

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

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

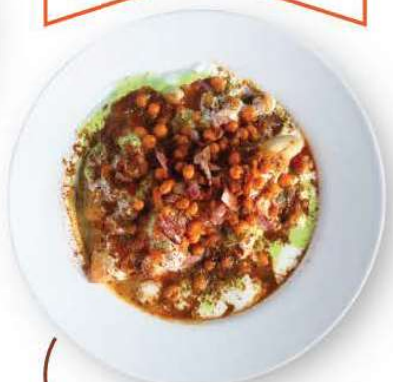
(2 PIECES)

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



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



CHICKEN POPCORN | \$12.99

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



THE PLACE WHERE
MONTREAL
MEATS PUNJAB

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

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.



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

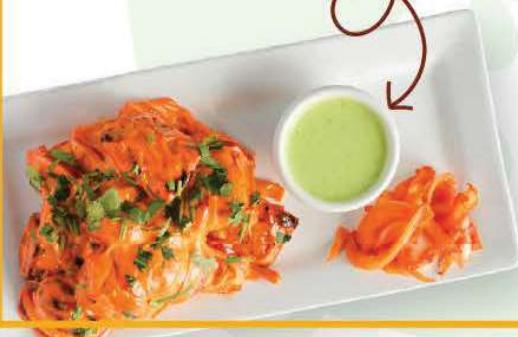
boneless chicken pieces marinated in a blend of yoghurt and sweet and sour Indian spices and grilled in clay oven

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)

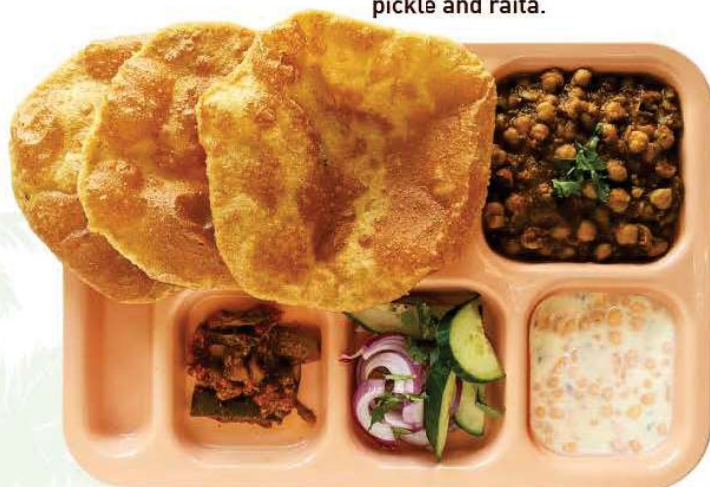
2 PIECES PER PLATE | \$14.99

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

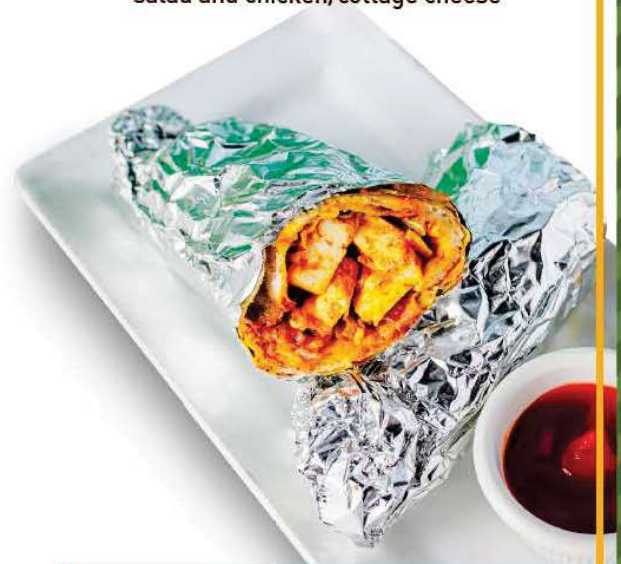
VEG | \$7.99
CHICKEN | \$9.99

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

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

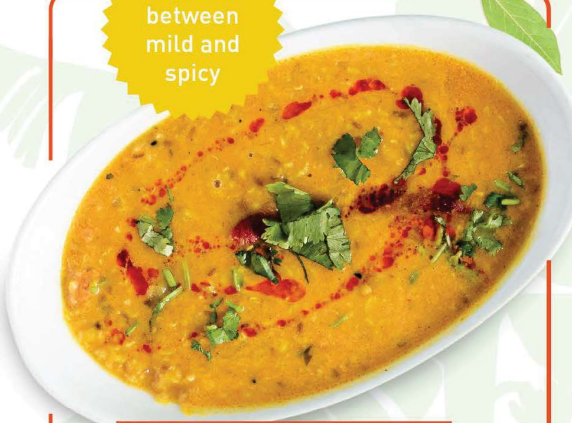
ALOO SHIMLA MIRCH | \$11.99

potatoes and capsicum cooked in Indian spices

RAJMA CURRY | \$11.99

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

choose between mild and spicy



ALOO GOBI | \$11.99

potatoes and cauliflower cooked in Indian spices

KADHI PAKORA | \$11.99

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

DAL TADKA | \$11.99

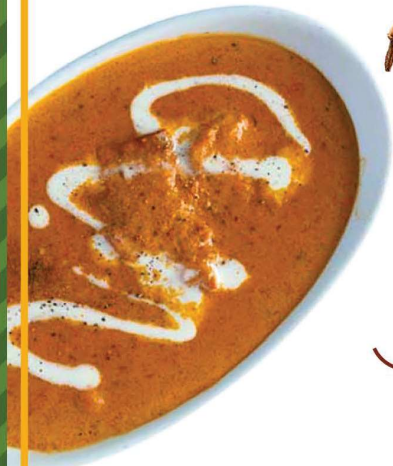
yellow lentil cooked with fresh garlic, coriander, and Indian spices

