



Spice up your life!!

***3480 Tillicum Road
Victoria, BC V8Z 4H3
(250) 388 4655***

*For Party Orders or Catering Enquiries
Contact our Front Desk Manager*

*Feedback & Contact details online at:
www.mantrarestaurant.ca*

STARTERS

- ❖ **Veggie Samosa** \$4.00*
Served as 2 pieces of Flaky Pastry Stuffed with potatoes, peas, herbs & spices
- ❖ **Veggie Pakora (G/F)** \$5.00; (\$7.00/lb)
Cauliflower, potato, onions, carrots deep fried in chickpea flour batter
- ❖ **Paneer Pakora (G/F)** \$7.00; \$10.50/lb
Batter fried cottage cheese served with mint sauce
- ❖ **Onion Bhajia (G/F)** \$5.00
Deep Fried Onion Slices marinated with Chickpea batter
- ❖ **Gol Gappey** \$7.00
Crispy shell stuffed with potatoes & chick pea served with tangy beverage
- ❖ **Samosa Chaat** \$6.00
Flattened Samosa, topped with chickpeas, yoghurt, minced onions tomatoes & chutney
- ❖ **Aloo Tikki Chaat (G/F)** \$6.00
Crispy fried potato patties topped with chickpeas, yoghurt, minced onions tomatoes & chutney
- ❖ **Papdi Chaat** \$6.00
Crispy purie topped with potatoes, boiled chickpeas, tamrind chutney & yoghurt
- ❖ **Gobhi Garlic (G/F)** \$6.00
Crispy fried cauliflower tossed with garlic
- ❖ **Chicken Pakora (G/F)** \$7.00; \$11/lb
Batter fried boneless chicken served with mint sauce
- ❖ **Chicken Wings (G/F)** \$7.00
Overnight marinated chicken wings finished in clay oven
- ❖ **Fish Pakora (G/F)** \$8.50; \$11.50/lb
Batter fried Fish served with mint sauce
- ❖ **Mantra Special Platter** \$13.00
Make your own platter with a blend of any of Vegetarian or Non-Veg Pakora & Samosa
- ❖ **Chicken/Beef Samosa** \$5.00
Flaky pastry stuffed with minced Beef/Chicken, peas mixed with herbs & spices
- ❖ **Calamari Pakora (G/F)** \$8.00
Crispy fried calamari served with mint sauce
- ❖ **Curried Mussels (G/F)** \$10.00
Mussels simmered in onion & tomato sauce served with a *Garlic Naan*

WRAPS & ROLLS

- ❖ **Veggie Kathi Kebab** \$10.50
The skewer-roasted cottage cheese (paneer) & veggie kebab wrapped in thin flat bread roll
- ❖ **Chicken Kaathi Kebab** \$11.50
Boneless chicken pieces sautéed with ginger garlic onion paste stuffed into thin flat bread
- ❖ **Lamb Kaathi Kebab** \$11.75
Lamb chunks sautéed with ginger garlic, onion paste stuffed into thin flat bread roll

TANDOORI SPECIALITIES

- ❖ **Tandoori Paneer** \$14.00
Cottage Cheese pieces barbequed on skewers in traditional Indian Clay oven
- ❖ **Fish Tikka** \$15.00
Marinated fish finished in clay oven
- ❖ **Chicken Tikka** \$14.00
Marinated boneless pieces of chicken with yoghurt ginger & spices
- ❖ **Malai Chicken Tikka** \$15.00
Chicken marinated in cream cheese, ginger, garlic & exotic spices

- ❖ **Tandoori Chicken** \$14.00
Chicken barbequed on skewers in Tandoor
- ❖ **Lamb Kebab** \$15.00
Lamb meat pieces marinated with yoghurt, ginger- garlic paste & spices Tandoor skewered
- ❖ **Reshami Seekh Kebab** \$14.00
Minced Chicken infused with Ginger, Chilies, Coriander, Cumin skewered in Tandoor
- ❖ **Nāwabi Seekh Kebab** \$15.00
Minced Lamb meat infused with Ginger, Chilies, Coriander, Cumin skewered in Tandoor
- ❖ **Tandoori Prawns** \$16.00
Prawns barbequed on skewers in Tandoor
- ❖ **Roasted Rack of Lamb** \$18.00
Lamb chops marinated with ginger garlic & barbequed in Tandoor
- ❖ **Mantra Tandoori Platter** \$19.00
Make your own platter with a blend of four Non Vegetarian tandoori entree's

