



Flavours of India

AUTHENTIC INDIAN CUISINE





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Experience the Flavours of India

It's commonly said that Indian food is fiery hot, but not at Flavours of India. Our menu has been carefully selected to offer a variety of options all having different spice levels. With dishes that are sweet & savory, rich & creamy, mild, and medium, we have a flavour for you – if you're unsure of what to choose, your server will happily provide suggestions!

Head Chef Mainul Chowdhury

"Be consistent and keep the dish simple. Keep the flavours intact."

Chef Chowdhury's take on cooking roots in tradition – his love stemming from the simple art of combining fresh ingredients to create delicious tastes and tantalizing aromas. For over 15 years Chef Chowdhury has been plating nothing but the best Indian food in Kingston, and he brings the same consistency to every dish prepared at Flavours of India.

Manager Harun Rashid

"My philosophy is simple: great food, great service, and great price."

With over 20 years experience cooking and managing restaurants Harun understands that each palate is unique.

At Flavours of India he offers you an authentic dining experience and a menu that has something for everybody.

Thank you for sharing in our passion for great food!



Soups:

Mullagatawny Soup 5.95

A traditional Anglo-Indian soup made with chicken broth, lentils, fresh lemon juice and mixed vegetables.

Dal Soup 4.95

A mildly spiced soup made with red lentils and blend of spices.

Salads & Wraps:

Garden Salad 5.95

Fresh California leaf lettuce, cabbage mix, tomatoes, cucumber with a vinaigrette dressing.

Chicken Salad 10.95

Fresh leaf lettuce, cabbage mix, tomatoes served with grilled chicken with vinaigrette dressing

Shrimp Salad 11.95

Fresh leaf lettuce, cabbage mix, tomatoes served with grilled Jumbo Shrimps with vinaigrette dressing.

Chicken Wrap 9.95

Grilled chicken, fresh lettuce, sliced tomatoes and mayo wrapped in freshly made roti.

Appetizers:

Onion Bhaji 6.95

Mildly spiced chick peas battered onion fritters served with homemade tamarind sauce. Does not contain egg. (8 pieces).

Vegetable Samosa 6.95

Crispy patties filled with mildly spiced vegetables served with homemade tamarind sauce (2 pieces).

Chicken Samosa 7.95

Crispy patties filled with mildly spiced minced chicken, green peas served with homemade tamarind sauce (2 pieces).

Mixed Appetizers 6.95

Four pieces of onion bhaji and one piece of vegetable samosa.

Sheekh Kebab 10.95

Juicy minced beef with special herbs and spices skewered and cooked in Tandoori oven.

Chicken Tikka 9.95

Boneless chicken breast marinated in yogurt, lemon juice and special herbs & spices, grilled in clay oven on skewers.

Papadum 1.25

A deep fried crispy thin wafer made with chick pea flour.



House Specialties:

Butter Chicken 17.95

Very mild and creamy chicken dish. Diced grilled chicken breast cooked with clarified butter, yogurt, cream, finely grated coconut and raisins.

Kashmiri Chicken 17.95

Mild chicken curry cooked with finely grated coconut, raisins, dried apple, banana, pineapple and apricot.

Chicken Tikka Masalla 17.95

Marinated chicken grilled in Tandoori oven and then cooked with onions, green peppers, cumin, Dijon mustard, chili powder, fenugreek and fresh coriander leaves. Medium spiced.

Chicken Jalfrezi 16.95

A spicy chicken dish cooked with onions, green peppers, tomatoes, Dijon mustard, black pepper, fenugreek and fresh coriander leaves.

Pineapple Chicken 16.95

Chicken cooked with chunk of pineapples, yogurt and blend of spices. Mildly spiced.

Lamb Dupiaza 17.95

Medium lamb curry cooked with onions, green peppers, fresh coriander and blend of spices, garnished with onions sautéed in clarified butter.

Rogan Josh 17.95

Rogan Josh is an aromatic lamb dish of Persian origin, which is one of the signature recipes of Kashmiri cuisine. Tender pieces of lamb cooked with onions, green peppers, fresh coriander and fenugreek leaves. Garnished with diced tomatoes sautéed in clarified butter.

Aloo Gosth 17.95

Spicy beef dish cooked with potatoes, yogurt, fried onions, and a blend of spices.

