



VEGAN MENU

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

www.mantrarestaurant.ca

STARTERS

Veg Samosa Flaky pastry stuffed with Potatoes, Peas, herbs & spices	\$4.00*
Veg Pakora (G/F) Cauliflower, potato, onions, carrots deep fried in chickpea batter	\$5.00
Samosa Chat Flattened Samosa, topped with chickpeas, minced onions-tomatoes & Chutney	\$6.00
Aloo Tikki Chaat Crispy potato patties served with masala chickpeas	\$6.00
Gobhi Garlic (G/F) Crispy fried cauliflower tossed with garlic	\$6.00
Papdi Chaat Crispy puries topped with potato, chickpeas & chutney	\$6.00

TANDOORI DELIGHTS

Tandoori Salad Gobhi, Broccoli, Zucchini, Bell Pepper, Tomato, Onions barbequed on skewers in traditional Indian Clay oven	\$12.00
--------------------------------------------------------------------------------------------------------------------------------------	---------

SOUPS (Gluten Free)

Dal Soup Lentil based soup	\$3.00
Tomato Soup Flavored with cumin & fresh coriander dashed with croutons	\$4.00
Vegetable Soup Mélange of vegetables flavored with coconut milk	\$5.00

SALADS

Lachha Onion Salad Onion rings marinated with lemon juice & seasoning	\$2.00
Garden Green Salad Fresh greens served on a bed of lettuce	\$5.00
Kachumber Salad Diced cucumbers, bell peppers, onion, tomato, carrots tossed in Vinaigrette dressing	\$6.00

CURRIES

Entrée served with portion of Rice or Plain Naan

VEGETARIAN (Gluten Free)

Dal Makhani Black lentil simmered overnight on slow charcoal fire	\$12.00
Dal Tadka Yellow lentil tempered cumin seeds & Chillies	\$11.00
Channa Masala A favorite dish from North India, chickpea cooked with herbs & spices	\$12.50
Palak Kofta Spinach & vegetable dumplings served in spinach sauce	\$13.00
Mix Vegetable Mélange of vegetables cooked with Indian spices & herbs	\$13.00
Eggplant Bhartha With peas onion & tomato	\$13.50
Bhindi Masala Ladyfinger Cooked with Indian spices & herbs	\$14.00
Navratan Korma Mix vegetable in cashew gravy	\$13.00
Aloo Gobhi Fresh cauliflower & potatoes cooked with onion & tomatoes	\$12.00
Aloo Mutter Peas & potatoes in spice onion-tomato based gravy	\$12.00
Achaari Aloo special Potato curry made in grounded pickle spices	\$11.50

BASMATI KI BAHAR

Plain Steamed Rice	\$3.00
Peas Pulao Sautéed cumin & peas tossed with rice	\$4.00

BREADS

Plain Naan Soft unleavened bread baked in clay oven	\$2.00
Garlic Naan Naan Bread studded with fresh garlic & basil	\$3.00
Rosemary Naan Naan bread studded with rosemary	\$4.00
Onion Naan Naan bread with onion & light spices	\$4.00
Peshwari Naan Stuffed with coconut, raisins, cashew & jaggery	\$4.00
Kashmiri Naan Stuffed with cashew raisin & cherry	\$4.00
Plain Parantha Whole wheat bread baked in clay oven	\$2.50
Mint Parantha Whole wheat bread sprinkled with mint baked in clay oven	\$2.50
Parantha Chur-Chur Crushed whole wheat buttered bread stuffed with onion, potato or cauliflower	\$4.00
Lachha Parantha Layered bread finished with butter	\$3.00
Tandoori Roti Whole wheat bread baked in clay oven	\$2.00
Tawa Roti Whole wheat bread baked on a griddle	\$2.00
Tawa Parantha {Potato Cauliflower or Onion} Whole wheat bread baked on griddle with any of above stuffing	\$4.50

Please inform our Guest Services Associate if you are allergic to any specific ingredient/s.

*Please Ask for **Gluten Free Options***