



Thank you Patrons!



We take this opportunity to sincerely thank our Patrons for their enormous support during our first 2 years of business and also for awarding us Readers' Choice Award 2007. We commenced operation on August 18th 2006. We made a lot of mistakes and quickly learned from those. The good thing is that we did not make the same mistake again and again and even better that You (our Patrons) supported us. We have lived up to our original dictum of hospitality quoted below:



The hospitality of the Indians is legendary. In Sanskrit Literature the three famous words '*Atithi Devo Bhava*' or '**the guest is truly our god**' are a dictum of hospitality in India. Indians believe that they are honoured if they share their mealtimes with guests. Even the poorest look forward to guests and are willing to share their meagre food with guest. And of particular importance is the Indian host's pride that they will not let a guest go away un-fed or unhappy. Indians are known for their incredible ability to serve food to their guests invited or uninvited.

A brief Synopsis of Indian Cuisine

Indian civilization is more than 6000 years old and is the largest democracy in the world. It is the second most populated (over 1 billion) the seventh largest country of the world. It is about 1/3rd the size of United States and lies in the South Asian Sub-continent.

Indian food has evolved over centuries and has flourished under the many rulers that India had. Chefs vied with one another to create exotic delicacies for their rajahs (kings). The result is centuries of patronage to the art of cooking and a large repertoire of delicious recipes.

Indian cuisine is gaining popularity around the globe. It is very tasty and its mainstay is whole grains, lentils (legume) and vegetables, which is what people want today. Indian food provides excellent variety of vegetarian food containing complete proteins as well as choice of healthy non-vegetarian dishes made from chicken, goat, lamb and seafood. Traditional Indian food does not contain beef and pork. A sparse amount of Indian food provides ideal amount of needed proteins and vitamins and it also has the health promoting properties of various herbs, garlic, ginger and spices. Yogurt, an accompaniment to Indian meals introduces good flora (acidophilus) into the digestive system. Many of our menus are vegetarian, which tend to be more alkaline than non-vegetarian menus. Cuisine is vast and the following are interesting aspects of the cuisine.

- ✓ **Ayurveda:** India's ancient science system, has given India a comprehensive system of health, diet and nutrition. India's cuisine has been shaped by this science. Ayurveda is the common thread that runs through the various sub cultures/regions of India. Otherwise, the cuisine can be vastly different from region to region.
- ✓ **Diversity:** India is a large country, almost the size of Europe, and has a greater diversity of people, language, climate, cultures and religion than almost any country in the world. Consequently, Indian cuisine is also diverse.
- ✓ **Indian Restaurant Cuisine:** North Indian Cuisine influences many Indian restaurants around the globe.
- ✓ **Royal Kitchens of India:** Under the patronage of the rajahs (kings) of India the art of food was elevated to a high level of advancement and professionalism. The royal chefs understood the finer points of food, the art of presentation and created exquisite preparations.
- ✓ **Cooking according to taste:** There exists no written recipes in India and the individual is encouraged to orchestrate a dish by using fresh, seasonal and local vegetables. We use spices sparingly and our foods are not necessarily hot. Besides spices we use lots of herbs and other natural seasonings to make our foods sweet, sour, salty, bitter, pungent and astringent.
- ✓ **Cultural Influences:** Many Indians are vegetarians having been influenced by Buddha (Indian King and founder of Buddhism), Mahavir (founder of Jainism) and Emperor Ashoka. The Aryan settlers, the Arab and Chinese traders and conquerors such as the Greek, Persians, Mongolians, Turks, the British and the Portuguese have influenced Indian cuisine.



Please inform your server before placing your order if you are allergic to any food products.

Thank-you.

Aap Ke Swagat Main "Appetizers"

The main streets and alleyways of India are lined with stalls and carts serving hot and cold Indian Snacks. Morning, noon or night there is no wrong time for one of India Gate's special snacks.

1.	Aloo Chaat	Diced potatoes tossed with onion, tomatoes, coriander and lime	\$ 5.99
2.	Bhel Puri	A melody of puffed rice, sev (gram flour crispy thin noodles), onion, potatoes, chillies served with Tamarind and Mint/Coriander Chutney	\$ 6.99
3.	Chaat Papri	Crispy wheat thins, Dahi Vada with sweet, sour and spicy sauce	\$ 6.99
4.	Hara Kebab	Spinach, Indian Cheese and potato patties served with mint sauce	\$ 7.99
5.	Samosa (4 Pieces)	Traditional dough pockets stuffed with potatoes, raisins and cashew nuts	\$ 6.99
6.	Onion Bhaji	Onions battered with gram flour and spices	\$ 6.99
7.	Vegetable Pakora	Mixed vegetables battered with gram flour and spices	\$ 6.99
8.	Murg Pakora	Marinated chicken battered with gram flour and spices	\$ 7.99
9.	Amritsari Machhi	Fish marinated with chilli paste, battered with gram flour and spices	\$ 10.99
10.	Murg Chaat	Marinated diced chicken with onion, tomatoes, coriander and lime	\$ 7.99
11.	Shami Kebab	Ground goat and gram patties served with mint sauce	\$ 7.99

Shorba "Soup"

Indian Shorba is traditionally served before meals as a way to cleanse the palette and prepare for the feast ahead.