Methi Gosth 17.95

Medium spiced beef cooked with onions, green peppers, tomatoes and dried fenugreek leaves which give the dish a nice licorice flavour.

Shrimp Jalfrezi 18.95

A spicy shrimp dish cooked with onions, green peppers, tomatoes, Dijon mustard, black pepper and extra chili powder.

Pineapple Shrimp 18.95

Large shrimp cooked with chunks of pineapple, yogurt and blend of spices.

Shrimp Malai Curry 18.95

Mild shrimp dish cooked with yogurt, finely grated coconut & cream.

Tandoori Specialties:

Tandoori Chicken 21.95

Half chicken marinated in yogurt, lemon juice and special herbs & spices, grilled in Tandoori oven. Served with naan, green salad and mint sauce.

Chicken Tikka 21.95

Boneless chicken breast marinated in yogurt, lemon juice and special herbs & spices, grilled in Tandoori oven. Served with naan, green salad and mint sauce.

Tandoori Shrimp 22.95

Large tiger shrimp marinated in yogurt, lemon juice and special herbs & spices, grilled in Tandoori oven. Served with naan, green salad and mint sauce.

Tandoori Salmon 22.95

8 oz salmon marinated in yogurt, lemon juice and mild herbs & spices, grilled in Tandoori oven to perfection. Served with naan, green salad and mint sauce.

Chicken Shaslik 22.95

Marinated chicken breast, diced onions, green peppers and tomatoes, grilled in Tandoori oven and served with naan, green salad & mint sauce.

Garlic Chicken Kebab 21.95

Chicken breast marinated in yogurt, garlic, fresh lemon juice and blend of spices, grilled in Tandoori oven. Served with naan, green salad and mint sauce.



 - denotes hot (spicy dishes)

Curry:

Curry is a dish whose origins are Southern and Southeastern Asian cuisines. Curries contain significant amount of gravy or sauce. The sauce is a blend of basic spices such as ginger, garlic, cumin, turmeric, onions and fresh coriander.

| | |
|----------------------------|-------|
| Chicken Curry | 16.95 |
| Beef Curry | 17.95 |
| Lamb Curry | 17.95 |
| Shrimp Curry | 18.95 |
| Fish Curry (Haddock) | 17.95 |
| Salmon Curry | 18.95 |
| Soya Curry | 13.95 |

Madras: 🔥

A dish from South of India. Fairly spicy curry cooked with chili powder, fresh lemon juice, tomatoes and fresh coriander leaves.

| | |
|-----------------------------|-------|
| Chicken Madras | 16.95 |
| Beef Madras | 17.95 |
| Lamb Madras | 17.95 |
| Shrimp Madras | 18.95 |
| Fish Madras (Haddock) | 17.95 |
| Vegetable Madras | 13.95 |
| Soya Madras | 13.95 |

Vindaloo: 🔥🔥

A very popular dish in the region of Goa. Extremely spicy curry cooked with fresh lemon juice, potatoes, fresh coriander & chili powder.

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|--------------------------|-------|
| Chicken Vindaloo | 16.95 |
| Beef Vindaloo | 17.95 |
| Lamb Vindaloo | 17.95 |
| Vegetable Vindaloo | 13.95 |
| Soya Vindaloo | 13.95 |

Korma:

Korma has its roots in Mughlai cuisine and is a characteristic Moghul dish which can be traced back to the 16th century. It is a very mild creamy dish cooked with yogurt, raisins, finely grated coconut, cream and sugar.

| | |
|-----------------------|-------|
| Chicken Korma | 16.95 |
| Beef Korma | 17.95 |
| Lamb Korma | 17.95 |
| Shrimp Korma | 18.95 |
| Vegetable Korma | 13.95 |

Pathia: 🔥

A sweet, sour and spicy dish cooked with tomato puree, onions, green peppers, garlic, ginger, cumin, turmeric, chili powder, fenugreek leaves, fresh lemon juices and finely grated coconut.

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|------------------------|-------|
| Chicken Pathia | 16.95 |
| Beef Pathia | 17.95 |
| Lamb Pathia | 17.95 |
| Shrimp Pathia | 18.95 |
| Vegetable Pathia | 13.95 |

Mixed Curry:

Medium spiced dish cooked with your choice of meats, fresh mushrooms and blend of spices.

