

APPETIZERS

Vegetable Samosa |6|

Flaky homemade pastry stuffed with spiced potatoes and green peas

Mixed Vegetable Pakora |8|

Fried spinach, potato and cauliflower fritters in a delicate chickpea flour batter.

Fish Pakora |9|

Marinated fish cubes, deep fried with fresh herbs and spices in chickpea flour batter.

Chicken Pakora |9|

Deep fried chicken fritters in a chickpea flour batter

Aloo Tikki |8|

Delicately spiced potato cutlets, infused with paneer

Chaat Papri |8|

Crispy wafers with potato, chickpeas drizzled with yogurt, mint & tamarind chutney.

Bhel Puri |8|

Puffed rice tossed in fresh vegetables with tamarind and mint chutneys.

Masala Peanuts |8|

Roasted peanuts, onion, tomato and coriander with lemon dressing.

Dahi Bhalla |8|

Ground lentil balls, which are deep fried and served with yogurt and chutneys.

Aloo Tikki Chaat |10|

Potato cutlets topped with yogurt spices, chutneys and chopped onions.

Chili Paneer |10|

Popular Indo-Chinese dish with cubes of fried paneer tossed in a spicy sauce made with soy sauce, vinegar, chili sauce

 VEGAN

 GLUTEN FREE

 NO ONION/GARLIC OPTION AVAILABLE

Crispy Chilli Potato |8|

Spicy potato fries tossed with chilli garlic sauce

Chicken Wings '65 |10|

Spicy chicken wings tossed with spicy sauce.

Gol Gappa (Pani Puri) |7|

Small deep fried whole wheat hollow crispy puri stuffed with potato and chickpeas with jaljeera pani

Vegetable Spring Rolls |8|

Crispy shredded vegetable rolls drizzled with a sweet chili sauce

Samosa Chaat |10|

Topped with chickpeas, chopped potato, mint and tamarind chutney and yogurt

Vegetable Momo |10|

Steamed dumplings filled with vegetables and coated in a spicy housemade sauce

Chicken Momo |10|

Steamed dumplings filled with vegetables and chicken coated in a spicy housemade sauce

Dahi Puri Chaat |10|

Round hollow shells filled with potato, chickpeas & topped with tamarind, mint chutney and yoghurt topped off with sev

Mulligatawny soup |6|

Vegetarian delight! A lentil based soup infused with fragrant herbs and spices.

Tomato Soup |6|

A delicious soup of tomatoes, flavoured with fresh coriander and cumin

Chicken Shorba Soup |7|

Stock of chicken soup infused with housemade indian spices

Tandoori Delights

Delicacies marinated overnight in yoghurt and housemade spices and cooked in a clay oven all served with mint chutney

Tandoori Chicken |l4| GF

Half chicken marinated overnight in yoghurt and housemade spices

Chicken Malai Tikka |l5| GF

Chicken breast marinated in cream cheese and mild housemade spices

Chicken Achari Tikka |l5| GF 🔥

Soft tender pieces of chicken bathed in pickling spices & yogurt, marinaded & grilled to perfection in the tandoor oven

Chicken Tikka |l5| GF

Boneless pieces of chicken thighs, marinated in yoghurt and spices

Seekh Kebab |l5| GF

Succulent lamb mince rolls, delicately spiced with ginger and cumin

Paneer Kali Mirch Tikka |l5| GF R

Paneer marinated in houseblend spices, yogurt, cream grilled with green pepper, onion and red pepper in the tandoor

Paneer Tikka Wrap* |l5|

Paneer tikka wrapped in naan with green peppers and onions drizzled with mint chutney and mayonnaise.

Chicken Tikka Wrap* |l5|

Boneless pieces if chicken thighs wrapped in naan with onions drizzled with mint chutney and mayonnaise.

Seekh Kebab Wrap* |l5|

Lamb mince rolls wrapped in naan with onions and drizzled with mint chutney and mayonnaise.