12.	Mulligatawny Shorba	Lentil soup served vegetarian	(Add \$1.00 for chicken) \$ 5.99
13.	Tomato Shorba	A fresh light tomato broth simmered with garlic	\$ 5.99

Tandoor Ki Khaas Peshkash "From our clay oven"

For centuries the Tandoor, a clay oven has been used to prepare Indian Muglai specialties and Indian breads. Order from our Tandoor and watch your meal being skewered and prepared by our Tandoor experts.

14.	Tandoori Khazana	Sampler containing Tandoori Chicken, Achari Murg Tikka, Hariyali Murg Tikka, Murg Seekh Kebab, Lamb Chop and Lamb Tikka	\$ 17.99
-----	------------------	---	----------

Vegetarian

15.	Shakahari Khazana	Vegetarian sampler containing all vegetarian Tandoori dishes	\$ 12.99
16.	Bharwan Aloo Firdousi	Potatoes stuffed with raisins, cashew nuts and authentic spices	\$ 10.99
17.	Paneer Tikka	Indian cheese marinated with Tandoori spices	\$ 12.99
18.	Tandoori Phool	Garden fresh marinated cauliflower cooked in the Tandoor	\$ 10.99

Murg "Chicken"

19.	Murg Khazana	Chicken sampler containing Tandoori Chicken, Achari Murg Tikka, Hariyali Murg Tikka, Malai Murg Tikka and Murg Seekh Kebab	\$ 15.99
20.	Achari Murg Tikka	Tender pieces of chicken marinated with Tandoori spices and yogurt	\$ 12.99
21.	Hariyali Murg Tikka	Tender pieces of chicken marinated with coriander and mint	\$ 12.99
22.	Lahsooni Murg Tikka	Tender pieces of chicken marinated with garlic and yogurt	\$ 12.99
23.	Malai Murg Tikka	Tender pieces of chicken marinated with cream and spices	\$ 12.99
24.	Murg Seekh Kebab	Ground chicken, marinated with cream cheese and Tandoori spices	\$ 12.99
25.	Tandoori Chicken	Chicken marinated in traditional Tandoori spices	Half \$ 11.99; Full \$ 18.99

Gosht "Meat – Lamb & Goat"

26.	Gosht Khazana	Lamb sampler containing all lamb Tandoori dishes	\$ 17.99
27.	Gosht Chops	Lamb chops marinated with Tandoori spices	\$ 15.99
28.	Gosht Tikka	Tender pieces of Gosht marinated with Tandoori spices and yogurt	\$ 13.99
29.	Seekh Kebab	Ground goat kebab with onion, herbs and spices	\$ 13.99

Samunder Se "Seafood"

30.	Samundar Ka Khazana	Seafood sampler containing all three seafood dishes	\$ 17.99
31.	Achari Machhi Tikka	Fish marinated with Tandoori spices and yogurt	\$ 14.99
32.	Methi Machhi Tikka	Fish marinated in mild spices and fenugreek	\$ 14.99
33.	Samunder Ki Pari	Carom flavoured shrimps with ginger, lime and chilli	\$ 17.99

Sabjion Ki Peshkash "Vegetarian Entrees"

Many Indians observe a philosophy of Vegetarianism that is both spiritual and scientific in nature. If you desire something vegetarian, choose from our selection and you won't be disappointed.

34.	Aloo Gobi	Potatoes and cauliflower a traditional combination	\$ 8.99
35.	Baingan Bhartha	Roasted mashed eggplant cooked with tomatoes and onions	\$ 10.99
36.	Balti Dal Makhani	Black lentils cooked in a tomato and butter gravy, traditionally Punjabi	\$ 8.99
37.	Balti Tarka Dal	Yellow lentils tempered with onion gravy	\$ 8.99
38.	Bhindi do Piyaza	Okra sautéed in onion gravy	\$ 8.99



Please inform your server before placing your order if you are allergic to any food products.

Thank-you.

