

Lunch Specials: (MON - FRI)

Lunch Specials curry dishes are served with soup, salad and Palao. Dishes can be made to mild, medium and hot to accommodate your taste.

Mixed Vegetables Curry	12.95
Chicken Curry	13.95
Lamb Curry	14.95
Beef Curry	14.75
Shrimp Curry	14.95
Salmon Tandoori	13.95
Chicken Korma	14.95
Soup and Chicken Wrap	12.95
Soup and Chicken Salad	12.95
Soup and Shrimp Salad	14.95

LUNCH IS SERVED UNTIL 2 PM

Desserts:

Gulab Jamun	4.95
Brown round balls soaked in cardamon flavoured sugar syrup.	
Kulfi	5.95
Traditional Indian ice cream. Creamy rich mango ice cream with pistachio and almonds.	
Borfi	4.95
A dry pastry made from grated coconut, cheese and butter. Topped with crushed pistachio.	
Rice Pudding	4.95
Homemade rice pudding garnished with crushed pistachio.	
Vanilla Ice cream	4.25

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 combing 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!



Flavours of India

AUTHENTIC INDIAN CUISINE



Flavours of India

AUTHENTIC INDIAN CUISINE

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

Monday – Thursday	Friday – Saturday	Sunday
Lunch: 11:30am – 2:00pm Dinner: 5:00pm – 9:30pm	Lunch: 11:30 am – 2:00 pm Dinner: 5:00pm – 10:00pm	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.



Combo Meals For Two - 71.95

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

For Two (vegetarian) - 61.95

Vegetable Samosa
Onion Bhaji
Vegetable Curry
Aloo Gobi
Tarka Dal
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

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)



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.

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.

Rajma Masalla **13.95**

Kidney beans simmered in mild sauce.

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.



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.

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 recipies 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**

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.

Chicken Curry **16.95**

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

Beef Curry **17.95**

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

Lamb Curry **17.95**

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.

Chicken Biryani **18.95**

Beef Biryani **19.95**

Lamb Biryani **19.95**

Shrimp Biryani **20.95**

Vegetable Biryani **16.95**

Chicken with fries **9.95**

Grilled chicken served with French fries

Butter Chicken Poutine **10.95**

Curry:

Curry is a dish whose origins are Southern and Southeastern Asian cuisines. Curries contain significant mount 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.

Chicken Vindaloo **16.95**

Beef Vindaloo **17.95**

Lamb Vindaloo **17.95**

Vegetable Vindaloo **13.95**

Soya Vindaloo **13.95**

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**

Chicken Biryani **18.95**

Beef Biryani **19.95**

Lamb Biryani **19.95**

Shrimp Biryani **20.95**

Vegetable Biryani **16.95**

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.

Chicken Pathia **16.95**

Beef Pathia **17.95**

Lamb Pathia **17.95**

Shrimp Pathia **18.95**

Soyla Pathia **13.95**

Vegetable Pathia **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**

Chicken & Mushroom Curry **16.95**

Beef & Mushroom Curry **17.95**

Lamb & Mushroom Curry **17.95**



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.

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**