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|--------------------------------|-------|
| Chicken & Mushroom Curry | 16.95 |
| Beef & Mushroom Curry | 17.95 |
| Lamb & Mushroom Curry | 17.95 |

Dhansak: 🔥

A Persian style dish which combines the flavours of hot, sweet and sour. Meat, fish or vegetables cooked with ginger, garlic, cumin, chili powder, fresh lemon juice, fenugreek leaves, cream and lentils.

| | |
|-------------------------|-------|
| Chicken Dhansak | 16.95 |
| Beef Dhansak | 17.95 |
| Lamb Dhansak | 17.95 |
| Shrimp Dhansak | 18.95 |
| Vegetable Dhansak | 13.95 |

Bhoona:

A mild spiced curry dish with thick sauce. The dish is cooked with diced onion, green peppers, tomatoes, fresh coriander, lemon juice and fenugreek leaves.

| | |
|----------------------|-------|
| Chicken Bhoona | 16.95 |
| Beef Bhoona | 17.95 |
| Lamb Bhoona | 17.95 |
| Shrimp Bhoona | 18.95 |
| Salmon Bhoona | 18.95 |
| Soya Bhoona | 13.95 |

Saag:

Spinach is called saag in India. A popular east Indian mildly spiced curry cooked with spinach, fresh garlic, lemon juice, green pepper, tomatoes and fresh coriander leaves.

| | |
|--------------------|-------|
| Saag Chicken | 16.95 |
| Saag Beef | 17.95 |
| Saag Lamb | 17.95 |
| Saag Shrimp | 18.95 |



Vegetarian Dishes:

Mushroom Bhaji 13.95
Fresh mushrooms sautéed with onions, tomatoes, ginger, garlic, fenugreek and fresh coriander & curry leaves.

Cauliflower Bhaji 13.95
Fresh cauliflower cooked with tomatoes, green peppers, ginger, garlic, fenugreek, fresh coriander & curry leaves and mild spices.

Aloo Gobi 13.95
Fresh cauliflower and potatoes cooked with tomatoes, green peppers, fenugreek, fresh coriander & curry leaves and mild spices.

Saag Bhaji 13.95
Spinach cooked with onions, green peppers, garlic, ginger and fresh coriander leaves. Mildly spiced.

Eggplant Bhaji 13.95
Eggplant cooked with tomatoes, onions, green peppers, fresh coriander & curry leaves and a blend of mild spices.

Saag Paneer 14.95
Spinach and home made cottage cheese cooked with onions, ginger, garlic, green peppers and fresh coriander leaves.

Chana Masalla 13.95
A moderately spiced chick pea dish cooked with a blend of spices and curry leaves. Medium spiced.

Paneer Makhni 14.95
Homemade cottage cheese cubes in a creamy sauce.

Aloo Peas 13.95
Mild potatoes and green peas dish cooked with onions, cream and spices.

Soya Gobi 13.95
Fresh cauliflower and soya cubes cooked with tomatoes, green peppers, fenugreek, fresh coriander & curry leaves and mild spices.

Saag Aloo 13.95
Spinach and potatoes cooked with onions, green peppers, garlic, ginger & fresh coriander. Mildly spiced.

Mixed Vegetable Curry 13.95
Mildly spiced vegetable curry. Potatoes, cabbage, cauliflower, broccoli, baby carrots, green beans, lima beans, green peas, chick peas cooked with ginger, garlic and coriander & curry leaves.

Palak Mattar Paneer 14.95
Spinach, cottage cheese and green peas cooked with onions, ginger, garlic, green peppers, tomatoes and fresh coriander leaves.

Tarka Dall 12.95
Red lentils puree cooked with onions and mild spices. Garnished with fried onions and sautéed garlic.

Paneer Jalfrezi  14.95
A spicy homemade cottage cheese cooked with onions, green peppers, tomatoes, Dijon mustard, black pepper, and red chili powder.

Bombay Aloo  12.95
A spicy and sour potato dish cooked with tomato puree, onions, green peppers, fresh lemon juice, fenugreek leaves, black pepper and red chili powder.

Aloo Begun 13.95
Eggplant and potatoes cooked with tomatoes, onions, green peppers, fresh coriander & curry leaves and mild spices.

Matar Paneer 14.95
Cubes of homemade cottage cheese and green peas cooked in a creamy sauce.

Bhindi Bhaji 13.95
Okra cooked with onions, green peppers, fresh coriander and mild spices.

Rajma Masalla 13.95
Kidney beans simmered in a mild sauce.



