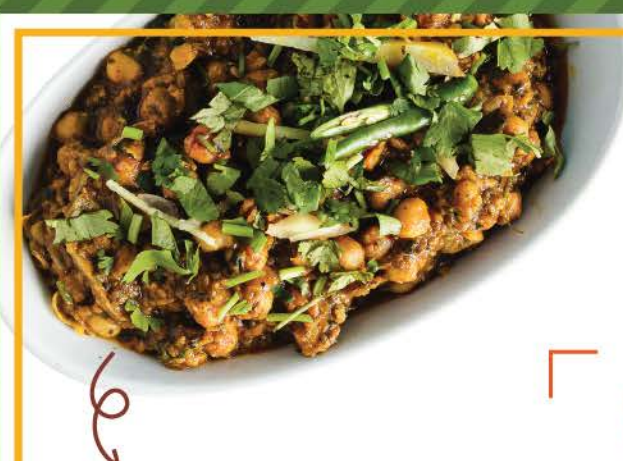
assorted veggies cooked with indian spices

## SHAHI PANEER | \$13.99

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







**CHANA MASALA | \$10.99**

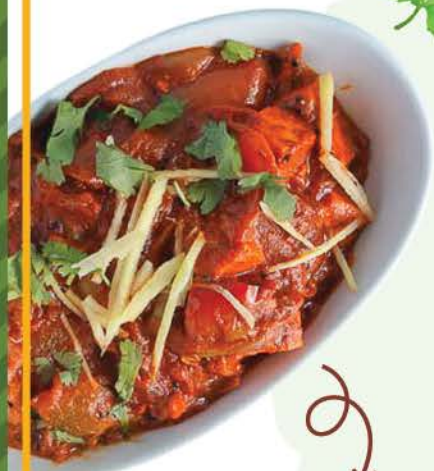
chickpeas cooked in onions and tomato based gravy with indian spices

**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

**PANEER BHURJI | \$16.99**

scrambled cottage cheese cooked with onions in Indian spices and green chilli

**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

## KADAH CHICKEN | \$15.99

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



## CHICKEN VINDALOO | \$15.99

boneless chicken cooked with diced potatoes in a special gravy with coconut, in flavorful spices and vinegar

## CHICKEN CURRY WITH BONE | \$13.99 BONELESS | 14.99

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

## LAMB VINDALOO | \$16.99

lamb cooked with diced potatoes in a special gravy with coconut, in flavorful spices and vinegar



## CHICKEN JALFREZI | \$15.99

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

## KADAH LAMB | \$16.99

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

## SAAG CHICKEN | \$14.99

a blend of mustard leaves, spinach, boneless chicken and onions cooked in indian spices

## LAMB SAAG | \$16.99

a blend of mustard leaves, spinach, lamb and onions cooked in indian spices

## LAMB MASALA | \$16.99

lamb cooked in flavourable masala gravy



## MANGO CHICKEN | \$15.99

boneless chicken cooked in a special gravy of indian spices, mango pulp and cream

## 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

## 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

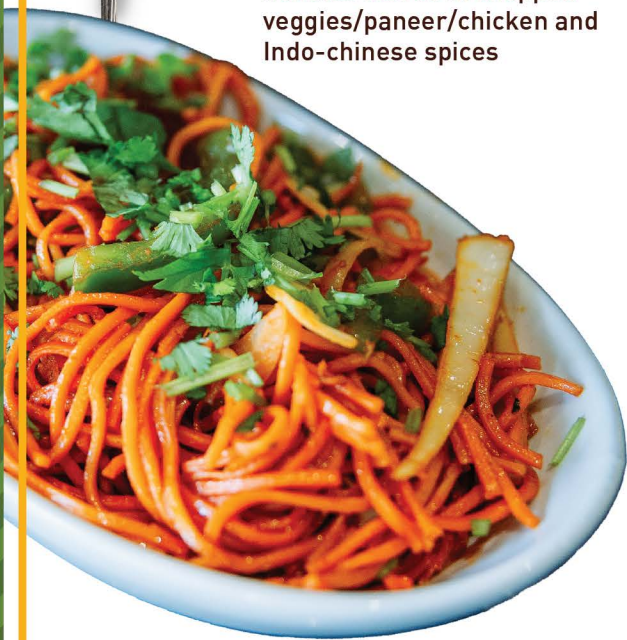
comes with raita, rice, 2 tawa rotis or 1 naan  
and a piece of gulab jamun



# 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

ask your  
server for  
dry and gravy  
options

**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







## 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



**MISSI PARANTHI | \$9.99**  
(2 PIECES PER PLATE)



made with yellow lentil, onions  
and Indian spices, served with yoghurt and pickle

## 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

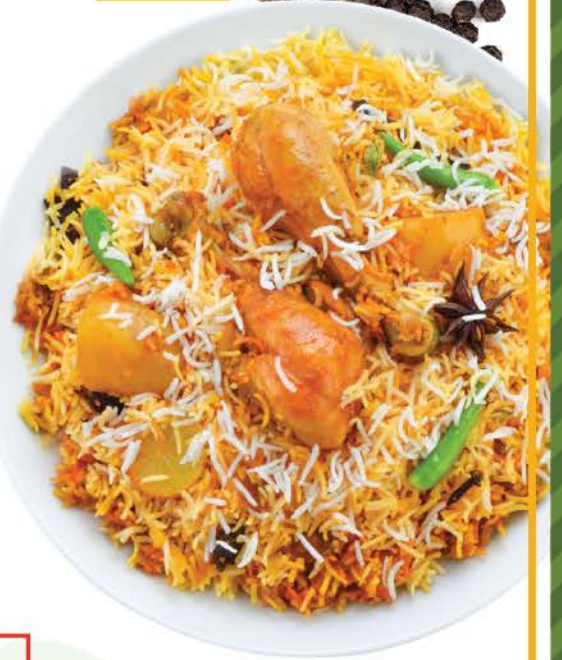
### BIRYANI

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](http://www.punjabcanteen.ca)

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7681 Newman Blvd, Lasalle | +1 514-363-4444

[lasalle@punjabcanteen.ca](mailto:lasalle@punjabcanteen.ca)

## NEW LOCATIONS COMING SOON

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.