



Thank you Patrons!



We take this opportunity to sincerely thank our Patrons for their enormous continuous support. Our achievements include:

- The most prestigious **Eat Smart Award**, endorsed by esteemed organizations such as the **Heart & Stroke Foundation** and the **Canadian Cancer Society**.
- The Readers' Choice Award for 2007, 2008, 2009 and 2010.



- Featured in the York Region Dining Programme.
- Hosted corporate events for prestigious organizations such as India Tourism and Southlake Regional Health Centre with a highest level of success and appreciation.
- Featured in the Rogers Television Day Time show.

We have made every effort to live 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, the French 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	7
2.	Vegetarian Sampler	Includes Samosas (2 pieces), Onion Bhaji (2 pieces) and Vegetable Pakora (2 pieces)	11
3.	Paneer Pakora	Indian cheese with mint, coriander and powdered pomegranate filling battered with gram flour and spices.	11
4.	Samosa (4 Pieces)	Traditional dough pockets stuffed with potatoes, raisins and cashew nuts	7
5.	Onion Bhaji	Onions battered with gram flour and spices	7
6.	Vegetable Pakora	Mixed vegetables battered with gram flour and spices	7
7.	Non-vegetarian Sampler	Includes Murg Pakora (2 pieces), Amritsari Machhi (2 pieces) & Chicken Wings (2 pieces)	12
8.	Murg Pakora	Marinated chicken battered with gram flour and spices	10
9.	Chicken Wings	Chicken wings marinated with Tandoori spices, lightly battered and fried	10
10.	Amritsari Machhi	Fish marinated with chilli paste, battered with gram flour and spices	11
11.	Supreme Appetizer	Includes Samosas (2 pieces), Onion Bhaji (2 pieces), Paneer Pakora (2 pieces), Murg Pakora (2 pieces), Amritsari Machhi (2 pieces) & Chicken Wings (2 pieces)	18

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 \$2.00 for chicken)	5
13.	Tomato Shorba	A fresh light tomato broth simmered with garlic	5

Tandoor Ki Khaas Peshkash "From our clay oven"

For centuries the Tandoor, a clay oven has been used to prepare Indian Mughlai specialities and Indian breads. Order from our Tandoor and watch your meal being 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	19
-----	------------------	-------------------------------------------------------------------------------------------------------------------------	----

Vegetarian

15.	Shakahari Khazana	Vegetarian sampler containing all vegetarian Tandoori dishes	13
16.	Banarasi Seekh Kebab	India Gate's special seekh kebabs made with mixed vegetables, cashew nuts, paneer (Indian cheese), sesame seeds and special blend of spices	13
17.	Paneer Tikka	Indian cheese marinated with Tandoori spices	13
18.	Tandoori Phool	Garden fresh marinated cauliflower cooked in the Tandoor	11

Murg "Chicken"

19.	Murg Khazana	Chicken sampler containing Tandoori Chicken, Achari Murg Tikka, Hariyali Murg Tikka, Malai Murg Tikka and Murg Seekh Kebab	16
20.	Achari Murg Tikka	Boneless white pieces of chicken marinated with Tandoori spices and yogurt	13
21.	Hariyali Murg Tikka	Boneless white pieces of chicken marinated with coriander and mint	13
22.	Lahsooni Murg Tikka	Boneless white pieces of chicken marinated with garlic and yogurt	13
23.	Malai Murg Tikka	Boneless white pieces of chicken marinated with cream and spices	13
24.	Murg Seekh Kebab	Ground chicken marinated with cream cheese, herbs, and Tandoori spices	13
25.	Tandoori Chicken	Chicken marinated in traditional Tandoori spices	Half \$ 13; Full \$ 20

Gosht "Meat – Lamb & Goat"

26.	Gosht Khazana	Gosht sampler containing all Gosht Tandoori dishes	18
27.	Gosht Chops	Lamb chops marinated with Tandoori spices	16
28.	Gosht Tikka	Tender pieces of Gosht marinated with Tandoori spices and yogurt	14
29.	Seekh Kebab	Ground goat marinated with cream cheese, herbs, and Tandoori spices	14

Samunder Se "Seafood"

30.	Samundar Ka Khazana	Seafood sampler containing all three seafood dishes	18
31.	Achari Machhi Tikka	Fish marinated with Tandoori spices and yogurt	16
32.	Methi Machhi Tikka	Fish marinated in mild spices and fenugreek	16
33.	Samunder Ki Pari	Carom flavoured shrimps with ginger, lime and chilli	18



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

Thank-you.