Please choose your spice levels: Mild, Medium, Hot
SOUPS

- ❖ **Daal Soup (G/F)** Lentil based soup \$3.00
- ❖ **Tomato Soup (G/F)** Tomato based soup flavored with spices, cumin & fresh cilantro \$4.00
- ❖ **Vegetable Soup (G/F)** Mélange of vegetables flavored with coconut milk \$5.00
- ❖ **Mulligatawny Soup (G/F)** Lentil & Chicken based soup with fresh herbs & spices \$5.00

SALADS

- ❖ **Lachha Onion Salad** \$2.00
Onion rings marinated with lemon juice & seasoning
- ❖ **Fresh Garden Salad** \$5.00
Fresh greens served on a bed of lettuce
- ❖ **Kachumber Salad** \$6.00
Diced cucumber, bell peppers, onion, tomato, carrot with house made vinaigrette dressing
- ❖ **Tandoori Caesar Salad** \$7.00
Crunchy lettuce topped with grilled chicken

CURRIES

Entrée is served with a portion of Rice or Plain Naan

VEGETARIAN

- ❖ **Dal Makhani** \$12.00
Black lentil simmered overnight on slow charcoal fire finished with cream & butter
- ❖ **Yellow Dal Tadka** \$11.00
Yellow lentil tempered cumin seeds & chillies
- ❖ **Kadhi Pakora** \$11.00
A combination of dumpling in gram flour curry
- ❖ **Channa Masala** \$12.50
A favourite dish from North India has chickpeas cooked with herbs & spices
- ❖ **Malai Kofta** \$13.00
Soft cottage cheese dumplings simmered in aromatic cashew nut gravy
- ❖ **Palak Kofta** \$13.00
Fresh Spinach & potato dumplings served in creamy spinach sauce
- ❖ **Mix Vegetable** \$13.00
Mélange of vegetables cooked with Onion, tomato gravy in Indian spices & herbs
- ❖ **Vegetable Vindaloo** \$13.50
Mélange of vegetables cooked with tangy sauce in ginger & spice blend cooked in traditional style

- ❖ **Eggplant Bhartha** (Seasoned Roasted Eggplant) \$13.50
Mashed Eggplant cooked with peas, onion & tomato
- ❖ **Bhindi Masala** \$14.00
Ladyfinger cooked with onions, Indian spices & herbs
- ❖ **Shahi Paneer** \$14.00
Cottage cheese cubes cooked in cashew based curry with added dry fruits
- ❖ **Navratan Korma** \$13.00
Mix Vegetable cooked in cashew based gravy
- ❖ **Aloo Gobhi** \$12.00
Fresh cauliflower & potatoes cooked with onion & tomatoes
- ❖ **Aloo Mutter** \$12.00
Peas & potatoes in spiced onion, tomato based gravy
- ❖ **Paneer Tikka Masala** \$14.00
Marinated cottage cheese cubes grilled and cooked in rich Onion, tomato based gravy
- ❖ **Paneer Makhni** \$13.50
Cottage cheese cubes cooked in rich tomato based gravy
- ❖ **Vegetable Coconut Curry** \$13.50
Mélange of vegetables cooked with Coconut Curry base
- ❖ **Paneer Saag** \$14.00
Cottage cheese cooked with pureed spinach & spice blend
- ❖ **Kadhai Panner** \$14.00
Cottage cheese cooked in thick gravy base of onion & tomato with' bell peppers & whole spices
- ❖ **Mutter Paneer** \$13.50
Cottage cheese & peas in tomato based gravy finished with cream
- ❖ **Achaari Paneer** (Indian cottage cheese curry made using pickling spices, slightly tangy with added yoghurt) \$13.50
- ❖ **Achaari Aloo** (Boiled Potato Curry made with curd and freshly grounded pickling spices with added yoghurt) \$11.50
- ❖ **Chilli Paneer** \$14.00
Batter fried cottage cheese pieces cooked with bell pepper, onions in sweet & sour sauce