*Upon Availability

Chicken Platter |45|

Mixed 2 pieces of each of the following: tandoori chicken, chicken malai tikka, chicken achari tikka, and chicken tikka. Served with a choice of any chicken speciality curry, rice and naan

Chicken Specialities

Butter Chicken |l5| GF

Guru's speciality! Tender pieces of chicken tikka cooked in a creamy tomato sauce

Chicken Curry |l5| GF

Boneless chicken thighs slow braised with onion, tomato and housemade spices

Chicken Vindaloo |l5| 🔥

Spicy & tangy curry with boneless chicken, topped with shredded coconut

Chicken Tikka Masala |l5| GF

Chicken tikka served in a thick tomato gravy with green peppers & onions

Chicken Korma |l5| GF

Boneless chicken breast pieces cooked in a mild, creamy and onion cashew nut base gravy



VEGAN



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Lamb Specialties

Lamb Curry |l8| GF

Boneless lamb cubes served in a tomato & onion based gravy

Lamb Hara Masala |l8| GF

A gourmet delight! Lamb cubes served in a chopped spinach gravy

Nawabi Lamb |l8| GF

A succulent dish of lamb served in a creamy gravy

Lamb Vindaloo |l8| 🔥

A spicy & tangy curry with lamb topped with shredded coconut

Kadai Lamb |l8| GF

Lamb served in a tomato gravy with green pepper and onions

Lamb platter |40|

A delicious platter of Seekh Kebab with a choice of any lamb speciality and served with rice and naan.



Vegetable Platter |36|

A Vegetarians feast! Choice of one dal and one vegetable speciality curry served with rice and naan.

Vegetarian Specialities

Dal Makhani |l5| GF

The Guru Speciality! Black lentils simmered overnight, finished with butter and cream

Yellow Dal |l5| GF V R

Toor lentils simmered with onion, garlic and mild housemade spices

Chana Masala |l5| V GF

A delicacy from North India, chickpeas cooked in oven roasted spices simmered in an onion-tomato based gravy

Sabz Masala |l5| V GF

Combination of mixed vegetables cooked with fresh Indian herbs and spices

Shahi Paneer |l5| GF R

Cottage cheese wedges stewed in a creamy tomato based gravy

Malai Kofta |l5|

Rich cottage cheese dumplings cooked in a delicate cashew nut gravy

Palak Paneer |l5| R

Cubes of cottage cheese tossed in a buttery wilted spinach gravy

Matar Paneer |l5| GF R

Cubes of cottage cheese served with fresh green peas in a mild tomato based sauce

Paneer Kurchan |l5|

Cubes of cottage cheese, served in a thick and tangy gravy with onions and green peppers

Vegetable Kofta |l5| V

Vegetable dumplings in a rich curry sauce

Bengan Matar Bhartha |l5| V GF

Smoked eggplant pan roasted with green peas and housemade spices

Bhindi Masala |l5| V GF

Fresh okra cooked a secret houseblend spices.

Aloo Gobhi |l5| V GF R

A simplistic dish! Cauliflower and potato chunks prepared in a dry masala paste

V VEGAN

GF GLUTEN FREE

R NO ONION OR GARLIC OPTION AVAILABLE

|Seafood Specialities|

Shrimp Curry |19| GF

Shrimp simmered in a flavourful curry sauce

Fish Curry |19| GF

Basa fillets served in an authentic housemade spiced curry sauce

Shrimp Chilly Coconut |19| GF 🔥

Shrimp with coconut simmered in a spicy, housemade chilly sauce

|Tandoori Breads|

Breads baked to perfection in a traditional clay oven

Butter Naan |4|

Garlic Naan |5|

Tandoori Roti |4| V

Pudina Prantha |6|

Lacha Prantha |6|



|Biryani|

The Guru's favourite dish of fine basmati rice, cooked over a low fire with houseblend spices

Vegetable Biryani |14| V GF R

Chicken Biryani |15| GF

Lamb Biryani |17| GF

Shrimp Biryani |18| GF

|Rice|

Saffron Rice |8| V GF R

Saffron, peas and carrot pulav topped with fried onions

Jeera Rice |6| V GF R

Basmati rice infused with oven roasted cumin seeds

Steamed Rice |5| V GF R

Basmati rice cooked to perfection

|Condiments|

Mango Pickle Achar |2|

Mango Chutney |3|

Papadams |2|

Garden Salad |4|

Masala Onion Salad |3|

Raita |5|

Dahi |4|

V VEGAN

GF GLUTEN FREE

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|DESSERTS|

Kheer |7|

A housemade delicacy made with white rice boiled in milk and flavoured with pistachio and cardamom

Gulab Jamun |7|

Deep fried cottage cheese balls infused with cardamom dipped in a sweet simple syrup

Ras Malai |7|

Cheese patties prepared and drenched in a sweetened condensed milk flavoured with cardamom and pistachio