Sabjion Ki Peshkash “Vegetarian Entrees”

Many Indians observe a philosophy of Vegetarianism that is both spiritual and scientific (Ayurvedic) 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	10
35.	Baingan Bhartha	Roasted mashed eggplant cooked with green peas, tomatoes & onions	12
36.	Balti Dal Makhani	Black lentils cooked in a tomato and butter gravy, traditionally Punjabi	10
37.	Balti Tarka Dal	Yellow lentils tempered with onion gravy	10
38.	Bhindi do Piyaza	Okra sautéed in onion gravy	10
39.	Pindi Chole	Chick peas with dry mango powder, pomegranate and Indian herbs	10
40.	Sabz Sangam	Mixed vegetable curry	10
41.	Malai Kofta	Dumplings of Indian cheese and gram flour, served in a tangy tomato gravy	12
42.	Kadahi Paneer	Onions, peppers and tomatoes sautéed with Indian cheese	13
43.	Mattar Paneer	Indian cheese and green pea curry	13
44.	Palak Paneer	Creamy spinach smothered over Indian cheese	13
45.	Rajmah Masala	Red kidney beans in traditional masala gravy	10
46.	Paneer Makhani	Indian cheese in a tomato sauce finished with butter and cream	13
47.	Shahi Paneer	Indian cheese prepared in a rich cashew nut gravy	13

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 (**boneless 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	13
49.	Murg Mirchwala	Indian style Haka Chinese chilli chicken with onions and peppers	13
50.	Murg Korma	Chicken in a creamy cashew nut sauce	13
51.	Murg Madras	Chicken cooked with hot Madras spices and coconut cream	13
52.	Murg Makhani	Marinated chicken in a tomato sauce finished with butter and cream	13
53.	Murg Saagwala	Creamy Spinach with marinated chicken	13
54.	Murg Tikka Masala	Murg Tikka kicked up India Gate style	13
55.	Murg Vindaloo	A Goan specialty, extra hot	13

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.

56.	Gosht Bhuna	Slow cooked lamb in traditional gravy of onions, ginger, garlic & tomato	15
57.	Gosht Korma	Gosht in a creamy cashew nut sauce	14
58.	Gosht Madras	Gosht cooked with hot Madras spices and coconut milk	14
59.	Gosht Roganjosh	Masala gosht in a rogani gravy flavoured with Kashmiri spices	14
60.	Gosht Saagwala	Creamy Spinach with marinated gosht	14
61.	Gosht Vindaloo	A Goan specialty, extra hot	14
62.	Noorjahani Keema	Ground lamb with green peas cooked in a masala gravy	14

Samunder Ke Garbh Se “Seafood Selection”

The depths of the Indian Ocean hold many treasures, which can be prepared in many ways. We hope you enjoy locally available seafood cooked in a traditional Indian style.

63.	Machhi Madras	Boneless fish cooked with hot Madras spices and coconut milk	16
64.	Machhi Masala	Boneless fish curry, authentically Indian	16
65.	Machhi Saagwala	Boneless fish cooked in creamy spinach	16
66.	Machhi Vindaloo	A Goan fish speciality, extra hot	16
67.	Goan Machhi Curry	Boneless fish cooked with onions and coconut in a mustard curry	16
68.	Jhinga Saagwala	Shrimps cooked in creamy spinach	17
69.	Jhinga Vindaloo	Shrimps cooked in a Goan style, extra hot	17
70.	Kasoori Jhinga Masala	Shrimps cooked in a fenugreek flavoured curry	17

Meal makers

You may add any of the following to any Entrées (No. 14 to 70) of your choice to make a complete meal:

➤	Bowl of rice and naan or roti	4
➤	Bowl of rice, Balti Tadka Dal and naan or roti	7
➤	Bowl of rice, Balti Tadka Dal, vegetable of the day and naan or roti	10



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

Thank-you.