Please choose your spice levels: Mild, Medium, Hot

BASMATI Ki BAHAR

- ❖ **Plain Rice** \$3.00
- ❖ **Zeera Rice** \$3.25
{Rice tossed with Cumin seed}
- ❖ **Green Peas Pulao** \$4.00
{Sautéed cumin & peas tossed with rice }
- ❖ **Coconut Rice** \$4.50
{Rice tossed with mustard seed & Coconut}

BIRYANI

Unique blend of coarsely ground spice layered with scented rice accompanied with mixed Raita

- ❖ **Vegetable** \$12.00
- ❖ **Chicken** \$14.00
- ❖ **Beef** \$15.00
- ❖ **Lamb** \$16.00
- ❖ **Prawn** \$17.00

CURRIES

Entrée is served with a portion of Rice or Plain Naan

NON-VEGETARIAN

- ❖ **Butter Chicken** \$14.00
Clay oven cooked chicken, in authentic rich tomato based gravy
- ❖ **Chilli Chicken** \$14.50
Batter fried Chicken pieces cooked with bell pepper, onions in sweet & sour sauce
- ❖ **Chicken Lababdaar** \$15.00
Barbequed chicken pieces cooked in rich gravy with cream
- ❖ **Lamb Roganjosh** \$16.00
Tender boneless lamb simmered overnight in authentic Indian style gravy
- ❖ **Goat Curry** \$15.00
Goat meat cooked in traditional curry base
- ❖ **Chicken Curry (w' bone or without bone)** \$14.00
Chicken pieces cooked in traditional curry base
- ❖ **Chicken Achaari** \$14.00
Chicken cooked in traditional Indian style tangy curry with grounded pickling spices & yoghurt

Pick your taste & match it with Poultry, Meat or Seafood

- | | |
|--|---------------------|
| ❖ Tikka Masala
marinated meat cooked in Onion & tomato sauce with bell peppers finished w' cream | Chicken \$15 |
| ❖ Karahi
Thick gravy base of onion & tomato enriched with bell pepper & whole spices | |
| ❖ Vindaloo Curry
A tangy sauce in ginger & spice blend cooked in traditional style | Fish \$15 |
| ❖ Coconut Curry
Any of meat choices cooked in coconut gravy | |
| ❖ Korma Curry
Rich cashew paste blend with spices | Beef \$15 |
| ❖ Spinach Curry
Cooked with pureed spinach & spice blend | |
| ❖ Kashmiri Curry
creamy gravy enriched with dry fruits & cherries | Lamb \$16 |
| ❖ Mango Curry
onion-tomato gravy infused with Mango based sauce | |
| ❖ Pomegranate Curry
onion tomato curry base infused with dried pomegranate seeds & ground spices | Prawns \$16 |

Please choose your spice levels: Mild, Medium, Hot

BREADS

- ❖ **Plain Naan** \$2.00
Soft unleavened bread baked in clay oven
- ❖ **Butter Naan** \$3.00
Layered bread with butter
- ❖ **Garlic Naan** \$3.00
Studded with fresh garlic & basil
- ❖ **Rosemary Naan** \$3.00
Naan studded with rosemary
- ❖ **Onion Naan** \$3.00
With onion & light spices

- ❖ **Nawabi Naan** \$4.00
Sweet Indian bread stuffed with coconut, raisins, cashew & jaggery
- ❖ **Coconut Naan** \$4.00
A sweet Indian bread made using dried coconut stuffing
- ❖ **Kandhari Naan** \$4.00
Sweet Indian bread stuffed with cashews, raisins & cherry
- ❖ **Chicken Naan** \$4.00
Stuffed with chicken & onion with light spices
- ❖ **Keema Naan** \$4.00
Stuffed with minced lamb & spices
- ❖ **Spinach Naan** \$4.00
Stuffed with spinach & cottage cheese mixed with spices
- ❖ **Paneer Naan** \$4.00
Stuffed with cottage cheese mixed with spices
- ❖ **Plain Parantha** \$2.50
Whole wheat bread baked in clay oven
- ❖ **Mint Parantha** \$3.00
Whole wheat bread with sprinkled mint baked in clay oven
- ❖ **Parantha Chur-Chur** \$4.00
Crushed whole wheat buttered bread stuffed with onion, potato or cauliflower
- ❖ **Lachha Parantha** \$3.00
Layered bread finished with butter
- ❖ **Tandoori Roti** \$1.75
Whole wheat bread baked in clay oven
- ❖ **Tawa Roti** \$2.00
Whole wheat bread baked on griddle
- ❖ **Tawa Parantha {Potato, Cauliflower, Onion}** \$4.50
Whole wheat bread baked on griddle with any of above stuffing