Rice dishes:

Boiled Rice 3.50
The best quality patna rice cooked plain.

Palao Rice 3.95
The best quality basmati rice cooked with ginger, garlic, whole cinnamon, cardamon, cloves, bay leaves and clarified butter. Saffron and turmeric gives the Palao rice its distinctive yellow color.

Brown Rice 3.75
Best quality brown basmati rice.

Peas Palao 8.50
Palao rice cooked with onions, finely grated coconut and green peas.

House Special Rice 10.95
Palao rice cooked with onions, mushrooms and eggs.

Biryanis:

Biryani is a mixed rice dish from South Asia served on special occasions. Basmati rice cooked with spices, yogurt, finely grated coconut, raisins, and meat or vegetables. Served with cucumber Raita.

Chicken Biryani 18.95
Beef Biryani 19.95
Lamb Biryani 19.95
Shrimp Biryani 20.95
Vegetable Biryani 16.95



Breads:

Naan 3.95

Leavened white flour bread baked in Tandoori oven. Does not contain egg.

Garlic Naan 4.95

Plain naan brushed with garlic butter.

Roti 3.50

Whole wheat bread baked in Tandoori oven.

Chapati 3.25

Thin unleavened bread made from whole wheat flour baked on a griddle.

Paratha 5.95

Unleavened white flour bread fried in clarified butter.

Sundries:

Yogurt 2.95

Homemade plain and natural yogurt.

Cucumber Raita 3.95

Homemade yogurt mixed with chopped cucumber and roasted cumin.

Onion Salad 3.95

Chopped onions mixed with cucumber, tomatoes, lemon juice, fresh coriander and vegetable oil.

Mango Chutney 1.95

Sweet and sour relish made with mango.

Mango or Lime Pickle 1.95

Sour and very hot.

Children's menu:

Chicken with fries 9.95

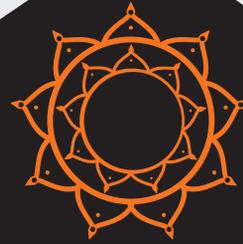
Grilled chicken served with French fries

Butter Chicken 10.95

Poutine



Our Specials



Combo Meals For Two - 71.95

Chicken Samosa
Onion Bhaji
Chicken Korma
Beef Curry
Vegetable Curry
Palao Rice
Naan
Desserts

(or with Shrimp Korma and Lamb Curry instead of Chicken Korma and Beef Curry)

73.95

House Special for Two - 99.95

Soup of your choice (2)
Chicken Samosa
Onion Bhaji
Butter Chicken
Shrimp Bhoona
Lamb Madras
House Special Rice
Naan
Mixed Desserts (2)
Tea or Coffee

For Two (vegetarian)

61.95

Vegetable Samosa
Onion Bhaji
Vegetable Curry
Aloo Gobi
Tarka Dal
Palao Rice
Naan
Desserts

House Special for Four - 151.95

Mullagatawny Soup (4)
Chicken Samosa (2)
Sheekh Kebab (2)
Butter Chicken
Methi Gosth
Lamb Madras
Shrimp Bhoona
House Special Rice
Naan (2)
Desserts (4)



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461 Princess Street, Kingston, ON K7L 1C3
613.536.3939 | flavoursofindiakingston.ca

Monday – Thursday

Lunch: 11:30am – 2:00pm
Dinner: 5:00pm – 9:30pm

Friday – Saturday

Lunch: 11:30 am – 2:00 pm
Dinner: 5:00pm – 10:00pm

Sunday

Lunch: Closed
Dinner: 5:00pm – 9:00pm

*Please note: there is no lunch service on Sunday. Dinner service is extended until 10pm on Friday and Saturday.

All dishes are served à la carte, with exception of Tandoori Specialties.

10% discount for student and military personnel. Discount not available on lunch specials.

Flavours of India only uses top quality meats, poultry, fish and vegetables. **We serve halal meats.**
We use local and organic produce as much as possible.

Each dish is prepared upon order, so occasional delays may occur.
We greatly appreciate your patience.

As part of our commitment we take allergies very seriously. Please inform us of any food allergies or dislikes that you have, so we can prepare your dishes for your complete satisfaction.

All our dishes are MSG free and no food colours or additives are used.

Gift certificates are available in any denomination.

Catering is available – please inquire.

Taxes not included in menu prices.