39.	Pindi Chole	Chick peas with dry mango powder, pomegranate and Indian herbs	\$ 8.99
40.	Sabz Sangam	Mixed vegetable curry	\$ 8.99
41.	Shabnum Curry	Mushrooms and peas in a creamy tomato gravy	\$ 9.99
42.	Malai Kofta	Dumplings of Indian cheese and gram flour, served in a tangy tomato gravy	\$ 10.99
43.	Kadahi Paneer	Onions, peppers and tomatoes sautéed with Indian cheese	\$ 10.99
44.	Mattar Paneer	Indian cheese and green pea curry	\$ 10.99
45.	Palak Paneer	Creamy spinach smothered over Indian cheese	\$ 10.99
46.	Paneer Makhani	Indian cheese in a tomato sauce finished with butter and cream	\$ 11.99
47.	Shahi Paneer	Indian cheese prepared in a rich cashew nut gravy	\$ 10.99

Shahi Murga Rasoian Ke Haath Se “Chicken Specialties ”

Murga (chicken) can be prepared in many ways using fragrant spices and cooking methods such as the Tandoor, Tawa, Kadahi and Sigadi, here are a few of our favourite Murg (white meat only) delicacies prepared in the traditional Indian style.

48.	Murg Dhaba	Chicken in traditional spices as served on Roadside eating places in Punjab	\$ 11.99
49.	Murg Kadahi	Tender pieces of chicken cooked with peppers, onion and tomatoes	\$ 11.99
50.	Murg Korma	Marinated chicken in a creamy cashew nut sauce	\$ 11.99
51.	Murg Madras	Tender chicken pieces cooked with hot Madras spices and coconut milk	\$ 12.99
52.	Murg Makhani	Marinated chicken in a tomato sauce finished with butter and cream	\$ 11.99
53.	Murg Saagwala	Creamy Spinach with marinated chicken	\$ 11.99
54.	Murg Tikka Masala	Murg Tikka kicked up India Gate style	\$ 12.99
55.	Murg Vindaloo	A Goan specialty, extra hot	\$ 12.99

Gosht Ke Deg Se “Meat Specialties”

*Traditionally beef and pork are not served in most restaurants throughout India, in keeping with the tradition we present our Gosht (meat) selection of **boneless lean leg of Lamb or Goat.***

56.	Goat Bhuna	Slow cooked goat in traditional gravy of onions, ginger, garlic and tomato	\$ 14.99
57.	Gosht Korma	Marinated gosht in a creamy cashew nut sauce	\$ 12.99
58.	Gosht Madras	Tender gosht pieces cooked with hot Madras spices and coconut milk	\$ 13.99
59.	Gosht Roganjosh	Tender masala gosht in a rogani gravy flavoured with Kashmiri spices	\$ 12.99
60.	Gosht Saagwala	Creamy Spinach with marinated gosht	\$ 12.99
61.	Gosht Vindaloo	A Goan specialty, extra hot	\$ 13.99
62.	Noorjahani Keema	Ground goat with green peas cooked in a masala gravy	\$ 12.99

Samunder Ke Garbh Se “Seafood Selection”

The depths of the Indian Ocean hold many treasures, pomfret a very unique variety of fish is considered to be one of the best delicacies and can be prepared in many ways.

We hope you enjoy local Canadian seafood cooked in a traditional Indian style.

63.	Machhi Madras	Boneless fish cooked with hot Madras spices and coconut milk	\$ 15.99
64.	Machhi Masala	Boneless fish curry, authentically Indian	\$ 15.99
65.	Machhi Saagwala	Boneless fish cooked in creamy spinach	\$ 15.99
66.	Machhi Vindaloo	A Goan fish speciality, extra hot	\$ 15.99
67.	Goan Machhi Curry	Boneless fish cooked with onions and coconut in a mustard curry	\$ 15.99
68.	Jhinga Saagwala	Shrimps cooked in creamy spinach	\$ 16.99
69.	Jhinga Vindaloo	Shrimps cooked in a Goan style, extra hot	\$ 16.99
70.	Kasoori Jhinga Masala	Shrimps cooked in a fenugreek flavoured curry	\$ 16.99

India Gate Ka Basmati Khazana “Basmati Rice”

Pure white long grain Indian basmati rice is the staple of many regions in India. From steamed basmati to flavourfully aromatized pulaos and biryanis. There is surely something here to please everyone.