Moong Dal Halwa |7|

Sweet yellow lentils simmered in heavy cream and flavoured with cardamom

Mango Kulfi |8|

A true Indian delicacy! Homemade, rich and creamy icecream infused with cardamom and mint

Mango Falooda Kulfi |9|

Homemade mango kulfi topped with rice vermicelli and rose syrup

|DRINK SPECIALITIES|

|Beers|

Domestic Beers |7|

Molson Canadian

Budweiser

Sleeman Honey Brown

Sleeman Cream Ale

Lite Beers & Coolers |7|

Coors Lite

Coolers

Imported Beers |8|

Cheetah Lite/Dark lager (India)

Corona (Mexico)

Heineken (Holland)

Stella (Belgium)

|Liquors|30 mL

Rum

Bacardi White | Gold |7.5|

Scotch

JW Black Label |9.5|

JW Red Label |8|

Chivas |9|

Ballantine's |9|

J&B |9|

Jack Daniel's |9|

Glenfiddich |9|

Teachers |8|

Dewars |8|

Rye

Canadian Club |8|

Crown Royal |9|

Vodka

Absolut |8|

Grey Goose |9|

Smirnoff |9|

Gin

Bombay Sapphire |9|

Beefeater |8|

Brandy

St. Remy |9|

Napolean |9|

Tequila

Sauza Blanc |9|

|Non-Alcoholic|

Fresh Lime Soda

Glass |5| 1 Litre |12|

Mango Shake |6|

Lassi |6|

Sweet | Salty

Juice |5|

Mango | Lychee | Guava | Apple | Orange | Passionfruit |
Pineapple - Coconut

Soft Drinks |3.5|

Coke | Diet Coke | Sprite | Gingerale | Orange Crush |
Limea | Thums Up

Water Bottle

Mineral |2|

Perrier |4|

***Tea |2.5|**

Green Tea | Black Tea

***Masala Chai |4|**

***Indian Espresso Coffee |5|**

*Subject to Availability

|Wine Selections|

Our wines are carefully selected to pair with a wide range of our Indian Cuisine

|White House Wine Selections|

5 oz |7| 1/2 L |20| Bottle 750 mL |30|

Open Smooth, VQA Riesling (l)

Jackson-Triggs Chardonnay, VQA Niagara (0)

Jackson-Triggs Pinot Grigio, Niagara (0)

Inniskillin Unoaked Chardonnay, VQA Niagara (0)

Jackson-Triggs Sauvignon Blanc, VQA Niagara (0)

Jackson-Triggs Rose, Niagara (l)

|White Bottle Selections|

Ruffino Pinot Grigio, Italy (0) |35|

Robert Mondavi Woodbridge Sauvignon Blanc, California (0) |35|

Yellow Tail Chardonnay, Australia (0) |35|

Robert Mondavi Woodbridge White Zinfandel, California (3) |31|

|Red House Wine Selections|

5 oz |8| 1/2 L |23| Bottle 750 mL |35|

Jackson-Triggs Cabernet Sauvignon/Franc, VQA Niagara (0)

Jackson-Triggs Shiraz, Niagara (0)

Jackson-Triggs Merlot, VQA Niagara (0)

Inniskillin Pinot Noir, VQA Niagara (0)

Marcus James Malbec, Argentina (0)

Inniskillin Cabernet/Merlot, VQA Niagara (0)

|Red Bottle Selections|

Robert Mondavi Cabernet Sauvignon, California (0) |37|

Yellow Tail Shiraz, Australia (0) |37|

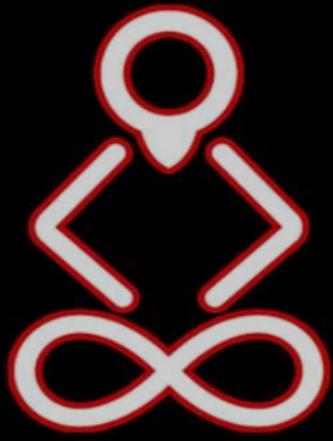
Deboeuf Beaujolais, France (0) |37|

Cono Sur Pinot Noir, Chile (0) |37|

Ruffino Chianti, Italy (0) |37|

|Dessert Wine|

Icewine (20) 1.5 oz |8|



GURU

Fine Indian Cuisine

The word Guru etymologically means a spiritual guide who removes darkness and brings light.