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

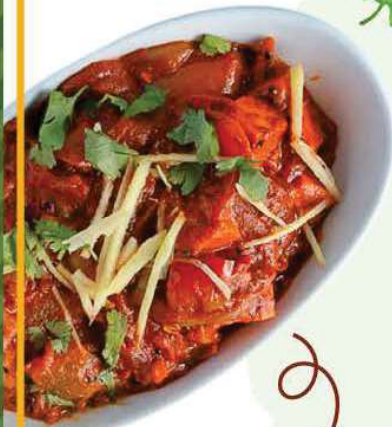
chickpeas cooked in onions and tomato based gravy with indian spices

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

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

KADAHI 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



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

CHICKEN CURRY WITH BONE | \$13.99 BONELESS | 14.99

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



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

KADAHI 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

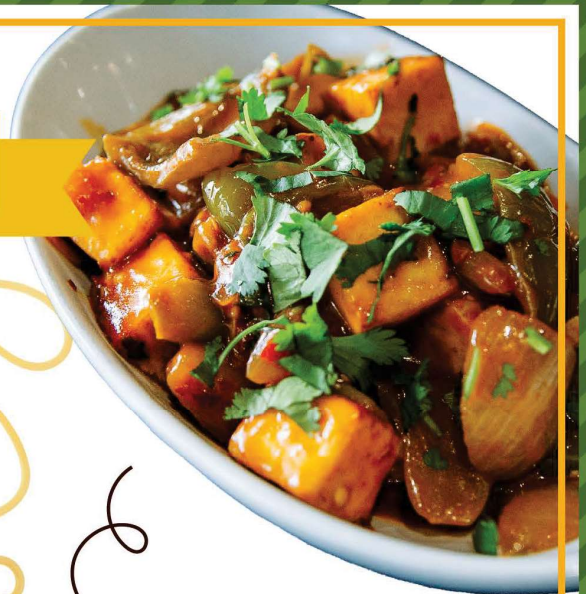
for non-veg thali, choice of 1 veg and 1 non veg

choose 1 curry from our non-veg curry list:

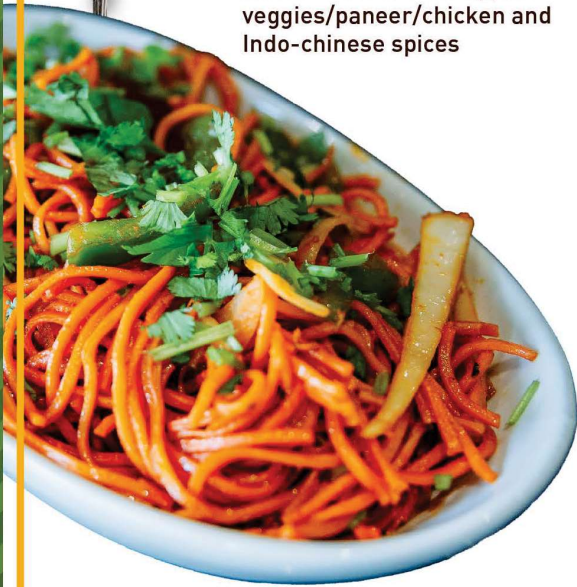
chicken curry | butter chicken | lamb curry

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

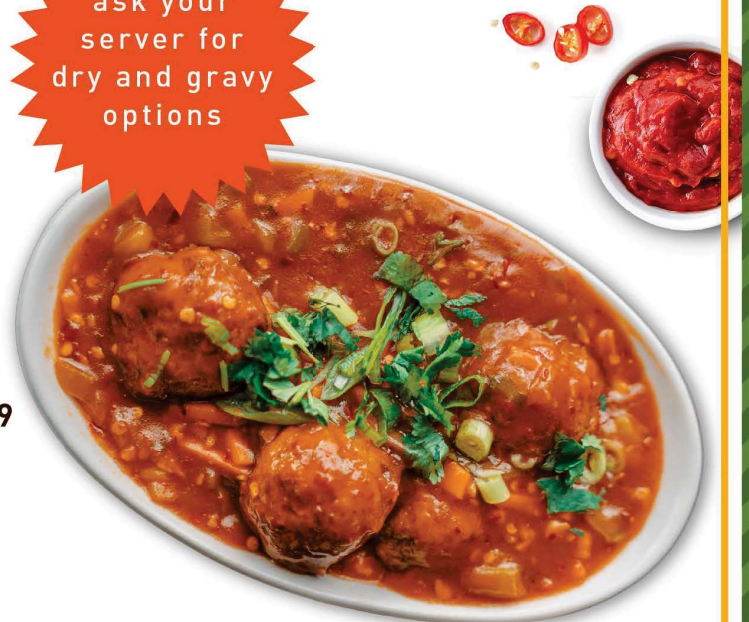
CHICKEN CHILLI | \$15.99
diced chicken cooked with onions,
ginger garlic and green pepper
in hot and spicy sauces

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

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beaubien@punjabcanteen.ca

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.