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	4
72.	Pea Pulao	Basmati rice steamed to perfection and sautéed with peas	6
73.	Jeera Pulao	Basmati rice steamed to perfection and sautéed with cumin seeds	6
74.	Kesari Pulao	Basmati rice steamed to perfection and sautéed with saffron and cumin	8
75.	Vegetable Fried Rice	Indian style Haka Chinese vegetable fried rice	12
76.	Paneer Pulao	Basmati rice delicately sautéed with cumin, saffron and cooked with Paneer	14
77.	Sabz Biryani	Basmati rice cooked with mixed vegetables, onions and tomatoes	12
78.	Hyderabadi Murg Biryani	Basmati rice cooked with Hyderabadi spices, chilli, masala and chicken	14
79.	Hyderabadi Gosht Biryani	Basmati rice cooked with Hyderabadi spices, chilli, masala and gosht	14
80.	Hyderabadi Jhinga Biryani	Basmati rice cooked with spices and shrimps	17

Roti Ki Misaal "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	2
82.	Garlic Naan	Traditional Indian unleavened white flour bread with garlic	3
83.	India Gate Special Naan	Unleavened fine floor bread layered with butter and Kalonji (Nigela seeds)	4
84.	Tandoori Roti	Unleavened whole wheat bread	2
85.	Lachha Parantha	Unleavened whole wheat bread layered with butter	4
86.	Aloo Kulcha	Naan stuffed with spicy potatoes	5
87.	Onion Kulcha	Naan stuffed with onions	5
88.	Paneer Kulcha	Naan stuffed with Indian cheese	6
89.	Peshawari Naan	Naan stuffed with raisins, Indian cheese and cashew nuts	7
90.	Keema Naan	Naan stuffed with ground goat	8
91.	Murg Keema Naan	Naan stuffed with ground chicken	8

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	2
93.	Hari Salad	Fresh salad of lettuce, cucumber and tomatoes	4
94.	Mango Chutney	A raw mango sweet and sour chutney	4
95.	Raita Cucumber	Fresh yogurt with cucumber and spices	4
96.	Raita Pudina	Fresh yogurt with mint and spices	4

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.

97.	Badami Kheer	Authentic Indian rice pudding with almonds and raisins	5
98.	Gulab Jamun	A steaming khoya and chenna dumpling dipped in sugar syrup	5
99.	Kesari Rasmalai	A cold dumpling dipped in sweetened saffron flavoured milk	5
100.	Kesar Badam Kulfi	Milk ice-cream flavoured with saffron and almonds	5
101.	Mango Kulfi	Milk ice-cream flavoured with mangos	5

Sukhe Gale Ki Pukar "Beverages"

Sweet and spicy ~ there's something for everybody.

102.	Mango Juice		4
103.	Mango Lassi	A mango and yogurt smoothie	4
104.	Masala Chai	Tea brewed with cardamoms, cloves and traditional spices	3
105.	Coffee	Dark roasted coffee	3
106.	Soft drinks	A selection of soft drinks	2
107.	Iced Tea		3

Bacchon Ke Liye Vishesh "Children's Special Menu"

For our younger guests we offer Indian treats with a milder flavour each served with fresh green salad and your choice of rice or baby naan or baby tandoori roti.

108.	Murg Jafrani	Tender pieces of chicken cooked in a mild curry	8
109.	Paneer Jafrani	Homemade cottage cheese cooked in a mild curry	8
110.	India Gate Murg Bites	Tender pieces of chicken breaded and fried	8