RAITA

- ❖ **Plain Yoghurt** \$2.00
Homemade curd
- ❖ **Mix Raita** \$3.00
Yoghurt mixed with finely coarse cucumber & carrots
- ❖ **Boondi Raita** \$3.00
Yoghurt mixed with tiny fried gram flour balls
- ❖ **Pineapple Raita** \$3.50
Yoghurt mixed with pineapple chunks

DESSERTS

- ❖ **Gulab Jamun** \$3.00
Deep fried cottage cheese balls dipped in sweet syrup
- ❖ **Kesar Rasmalai** \$4.50
Dumplings made of cottage cheese soaked in sweetened, thickened milk flavored with saffron
- ❖ **Rice Pudding (G/F)** \$3.00
Indian sweet made with rice cooked in milk flavored with cardamom
- ❖ **Gajar Ka Halwa (G/F)** \$4.00
shredded Carrots simmered with milk
- ❖ **Mango Cheese Cake** \$4.00
A light & soft textured mango flavored cheese cake
- ❖ **Choice of Ice-Cream** \$3.50
{Mango, Rose, Coconut}

HIGHLIGHTS

- ❖ **Choley Bhature (Plain)** \$11.00
Crispy puffed Bhatura served along with chickpeas, Raita, Pickle & Onions
- ❖ **Choley Bhature (Stuffed)** \$13.00
Crispy puffed Bhatura stuffed with Paneer served with chickpeas, Raita, Pickle & Onions
- ❖ **Poori Bhaaji** \$11.00
4 Crispy puffed Bread (poori) served with Potato & tomato curry, Pickle & Onions

SIDE ORDERS

- ❖ **Mint/Tamarind Chutney** \$0.75
- ❖ **Pickle** \$0.95
- ❖ **Mango Chutney** \$0.99
- ❖ **Papadum (G/F)** Crispy lentil flour wafers \$1.25

KIDS SELECTION

Meal comes with a complementary Beverage

- ❖ **Masala Fries** \$4.00
- ❖ **Chicken Strips** \$7.00
- ❖ **Butter Chicken Poutine** \$7.00

MANTRA SPECIAL PASTA

- ❖ **Plain Pasta** \$10.00
Pasta cooked in our special house made sauce and fresh parmesan cheese
- ❖ **Vegetable Pasta** \$12.00
Pasta cooked in our special house made sauce and fresh parmesan cheese with veggies
- ❖ **Chicken Pasta** \$14.00
Pasta cooked in our special house made sauce and fresh parmesan cheese with chicken
- ❖ **Prawns Pasta** \$15.00
Pasta cooked in our special house made sauce with prawns

NON ALCOHOLIC BEVERAGES

- ❖ **Mango Lassi** \$ 3.50
- ❖ **Rose Lassi** \$ 3.00
- ❖ **Sweet Lassi** \$ 3.00
- ❖ **Salted Lassi** \$ 3.00
- ❖ **Mint Lassi** \$ 3.00
- ❖ **Mango Lemonade** \$ 3.00
- ❖ **Mango Shake** \$ 4.50
- ❖ **Coffee** \$ 2.00
- ❖ **Chai Tea** \$ 2.50
- ❖ **Speciality Teas & Herbal Tea {** \$ 3.00
Earl Grey, English Breakfast, Ginger, Mint, Green Tea
- ❖ **Juices (Mango, Orange, Apple, Pineapple, Cranberry)** \$ 3.00
- ❖ **Aerated Beverages** \$ 2.00

Please ask us for our Daily Specials

***Ask for **Gluten Free** & **Vegan Options**
(G/F indicates Gluten free)***