71.	Saade Chawal	Basmati rice steamed to perfection	\$ 3.99
72.	Pea Pulao	Basmati rice steamed to perfection and sautéed with peas	\$ 5.99
73.	Jeera Pulao	Basmati rice steamed to perfection and sautéed with cumin seeds	\$ 5.99
74.	Kashmiri Pulao	Basmati rice delicately sautéed with saffron, cream and topped with fruits	\$ 10.99
75.	Sabz Biryani	Basmati rice cooked with mixed vegetables, onions and tomatoes	\$ 11.99
76.	Noorjahani Murg Pulao	Basmati rice cooked with chicken and spices with a hint of saffron	\$ 13.99
77.	Shahjahani Gosht pulao	Basmati rice cooked with gosht and spices with a hint of saffron	\$ 13.99
78.	Hyderabadi Murg Biryani	Basmati rice cooked with Hyderabadi spices, chilli, masala and chicken	\$ 13.99
79.	Hyderabadi Gosht Biryani	Basmati rice cooked with Hyderabadi spices, chilli, masala and gosht	\$ 13.99
80.	Jhinga Biryani	Basmati rice cooked with spices and shrimps	\$ 16.99



Please inform your server before placing your order if you are allergic to any food products.

Thank-you.

Roti Ki Misal "Indian Bread"

Prepared in the Tandoor by *our* Tandoor masters, white and whole wheat flour are used in our traditional plain or stuffed breads which are stuck to the side-walls of the Tandoor to be baked.

81.	Naan	Traditional Indian unleavened white flour bread	\$ 1.99
82.	Garlic Naan	Traditional Indian unleavened white flour bread with garlic	\$ 2.99
83.	Tandoori Roti	Unleavened whole wheat bread	\$ 1.99
84.	Lachha Parantha	Leavened whole wheat bread layered with butter	\$ 3.99
85.	Pudina Parantha	Leavened whole wheat bread layered with butter and mint	\$ 3.99
86.	Aloo Kulcha	Naan stuffed with spicy potatoes	\$ 4.99
87.	Onion Kulcha	Naan stuffed with onions	\$ 4.99
88.	Paneer Kulcha	Naan stuffed with Indian cheese	\$ 4.99
89.	Peshawari Naan	Naan stuffed with raisins, Indian cheese and cashew nuts	\$ 5.99
90.	Keema Naan	Naan stuffed with ground goat	\$ 6.99
91.	Murg Keema Naan	Naan stuffed with ground chicken	\$ 6.99

Saath Saath "Accompaniments"

No meal is complete without a little something to go on the side.

92.	Pappad	Crispy thin cracker made with lentils and spices – roasted in Tandoor	\$ 1.99
93.	Hari Salad	Fresh salad of lettuce, cucumber and tomatoes	\$ 3.99
94.	Mango Chutney	A raw mango sweet and sour chutney	\$ 3.99
95.	Raita Boondiwala	Fresh yogurt with spices and gram flour dots	\$ 3.99
96.	Raita Cucumber	Fresh yogurt with cucumber and spices	\$ 3.99
97.	Raita Pudina	Fresh yogurt with fresh mint and spices	\$ 3.99

Kuch Meetha Ho Jaye "Desserts"

Indian sweets and Kulfi (ice-creams) prepared in an authentic manner with only the best ingredients are sure to satisfy every sweet tooth.

98.	Badami Kheer	Authentic Indian rice pudding with almonds and raisins	\$ 4.99
99.	Gulab Jamun	A steaming khoya and chenna dumpling dipped in sugar syrup	\$ 4.99
100.	Kesari Rasmalai	A cold dumpling dipped in sweetened saffron flavoured milk	\$ 4.99
101.	Kesar Badam Kulfi	Milk ice-cream flavoured with saffron and almonds	\$ 4.99
102.	Mango Kulfi	Milk ice-cream flavoured with mangos	\$ 4.99

Sukhe Gale Ki Pukar "Beverages"

Sweet and spicy ~ there's something for everybody.

103.	Mango Lassi	A mango and yogurt smoothie	\$ 3.99
104.	Masala Chai	Tea brewed with cardamoms, cloves and traditional spices	\$ 2.99
105.	Coffee	Dark roasted coffee	\$ 2.99
106.	Soft drinks	A selection of soft drinks	\$ 1.99
107.	Iced Tea		\$ 2.49
108.	Shikanjavi	An Indian thirst quencher made with fresh lime juice, sugar syrup and water	\$ 2.99
109.	Shikanjavi Soda	An Indian thirst quencher made with fresh lime juice, sugar syrup and Club Soda	\$ 3.99

Bacchon Ke Liye Vishesh "Children's Special Menu"

For our younger guests we offer Indian treats with a milder flavour each served with your choice of rice or baby naan.

110.	Murg Jafrani	Tender pieces of chicken cooked in a mild curry	\$ 7.99
111.	Paneer Jafrani	Homemade cottage cheese cooked in a mild curry	\$ 7.99
112.	India Gate Murg Bites	Tender pieces of chicken breaded and fried	\$ 7.99



India Gate Gift Vouchers

"Perfect Gift for Any Occasion"



Fine Dining ~ Take Out ~ Catering ~ Special Events ~ Parties